

# Information Resources on Bladder Control Problems



## **The Foundation for Health in Aging** (founded by the American Geriatrics Society)

The Empire State Building  
350 Fifth Avenue, Suite 801  
New York, NY 10118  
1-800-563-4916  
[www.healthinaging.org](http://www.healthinaging.org)

## **Bladder Health Council of the American Foundation for Urologic Disease**

1128 N. Charles Street  
Baltimore, MD 21201  
1-877-OVERACT or 1-877-683-7228 (toll free)  
[www.afud.org/oab](http://www.afud.org/oab)

## **National Association for Continence**

PO Box 8310  
Spartanburg, SC 29305  
1-800-BLADDER or 1-800-252-3337 (toll free)  
[www.nafc.org](http://www.nafc.org)

## **National Bladder Foundation**

PO Box 1095  
Ridgefield, CT 06877  
1-203-431-0005  
[www.bladder.org](http://www.bladder.org)

## **National Institute on Aging**

Building 31, Room 5C27  
31 Center Drive, MSC 2292  
Bethesda, MD 20892  
1-301-496-1752  
[www.nia.nih.gov](http://www.nia.nih.gov)  
(see Age Page on Incontinence:  
[www.nia.nih.gov/health/agepages/urinary.htm](http://www.nia.nih.gov/health/agepages/urinary.htm))

## **National Kidney Foundation**

30 East 33rd Street  
Suite 1100  
New York, NY 10016  
1-800-622-9010 (toll free)  
[www.kidney.org](http://www.kidney.org)  
(go to patient information topics:  
[www.kidney.org/general/atoz/content/incontinence.html](http://www.kidney.org/general/atoz/content/incontinence.html))

## **National Kidney and Urologic Diseases Information Clearinghouse**

3 Information Way  
Bethesda, ME 20892-3580  
1-800-891-5388 (toll free)  
[www.niddk.nih.gov/health/urolog/pubs/uiwomen.uiwomen.htm](http://www.niddk.nih.gov/health/urolog/pubs/uiwomen.uiwomen.htm)

## **National Library of Medicine**

8600 Rockville Pike  
Bethesda, MD 20894  
1-888-346-3656 (toll free)  
[www.nlm.nih.gov](http://www.nlm.nih.gov)  
(go to [www.nlm.nih.gov/medlineplus/urinaryincontinence.html](http://www.nlm.nih.gov/medlineplus/urinaryincontinence.html))

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## National Women's Health Resource Center

120 Albany Street, Suite 820  
New Brunswick, NJ 08901  
1-877-986-9472 (toll free)  
[www.healthywomen.org](http://www.healthywomen.org)

## Simon Foundation for Continence

Box 835  
Wilmette, IL 60091  
1-800-23-SIMON or 1-800-237-4666  
(toll free)  
[www.simonfoundation.org](http://www.simonfoundation.org)

The AGS Foundation for Health in Aging (FHA) aims to build a bridge between the research and practice of geriatrics health care professionals and the public, and to advocate on behalf of older adults and their special needs: wellness and preventive care, self-responsibility and independence, and connections to the family and community.

## Additional Web Sites

[www.acog.com](http://www.acog.com) (The American College of Obstetrics and Gynecology)  
[www.webmd.com](http://www.webmd.com)

## Books/Articles

*Staying Dry: A Practical Guide to Bladder Control*, Burgio KL, Pearce RL, Lucco AJ. Baltimore, Johns Hopkins University Press, 1989.

*Fabulous four exercises and more ... to prevent and treat incontinence*. Missoula, MT. Phoenix Publishing Co, 1997.

*The Urinary Incontinence Resource Book*. Newman, DK. Los Angeles, CA, Lowell House, 1997.