



Regaining Bladder Control: What Every Woman Needs to Know

Rebecca G. Rogers

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More than 15 million women in America suffer from chronic bladder control problems. This sensitively written book details medically sound steps that include behavioral changes and exercises that can improve the continence of eight in ten women. These simple "at home" remedies, such as small dietary changes and easy-to-learn pelvic floor exercises, bring many women welcomed relief. Beyond this basic approach, the authors help readers to understand the various causes of urinary incontinence and guide them through diagnosis and the treatment process. The wide array of treatment options available include physical therapy, medications, pessaries, and, in some cases, surgery. This versatile healthcare resource, full of comforting and practical information, will help women with bladder control problems regain their dignity and independence.

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