

*Urinary Incontinence: What Every Woman Should Know* (video) Washington, DC: The American College of Obstetricians and Gynecologists, 1998 13 m.

Many women are affected by urinary incontinence, and this video provides answers to frequently asked questions about the condition. It explains the workings of a healthy genitourinary system, the causes of incontinence, and diagnosis and treatment options. Also provided are tips on lifestyle changes which may help relieve symptoms.

**Availability for loan:**

FO 170 AAOG 1998 Health Information & Wellness Centre, West Toronto

## COMMUNITY RESOURCES

**Trillium Health Centre Continence Clinic**

150 Sherway Drive  
Toronto, ON, M9C 1A5  
Tel: 416-521-4090  
Laura Robbs BScN, NCA, ET  
Nurse Continence Advisor

**The Canadian Continence Foundation**

PO Box 417  
Peterborough, ON K9J 6Z3  
Tel: 705-750-4600

Email: [help@canadiancontinence.ca](mailto:help@canadiancontinence.ca)

<http://www.continence-fdn.ca>

## CONTACT

**Health Information & Wellness Centres**

**Trillium Health Centre - Mississauga**

100 Queensway West  
Mississauga L5B 1B8  
905-848-7511

**Trillium Health Centre - West Toronto**

150 Sherway Drive  
Toronto M9C 1A5  
416-521-4187

Email: [hiwc@thc.on.ca](mailto:hiwc@thc.on.ca)

<http://www.trilliumhealthcentre.org/health>

**Mississauga Library System**

905-615-3500 (for book locations)  
<http://www.mississauga.ca/portal/residents/library>

**Toronto Public Library**

416-393-7131 (for book locations)  
<http://www.torontopubliclibrary.ca>

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This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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*Life. We're in it together.*

# Urinary Continence



## INTERNET SITES

### Canadian Continenence Foundation

<http://www.continenence-fdn.ca>

This is a Canadian non-profit organization which is dedicated to helping those with incontinence. At its site it provides some general information about the condition, plus news of upcoming conferences and events of interest. The Foundation publishes many helpful books, videos, pamphlets and facts sheets, which can be ordered online at reasonable cost.

### Urology Health

<http://www.urologyhealth.org/patientinfo>

This is a site for patients written and reviewed by expert urologists in partnership with the American Urological Association Foundation. Click on Adult Conditions in the left hand column to access comprehensive information about various types of bladder and kidney conditions.

### National Association for Continenence

<http://www.nafc.org>

The NAC is one of the leading U.S. sources for public education and advocacy about the causes, treatments and management of incontinence. Some basic information about the condition is available at the site, and there are a variety of publications which can be ordered online.

### MedlinePlus <http://www.medlineplus.gov>

This authoritative site has a very long list of links to articles and features on Continenence. At the MedlinePlus homepage, click on Health Topics, the first link listed. This will take you to a page where you can select your topic from an alphabetical display – click on Urinary Incontinence, and you will be taken to a long list of articles on the subject.

### National Kidney and Urologic Diseases Clearinghouse

<http://tinyurl.com/3ylq7d>

This organization is part of the U.S. National Institutes of Health, and provides a large number of informative fact sheets at its website. Titles include Continenence, Kegel Exercises, Overactive Bladder, and many more.

## BOOKS & VIDEOS

### *A Woman's Guide to Urinary Incontinence* by

Rene Genadry and Jacek L. Mostwin.

Baltimore, MD: John Hopkins University Press, 2008

Common causes of incontinence among women include urinary tract infections, pregnancy and childbirth, menopause, and pelvic surgery. This new guide gives patients the information they need to understand their condition and make the right treatment decisions.

#### Availability for loan:

FP 170.8 G36 2008 Health Information & Wellness Centre, both locations

*Better Bladder and Bowel Control* A special report from Harvard Medical School. Boston, MA: Harvard Health Publications, 2009

This report delivers practical advice and current research findings in clear, easy-to-understand language. Types of urinary and fecal incontinence are discussed, along with practical ideas for treatment and management of the conditions.

#### Availability for loan:

FP 170 H27 2009 Health Information & Wellness Centre, both locations

*Overcoming Incontinence: a Straightforward Guide to Your Options* by Mary Dierich and Felecia Froe. New York: John Wiley, 2000

This useful guide outlines the latest research into urinary incontinence, and presents a step-by-step plan for dealing with it. It dispels many myths associated with the condition, and details various options for treatment, from simple lifestyle changes and exercise to devices, medications, and surgery.

#### Availability for loan:

FP 170 D43 2000 Health Information & Wellness Centre, both locations  
616.63 DIE Mississauga Library System  
616.63 DIE Toronto Public Library

*I Laughed So Hard I Peed My Pants: a Woman's Essential Guide for Improved Bladder Control* by Kelli Berzuk. Winnipeg: Incontinence & Pelvic Pain Clinic, 2002

With compassion and humour, this self-help guide explores the effect lifestyle and life events like high impact sport, childbirth and menopause have on women's bladder health. The book is written from a physiotherapy perspective, and features easy to follow, illustrated instructions for exercises to help relieve incontinence, together with advice on simple diet adjustments.

#### Availability for loan:

FP 170 B27 2002 Health Information & Wellness Centre, both locations

*The Source: Your Guide to Better Bladder Control* Peterborough, Ont: The Canadian Continenence Foundation, 2008

This helpful and well illustrated booklet covers symptoms, diagnosis, treatments, and management of urinary incontinence.

#### Availability for loan:

FP 170 C26 2008 Health Information & Wellness Centre, both locations