

## CONTINENCE RESOURCE DIRECTORY

### AFRICA

#### SOUTH AFRICAN UROGYNACOLOGY ASSOCIATION (SAUGA)

PO Box 1935, Durban, 4000

Telephone: 27 (0)31-368-8000

Fax: 27 (0)31-368-6623

Contact Name: Dr Kobus Van Rensburg – SAUGA Secretary / Sharon Beeming – Secretariat for SAUGA

E-mail: [sharonb@turnergroup.co.za](mailto:sharonb@turnergroup.co.za)

Website: [www.sauga.org.za](http://www.sauga.org.za)

#### Aims of SAUGA:

To encourage the study and management of female pelvic floor defects and dysfunction including, but not limited to, urinary incontinence, pelvic organ prolapse and fecal incontinence and female sexual dysfunction

To raise and set standards of training and practice in urogynaecology

To provide a forum for practitioners with an interest in urogynaecology throughout South Africa

To provide the patient with information re urogynaecology services and conditions to include management in lay terms.

### ASIA

#### HONG KONG CONTINENCE SOCIETY

c/o Department of Medicine and Geriatrics United Christian Hospital

130 Hip Wo Street, Kwun Tong

Kowloon, Hong Kong

Tel: (852) 237-94822

Fax: (852) 234-72325

Contact: Dr. Leung Man Fuk, President

E-mail: [president@hkcs.hk](mailto:president@hkcs.hk)

Website: [www.hkcs.hk](http://www.hkcs.hk)

#### INDONESIAN CONTINENCE SOCIETY

Sub Dept. of Urogynecology

Dept. of OBGYN

Medical Faculty of University

Dr. Cipto Margunkusuma Hospital

Indonesia

Tel: (62) 21-392874

Fax: (62) 21-392874

E-mail: [urogyn@centrin.net.id](mailto:urogyn@centrin.net.id)

#### INDIAN CONTINENCE FOUNDATION

c/o Bangalore Kidney Foundation

CA6, 11th Cross, 15th Main

Padmanabhanagar

Bangalore 560010

Tel: (91) 80-669-0084

Fax: (91) 80-669-2466

Contact: Dr SS Vasan, President

E-mail: [vasan@vsnl.com](mailto:vasan@vsnl.com)

#### JAPAN CONTINENCE ACTION SOCIETY

101, 1-4-2 Zenpukuji,  
Suginami-Ku, Tokyo Japan 1670041  
Tel: (81) 3 3301 3860  
E-mail: [jimukyoku@jcas.or.jp](mailto:jimukyoku@jcas.or.jp)  
Website: [www.jcas.or.jp](http://www.jcas.or.jp)

#### PAKISTAN UROGYNAECOLOGIST ASSOCIATION

Room # 15, MCH Training center, SZABMU, PIMS. Islamabad  
Tel: 051 9261051  
Contact: Mrs Athar Sayed  
E-mail: [atharsayed@hotmail.com](mailto:atharsayed@hotmail.com)  
Website: [www.puga.org.pk](http://www.puga.org.pk)

Teaching and training of doctors by organizing hands on surgical workshops on TVT/TOT, Perineal Repair, Urodynamic, POP-Q etc, One day seminars, National Symposia / conference. Awareness programs for GPs, Recognition departments in hospital by College of Physicians & Surgeons Pakistan for 2nd Fellowship. Patient awareness leaflets printing & provision of services, 7 centers for Fistula repair all over country.

#### SOCIETY FOR CONTINENCE (SINGAPORE)

28 Sin Ming Lane  
#05-143 Midview City  
Singapore 573972  
Tel: (65) 6513-7313  
E-mail: [sfcs@globewerks.com](mailto:sfcs@globewerks.com)  
Website: [www.sfcs.org.sg](http://www.sfcs.org.sg)

The Society for Continence (Singapore) disseminates information and educates healthcare professionals and the public on methods to promote urinary & bowel continence. The society provides a number of services to the public including: ensuring information on incontinence related products and continence advisory services is available in all hospitals and polyclinics; playing an intermediary role between incontinent patients and product companies to procure special benefits and concessions to make purchasing affordable; raising funds from the general public to render assistance to the incontinent through medical or non-medical measures; and assisting doctors and nurses in sourcing, recommending and introducing new products for patients.

