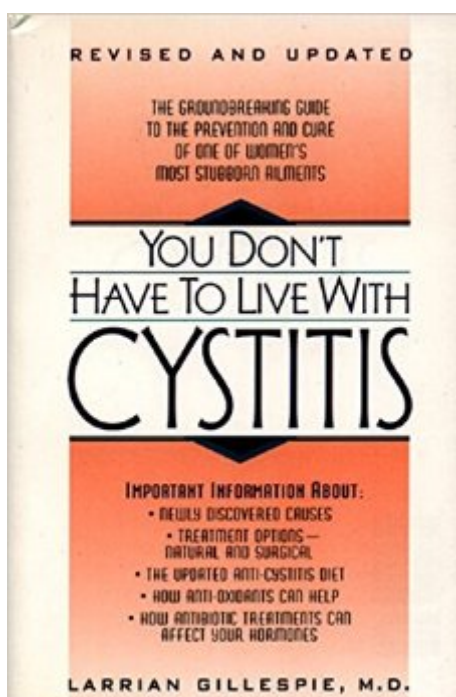


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# You Don't Have To Live With Cystitis



## Synopsis

Many women have been led to believe that a urinary tract infection signals the beginning of a chronic, painful problem that is fated to reoccur despite treatment. The good news is that *You Don't Have to Live With Cystitis*. Dr. Larrian Gillispie, a female uro-gynecologist widely recognized in the scientific and medical community and one of the few doctors with expertise in the area of pelvic pain, has shown that women can break out of the vicious cycle of cystitis. From the outset, *You Don't Have to Live With Cystitis* has helped millions of women. This updated edition reflects newly discovered causes and treatments:

- Immediate steps to reduce suffering
- The surprising role of exercise and lower back problems
- Updated treatment and prevention options -- from diet to surgery
- How antibiotics may cause hormone problems
- Which method of contraception may cause problems
- The effects of stress on the urinary tract
- Newest treatments for interstitial cystitis
- Cystitis in children and during pregnancy and menopause
- A Complete Guide to Commonly Prescribed Medications
- Essential Vitamin and Mineral Supplements
- An Anti-Cystitis Diet

## Book Information

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## Customer Reviews

I suffered from recurrent bladder infections and the excruciating symptoms even without the presence of bacterial infection for many years. I had massive long term antibiotic therapy, surgical procedures and saw several urologists - all without relief. My mother gave me this book in 1988 and I am so grateful to her and to Dr. Gillespie. This book changed my life! I now understand my condition and can manage it. Many doctors are unaware of IC or believe it to be very rare (it's not as

rare as they think!). I still get 1-2 infections a year, but that is heaven compared to what I used to suffer. I can't recommend this book highly enough!

I am the medical author of a book on kidney stones. Often, patients with cystitis can end up with struvite (or infection) kidney stones from frequent bladder infections resulting in kidney infections. These types of kidney stones have caused patients to die! Struvite stones can fill the entire kidney cavity. Dr. Larrian Gillespie's book is The #1 Resource for Women who want a better quality of life...and who want to separate fact from myth. If you are serious about preventing the continuation of this painful condition, then this book is for you! Dr. Gillespie is an outspoken advocate on women's health issues. Her understanding of the way women's bodies function, and the relationship of disease to nutrition makes this book an important addition to the intelligent woman's home library bookshelf. Also highly recommended for consumer medical libraries. I found the chapters and information on an anti-cystitis diet, an explanation of how anti-oxidants can help and a special chapter on how antibiotic treatment can affect your hormones outstanding. The book is also useful for understanding cystitis in children, during pregnancy and menopause. Dr. Gillespie's compassion for women, her wonderful sense of humor, and ability to teach patients in consumer-friendly language (not Dr. Speak!) make this THE book on cystitis!

While I would not seek out Dr. Gillespie as my physician, having read the previous review, I still think this book is invaluable. So, find a competent physician specializing in female urinary problems and schedule the appointment, but go ahead and buy this book while you are waiting. Its explanation of normal and abnormal bladder function, explanation of various treatment/diagnostic options -- some horrible ones I wish I had refused, and some fabulous ones I would never have known to ask for had I not read this book -- and its discussion of foods and beverages that can lead to pain make this book invaluable. Its instructions on what to do with baking soda were well worth many times the price. If you get repeated UTI's or have chronic IC... you need to own this book.

[...]I'm not aware of any IC support group leaders who currently suggest this book to newly diagnosed patients simply because it is older, out of date and provides information which, today, would be considered controversial. Spinal surgery, for example, is rarely considered today for interstitial cystitis and, of course, only for patients who have a proven spinal defect that could be influencing their bladder function. Rather, the most common therapies are non-surgical, such as the use rescue instillations, antihistamines, etc. etc. The author certainly deserves credit for bringing the

importance of diet to the forefront. She brought attention and publicity to the IC movement and helped to build awareness for IC. For newly diagnosed patients looking for up to date information on IC, I strongly suggest the book "The IC Survival Guide" by Robert Moldwin MD (New Harbinger Publications), as a much better choice. It is written by a well respected doctor by both patients and the medical field. He is known world wide as a leader in the IC research movement and his book is the #1 recommended resource today by patient groups around the world.

As a medical student with bladder symptoms suggestive of interstitial cystitis, finding Dr. Gillespie's book was the best thing that has happened to me in the three years since i've had my symptoms! The information is accurate, up to date, and truly empowers patients with chronic illnesses to take control of their lives and break the vicious cycles of bladder problems that control so many women's lives. I use this book as a resource and guide book to living well with my disease and am now starting to employ her techniques with the help of my personal doctor who also praises her book for its accurate, common-sense, up to the minute information. The answers i could not find anywhere else are in this book. Reading it has changed my life!

This is a ground-breaking book written by a doctor who truly understands both bacterial and interstitial cystitis. Before the 1st edition of this book, the medical world was virtually silent on the subject, telling women it was all in their heads! Dr. Gillespie shows a deep understanding of the all-too-common and frequently mis-treated and/or over-medicated cystitis (urinary tract infection). Further, Dr. Gillespie virtually forced the medical world to learn about interstitial cystitis (IC) and to begin research into more humane and effective methods of treating it. Dr. G is a personal hero for me. Her book has provided guidance in my dealings with IC, where unfortunately most doctors still don't know what IC is. This book can help the patient to make decisions about treatments that can affect their body for many years to come. This book has helped me to minimize the occurrence of bacterial cystitis. And while my IC is incurable, this book has provided insight and helpful methods to make the condition less debilitating. Thanks for this ground-breaking book!!!

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You Don't Have to Live with Cystitis The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[ THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN ] by Cohan, Wendy (Author ) on Nov-09-2010 Paperback Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy

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