



# "Freedom Press" eZine

July 2015

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

## Drug Testing Regulations ~ DTAB

### We Need Your Help!

After years, the Drug Testing Advisory Board (DTAB) is in the final stages of making recommendations for how to test current employees and new job applicants for drugs. Two proposals are up for review: one for urine testing and one for oral fluids (saliva). Currently there is nothing in either regulation that speaks to the issue of paruresis, let alone having accommodations for those with paruresis. We urge you to make a comment to improve these regulations for people with paruresis.

Here's how you can help...

Send a comment to the Drug Testing Advisory Board - (DTAB) supporting regulation changes for the following two regulations:

- 1) Notice of Proposed Revisions to the Mandatory Guidelines for Federal Workplace Drug Testing Programs - Urine (94 FR 28101 - May 15, 2015)
- 2) Notice of Proposed Mandatory Guidelines for Federal Workplace Drug Testing Programs - ; Oral Fluid (94 FR 28054 - May 15, 2015)

**Deadline to submit your comment is July 14, 2015!**

You may submit comments in one of four ways. The easiest way is electronically. Here are the instructions to make a comment electronically.

[Link to comment on Urine Testing regulations](#)

[Link to comment on Oral Fluid Specimen regulations](#)

1. Click on one of the links above.
2. Near the right hand side of screen click on the "Comment Now!" button
3. Make your comment
4. Enter your name (you can choose to be anonymous if you want)
5. Check the box "I want to provide my contact information" Enter: zip code and email address
6. Do choose to receive an email receipt, and do keep a record of your receipt number so you can check when it is posted. You can read your post by going to [www.regulations.gov](http://www.regulations.gov), and just entering

Follow Dr. Soifer on social media!

Click on a button below.



the receipt no. into the search box. You can read other people's comments by clicking on the Docket Folder.

If you would like to see all four ways you can submit a comment use the following links to view the entire PDF file:

- 1) [Urine Testing Regulation \(94 FR 28101 - May 15, 2015\)](#)
- 2) [Oral Fluid Specimen Regulations \(94 FR 28054 - May 15, 2015\)](#)

Here is an example of what you can comment to support changes to improve drug testing for those with paruresis:

#### **Urine Testing Regulation**

The proposed regulations for Urine testing do not mention paruresis, a medical condition which inhibits a person from producing urine on demand. Ten percent of Americans have this condition. I'm sure the federal government wants to seek the largest group of qualified applicants, and to retain the largest number of qualified employees. Please ensure that even people with paruresis can work for the federal government by including a clear statement that having paruresis automatically means that non-urine testing will be provided.

#### **Oral Fluid Testing Regulation**

The proposed regulations for Oral Fluids testing do not mention paruresis, a medical condition which inhibits a person from producing urine on demand. Ten percent of Americans have this condition. I'm sure the federal government wants to seek the largest group of qualified applicants, and to retain the largest number of qualified employees. Please ensure that even people with paruresis can work for the federal government by including a clear statement that having paruresis automatically means that non-urine testing will be provided.

[Click here for the workshop registration form!](#)

[Click here to find out: What happens at a workshop?](#)

[Click here to register and pay online.](#)

## Workshops

### Los Angeles Workshop Special for IPA Members!

Workshop dates: August 14-16, 2015

If you register for the Los Angeles workshop by Thursday, July 2nd before midnight, you can take 50% off the registration fee.

(You pay: \$347.50 for first timers, \$175.00 for returnees and support group leaders)

*OR*

If you register for the Los Angeles workshop on Friday, July 3rd between 12:01 am -11:59 pm, you can take 25% off the registration fee.

(You pay: \$521.25 for first timers, \$262.50 for returnees and support group leaders)

\*Note: You must be a current IPA member to use the discount.

[To become a current member, donate by clicking here.](#)



salon.com

[Read more here...](#)

The bathroom crisis that ruined my life: I couldn't pee for nine months.

I was 19, but I thought my body was ruined. Who would have thought a psychological cause was to blame?

By Sam Blum

International Paruresis Association, Inc.

P.O. Box 21237  
Catonsville, MD 21228

Office Hours

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

Office# 800-247-3864 ~ Email: [info@paruresis.org](mailto:info@paruresis.org)