

May 20, 2014

Hi Dawn,

Thank you for your help these past couple of weeks. Your suggested movements, as administered by Brooke, helped to speed up my recovery, and allowed me to be more comfortable by keeping the retention to a minimum. I am sure it also helped to reduce the amount of time I needed to use a catheter. In addition, your email communications were gratefully received, and gave us support and confidence.

FYI a short recap:

I am 67. I was diagnosed with severe urinary retention and had been having increasing problems for about a year, until I ended up in an emergency ward early Sunday morning of April 27, when they removed about 2000 ml. of retention from my bladder.

My TURP procedure was on Thursday May 8, and I spent the night in the hospital.

On May 9th the catheter was removed in the morning. I could only manage a few drops all day long, and so the catheter was reinserted. I went home for the weekend.

On Sunday May 11 we found your video and began using the movements. We did them all day Monday. We did not know if it would hurt me to do it too much, but when you told us it would not, we did it just about every hour, and we both felt the more we did it the more it did help.

On Tuesday morning, we removed the catheter for the first time since Fri. I drank very little to keep the retention to a minimum. We did the movements all day. At first, urination was a dribble. We were very disappointed, but you said "a dribble is good", which changed our whole attitude from fear of it didn't work to being optimistic. From there as the day progressed, I urinated about every hour and the dribble became a weak stream, and the quantity grew to about 20 ml. Somewhere around 4 o'clock I realized I was evacuating enough, and that I would not need to have the catheter reinserted. That was a moment of great relief, and I give a lot of the credit to the movements you taught us.

On Wed I was eliminating 20 to 40 ml, and on Thurs was up to 60. Things have continued to improve from there, and I have resumed normal activities this week. I am not quite "peeing like a teenager" yet, but I feel like I am back to my old self and have my life back.

Thank you again. I have included a check for \$100, as \$9 isn't nearly enough for the value you have contributed to my healing process. Continue the great work.

Paul Lewin