



"Freedom Press" eZine

August 2014

Our vision is for a Paruresis free world.
Until then, people with shy bladder will live life to the fullest.

Workshops

[What happens at a workshop?~Go here!](#)

[Workshop registration form/fee ~ Go here!](#)

[To register for a workshop~Go here!](#)

2014 IPA Workshop

Sign up now to reserve your spot!

Winston-Salem, NC. ~ August 22-24 **It's a go!**

Speyer, Germany ~ August 29-31 **It's a go!**

Chicago, IL. ~ October 3-5

Rochester, NY. ~ October 3-5

Seattle, WA. ~ November 7-9

West Palm Beach, FL. ~ December 19-21

Follow Us on Social Media



We want to ask everyone who is not already doing so to follow Dr. Steven Soifer on at least one social media source. Just click on the icons to the left.

The reason for this is that we need to build our social media presence, and this is one way to do it. The easiest and most effective method is to simply **"Like" the IPA on Facebook.**

Paruresis In The News

We are taking strides, both individually and collectively, in overcoming and confronting paruresis. This "secret" phobia is becoming less secret, as evidenced by the recent article in [The Atlantic magazine](#) and several articles in Spanish language newspapers.

We also continue to make headway on a number of important issues. First and foremost, because of how long we've been working on it, is alternative drug testing in the workplace (and schools and prisons, too). We recently found out at a Drug Testing Advisory Board (DTAB) meeting of SAMHSA in Washington that we are about half way through a four year process of getting alternative

regulations approved that will allow saliva instead of urine testing in some cases. The devil is in the details, though, and we need to stay on top of the issue and continue to lobby to allow alternative testing of people with shy bladder. We will need you to be actively involved in this issue when the time comes for public comments on the proposed regulations, which will be posted in the Federal Register.

Regarding research, we still need a "normal" subject to be tested with an MRI to compare with our results for an MRI of a shy bladder. Meanwhile, some researchers have done an MRI of the brains of normal and "non-normal" urinators, with the following fascinating results: Sciencenews.org

[IPA Support Groups~Go here!](#)

You Are Not Alone

I am in the US Army-the toughest, most competent fighting force this Earth has ever seen. I live in a world of tough guys, real men (and women) who can do anything and win all the time.... right.

[IPA Talk Forum~Go here! \(message boards\)](#)

I am 6'1", 200 lbs. of lean muscle, I am a helicopter pilot, and I was educated at the world's greatest military academy, West Point. I am a man's man, right? Right, except for when it comes to my nemesis the urinal. Can't do it. Well to make my long story short, I have always felt like I was less of a man because of my "problem." For years I have been subjected to being woken up at the wee hours of the morning for surprise drug tests. No pun intended. These test involve gathering large groups of soldiers together, using one "secured" latrine and have a designated observer watch every soldier piss into a small plastic cup. Well if you don't go the first time around they proceed to walk you back to the meeting place with empty cup held high and announce "we've got a choker!" ...[Read more here!](#)

Frequently Asked Questions

Question: Is it important to let my doctor know about my paruresis?

Answer: Yes. But be prepared to educate your doctor when you visit, as many are unfamiliar with this condition. First off, your doctor needs to make sure there is no physical cause of your paruresis. If one exists, resolving it might be the only treatment you need. IPA recommends that everyone seeking paruresis treatment first rule out any physical cause with his or her doctor. Older men can experience a common problem called benign prostatic hyperplasia that is easily treatable. There are many other physical conditions that have some of the symptoms of paruresis...

[Read more here!](#)



Do You Have 2 Minutes to Help?

Help us get a GreatNonprofits 2014 Top-Rated Award, write a review of your experience with us! We only need 9 more reviews. This can be done anonymously as well. Go here: [GreatNonprofits 2014](#) Thank You!

IPA Endowment Fund

Finally, IPA is making great strides in building its endowment fund (currently at \$50,000 with at least another \$50,000 pledged). If you can donate to this year's IPA endowment fund, click on the orange Donate Now button on the left. Don't forget to designate your gift to the Endowment Campaign. Thank you!

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Tuesday - Friday
1:00pm -4:30pm(EST)

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