#### AUSTRALASIA

##### CONTINENCE FOUNDATION OF AUSTRALIA - NATIONAL OFFICE

Level 1  
30-32 Sydney Road  
Brunswick VIC 3056  
Telephone: 800.33.00.66  
E-mail: [info@continence.org.au](mailto:info@continence.org.au)  
Website: [www.continence.org.au](http://www.continence.org.au)

The Continence Foundation of Australia represents and advocates for the interests of Australians affected by or at risk of bladder and bowel control problems. The Foundation operates a wide range of national programs and initiatives to train specialist and non-specialist continence health professionals, and improve community awareness and education. It provides information and free resources to consumers and health professionals, and manages the National Continence Helpline on behalf of the Australian Government.

#### NEW ZEALAND CONTINENCE ASSOCIATION

PO Box 270

Drury 2247

Free Phone HELPLINE: 0800.650.659

Contact: Jan Zander, Executive Officer

E-mail: [info@continence.org.nz](mailto:info@continence.org.nz)

Website: [www.continence.org.nz](http://www.continence.org.nz)

Continence NZ was established to provide a service to people with continence problems, caregivers, health professionals and the general public by providing information and education on continence topics. Continence NZ has developed a service in an area that has largely been ignored in the past by health professionals and health providers. The sufferers have been too embarrassed or unable to access appropriate help and in a majority of cases, suffered in silence.

#### CENTRAL AND SOUTH AMERICA

##### BRAZILIAN FOUNDATION FOR CONTINENCE PROMOTION

E-mail: [seabrarrios@uol.com.br](mailto:seabrarrios@uol.com.br)

##### SOCIEDAD CHILENA DE UROGINECOLOGIA Y PISO PELVICO (SODUP)

Contact: David Cohen or Victor Miranda

E-mail: [Sodup2014@gmail.com](mailto:Sodup2014@gmail.com)

Website: [www.sodup.cl](http://www.sodup.cl)

Provides names of MD and Physiotherapists through Chile and their places of work along with general information about pelvic floor dysfunctions.

#### EUROPE

##### AUSTRIA

##### MEDIZINISCHE GESELLSCHAFT FÜR LNKONTINENZHILFE ÖSTERREICH

Schwarzspanierstr. 15/3/1, A-1090 Wien

Tel: 43(0)1-4020928

Fax: 43(0)1-4020928

E-mail: [info@kontinenzgesellschaft.at](mailto:info@kontinenzgesellschaft.at)

Website: [www.inkontinenz.at](http://www.inkontinenz.at)

The MKÖ promotes measures for the prevention, diagnosis, treatment and care of urinary and fecal incontinence. Through targeted public relations work the MKÖ seeks to remove the taboo associated with incontinence, providing support and advice to those living with incontinence as well as promoting and coordinating research, teaching and practice in the discipline.

## CZECH REPUBLIC

### INCO FORUM

Národní 25  
110 00 Praha 1Czech Republic  
Tel/Fax: +420-602-390-153  
Email: [hornovaj@email.cz](mailto:hornovaj@email.cz)  
Website: [www.incoforum.cz](http://www.incoforum.cz)

Incoforum was founded in 2002 and in 2013 it was transformed into an inter-professional association of leading experts, dealing with incontinence issues. The panel of experts is represented by representatives of urology, urogynaecology, geriatrics, neurology, general medicine and physiotherapy. The aim is to thematize the topic of urinary incontinence, thus bringing it closer to the general public.

#### Incoforum:

- Publishes information materials
- Offers answers to the general public about incontinence
- Offers assistance with finding healthcare professionals
- Provides information about possible methods of treatment
- Provides advice to care for incontinent patients
- Organizes public events, eg. within WCW
- Organizes professional lectures for medical staff and for the general public

## DENMARK

### THE DANISH CONTINENCE SOCIETY (KONTINENSFORENINGEN I DANMARK)

Vester Farimagsgade 6, 1st floor #1029  
DK-1606 Copenhagen V - Denmark  
Tel: 45-3332-5274  
Email: [info@kontinens.dk](mailto:info@kontinens.dk)  
Website: [www.kontinens.dk](http://www.kontinens.dk)

The Danish Continence Society is a private patient organization that aims to promote the interests of incontinent adults and children and to break the silence surrounding the disease. The association provides advice on prevention and treatment of incontinence.

