I Will Manage
A Program Designed Just for You

“It is one of the most beautiful compensations of this life, that no man can seriously help another without helping himself.”

Ralph Waldo Emerson.

There once was a time not so very long ago, that much of the mail coming to The Simon Foundation for Continence was from people who asked that all information be sent in plain envelopes so that no one could find out about their incontinence problem. Today, not only have the requests for anonymity decreased substantially, but questions about where to join a support group are rapidly on the rise. People with incontinence want to learn more about cure, treatment and management from knowledgeable medical experts, and they’d like to meet other people who are incontinent to increase their understanding of how others are dealing with the problems incontinence creates.

The Simon Foundation for Continence is delighted to respond to this new and growing demand with a new program — I Will Manage, an educational/support group program. The objectives of the program are: (1) to present practical multi-disciplinary information about incontinence; and (2) to foster a supportive environment that encourages people to share their experiences and develop the confidence to make changes in their lives.

The structure of the I Will Manage support group allows time for members to share experiences in a traditional self-help manner while providing a setting to learn from medical experts who can answer individual questions. A new movie “A Matter of Choice”, was filmed specifically for I Will Manage. “A Matter of Choice” is a docu-drama telling the story of one woman’s struggle with incontinence and her discovery of the benefits of education and support. This story is supplemented with interviews with real people speaking about their own lives and their experiences with the I Will Manage (IWM) program.

“I can honestly say that since becoming involved with the Simon Foundation’s support group I have never curtailed any activity I wish to pursue,” states Paul LaPorte about his new-found ability to cope with daily living. Many IWM participants also praise the program for providing the opportunity to ask questions about their own condition of the professionals who conduct the educational portions of the I Will Manage sessions.

I Will Manage is organized into a series of four patient group sessions, with an additional session devoted to those caring for someone with incontinence.

The sessions concentrate on:

- Why Incontinence Happens: Research shows that individuals need to understand how the bladder and bowel function, and why they may fail to work correctly. This session explains the physiology and prepares group members to discuss incontinence comfortably with their physicians.
- Cures and Treatments: Medical responses ranging from pelvic floor exercises to drug therapies and surgical interventions, are described to group members expanding their awareness of the many options available to correct the underlying causes of incontinence.

continued on inside
A Continence Crossword Puzzle

by Diane Krasner, RN, MS, CETN

DOWN

1. Organ that produces urine  
2. Non-invasive technique for imaging the bladder  
3. Surgically-implanted device that prevents urine leakage  
4. Rigid  
5. To mix  
6. Concentrated urine encourages the growth of these  
8. Frequent passage of loose, liquid stools  
9. Tube that carries urine from the kidney to the bladder  
12. Tube through which urine exits the body  
15. Physicians who specialize in urinary problems  
17. Title of first book on incontinence written for lay persons  
18. Present in coffee, colas, chocolate...can aggravate urinary incontinence  
19. Normal pH range of the urine  
21. Removal of a small amount of tissue for examination under microscope  
26. Persistent bedwetting  
27. Technical term for surgery to remove an enlarged prostate: ABBR  
28. Visual examination of the bladder  
29. Medical term for urination  
32. Timed voiding = urination by the ______  
35. Organ that commonly enlarges in older men, often causing overflow incontinence  
36. Need to toilet with little warning  
38. Optimum number of glasses of liquid for a healthy person to drink each day  
40. ______ bladder capacity is 350cc (12 oz)  
43. Opposite of 13 Across  
45. Surgeons can’t be without it: ABBR

ACROSS

4. Type of incontinence associated with sneezing and jogging  
7. Storage organ for urine  
10. Term for waking up at night to urinate  
11. Simon Foundation’s newsletter  
13. Dehydrated  
14. Tube inserted into the bladder to drain urine  
16. Chemical present in the urine of all mammals  
20. Normal urine is not cloudy but  
22. Simon Foundation’s Pen Pal Club: ABBR  
23. Type of incontinence marked by the strong desire to void, followed by involuntary urination: Backwards  
24. Its presence in urine or stool signals trouble  
25. Goal of all exercises, training programs, medications and surgeries  
28. Infection of the bladder  
30. AKA “undergarments”  
31. International organization devoted to continence: ABBR  
33. Urinary tract infection: ABBR  
34. Purpose of self-help groups  
37. Last name of Simon Foundation’s founder  
39. Device patented in 1877 for toileting while lying down  
41. Number (in millions) of Americans who are incontinent  
42. Clean intermittent catheterization: ABBR  
43. Major ingredient of urine and stool  
44. Simon Foundation video: “The Solution Starts with ______”  
46. Exercises for improving pelvic muscle strength

