

1996 • Celebrating 27 Years • 2023

**Our Vision: To Champion Paruresis Awareness.**

## IPA "Freedom Press" eZine

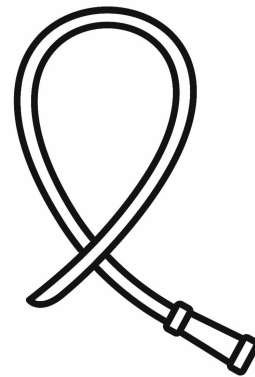
*The newsletter for people suffering from paruresis, the loved ones who care about them, and the mental health and medical professionals who support them.*

November 2023

Let's Talk Catheters  
Giving Tuesday is Nov. 28  
Women: Dec. 1-3 NY Metro Event is for You  
Workshops 2024 in Planning  
"Latchkey Incontinence" | More "Sitzpinklers"

### Let's Talk Catheters

Someone recently said that Paruresis is an affliction of "lost opportunities." Why is that so? Oftentimes we curtail our activity because we are afraid of being "caught out" - of being somewhere and not being able to relieve ourselves. Perhaps we had an incredibly bad travel experience where we had to hold our water for a very long and painful time. Therefore, we continue our avoidance and "beg off" of experiences and things that we really want to do. **Many IPA members report that simply learning to use a catheter has helped them regain an active quality of life.**



**Where to learn?** Reach out to your general practitioner and explain the reason for needing to learn the technique. Oftentimes, nurse practitioners are the experts in teaching how to use a catheter.

There are several very instructive videos on YouTube, for both men and women, to give you an idea of the process. The most important component of catheterizing is the need to be scrupulous in cleanliness to avoid potential infection.

**What size is right for me?** Several members recommend a Coude tip 12fr catheter. However, the proper size is determined by the individual. Too small,

the urine won't come out fast enough, too big – and well – that's not good. So, check with your medical professional.

A final benefit of learning self-catheterization is that many members report just having a catheterization kit at hand and knowing that it is there as an ultimate fail safe, means they actually never have to use it. The lowered anxiety in itself meant an improved experience.

**Want to learn more?** Here are a few links:

- [An article on the IPA's website](#)
- [How to Use a Urinary Intermittent Straight Male Catheter](#)(video)
- [How to Use a Urinary Intermittent Female Catheter](#)(video)
- [GentleCath Air™ for Men Demonstration Video - Straight Tip](#)(video - ingenious adhesive container pouch making it easier to have your hands free and materials close at hand)
- [How To Self-Catheterize: For the Male Patient](#) (video)
- [Express Medical Supply](#) (supplier)

With proper education and support, sufferers can learn to self-catheterize, promoting a sense of control and reducing anxiety. Consider the freedom of knowing this valuable coping skill.

*The information provided here is educational in nature. If you are having trouble urinating, you should always contact a physician since difficulty with voiding can be a symptom of a serious medical condition. You should have your doctor evaluate your condition before diagnosing yourself and seek the appropriate necessary medical and mental health counseling if warranted. No endorsement of any company or provider implied.*

Platinum  
Transparency  
2023

**Candid.**



### Giving Tuesday is November 28, 2023

Is the IPA the world's number one resource for shy bladder syndrome sufferers? You bet it is. However, **without your ongoing financial support, the IPA can't continue.** Won't you join us with a donation of \$100 or more? Your 100% anonymous donation ensures that we'll be able to solidify and grow our efforts in supporting those affected by Paruresis around the world.



**Donate Now!**

## WOMEN - THIS IS FOR YOU!

### Women's Coordinator Andrea Weyant at the New York Metro Workshop December 1-3!



Andrea is a certified health coach and the IPA's Women's Coordinator. Women, this is your best chance to attend a live workshop. Women's only practice breakout sessions will be held. We have very limited seats remaining for this event and we'd love for them to be available for our female sufferers. Don't forget IPA co-founder Dr. Steve and IPA President Dan Rocker will be co-leading this unprecedented weekend event.

Click [here](#) to register. Learn more about all three leaders by heading to our [Shy Bladder Center page](#) and clicking on the links beneath their photos.



## Live Workshops

*Each live workshop needs a minimum of 5 pre-registrations to make it a "go!" 100% Money Back Guaranteed if we don't make our minimum. Sign up today.*

### White Plains, NY: Dec. 1-3 (Dr. Steve AND Dan Rocker AND Andrea Weyant!!)

• *This is a "go"! A few seats remain.*

### Detroit/Windsor: Jan. 26-28, 2024 (Dr. Steve)

• *Pre-registration open. Money Back Guaranteed.*

### Red Deer, Alberta: April 12-14, 2024 (Dr. Steve)

• *Pre-registration open. Money Back Guaranteed.*

### Chicago, IL: April 12-14, 2024 (Dan Rocker)

• *Pre-registration open soon.*

*Next virtual workshop is set for January 20, 2024. Click [here](#) to register.*

*Help us plan for 2024 events! San Fran, Phoenix, Minneapolis(?), and your town?*