## FRANCE

### ASSOCIATION D'AIDE AUX PERSONNES INCONTINENTES

5, Avenue du Marechal Juin  
92100 BOULOGNE (France)  
Tel: (09) 75-63-50-60  
Fax: (33) 01-46-99-18-85  
Website: [www.aapi.asso.fr](http://www.aapi.asso.fr)  
E-mail: [aapi.asso@orange.fr](mailto:aapi.asso@orange.fr)  
Contact: Dr. Odile Cotelle, President

## GERMANY

### DEUTSCHE KONTINENZ GESELLSCHAFT E.V.

Friedrichstrasse 15  
60323 Frankfurt  
Tel: 06 97 95-88-393  
E-mail: [info@kontinenz-gesellschaft.de](mailto:info@kontinenz-gesellschaft.de)  
Website: [www.kontinenz-gesellschaft.de](http://www.kontinenz-gesellschaft.de)

The German Continence Society provides a wide range of patient information about urinary and fecal incontinence.

GERMANY

**WOMEN'S HEALTH COALITION (WHC)**

Heidelberger Landstrasse 22  
64287 Darmstadt  
Tel: (43)(0) 6151-601411  
Fax: (43)(0) 6151-953339  
E-mail: [whc\\_nassde@yahoo.de](mailto:whc_nassde@yahoo.de)  
Website: [www.w-h-c.de](http://www.w-h-c.de)

ITALY

**THE FEDERAZIONE ITALIANA INCONTINENTI (FINCO)**

Viale Orazio Flacco, 24, 70124 Bari, Italy  
Tel: 080-5093389 (switchboard)  
Contact: Francesco Diomede, President  
E-mail: [finco@finco.org](mailto:finco@finco.org)  
Website: [www.finco.org](http://www.finco.org)

FINCO is a volunteer-run organization which promotes awareness of incontinence. The organization has helped spur numerous bills in favor of incontinent citizens and has also established the National Day for the Cure and Prevention of Incontinence, which takes place every year on June 28. On this day, citizens receive free medical check-ups and can meet with healthcare professionals about their incontinence issues. More information can be found at [www.giornataincontinenza.com](http://www.giornataincontinenza.com).

NETHERLANDS

**PELVIC FLOOR PATIENTS FOUNDATION (SBP) (NETHERLANDS)**

Simon van Haarlemplein 2  
4003 XG Tiel  
Tel: (03) 44-849-221  
E-mail: [info@bekkenbodem.net](mailto:info@bekkenbodem.net)  
Website: [www.bekkenbodem.net](http://www.bekkenbodem.net)

The Pelvic Floor Patients Foundation promotes awareness of pelvic floor dysfunctions and their treatments, connects peer suffering with these conditions to one another, advocates for patients suffering from pelvic floor dysfunctions and collaborates with other patient associations to increase their patient reach.

NORWAY

**NOFUS (NORWEGIAN SOCIETY FOR PATIENTS WITH UROLOGIC DISEASES)**

Postboks 27  
Aksdal, 5575  
Tel: (47) 55-24-00-25  
E-mail: [post@nofus.no](mailto:post@nofus.no)  
Website: [www.nofus.no](http://www.nofus.no)

NOFUS provides support to women and children who are suffering with involuntary leakage of urine and/or feces.

POLAND

**NTM "INCONTINENCE - TO LIVE A NORMAL LIFE"**

49 Hajoty Street  
Warsaw 01-821  
Tel: (48) 22 279 49 01  
Website: [www.ntm.pl](http://www.ntm.pl)  
E-mail: [tomasz.michalek@ntm.pl](mailto:tomasz.michalek@ntm.pl)

To Live a Normal Life (NTM for short) was created in 2002 to overcome the barriers of shame surrounding incontinence by increasing awareness of its existence and treatments. NTM publishes brochures, posters and a newsletter all focused on medical issues and problems related to incontinence. As a result of a questionnaire initiated by the organization, a list of refundable absorbable products was introduced. The organization has also helped increase the supply of these products in pharmacies and other stores in Poland.

