



Overcoming Urinary Incontinence: A Woman's Guide to Treatment

Michael H. Safir MD, Clay N. Boyd MD, Tony E. Pinson MD

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Addressing the most commonly asked questions about incontinence, this accessible reference discusses causes, types of incontinence, and how the condition is diagnosed. The wide range of treatment options is introduced, from pelvic floor therapy and bladder training to electrical stimulation, medications, and surgeries. Eleven million women in the U.S. are coping with urinary incontinence—half of whom are too embarrassed to discuss the matter with their doctors—and this guidebook provides encouragement, showing that in more than 80 percent of cases, treatment can improve or even cure the problem.

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