

## Bedwetting success for a 15-year-old competitive athlete!

Our son was 15 years old when we finally contacted the Enuresis Treatment Center. He attends high school and is a competitive athlete. He has been dry in the daytime since he was 2, but always had night accidents. We had no family history of bedwetting. He was a heavy sleeper and even slept through the smoke detector going off just outside of his bedroom and never woke up during loud thunderstorms.

In lower elementary school our pediatrician said he would grow out of it. By 5<sup>th</sup> grade we had an evaluation by a pediatric urologist. He ran tests and found nothing medically wrong to explain why he was a bed wetter. Diet changes we tried included limiting citrus juices, milk and caffeine in the evening, thinking that they irritated the bladder. We had him cut back on fluids in the evening. We also saw a chiropractor, all without success.

Next the pediatrician suggested prescriptions to try. We tried 2 different medications, and neither of them worked. Every year at our son's physical I would bring the enuresis problem up with the doctor. She kept saying he would grow out of it like her son did, finally in high school.

Sleepovers and camps were a huge problem. He would take diapers and would wear baggy shorts to hide them. On vacations we had to travel with underpads and diapers and plan for laundry during the trip. Things got more complicated as he grew older and was more embarrassed that someone besides our family would find out that he wet the bed.

Laundry would pile up at home and he was outgrowing the kid sized diapers. The products sold for bed wetting are just a band aide, not a long-term solution. They help to protect the bed, but don't solve the teen bedwetting problem. We finally reached a point of thinking we had exhausted our efforts of trying to solve this problem. That is when I started researching online and found the Enuresis Treatment Center.

Our son started his program in December 2017. It is not easy and takes commitment to follow through. We met with our bedwetting counselor and we followed the directions and in the spring were seeing dry nights. It is now July 2018 and he is 16 years old and dry at night! This summer was the first time ever he was at camp and was dry the entire time. We also had a vacation with success and did not have to pack all the extras that were needed in the past.

Our son now wakes up during thunderstorms and gets up during the night to use the bathroom. He loves being dry at night and it has taken a big weight off of his mind when he travels and has overnights with friends. College was also in the back of his mind and now he can look forward to that without the fear of wetting the bed and trying to manage all that goes with it in a dormitory setting.

The staff are very helpful in managing the program through phone calls and emails and, of course, our own scheduled telephone appointment. It's not necessary to be there in person to be successful. They were responsive to any questions we had and were supportive the entire process.

We can't thank them enough for their program and are thrilled with the results! Theresa was an excellent advisor! We would recommend the program and wished we hadn't waited so long to find this solution.

A thankful family in Texas 2018