SLOVAKIA

SEKCIA GYNEKOLOGICKEJ UROLÓGIE SGPS (SKUGA) / SLOVAK UROGYNECOLOGICAL ASSOCIATION

Gynpor s.r.o., Jan Galad, SNP No. 9, 962 31 Sliac, Slovak republic

Contact: Tomas Danys

E-mail: [gyndanys@gmail.com](mailto:gyndanys@gmail.com)

Website: <http://www.urogynekologia.sk>

SLOVAKIA INKO FORUM

P.O.Box 78

850 00 Bratislava

Tel.: +421 (2) 67-26-73-40

fax: +421 (2) 62-24-06-30

E-mail: [info@inkoforum.sk](mailto:info@inkoforum.sk)

Website: [www.inkoforum.sk](http://www.inkoforum.sk)

SWEDEN

SINOBA - FÖRENINGEN FÖR KUNSKAP OM URININKONTINENS OCH BLÅSPROBLEM

Norrtullsgatan 5, 3tr 113 29 Stockholm

Contact: Märta Lauritzen

E-mail: [info@sinoba.se](mailto:info@sinoba.se)

Website: [www.sinoba.se](http://www.sinoba.se)

Sinoba's mission is to spread information about problems concerning urinary incontinence and other bladder issues. Our vision is to create a community where everybody with incontinence problems will receive the healthcare they need, feel total social acceptance, and enjoy a good quality of life.

SWITZERLAND

LA SOCIÉTÉ SUISSE D'AIDE AUX PERSONNES INCONTINENTES

Gewerbestrasse 12

CH-8132 Egg

Tel: (44) 1-994-74-30

Fax: (44) 1-994-74-31

E-mail: [info@inkontinex.ch](mailto:info@inkontinex.ch)

Website: [www.inkontinex.ch](http://www.inkontinex.ch)

The Swiss Continence Society provides the public with information related to the causes, treatment and prevention of urinary incontinence. The organization feels it is important to lift the taboo on urinary incontinence and encourage those suffering from it to speak out. There are a variety of resources for patients available on their website.

UNITED KINGDOM

BRITISH SOCIETY OF UYROGYAENACOLOGY

27 Sussex Place, Regent's Park, London NW1 4RG, UK

Contact Name: Amanda King/Stella Rafferty

E-mail: [bsug@rcog.org.uk](mailto:bsug@rcog.org.uk)

Website [www.bsug.org.uk](http://www.bsug.org.uk)

The British Society of Urogynaecology (BSUG) was founded in 2001 with the function of setting and raising standards in urogynaecology in the United Kingdom. BSUG does this by providing guidelines; scientific and clinical meetings for members, other interested medical staff and allied professions; advising on training in urogynaecology in the UK & setting standards for hospitals by a system of accreditation in urogynaecology. BSUG has also developed a number of patient information leaflets about treatment of prolapse and incontinence which can be found at <http://bsug.org.uk/patient-information.php>. These are currently being updated in conjunction with the British Association of Urological Surgeons (BAUS).

### BLADDER & BOWEL FOUNDATION

SATRA Innovation Park  
Rockingham Road  
Kettering, Northants, NN16 9JH  
Tel: 0 (845) 345-0165

E-mail: [info@bladderandbowelfoundation.org](mailto:info@bladderandbowelfoundation.org)  
Website: [www.bladderandbowelfoundation.org](http://www.bladderandbowelfoundation.org)

B&BF provides information and support services, including a confidential helpline, for anyone affected by these conditions as well as their families, carers and healthcare professionals. The charity's mission is to inspire change and create opportunities to enable people with bladder and bowel control problems to have a voice and equal choice.

### THE CONTINENCE FOUNDATION

E-mail: [info@continence-foundation.org.uk](mailto:info@continence-foundation.org.uk)  
Website: [www.continence-foundation.org.uk](http://www.continence-foundation.org.uk)

The Continence Foundation's website provides information and resources on treatment, prevention, causes, types and living with incontinence.

