

KAREN BALAC PHYSICAL THERAPY, PLC

KAREN BALAC, MPT

20614 HUTTON CIRCLE, LEESBURG, VA 20175

703.709.0074

PATIENT RESOURCES ON URINARY INCONTINENCE

Available from online bookstores

Ourselves Growing Older: Women Aging with Knowledge and Power, Paula Brown Doress and Diana Laskin Siegal. Midlife and Older Women Book Project. 1994, Touchstone Books This is an essential wide-ranging resource manual for women, including information on menopause, diet, sexuality, and common medical problems. The chapter on incontinence is concise and clear and offers some insights to why bladder problems are so difficult.

Staying Dry: A Practical Guide to Bladder Control, Kathryn L. Burgio, K. Lynette Pearce, and Angelo J. Lucco, M.D. Baltimore: The Johns Hopkins University Press, 1989. A clearly written workbook focuses on curing incontinence with pelvic muscle exercises and changing behavior.

Urinary Incontinence Sourcebook, Diane Kaschak Newman, Mary K. Dzurinko (Contributor), Ananias C. Diokno Lowell House, Los Angeles 1999. Second edition covering the A-Z of urinary incontinence evaluation, treatment and care.

Overcoming Bladder Disorders, Rebecca Chalker and Kristene E. Whitmore, M.D.1991. Harper Collins Compassionate authoritative medical and self-help solutions for incontinence, cystitis, interstitial cystitis, prostate problems, and cancer.

Managing Incontinence: A Guide to Living with the Loss of Bladder Control, Cheryle B. Gartley, ed. Ottawa, IL: Jameson Books, 1985. Now distributed by the Simon Foundation, P.O. Box 835 Wilmette, IL 60091 call **(1-800-23S-IMON)**.

Women's Waterworks: Curing Incontinence, It's informative. It's fun. It's from Australia. Pauline Chiarelli, MAPA. 1995. Khera Publications. The book discusses incontinence in women and teaches pelvic floor muscle exercises and other ways to improve bladder control. Special order with Amazon.com

Overcoming Incontinence: A Straightforward Guide to Your Options, Mary Dierich, Felecia Froe 2000 John Wiley & Sons. Clearly written guide for patients.

The Prostate Sourcebook, Steven Morganstern, Allen E. Abrahams Contemporary Books Inc

Conquering Bladder and Prostate Problems, The Authoritative Guide for Men and Women Jerry G. Blaivas .May 1998. Perseus Press