• **Fill out our workshop interest form with your locale.**

*All of our workshop leaders and IPA Executive Director Tim Pyle would be very happy to connect with you in advance of any workshop. Head over to the Contact the IPA form and we'll arrange it! Also, you'll find links to videos of leaders under their entries on the Shy Bladder Center page. They are fantastic experts and advocates for Paruresis sufferers around the world.*

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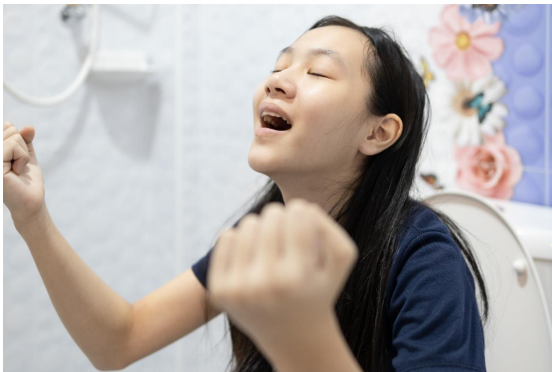
2024 Membership Drive is Underway!

Donate \$100 to Become a Member  
Renew • Volunteer  
100% Anonymity Assured!

## Why You Always Need To Pee When You Get Close To Home

Julia Ries writes in the **Huffington Post** (September 26, 2023), "Does your bladder feel like it's going to burst as you reach your destination? Read this."

*Maybe you were commuting home from work, or, perhaps, in the final stretch of your road trip. You really needed to go to the bathroom, and as you inched closer to home, the urge grew. You shifted positions in your seat and tried to distract yourself. As you approached your front door, panic set in — you beelined it to the bathroom with only a second to spare. You made it. Barely. This phenomenon, known as “latchkey incontinence,” Read more [here](#) (2 min. read)*



## Guys Who Sit Down to Pee: Why?

The debate continues . . . Here is yet another article on the practice of men known as "Sitzpinklers." Nick Thompson of **Vice.com** sits down to think about it. (October 27, 2023)

*Before we start, it's worth saying there's nothing wrong with the occasional lovely sit down and a wee with a bit of content on your phone. A 'posh piss' let's call it. Sometimes you're a bit fucked; sometimes it's a shy bladder; sometimes you need time away from whatever's on the outside of that bathroom door. Married men may wish to linger, for example, and many trans guys sit out of necessity, not choice. But that doesn't mean it's a popular move across the globe. Quite the reverse... Read more [here](#). (2 min. read)*



You'll find lots of helpful videos, plus all of the humorous ones we have found so far, in our YouTube Channel playlists [here](#).

## UPCOMING PARURESIS SUPPORT EVENTS & NEWS

### Virtual Support Group Meeting - FREE!

Sunday, **December 10**, 2023

*[Date Corrected]*

1 pm US ET | 12 CT | 11 MT | 10 PT

Your Hosts: David Kliss (Support Coordinator) and Steven Weinraub (West LA Support Leader)

**All:** This meeting is a great start for someone looking to connect with others for support, advice, and potential graduated practice. Hosted

### Women's

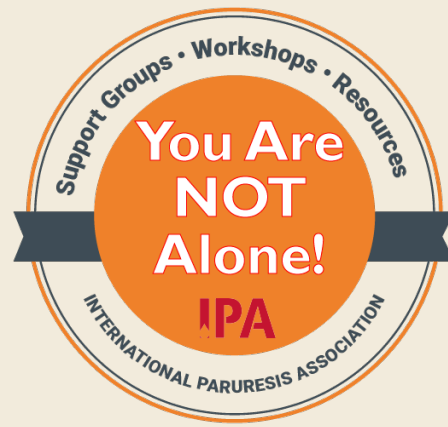
Virtual Support Group Meetings  
Your Host: Andrea Weyant

**Ladies:** Many of our women members say they would prefer a sharing environment geared toward women. Shy Bladder Center member and certified health coach Andrea Weyant has been holding intermittent evening meetings for you! Use the [Contact the IPA](#) form to connect with Andrea and learn about the next Zoom gathering.

by our wonderful IPA board members David and Steven, you'll be glad you invested this time in your recovery and in supporting others! Use the [Contact the IPA](#) form to request the link.

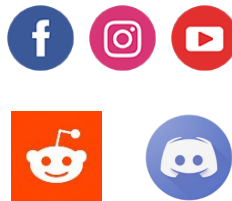
*No meeting in November. Use that time to go holiday shopping and practice while you are there!*

**DONATE NOW THROUGH**



Office Hours: Monday - Friday 10:00 a.m. to 6:00 p.m. ET  
800-247-3864 or 443-315-5250 (call or text)  
[getinfo@paruresis.org](mailto:getinfo@paruresis.org)

See what's happening on our social sites



**Our Mission: The IPA is dedicated to supporting people with Paruresis; providing information, recovery strategies and advocating in the mental health, medical and legal communities.**

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