Focus on Infection

Infection has been making headlines recently. The cover of the September 12, 1994 edition of TIME magazine asks, "Are we losing the war against infectious diseases?" The August 1994 Urology Times Editorial Focus column headline reads: "Clinicians Running Out of Ammo as Pathogens Build Defenses." The problem of using broad spectrum antibiotics instead of waiting to see if the body would heal itself, has alarmed some physicians for years. Over use of antibiotics can lead to bacteria resistant to a particular drug.

Urology is affected by this trend, especially in the area of urinary tract infections. "At least three dozen major pathogens have developed resistance to one or more antibiotics and many are developing multidrug resistance," states a Urology Times article in the August 1994 edition. If bacteria becomes completely immune to the antibiotics designed to fight them, certain urinary tract infections could become untreatable.

There are many components contributing to the problem. First is the already mentioned over use of antibiotics. For some infections it would be best to adopt a wait and see attitude, in order to give the body a chance to fight the infection on its own.

A second contributor may be the patients who do not finish their complete prescription because their symptoms have gone away. This strategy can put them at risk, because although bacteria susceptible to the medication may have been weeded out, particularly resistant bacteria may still be flourishing.

A third concern is in the area of farming techniques. Low doses of antibiotics are sometimes added to cattle feed in order to enhance the growth of the animal. However, the immunities which cattle develop to...continued inside

Award Nominations Sought

The Simon Foundation for Continence announces the first John J. Humphal Award for Achievement in the Field of Continence. This award will be given in honor of the longtime Chairman of the Board of Directors of the Foundation, Dr. Humphal. John J. Humphal, Ph.D. was Professor of Behavioral Management at the University of Chicago’s Graduate School of Business. His special area of study was the impact on the primary organization of mergers and acquisitions. Devoted to the cause of promoting continence, his leadership, insight, warmth, and humor will long be remembered.

Incontinence Products Guide Available

THE RESOURCE GUIDE - PRODUCTS AND SERVICES FOR INCONTINENCE is a 100 page catalog of all known incontinence products. The HIP Guide also includes a listing of organizations that provide other supportive services to readers. Each product is assigned a reference number in one of twelve categories. Products are then cross-referenced to their manufacturer. There is also an extensive listing of distributors and mail-order companies.

A special one time offer to readers of the Informer makes this guide available for $9.00 plus $2.00 for postage and handling. You may receive this discount by mentioning The Simon Foundation when ordering, either by telephone 1-800-BLADDER or mailing your order to HIP Resource Guide, PO Box 544, Union, SC 29379.
WRITE FOR A FREE PUBLICATION...
Women's Health America, Inc. (WHA) is a new national organization headquartered in Madison, WI, to lead women to better health through quality education, communication and products. Created by women, for women, to benefit women, WHA offers educational videos, books and cassettes, as well as a bimonthly Women's Health Access Newsletter. The newsletter provides the latest news on prevention, diagnosis, treatment and self-help tips for taking an active role in one's health care. A portion of Women's Health America revenues support women's health research and education. For a complimentary newsletter telephone 1-800-858-3980.

BE A PEN PALS...
Following are people who have written The Informer to join the Foundation's pen pal club: L. Adam Neal, P.O. Box 54247, Tulsa, OK 74155-0247; Russ Lemsisters, Route 3, Box 167; Woodfield Rd., Marietta, Ohio 45750; Lonnie Laughlin, P.O. Box 261, Potrero, CA 91963; Robert Peters, 985 Meadow Lark Lane, Merritt Island, Fl. 32953 (age 48).

PROSTATE CANCER INFORMATION BOOKLET AVAILABLE...
Prostate Cancer: The Words No Man Wants to Hear is a 33 page booklet written by a prostate cancer survivor to "bring together all the needed references and informational contacts in one central location for those men diagnosed with prostate cancer." It is available from Patient Care Services, Inc. 11585 Farmington Road, Livonia, MI 48150, 1-800-882-5238.

