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ISBN	0-7953-4202-0
Descrizione fisica	1 online resource (185 pages)
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Soggetti	Physical fitness
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Livello bibliografico	Monografia
Nota di contenuto	Cover -- Title Page -- Copyright -- Table of contents -- Getting help -- Part 1: Urinary incontinence -- Chapter 1: Understanding urinary incontinence -- A common problem -- Your urinary system -- Types of urinary incontinence -- Reasons to hope -- Chapter 2: Causes of incontinence -- Temporary causes -- Persistent causes -- The next step -- Chapter 3: Evaluation and testing -- Before your appointment -- What to expect -- Specific tests -- Determining your treatment -- Chapter 4: Conservative treatments -- Lifestyle changes -- Behavior therapies -- Medical devices -- Your role -- Chapter 5: Medications and injections -- Medications -- Injections -- Chapter 6: Surgery -- Women -- Men -- Other procedures -- Chapter 7: Concerns specific to different groups -- Women -- Men -- Children -- Older adults -- Chapter 8: Living well with incontinence -- Reducing your risk -- Modifying your environment -- Getting out and about -- Sexuality and incontinence -- Keeping a positive outlook -- Seeking help -- Part 2: Fecal incontinence -- Chapter 9: Understanding fecal incontinence -- How your bowels work -- Bowel problems and incontinence -- Types -- A hopeful outlook -- Chapter 10: Evaluation and testing -- Choosing a doctor -- Evaluating fecal incontinence -- Tests for fecal incontinence -- Test results -- Chapter 11: Treating fecal incontinence -- Conservative treatments -- Medications -- Surgery -- Hope for the future -- Appendix -- Additional resources.