For the solution to this crossword puzzle, send a self-addressed, stamped envelope to The Simon Foundation.
Coping With Feelings: Through the insights of an expert speaker and the shared experiences of the group, members explore emotions such as fear, shame, anger and depression which can be caused by becoming incontinent. Open discussion enables group members to focus on solving their specific problems.

What Caregivers Need To Know: Those who care for family members with incontinence often face an enormous burden. This session provides emotional support while exploring practical health issues including skin care, dehydration, and preventing bed sores. Community resources that can offer assistance to caregivers are identified.

The topic of incontinence has slowly come out of the closet in America over the past few years. Now is the time to strip away the ignorance and the myths. The Simon Foundation's goal of establishing an I Will Manage program series in every hospital in America is designed to both focus continued attention upon this long neglected area of health care and to help educate all Americans about cure, treatment, and management.

The Foundation is pleased to offer I Will Manage without charge to qualified professionals. The program is designed for easy implementation. A comprehensive Program Kit provides all of the materials needed in a compact storage case. The Kit includes a Program Director's Guide with content and agenda for each of the group sessions; reproduction masters for advertisements, flyers, posters, and other promotional material; PR releases and program announcements; materials for recruiting guest speakers; and reference information. Detailed instructions are provided for the use of all of these materials.

Readers of The Informer who do not have an IWM program in their community are encouraged to become involved. Individuals can work in tandem with professionals and supply needed volunteer time to organize and publicize the program. If you are aware of a health care professional who would be interested in knowing more about this program, please send their name, address, professional position, and telephone number to the I Will Manage Program, The Simon Foundation for Continence, P.O. Box 815, Wilmette, Illinois 60091. We will gladly send them information about I Will Manage.

Health care professionals who would like more information about obtaining a Program Director's Kit may either write the above address or reach an IWM consultant at 708-864-3913. Join us in reaching out to those in your community who suffer from incontinence to provide them with the education, support and care that can change their lives.

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**REQUEST FOR MEMBERSHIP**

Yes, I would like to be a member of the Simon Foundation for Continence. Please mail to me the Foundation's quarterly newsletter, *The Informer*. Enclosed is a check.

- [ ] $1,000.00 Life Membership
- [ ] $15.00 Annual Membership
- [ ] $5,000.00 Corporate Sustaining Membership
- [ ] $100.00 Individual Sustaining Membership
- [ ] $5.00 Caring Membership
- [ ] $35.00 Professional Membership
- [ ] ________ Other

Name ____________________________

Address __________________________

City _____________________________

State ______ Zip Code _______

NOTE: Your annual membership will begin with the next edition of *The Informer*. Contributions and membership in The Simon Foundation are tax deductible.

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**Thank You.** (Editor's Note: This issue of *The Informer* was underwritten by an educational grant from Kimberly-Clark Corporation, makers of Depend®. The Simon Foundation does not endorse specific incontinence products or medical treatments. Inclusion in this column in no way implies endorsement.)

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- **Shields**: For light to moderate loss of bladder control.
- **Undergarments**: For moderate to heavy loss of bladder control.
- **Fitted Briefs**: For heavy to complete loss of bladder control.
- **Underpads**: Protection of bed, chairs and other surfaces.

Please consult your physician about bladder control problems.
Dear Simon Foundation for Continence:
I thank you for sending me the Informer. One of your articles told me what was wrong. I went to the right type of doctor and they did a TURP. All is well now. If you like you can take me off your mailing list and save money so you can help someone else. Thanks again.

