



## You Don't Have to Live with Cystitis

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By L. Gillespie

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, You Don't Have to Live with Cystitis, L. Gillespie, Many women have been led to believe that a urinary tract infection signals the beginning of a chronic, painful problem that is fated to reoccur despite treatment. The good news is that You Don't Have to Live With Cystitis. Dr. Larrian Gillispie, a female uro-gynecologist widely recognized in the scientific and medical community and one of the few doctors with expertise in the area of pelvic pain, has shown that women can break out of the vicious cycle of cystitis. From the outset, You Don't Have to Live With Cystitis has helped millions of women. This updated edition reflects newly discovered causes and treatments: -Immediate steps to reduce suffering-The surprising role of exercise and lower back problems-Updated treatment and prevention options -- from diet to surgery-How antibiotics may cause hormone problems-Which method of contraception may cause problems-The effects of stress on the urinary tract-Newest treatments for interstitial cystitis-Cystitis in children and during pregnancy and menopausePlus-A Complete Guide to Commonly Prescribed Medications-Essential Vitamin and Mineral Supplements-An Anti-Cystitis Diet.



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