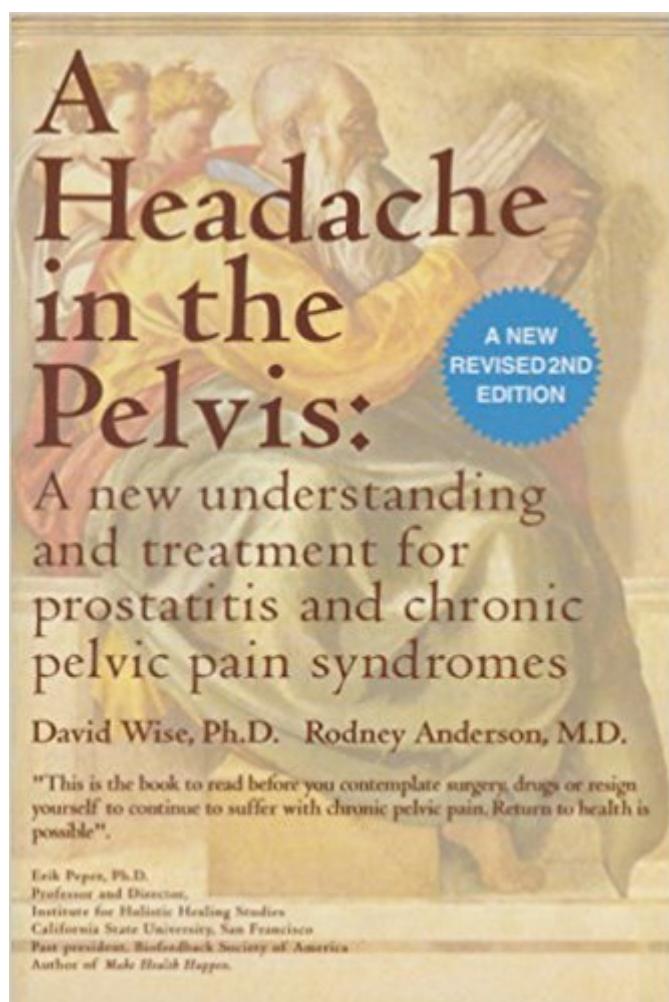


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# A Headache In The Pelvis A New Understanding And Treatment For Prostatitis And Chronic Pelvic Pain Syndromes



## **Synopsis**

A Headache in the Pelvis A New Understanding and treatment for prostatitis and chronic pelvic pain syndromes presents a new and revolutionary understanding and treatment for prostatitis and related pelvic pain syndromes that was developed at Stanford University. The book is written for the laymen and includes patient stories who have recovered from pelvic pain as the result of following the protocol described in the book.

## **Book Information**

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## **Customer Reviews**

David Wise, Ph.D., is a psychologist who spent 6 years in the Department of Urology at Stanford University Medical Center as a Research Scholar in the development of a new treatment for prostatitis and chronic pelvic pain syndromes. His research interest is in behavioral medicine and autonomic self-regulation. He enjoys playing the mandolin, watercolor painting, and carpentry.

Rodney Anderson, M.D. is Professor of Urology at Stanford University School of Medicine, where he directs the Pelvic Pain Clinic. His speciality is neurourology and he has performed research and published on topics including prostatitis, chronic pelvic pain syndromes, incontinence, BPH, and neurogenic bladder. His avocation includes classical piano and painting.

Got here fast. Great book.

Good read for chronic pain sufferers. An interesting and different take on the cycle of pain and how

most patients and doctors are missing the core cause of pain. A worthwhile read for those with chronic pain!

It was a gift for someone else.

If you've experienced symptoms of pelvic dysfunction, such as pain, difficulty with urination, or sexual problems, and have not yet found an answer, this book may be exactly what you need. The book applies to both sexes, but I can speak from experience to the men: if you have any of these symptoms, and/or have been diagnosed with prostatitis and especially if antibiotics have given limited or no relief from symptoms, PLEASE read the book. I began to improve within a week of starting the book and applying its methods. However, as the author points out, the treatment methods found in this book are not a quick fix. They require dedication and consistent effort. If you are as frustrated in your search as I was in mine, you will have no problem making that effort, and you may find the book to be a godsend, as I did.

I was having many symptoms described in this book and they peaked while I was out of the country in a developing country, no less. After having antibiotics, alpha-blockers, antispasmodics, painkillers and being told I had BPH and later IC, I had started to despair. The urologists couldn't really figure out what I had and when I told them about the enormous amount of stress I had leading up to this and that I spent a lot of time working at a desk chair...well they looked blank. On my recent trip I was in so much pain and the only thing that really helped was a hot shower. That was my first clue that something such as relaxation might help. I had frequency, urgency, burning pain, pain in the penis, and scrotum. I had access to a computer with the internet on my trip and during my down time I started to review the medical literature on IC in men and prostatitis in men. I was convinced I had IC, although a potassium test was negative (one doc was pushing me to go on Elmiron while one was against it). I found some helpful info on the internet about overactive bladders and stuff like don't panic and try to stretch the time interval to urination. Doing that and drinking a great deal of water helped with the problem. After reading a review of this book at the IC network, I called the publisher and somehow the author (Dr. Wise) called me. I was blown away that he would talk with me. We talked for some time and he seemed to be caring, compassionate, and well versed in the medical aspects of the problem. I started to get better as soon as he gave me some tips over the phone! I got the book and it is very comprehensive. I started the relaxation procedures but I can tell this will take some dedication but it is really worth it. I'm bringing the book to my urologist next week.

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