California

Dear California:
We wish everyone could find help as quickly as you did. Thanks for thinking about saving us pennies, because they do mount up quickly. Readers if you no longer need us, or if you are receiving duplicate Informers, please send us your name and address as it appears on the label so we can help others who need to know that incontinence can be cured, treated, or managed.

Dear Informer:
I've really enjoyed the letters that I've gotten from new friends since I wrote to you. A typical line from them reads: "Thank you for writing The Informer and giving encouragement to those of us not yet as brave as you." Good folks, I'm not brave! I'm simply a realist and I deal with my problems as I have to, without much concern for what those not affected think of my solutions. That doesn't mean I'm aggressive. The concerns and feelings of those who really are affected by my problems are certainly part of the equation. I simply try to remember that I have to rely on Number One — myself — if I want to be assured that my problems are managed. We all have problems. Manage them as best you can and then GET ON WITH YOUR LIFE! Keep the cards and letters coming. I answer them and I do enjoy getting them.

Paul Gennrich
1109 Hickory Street
Hinesville, GA 31313

Dear Robert:
By my calculations you and your wife were very young when you married which makes your story even more wonderful. Many of us can practice most of our life without getting mature love right, the kind of love which puts the other person first. You are going to receive a great deal of mail. Brace yourselves! And thanks for sharing.

Dear Informer:
I am a happily married man who has spent the past 26 years with the same wonderful woman. I also share with many of your readers a condition that has been with me since childhood — bedwetting. The woman I married, to my eternal good fortune, has always been very accepting of me. Her influence in my life has been nothing short of fantastic. She healed the emotional wounds inflicted by this condition during my youth through her love and affection for me.

We are both in our mid-forties and lead a very active life, traveling frequently for business and pleasure.

I did not tell my wife of my condition before we were married. I thought I could somehow overcome it by marriage. I was wrong on both accounts. Be honest, as Mr. Beckwith counsels, with the one you love, for if they truly love you they will love all of you. I did manage to stay dry enough to escape discovery for the first few months of marriage. The first wet bed after marriage followed my first full nights sleep since our wedding day. I would lay awake or sleep in a locked position fearful of the accident a deep sleep would bring. I was so tight that my leg would be raised during sleep giving me terrible back aches the following day.

My loving wife, although taken aback a bit by the accident, was very understanding as I explained what had happened and how I had this condition all my life. Her response made me ashamed of not trusting her love for me enough to be honest.

Being a take charge person, my wife quickly implemented a plan to deal with the condition. At home, I use cloth diapers and rubber pants which I find far superior to plastic pants from a comfort and security standpoint. Though you have to handwash them, their leg and waist bands are much wider than the plastic pants making them much more secure. I have a good source at the moment should any of your readers be having difficulty purchasing them.

Please enroll us in your Pen Pal Club. We welcome the opportunity to share our experiences with others.

Mr. and Mrs. Robert Foss
110 Gardner Drive
Annapolis, MD 21403

Simon Says...
continued from front

Akon, Ohio 44319; Toni Quasley, 74-26 88 Avenue, Woodhaven, New York 11421; Anthony J. Kelley, 17 Wilson Road, Lexington, MA 02173; Carl P. Mitchell, P.O. Box 97, Meyersdale, PA 15552; Jodi F. Jehning, 6284 Sultana Avenue, Temple City, California 91780; Woody Dent (age 38), P.O. Box 71, St. Matthews, South Carolina 29135; Paul DeLaFaz, ID #A9171, Post Office Box-711, Menard, Illinois 62259; and John Carter, P.O. Box 3801, Portland, Oregon 97208.

A NEW CAMP FOR BOYS... Camp Brandon for Boys, located on Lake Winnipeg in New Hampshire, will host a camp program for boys ages eight to fifteen who suffer from enuresis or encopresis. For more information contact the camp administrator, Dick Cooper, 16 Comelia Street, Pittsburgh, NY. 12901. Telephone: 518-562-1644.

THOUGHTS FOR THE DAY... “Never sacrifice what you want most for what you want now.” “Money: That which will take you anywhere you want to go, except heaven, and which will enable you to secure anything you want on earth, except happiness.”