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IPA INTERNATIONAL PARURESIS ASSOCIATION

1996 • Celebrating 28 Years • 2024

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.

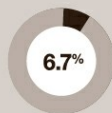
November 2024

Men's Health Awareness Month
IPA \$10,000 Research Grant Available
New Mental Health Crisis Site
World Toilet Day
Women: Introducing the "Tinkle Bell"
1-in-3 Gen-Zers Scared to Use Office Bathroom

November is Men's Health Awareness Month

[Women, we promise an item just for you below . . . but first . . .]

MEN 76.2 **WOMEN 81** **AVERAGE LIFE EXPECTANCY FOR MEN IN THE UNITED STATES IS ALMOST 5 YEARS LESS THAN WOMEN.**



AROUND 15 MILLION AMERICAN ADULTS (6.7% OF THE POPULATION) WILL BE DIAGNOSED WITH DEPRESSION EACH YEAR.



1 IN 2 MEN WILL BE DIAGNOSED WITH CANCER IN THEIR LIFETIME.



MORE THAN ONE THIRD OF ADULTS (34.9%) IN THE UNITED STATES ARE OBESE.

12.1% OF MEN 18 YEARS AND OVER ARE IN FAIR OR POOR HEALTH.

November, the annual men's health awareness campaign, is held every November. This global movement encourages men to grow moustaches to raise awareness and funds for prostate cancer, testicular cancer, and mental health. By sporting facial hair, participants spark conversations and challenge societal norms surrounding men's health.

Beyond the moustache, the campaign emphasizes the importance of early detection, regular check-ups, and **open dialogue about men's health issues - that's right up our alley!** Additionally, it promotes healthy lifestyle habits such as regular exercise, a balanced diet, and adequate sleep. By raising awareness and empowering men to take control of their health, Men's Health Awareness Month aims to create a positive impact on the well-being of men and boys worldwide. Learn more [here](#).

IPA Request for Proposals for Research Grants is Open Now

The IPA Board of Directors has made available a grant of up to **\$10,000 for research** toward "Unveiling the Mechanisms of Micturition Inhibition in Public Restrooms." This project proposes a collaborative research effort to investigate the physiological and biochemical factors that



contribute to micturition inhibition in public settings, with the **ultimate goal of identifying a medication** to allow people to freely urinate in public. The application process will be open until the end of 2024 with an award going out by the end of January. Please [share](#). We're excited to see where this research can take us!

This effort and others like it are only made possible through the gifts of individual donors like you!

Mental Health America's New Crisis Center



Living with Paruresis can be a harrowing experience, but recovery is possible. Still, if you are currently struggling, Mental Health America has updated their crisis center through a grant from the J&J Foundation. Scroll down [this page](#) to find a valuable mental health [screening tool](#) that can be useful for you or to help a friend.

In crisis? 24/7 help is available. Call or text 988 or chat [988lifeline.org](#). You can also reach Crisis Text Line by texting HOME to 741741. If you are in immediate danger, call 911.

DONATE

All donations before December 31 from new or returning donors are matched dollar-for-dollar by a generous advocate (up to a max of \$25,000). Donations of any amount are appreciated. Smash the donate button to make a secure, 100% anonymous, and U.S. tax-deductible gift NOW!

Exclusive Members Only Benefits:

Make a donation of \$100 or more, and take advantage of savings on 2025 workshops, access to the members only resource site, plus get invites to two members only webinar events coming up in December and January.

Cyber Monday: December 2, 2024 at 7:30 p.m. Eastern Time (Or what I like to call "Giving Tuesday Eve") join us for a visit from **Shy Bladder Center Member Dr. Daniel Chazin** Ph.D., ABPP, A-CBT. You won't want to miss it.

Tuesday, January 7, 2025 at 7:30 p.m. Eastern Time join us for a review of "**The Breath-Hold Method**" from our two resident experts: IPA Board Member Dave Kliss and Shy Bladder Center coach Mike Hurd.

If you miss either event, we'll be posting both of them afterwards on the [members only site](#) resource page. Join us! Free to members only!!

Don't scroll one more pixel without making possible this newsletter and the continued support of shy bladder sufferers around the world. Thank you!

DONATE

UPCOMING WORKSHOPS and EVENTS

The 2025 schedule is coming soon. In the meantime, consider joining us for our next Virtual Workshop on January 25, 2025 (see below).

Next Virtual Support Group Meetings - FREE!

Sunday, Dec. 1, 2024

Live Workshops
Scroll for Next Virtual

Each live workshop needs a minimum of 5 pre-registrations to

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 exposure practice. Hosted 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.

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.

PEE BUDDIES SOUGHT in these locales:

[Your City Here!](#)

Kudos to the new local contacts in San Francisco (Lou), Chicago (Brian), Los Angeles (Raul) and Arizona (Bryan). Thanks for stepping up!

Next Virtual Workshop

Saturday, January 25, 2025
10 a.m. - 6 p.m. US ET

Leader: IPA President, Dan Rocker, LCSW, MA

make it a "go!" We'll return all your funds if we don't make our minimum. Sign up today.

WATCH THIS SPACE for 2025 Dates!

Don't see your town listed? [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.

LOCAL MEETINGS

These locales hold regular in-person events. Reach out to them today!

San Francisco (Chris):
sanfrancisco@support.paruresis.org

Milwaukee (Dave):
davidk@support.paruresis.org

Chicago (Brian):
chicago@support.paruresis.org

Baltimore (Bill):
baltimore@support.paruresis.org

Toronto (Jim):
toronto@support.paruresis.org

Hudson Valley (Dr. Steve):
hudsonvalley@support.paruresis.org

Maine (Mike):
maine@support.paruresis.org

Find your local support group or contact person [here](#).



[Click Here for Info and to Register](#)

QUICK HITS from the IPA Inbox

Our "sibling" org, the American Restroom Association made news on World Toilet Day, Nov. 19.

In recognition of this past Tuesday's World Toilet Day the ARA called for the US Department of Health and Human Services to meet the mandate to protect public health by requiring public restroom availability at the same level OSHA requires employee access to restrooms in the workplace. Learn more [here](#).

As promised, for the ladies!

Yes, we love to share about the latest gadgets that might help our challenges, and we want you to know we keep an eye out for women's items as well. So, you might be interested to learn about this new item, "[The Tinkle Bell.](#)" Perhaps, it would take the disgust factor out of some public restrooms and ease your Paruresis? Report back, please!

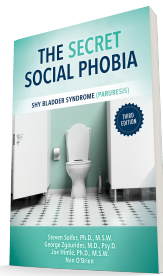
NOVEMBER 19, 2024



Click Me!

COMING SPRING 2025 - The 3rd Edition of the #1 Selling Shy Bladder Book. We've pushed back the release date to add even more new content! Watch this space.

Send in your blurb about how this book changed your life and maybe it will make it in print!
getinfo@paruresis.org



"1 in 3 Gen Z workers too scared to use office bathroom, study reveals."

In the "you are not alone" category, from the [nypost.com](https://www.nypost.com) on Nov. 8, 2024 by Ben Cost:

"They're literally scared 's-tless.'

"For a generation that likes expressing their emotions, Gen Z keeps a lot bottled up inside. A whopping one in three Zoomers is scared to use the bathroom at the office, according to a recent study by online bathroom appliance purveyor QS Supplies." Read on [here](#).



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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