### THE CYSTITIS AND OVERACTIVE BLADDER FOUNDATION

Kings Court  
17 School Road  
Hall Green  
Birmingham  
West Midlands B28 8JG  
Great Britain  
Tel: (01) 21-702-0820

E-mail: [info@cobfoundation.org](mailto:info@cobfoundation.org)  
Website: [www.cobfoundation.org](http://www.cobfoundation.org)

The Cystitis & Overactive Bladder Foundation are a UK-based charity offering information and support to those who suffer from chronic bladder illness and promoting awareness of chronic bladder illness among the medical profession and general public alike. Among the conditions it supports are interstitial cystitis, recurrent bacterial infection of the urinary tract, overactive bladder and incontinence.

### EDUCATION AND RESOURCES FOR IMPROVING CHILDHOOD CONTINENCE (ERIC)

36 Old School House, Britannia Road, Kingswood, Bristol BS15 8DB, United Kingdom

Tel: (44) 08 45 370 8008\*

Website: [www.eric.org.uk](http://www.eric.org.uk)  
Email: [info@eric.org.uk](mailto:info@eric.org.uk)

ERIC is a national charity that supports children with continence problems and campaigns for better childhood continence care. For many of the children and families who suffer with these issues, ERIC is the only place where they can come to for support, understanding and to access the information they need. The ERIC helpline service provides lifeline support for children, parents and professionals who deal with childhood continence issues. Every year, the team respond to thousands of calls about problems such as potty training, bedwetting, daytime wetting, constipation and soiling.

\*Please note there is a cost associated with using the helpline.

## PROMOCON

Disabled Living, Burrows House, 10 Priestley Road, Wardley Industrial Estate  
Worsley, Manchester, M28 2LY  
Tel: 0 (161) 607-8200  
Fax: 0 (161) 607-8201  
E-mail: [info@disabledliving.co.uk](mailto:info@disabledliving.co.uk)  
Website: <http://www.disabledliving.co.uk/PromoCon/About>

PromoCon has a team of dedicated experts who can provide advice and support to help manage any kind of incontinence, bladder or bowel related issue. Our helpline is accessible to patients, health care professionals and anyone who requires further information or support. Our aim is to raise awareness of continence from a national perspective, whilst supporting patients and professionals to improve the quality of life for sufferers of bladder and bowel problems. We can help with information about services, practical solutions and product advice in a friendly and personal manner.

## NORTH AMERICA

### THE CANADIAN CONTINENCE FOUNDATION

P.O. Box 417  
Peterborough, ON K9J 6Z3  
Tel: 1 (800) 265-9575  
Website: [www.canadiancontinence.ca/](http://www.canadiancontinence.ca/)  
E-mail: [help@canadiancontinence.ca](mailto:help@canadiancontinence.ca)

The Canadian Continence Foundation strives to encourage consumers to seek help from a healthcare professional and not suffer in silence. They provide a wealth of information on incontinence, the causes of incontinence and treatment options as they believe consumers are “taking charge of their healthcare” and information is power. Their resources include “The Source” guidebook, a symptoms checklist and urinary incontinence charts. These can all be downloaded at <http://www.canadiancontinence.ca/EN/health-care-professionals.php>.

### NATIONAL ASSOCIATION FOR CONTINENCE (NAFC)

P.O. Box 1019  
Charleston, SC 29402-1019  
Tel: 1 (800)252-3337 (1-800-BLADDER)  
Website: [www.nafc.org](http://www.nafc.org)

NAFC’s objectives are to destigmatize incontinence, to promote preventive measures, to motivate individuals to seek treatment, and to provide collaborative advocacy and service for those who are affected by this problem. The NAFC offers publications and services, such as: brochures detailing what every woman and man should know about bladder and bowel control, disease-specific booklets on Multiple Sclerosis, spinal cord injury, and Parkinson’s Disease, the Caregiver’s Desk Reference, and the Blueprint for Continence Care in an Assisted Living Setting, a guidepost of standards offering simple, cost-effective practices for the prevention, assessment, management, and treatment of bladder control problems in assisted living.



