

## About the Authors

**Diane K. Newman, RNC,** is codirector of the Penn Center for Continence and Pelvic Health at the Division of Urology, Pennsylvania Health System, in Philadelphia, PA. She is an expert in overactive bladder and urinary incontinence and has treated people with this and related problems for over fifteen years. She has written over eighty clinical and research articles and is a frequent lecturer on incontinence and related pelvic-floor issues. She is the author of the books *The Urinary Incontinence Sourcebook* and *Managing and Treating Urinary Incontinence*.

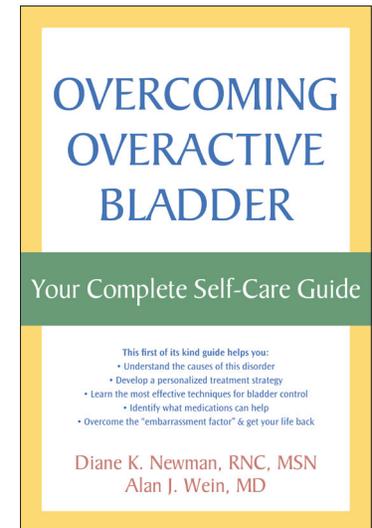
**Alan Wein, MD,** is professor and chair of the Division of Urology, Pennsylvania Health System, in Philadelphia, PA. He has been awarded both the Distinguished Service and Contribution Awards from the American Urological Association. He currently serves with the World Health Organization, International Consultations on Prostate Cancer, Benign Prostatic Hyperplasia, and Incontinence—the latter of which he cochairs. With over 700 clinical and scientific articles and 13 books to his credit, he is also a premiere speaker on the subject of overactive bladder.

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**Overactive Bladder can be devastating, but it can also be controlled, helping you get back your normal and productive life. This book will provide the information needed to recognize OAB and find an effective way to overcome the problem.**

The frequent urge to urinate is a bothersome affliction that can cause significant physical, social, and psychological problems. More Americans deal with this condition than suffer from depression, yet embarrassment and anxiety prevent perhaps sixty percent of them from reporting the problem to their doctors. This book offers overactive bladder sufferers a complete resource for dealing with this condition.

Learn exactly what OAB is, and how it is diagnosed, who is most at risk and what other common problems tend to occur in conjunction with it. Find out when you should seek a doctor's help, what to ask when you do, and what medications are available to treat the disorder. Exercises and questionnaires help you assess and manage your own symptoms. Explore cognitive-behavioral techniques, pelvic muscle exercises, and alternative therapies that can help control the condition and its effects.



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