

Resources for Bladder control

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The National Association for Continence (NAFC) is a national, not-for-profit organization focused on supporting people with bladder control problems. NAFC was founded in 1982 and has been a leader in providing information to consumers and professionals. Currently 130,000 members receive support and educational materials from NAFC. This organization has several types of educational materials. “*Quality Care*” is a quarterly newsletter with practical information and treatment updates. The newsletter also features questions from patients and suggestions from health professionals. The “*Resource Guide for Incontinence Products and Services*” is a 100 page directory listing all types of continence care products including all sizes and shapes of washable and disposable diapers, catheter and ostomy supplies, creams and powders, and much more. The Guide is well organized and easy to follow with listings of manufactures and their phone numbers. It is a great resource for patients and professionals.

NAFC produces over 20 “*Fact sheets*” including six in Spanish. Fact sheets cover specific topics such as constipation, catheter care, odor control, surgical treatments, impotence and many more. *Consumer education books* are also available from NAFC. Some books cover specific topics like “Waking up Dry: how to end bedwetting forever”. Other books cover broad topics such as: “Overcoming Bladder Disorders”, and “The Prostate: a guide for men and the women who love them”.

For a small fee, the “*Consumer Resource Service*” provides a list of approved health professional in your area. Healthcare professionals must satisfy several criterions to be included in this service. NAFC membership is \$20.00 per year and includes the Newsletter, Resource guide, discounts on fact sheets, and the Continence Resource Service listing professionals in your area.

Conditions such as incontinence can result in social isolation, feelings of depression and discouragement. Support groups such as NAFC help encourage educated consumers to seek appropriate medical assistance. Hearing from others with similar conditions helps patients to know they are not alone. Often simple suggestions can make a big difference in the quality of life. To find out more about NAFC, please write or call the number below.

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1-800-BLADDER (252-3337)
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