### THE SIMON FOUNDATION FOR CONTINENCE

PO Box 815  
Wilmette, Illinois 60091  
Toll free Information Number: 1-(800)23Simon (237-4666)  
Tel: 1(847) 864-3913  
Fax: 1 (847) 864-9758  
E-mail: [cbgartley@simonfoundation.org](mailto:cbgartley@simonfoundation.org)  
Website: [www.simonfoundation.org](http://www.simonfoundation.org)

The Simon Foundation is known throughout the world for its innovative educational projects and tireless efforts on behalf of people with loss of bladder and bowel control. Simon has led the way forward with many groundbreaking projects, for example: the first book written for laypersons, "Managing Incontinence: A Guide to Living with the Loss of Bladder Control"; an educational/support group, "I Will Manage"; the first television movie on incontinence, "The Solution Starts with You"; conferences on little explored, but impactful subjects such as - the first International Conference on Prevention of Incontinence (London, England 1997) and the first International Conference and Town Meeting on Stigma in Healthcare (Chicago 2003); the Defeating Stigma in Healthcare Campaign, and the Innovating for Continence conference series.

### SOCIETY OF UROLOGIC NURSES AND ASSOCIATES (SUNA)

East Holly Avenue - Box 56  
Pitman, NJ 08071 0056  
Tel: 1 (888) 827-7862  
E-mail: [suna@ajj.com](mailto:suna@ajj.com)  
Website: [www.suna.org/resource/patient-education](http://www.suna.org/resource/patient-education)

As a professional community of urologic nurses and associates, SUNA is committed to enriching the professional lives of our members and improving the health of our patients and their families, through education, research and evidence-based clinical practice.

## INTERNATIONAL

### INTERNATIONAL CONTINENCE SOCIETY

The International Continence Society  
19 Portland Square  
Bristol BS2 8SJ  
United Kingdom  
Tel: (44) 117-9444881  
Fax: (44) 117-9444882  
E-mail: [info@icsoffice.org](mailto:info@icsoffice.org)  
Website: [www.ics.org](http://www.ics.org)

The International Continence Society is a registered charity with a global health focus which strives to improve the quality of life for people affected by urinary, bowel and pelvic floor disorders. The society aims to advance basic and clinical science through education, research, and advocacy which is partly achieved through the hosting of a major international annual meeting and numerous education courses around the world. The ICS also jointly hosts the website for patients and healthcare professionals: <http://www.continenceproductadvisor.org/>

### INTERNATIONAL FOUNDATION FOR FUNCTIONAL GASTROINTESTINAL DISORDERS

PO Box 170864  
Milwaukee, WI 53217  
Tel: (414) 964-1799  
Fax: (414) 964-7176  
E-mail: [iffgd@iffgd.org](mailto:iffgd@iffgd.org)  
Website: [www.aboutconstipation.org](http://www.aboutconstipation.org)

IFFGD works to direct public attention to the gastrointestinal (GI) functional and motility disorders. People with symptoms of these disorders don't always connect them to a recognized condition. They may try to self-treat. Recognizing chronic symptoms, and seeking medical attention for a correct diagnosis is important. IFFGD is a resource for reliable digestive health knowledge, support, and assistance about functional gastrointestinal (GI) and motility disorders (FGIMDs).

#### INTERNATIONAL PAINFUL BLADDER FOUNDATION

Mahlerlaan 4

1411 HW Naarden

The Netherlands

Tel/fax: 31-(0)35-8879516

E-mail : [info@painful-bladder.org](mailto:info@painful-bladder.org)

Website: <http://www.painful-bladder.org>

The IPBF is a non-profit, voluntary, umbrella organization, active worldwide, that promotes knowledge and awareness of interstitial cystitis/bladder pain syndrome, Hunner lesion, hypersensitive bladder, chronic pelvic pain and associated disorders among patients, patient support groups, health professionals and the general public. The IPBF promotes the interests of IC/BPS patients around the globe.

#### WORLD FEDERATION OF INCONTINENT PATIENTS (WFIP)

President: Francesco Diomedè

E-mail address: [secretary.general@wfip.org](mailto:secretary.general@wfip.org)

Website: [www.wfip.org](http://www.wfip.org)

The World Federation of Incontinent Patients (WFIP) is a global federation of national patient organizations for sufferers of incontinence and related pelvic floor disorders. The Federation is dedicated to promoting worldwide the interests of such patients and patient associations. The Federation provides its individual member associations with the most comprehensive and up-to-date information and guidelines and educational resources. It seeks international cooperation and consensus via advocacy, public health education, and contact with official and scientific bodies and other patient advocacy groups.