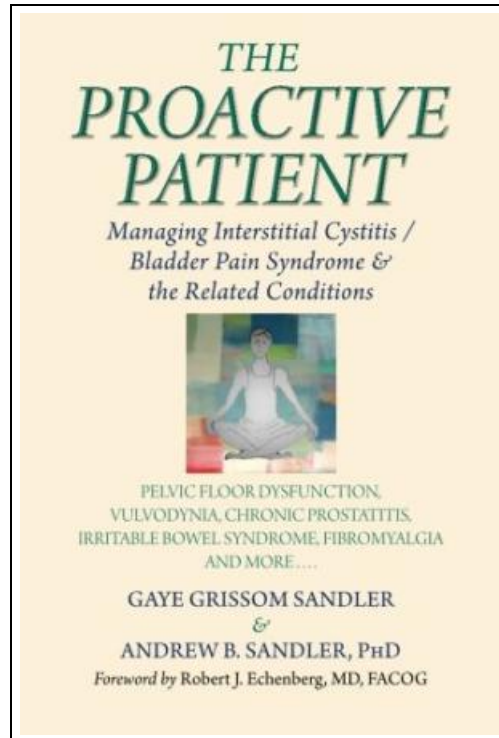


The Proactive Patient: Managing Interstitial Cystitis / Bladder Pain Syndrome and the Related Conditions: Pelvic Floor Dysfunction, Vulvodynia, Chronic Prostatitis, Irritable Bowel Syndrome, Fibromyalgia and More.



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Blue Dolphin Publishing, United States, 2016. Paperback. Book Condition: New. 224 x 154 mm. Language: English . Brand New Book ***** Print on Demand *****.The Proactive Patient offers a comprehensive understanding of Interstitial Cystitis/Bladder Pain Syndrome (IC/BPS) and the often occurring overlapping conditions. Patients will find an assortment of treatments, both traditional and alternative, as well as the right tools and resources to improve their quality of life. This detailed book will be helpful to partners, families, friends, co-workers, bosses, and even doctors, nurses, naturopaths, and many other healthcare practitioners, who need a better understanding of IC/BPS and the related illnesses. Endorsements The Proactive Patient was superbly written! This book is the IC bible for the newly diagnosed as well as the educated patient advocating for quality of life. There isn t another IC book written by an IC patient that has such comprehensive, patient friendly information. Educating the patient, sharing valuable information such as - IC and overlapping conditions - chemical sensitivities - helpful IC diet tips and gentle stretching exercises to achieve total body comfort. A must read for all who want to achieve a full life in spite of having this chronic condition! Molly Hanna Glidden, former leader of the Boston MetroWest Interstitial Cystitis Support Group I was diagnosed with Interstitial Cystitis and other painful conditions several decades ago. I thought I knew this illness landscape, but The Proactive Patient by Gaye and Andrew Sandler taught me how much more there was to learn. I learned something new on every single page of this informative and essential book. You will find everything here--information about diet, traditional and alternative therapies, self-help, managing sex and menopause and more--all in language that is straightforward and comprehensible to the non-professional. There is also a helpful and touching chapter written by Ms....

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