

# Learn more about Bladder health

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Overactive bladder and urinary incontinence affect more than 30 million men and women in the United States alone. Despite this high number, many individuals are undiagnosed and untreated. Every bladder and bowel control problem, no matter how large or small, needs expert help. Talk to your health care provider if you have questions.

## Websites

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[medlineplus.gov](http://medlineplus.gov) Medline Plus is the comprehensive consumer-health information database of the National Library of Medicine. Enter “bladder” or “bladder diseases” in the search box to find many reputable resources.

[nafc.org/bladder-bowel-health](http://nafc.org/bladder-bowel-health) **National Association for Continence** is a national, nonprofit organization dedicated to improving the quality of life of people with incontinence and also includes information about bladder and bowel health. Use the menus on the left to customize information by clicking on “Women’s Health” or “Men’s Health.” It also covers how to select a health care provider and when to seek treatment.

[urologyhealth.org/urology](http://urologyhealth.org/urology) Information on the **American Urological Association Foundation** website includes adult and pediatric conditions, treatments, surgical devices and more.

[kidney.niddk.nih.gov](http://kidney.niddk.nih.gov) **National Institute of Diabetes and Digestive and Kidney Diseases** includes a wealth of patient information. An A-to-Z list of kidney and urologic diseases (including prostate enlargement), statistics, clinical trials, guidelines, easy-to-read publications and information in Spanish are all included on this website from the National Institutes of Health.

## Local resources

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[aurora.org](http://aurora.org) Aurora Health Care’s website has information from top Aurora urologists. Search “urology conditions” to learn more about urologic conditions and treatments, as well the physicians who treat them.

**Center for Continence and Pelvic Floor Disorders**, Aurora West Allis Medical Center – For a consultation as to whether you could be a candidate for pelvic floor rehabilitation (treating bowel, bladder and pelvic floor issues), call 414-329-5650.

**“Us TOO” prostate cancer support group** For information and to reach the support group held at Aurora St. Luke’s New Berlin Health Center, call 414-328-6491. To reach the Sheboygan County support group, call 920-457-6800.

## Books

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**Questions and Answers About Overactive Bladder and Urinary Incontinence** by Pamela Ellsworth, MD, and Alan Wein, Jones and Bartlett Publishers, ©2010, ISBN 978-07637-7198-0, \$21.95. This book offers authoritative and practical answers to the most commonly questions about treatment options, coping strategies, sources of support and much more, with advice from actual patients.

**The Whole Life Prostate Book: Everything that Every Man at Every Age Needs to Know About Maintaining Optimal Prostate Health** by H. Ballentine Carter and Gerald Secor Couzens, Free Press, ©2012, ISBN 978-14516-2121-1, \$26.99. This book offers the authoritative and definitive guide for men of all ages for better prostate health and longevity.

**The Bathroom Key: Put and End to Incontinence** by Kathryn Kassai and Kim Perelli, Demos Health, ©2012, ISBN 978-19363-0321-2, \$17.95. This book is a treatment plan for women to cure their own incontinence (leaking urine) issues. Written in easy-to-understand language, the book is a genuine teaching tool, guiding the reader to a better understanding of her body and effective remedies.

*Books on this topic are available for checkout from Aurora Libraries and may be available at your public library.*