



KAISER PERMANENTE®

URO-GYNECOLOGY PATIENT INFORMATION SHEET

RESOURCES FOR INCONTINENCE

National Association for Continence WWW.NAFC.ORG

NAFC is a 50,000 member nonprofit organization dedicated to providing information and education about incontinence. They publish newsletters and an annual resource guide.

P.O. Box 8310
Spartanburg, SC 29305-8310

1-800-BLADDER (1-800-252-3337)

The Simon Foundation for Incontinence WWW.SIMONFOUNDATION.ORG

This nonprofit organization has a number of supportive services including a community education program called "I will manage".

P.O. Box 815
Willamette, IL 60019

1-800-23-SIMON (1-800-237-4666)

American Foundation for Urologic Disease WWW.AFUD.ORG/OAB

Provides advocacy and support for people with incontinence. 1-800-242-2383

Kaiser Permanente Website WWW.KPONLIE.ORG

Medline Plus Website WWW.MEDLINEPLUS.ORG

BOOKS

Staying Dry: A Practical Guide to Bladder Control

By Burgio, Pearce, Lucco The John Hopkins University Press, 1989

Available from most bookstores by special order, which takes about 2 weeks, or order online at WWW.PRESS.JHU.EDU Cost ~ \$14.95

Women's Waterworks: Curing Incontinence

By Pauline Chiarelle, M.A.P.A.

North American Distributors WWW.NADINC.NET

17300 17th St., Suite J-134
Tustin, CA 92680

1-800-995-0510
Cost ~ \$7.95

The Incontinence Solution-Answers for Women of all Ages

By William H. Parker, Amy E. Rosenman, and Rachel Parker
Simon & Schuster, New York, 272 pages, \$13.00, 2002.

This book was written to provide educational material for women who experience difficulties with bladder control. This soft-cover first edition offers an up-to-date, comprehensive overview of this common and extremely troublesome condition. The layout and print, not to mention writing style, make it extremely easy to read. Illustrations are in black and white, and are accurate and effective in helping the reader understand important anatomic and medical concepts.

The 13 chapters cover urinary incontinence, interstitial cystitis, pelvic organ prolapse, fecal incontinence, sexuality, and perhaps most important, finding the right doctor. The information is presented in a well-balanced manner. For the most part, the terminology is understandable and directed to the layperson. The format consists of frequently asked questions (some that are no doubt thought but never verbalized by patients), followed by extremely straightforward and honest answers. However, a handful of sections seem to drift away from the focus, such as “do doctors have non-medical reasons to avoid cesarean sections?”

Although this book is too simplistic to be considered useful from a clinical standpoint, I think it will be an excellent resource for my patients and envision readily recommending it for those who have a need to know more. The book is also well indexed with a healthy list of references as well as several useful additional resources. I would have liked to have seen a section dedicated to clinical research, explaining the benefits and contributions as well as inherent risks and obligations to women who may choose to participate. At the very least, a brief overview of promising new developments on the horizon would have been helpful. Overall, the book is enjoyable to read and no doubt will be a useful educational tool for patients.

Vincent Lucente, M.D.
Allentown, PA