

# Especially For the Women on the Board

Submitted 11-09-2004

Success Story! Especially for the women on the Board

Carol

olmert@aol.com

---

Folks,

I just returned from a diagnostic lab where I underwent a pelvic ultrasound.

For those of you not in the know, this exam, which tests for abnormalities in the pelvic region, requires drinking 32 oz. of water during one hour prior. Talk about heavy fluid loading!!!

In years past when I had this same test conducted, I could not pee afterwards, usually experienced a panic attack, and resorted to either self-cathing or having a nurse cath me.

This time - voila! I felt fairly confident that I would be able to pee, and I did! I must confess to having brought along my cath kit just in case.

In years past, I never dreamed I would have achieved this level of success.

Please, please KEEP THE FAITH. With commitment, determination, and courage, you, too, can overcome paruresis.

Carol

Women's IPA Coordinator