

June 30, 2011

I was 28 years old when I found the Enuresis Treatment Center. It felt as though a weight had been lifted off my shoulders when I discovered their program. I had been a bedwetter my whole life and had many discouraging visits with doctors. I was told I would "outgrow" the problem, but at 28, shouldn't I have outgrown it already?

When I was a child, my parents took me to a pediatric urologist. He told my parents I would grow out of it. He prescribed some terrible nasal spray that did not work. As a child, I rarely went to sleepovers. I always made an excuse that my family had an event the next day. If I sleep away, I would stay up all night and not go to sleep.

As I got older I wanted to find a "cure" for this problem. I decided to go visit a women's urologist. She put me through painful tests and prescribed a few different medications. No luck, nothing worked. The doctor said she did not know what was wrong with me. I stopped seeing her after many failed attempts for her to "cure me".

When I met my future husband, I did not tell him about the bedwetting problem for a long time. I went to my female doctor and she "suggested" kegels and challenging my bladder. I asked how many...how much. She just gave me a medication that really worked if I kept increasing it to 3 times the original dose. Yikes!

I had the opportunity to go to London for a week with co-workers and unfortunately we had to share one room. That put me in a tailspin but I took those awful pills and dealt with the cottonmouth every day. I got through it miserably, and decided I could not do that for the rest of my life!

My doctor referred me to yet another urologist. Again, I was put through the same painful tests only to find out that everything was what they called normal. Surprise. I had wished something wasn't normal so they could help me. I was given more drugs, gels and patches. Nothing worked and the doctor did not seem interested in helping me anymore. I was so discouraged and my WEDDING DAY was approaching fast.

I decided to take a holistic route to solve this bedwetting issue. I saw chiropractors and an acupuncturist. I even tried their natural supplements. It became very expensive and it was not working.

I went back to my computer and started Googling bedwetting help. It just seemed odd that doctors were stumped and everything was medically normal. The Enuresis Treatment Center came up on my screen and I checked out the webpage. I read stories and felt as though I was reading my own story.

I called and set up a consultation. I was able to come in and meet with the clinical director, Barbara Moore. It was uncomfortable, at first, openly discussing my issue with anyone other than my parents. As I was talking, I began to feel at ease. Barbara told me it was not my bladder, but my sleep pattern that was causing the bed-wetting! It suddenly made sense. It had been a joke in my family that I was a deep deep sleeper. I had even slept through a fire alarm once ( No fire though).I entered treatment immediately.

I eventually told my fiancé about my issue and what was going on with me. He was wonderful about the whole situation and very understanding. I was still going through the program when we got married. He was very patient with the process.

I worked with treatment specialist Sue Kurnat, and I cannot say enough nice things about her. She had encouraging words and patience with me. It was through her help and guidance that made me feel at ease. She helped me and so many changes happened. It was resolved!

Thanks to everyone at the Enuresis Clinic.

A. 28 year old female from Michigan.