

1125 Church Hill Road
Fairfield, CT 06825
August 26, 2009

Paul G. Donohue, M.D.
"Ask the Doctor"
P.O. Box 536475
Orlando, FL 32853-6475

Dear Dr. Donohue:

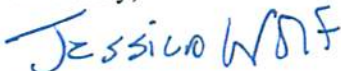
I read your August 20, 2009 column, "Bed-wetting profoundly affects children" with interest. You explained that bed-wetting may result from the brain not responding by rousing the sleeper with a full-bladder; delay in attaining large enough bladder capacity; or too little of the hormone vasopressin.

As you note, while a decreasing number and proportion of young people have bed-wetting difficulties as they grow from childhood to adolescence and adulthood, some continue to be bed-wetters, with very negative effects on self-esteem. The older a person is, the worse it is to be a bed-wetter.

Many approaches, including alarms, don't work effectively alone for deep-sleepers. Based on personal and professional experience, I strongly recommend the Enuresis Treatment Center as a successful, professional program that helps children, teen-agers, and adults end bed-wetting. The program focuses on sleep patterns, bladder capacity, and behavioral change. It works. The website is <http://www.nobedwetting.com>; toll-free telephone 800-379-2331. Most of the Center's counseling is on-line with families all over the world. The Center is located in Farmington Hills, Michigan in the greater Detroit area; staff members can also meet with local families in person. The program appears to be expensive until you think about the costs of washing laundry daily, trying out ineffective and costly remedies, and all the frustrations and problems that result from chronic bed-wetting.

I have no financial interest in the Enuresis Treatment Center. As a professional in the behavioral health field and as a mother and grand-mother, I care deeply about promoting positive self-esteem and helping young people reach their full potential. I hope this information will be helpful to your readers.

Sincerely,



Jessica Wolf, Ph.D.
Assistant Clinical Professor
Yale University School of Medicine
Department of Psychiatry

Cc: Michael Stallsmith, Enuresis Treatment Center ✓