

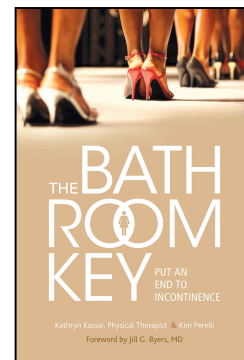
December 2011 (Los Angeles, CA)

Treat Incontinence without Surgery or Medication

Local Authors Present a Natural Physical Therapy Program

The Bathroom Key presents a home treatment plan to treat—and in most cases, cure—incontinence.

Local author team Kathryn Kassai and Kim Perelli have written a book that can help women suffering from urinary leakage, frequent urination, vaginal prolapse, pelvic pain, urinary tract infections, or a combination of these. Kathryn Kassai, Physical Therapist, is the Founder and Director of *Praxis Physical Therapy* in San Pedro, California, and was selected to join the *USC Medical Center's Pelvic Floor Multi-Disciplinary Team*, a group of physicians from all specialties who discuss treatment for their most challenging patients. A Southern California native, graduate of the University of Southern California, and a busy mother of two young children, Kim Perelli used the program outlined in *The Bathroom Key* to successfully treat her own urinary incontinence. Full of anecdotes and written in easy-to-understand language, the book offers a surgery-free, pharmaceutical-free program that involves biofeedback, exercises, bladder retraining, behavioral modification, and dietary advice.



"Urinary incontinence is a silent epidemic among women. The Bathroom Key is the solution—pure and simple. I highly recommend this book and the program within!"

—CHRISTIANE NORTHRUP, MD, OB/GYN, physician, and author of The New York Times bestsellers: Women's Bodies, Women's Wisdom and The Wisdom of Menopause

Author Credentials:

Kathryn Kassai is a Physical Therapist and Founder and Director of *Praxis Physical Therapy* in San Pedro, California. Since 1996, Kathryn has specialized in pelvic floor rehabilitation, a highly effective specialty within physical therapy for urinary incontinence, organ prolapse, and pelvic pain. *Kim Perelli* has used the program outlined in *The Bathroom Key* to successfully treat her own urinary incontinence. Kim is a member of the Authors Guild and is currently working on her first children's book.

Availability: Nationwide by arrangement and via telephone. Please contact Thomas Hastings. Media copies available upon request.

BOOK INFORMATION

THE BATHROOM KEY: Put an End to Incontinence

296 pp • trade paperback • \$17.95 • ISBN 9781936303212

Published by Demos Health and distributed by Publishers Group West. Available through Amazon.com, BarnesandNoble.com, and all major bookstores and outlets.

Please send 2 copies of your review to:

Thomas Hastings • Demos Medical Publishing
11 W 42nd St • New York, NY 10036 • 212-683-0072 • tom@demoshealth.com