



Overcoming Incontinence: A Straightforward Guide to Your Options

Mary Dierich, Felecia Froe

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A Compassionate Guide to Treating Incontinence

Millions of Americans suffer in silence as urinary incontinence steadily erodes the quality of their lives. Whether this distressing disorder is related to childbirth, menopause, aging, or cancer, adults have been led to believe there is no treatment. Now, here is a book that outlines the latest research and shows you there is hope for conquering incontinence. From two medical practitioners who work daily with incontinent people, *Overcoming Incontinence* presents a comprehensive step-by-step plan that starts with natural, conservative methods and moves on to groundbreaking new advances in care and treatment. This practical guide dispels the many myths associated with incontinence, giving you the latest options for treatment—from simple lifestyle changes and exercises to devices, medications, and surgery. In today's world, there is hope—and you can take your health into your own hands. Find out how to reverse urinary incontinence and get a whole new lease on life.

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