NATIONAL EASTER SEAL SOCIETY INTRODUCES A CATALOG OF CATALOGS...
"Making Life Better" is a 16-page, full-color catalog for children and adults with disabilities. The catalog contains 48 of the top suppliers of assistive and adaptive devices. These devices include apparel, personal care and hygiene items, recreational equipment and other products that make everyday living better. To order, send a check for $5.00 to National Easter Seal Society, P.O. Box 06440, Chicago, Illinois 60606-0440.

EDUCATIONAL PROGRAM AVAILABLE TO PROFESSIONALS FROM THE BEVERLY FOUNDATION...
Rehabilitation for Continence in Long-Term Care, an inservice educator packet, is available for health care professionals who are readers of the Informer. This program assists in developing individualized incontinence assessment and training programs required by federal and state regulations. A special arrangement allows professional readers to obtain this kit by sending a letter of request to their professional stationery to the Beverly Foundation, 70 South Lake Avenue, Suite 750, Pasadena, CA 91101. This program is available, for the cost of shipping, while supplies last. For further information contact the Beverly Foundation at 818-792-2292.

NATIONAL ELDERCARE INSTITUTE...
has recently published resource materials on urinary incontinence. The first is The Guidebook for the Aging Network, a 30-page manual designed to help service providers deal with the incontinence of program participants. (Cost - $7.00). Another publication is the Resource Guide, a booklet which lists free brochures, flyers, support groups, videotapes, newsletters, and mail order supply companies. (Cost - $3.00) Finally, AgeLines: Urinary Incontinence - A Difficult Topic to Talk About is a consumer-oriented information pamphlet. Single copies are free. For further information, or to place an order call the National Eldercare Institute at 813-974-4355.

SIMON FOUNDATION PARTICIPATES IN AN INTERNATIONAL WORKSHOP...
Once again, the President of the Simon Foundation for Continence will co-chair a workshop on promoting continence at the annual meeting of the International Continence Society (ICS). Dr. David Fonda a geriatrician from Australia and Stuart Stanton, M.D. from the United Kingdom will be the other co-chairs. The workshop will be further recognized at the ICS when Dr. Fonda will present a summary of the outcomes from the workshop. Leaders from charities throughout the world will participate in this year's meetings.

ENJOY A CHALLENGE...
The Simon Foundation for Continence and Help for Incontinent People (HIP), are issuing a challenge to their members. Incontinence is no longer a closet issue. We think our success and our reputation invite a new image, a new name, and a new logo. Imagine that you are a person with incontinence, a family member looking for information about urinary control problems, a health professional looking for help for a patient, or a government agency looking for a national organization where educational resources are available. What would the organization be named where this help could be found? Please send either one or all your ideas for a new name, a new logo, or a new slogan to The Simon Foundation Contest, Post Office Box 835, Wilmette, Illinois 60091.

A BOOK YOU SHOULD KNOW ABOUT...
is Urinary Incontinence: A Practical Guide for People With Bladder Control Problems. The book is written by David Fonda, M.D. and Cynthia Wellings, R.N. Chapters include: the urinary system works, what causes incontinence, reversible causes of incontinence, pelvic muscle exercises, achieving social continence, and preventing incontinence. Published in Australia, this book is available in the United States through the Simon Foundation, P.O. Box 835, Wilmette, Illinois 60091. Cost is $6.95 plus $1.00 for postage and handling.
Focus on Infection
continued from front

the drugs they are given can be
transferred to people when they
drink milk or eat meat.
Currently, estimates range from
30% to 50% of urinary tract infec-
tions caused by E. coli have shown
resistance to more than one drug.
With the current concerns about
infection, it is even more import-
tant to focus attention on preven-
tion.
Individuals who are prone to
urinary tract infections should be
sure to drink plenty of fluids.
Women should wipe from front to
back after using the toilet. Those
women who notice an increased
incidence of infection with sexual
intercourse could explore with their
doctors the possibility of taking
medications immediately after sex.
A recent study reported in the
Journal of American Medicine
showed that urinary infections were
less in the subjects, all older
women, when they drank cran-
berry juice. Cranberry and blue-
berry juices appear to have a
compound that may prevent E. coli
bacteria from adhering to the
bladder lining.
Many people who are affected by
frequent urinary tract infections
claim that taking increased dosages
of vitamin C helps lessen the
frequency of recurrence. Scientists
think that acidification of the urine
makes it more difficult for infection
to take hold.
If you are troubled by urinary tract
infections, be sure to ask your
doctor what he or she can recom-

