



Where to Start... Urinary Incontinence

Suggestions for resources when you **begin** to look for information about urinary incontinence.

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These resources are provided for information purposes only and are not intended as a substitute for medical care. If you have any questions about your healthcare, please consult your healthcare provider. Inclusion of a resource does not imply endorsement by The Ottawa Hospital. If you would like more information about this topic, please contact the Patient and Family Library.

<p>Booklet</p>	<p>Incontinence: silent no more. Seniors Info Exchange, Health Canada, 1999. http://www.phac-aspc.gc.ca/seniors-aines/pubs/info_exchange/pdf/incontinence_e.pdf</p> <p>Canadian Women's Health Network http://www.cwhn.ca/resources/faq/incontinence.html</p> <p>The Source: your guide to better bladder control. The Canadian Continence Foundation. http://www.canadiancontinence.ca/pdf/The-Source.pdf</p>
<p>Telephone/or General Information</p>	<p>The Canadian Continence Foundation, 1-800-265-9575. Call the volunteer helpline for information on bladder control.</p>
<p>Books and Other Resources – Patient and Family Library</p>	<p>Better bladder and bowel control. Harvard Health Publications. 2003.</p> <p>Bladder control is no accident: a woman's guide. Dorothy B. Smith. 2002.</p> <p>The incontinence solution: answers for women of all ages. William H. Parker. 2002.</p> <p>Overcoming incontinence: a straightforward guide to your options. Dierich, Mary. John Wiley & Sons, Inc. 2000.</p> <p>Women's waterworks : curing incontinence. Pauline Chiarelli. 2002.</p> <p>Search our catalogue http://www.ottawahospital.on.ca/library/consumerhealthcatalogue-e.asp</p>
<p>Decision Aids</p>	<p>Decision aids present information gathered from clinical studies to enable patients to make informed decisions about their treatment. http://www.ohri.ca/DecisionAid</p>
<p>Web Sites</p>	<p>Canadian Continence Foundation www.continence-fdn.ca</p> <p>National Association for Continence www.nafc.org/</p> <p>Women's Health Matters www.womenshealthmatters.ca</p> <p>HealthyOntario.com www.healthyontario.com/</p> <p>MedlinePlus (USA) medlineplus.gov/</p>