



A Woman's Guide to Urinary Incontinence (A Johns Hopkins Press Health Book)

Rene Genadry, Jacek L. Mostwin

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Urinary incontinence causes discomfort and distress for millions of women, particularly those who have borne children, are postmenopausal, or have passed the age of forty. This condition can have a severe negative impact on one's quality of life, and successful treatment, while possible, is complex. Cowritten by a gynecologist and a urologist who have helped thousands of frustrated women, this new guide gives patients the information they need to understand their condition and make the right treatment decisions.

Dr. Rene Genadry and Dr. Jacek L. Mostwin explain how nerves, muscles, and other anatomical factors work in concert to control the bladder and how they can be affected by pregnancy, menopause, and aging. The authors discuss the common and uncommon causes of urinary incontinence, how the condition is evaluated and diagnosed, and how it can be treated. Drs. Genadry and Mostwin walk through the various treatment options—including biofeedback and behavioral conditioning, pelvic floor exercises, medications, and surgery, as well as new and emerging therapies. They also discuss what to do if a particular treatment fails. The knowledge provided here gives the woman with urinary incontinence the power to choose treatments that meet her specific needs and preferences.

Friendly, accessible, and packed with valuable information, this guide is an essential resource for women who are troubled by urinary incontinence.

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