Award Nominations
continued from front

bered by his colleagues at the
Foundation. John held in highest
regard those medical professionals
who showed great empathy for their
patients, creativity in solving medi-
cal problems, and respect for a
multidisciplinary approach to con-
tinence care.
This award will honor health
professionals who exemplify the
best motives in medicine - to
improve the quality of life and to
advance the science of medicine.
It will honor that special doctor,
nurse, social worker, physical
therapist, or other health-care
provider who embodies the values
of excellence in continence care.
Before his untimely death from
pancreatic cancer, Dr. Humphal was
made aware of plans for an award
in his honor. He felt that Informer
readers, who are the heart of the
Foundation, should nominate
candidates. In two pages or less,
tell us about your nominee and how
specifically he or she lives up to the
ideas Dr. Humphal respected. Be
sure to include the nominee’s
name, address, and a telephone
number where they can be con-
tacted. Nominations must be
received at Foundation Headquar-
ters (P.O. Box 835, Wilmette, Illinois
60091) no later than December 15,
1994.

Letters To
The Editor

Dear Simon:
In response to the letter about a
spouse assisting her husband in
public restroom, here are a couple
of thoughts. As women take their
children to women’s restrooms, use
the men’s room to ensure more
dignity. A second thought would be
to carry a little sign for the restroom
door knob: “female inside assisting
husband.” This sign would protect
their privacy after someone else had
first “cleared the way.”
Oregon Health
Care Association

Informer:
At the California highway rest stops
there are signs saying that a person
of the opposite sex may accompany
a handicapped person into either
the men’s or women’s rest room.
continued on back page

Thank You
Editor’s Note: This issue of The
Informer was underwritten by an
educational grant from H. D. I. S.
The Simon Foundation does not
endorse specific continence
products or medical treatments.
Inclusion in this column in no way
implies endorsement.

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Letters To The Editor
continued from inside

That could be one solution to the problem concerning the women whose husband needed help in the toilet. Every state should have these signs.

California

Dear Informer:
Our Oregon rest stops for motorists have recently added signs outside public restrooms notifying users that it is legal to have the opposite sex bring in disabled people if they are using a wheelchair. The signs give instructions to help guarantee privacy.

Oregon

Dear Readers:
Thanks for the suggestions. Where there are no specially designated toilets for people with disabilities, using the washroom can be very stressful. The Simon Foundation for Continence needs all our readers help. If you or someone close to you uses a wheelchair, please write to us about the challenges you face. Readers who wish to support our attempts to bring attention to the need for more public washrooms and better access for people with disabilities, should write to us immediately. We'll work with all the states for better facilities.

Dear Ms. Gartley:
I have been troubled by urinary incontinence for quite a few years. For almost a year I've been taking a prescribed diuretic - so you can guess where I spend most of my time. However, I have a problem much worse than empty underwear. I have bowel incontinence. This never seems to be addressed. I know my main problem is a weak sphincter muscle. Actually I think they have all lain down and died. I'd appreciate any help you could give me. I guess an alternative would be to stay home once in a while, but don't suggest I'm only 79.

Illinois

Dear Illinois:
People certainly do write to us about bowel incontinence and articles have appeared in past Informers concerning good bowel health. Another excellent resource is the International Foundation for Bowel Dysfunction (IFBD), P.O. Box 17864, Milwaukee, WI 17864, telephone number 414-964-1799.

We are always delighted by spunky letters from readers who aren't ready to stay home. Keep asking your doctors what is new because as more attention is paid to incontinence, new treatment and cures are sure to follow.