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**Making Incontinence Less Inconvenient** • September 22, 2015 • Issue #849

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# Hey, Carrie Ann! An Interview with Carrie Ann Inaba

*Carrie Ann Inaba is not only a judge for ABC's top ten television program Dancing with the Stars; she is also a dancer, choreographer, actress, game show host, and singer.*

**Gary Barg:** Can you tell me about the Andréa Rizzo Foundation and how you became directly involved?

**Carrie Ann Inaba:** The Andréa Rizzo Foundation does movement therapy for pediatric cancer patients. I was working on Dancing with the Stars, and there was this woman sitting to my right and next to a young lady who I could tell was undergoing some sort of treatment, maybe chemotherapy. This woman had the brightest light—she just kept smiling and smiling. [...more](#)

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## IN THIS ISSUE

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**Confessions of a Recovering Caregiver**

FEATURED ARTICLE

## The Inconvenience of Incontinence

*By Kristine Dwyer, Staff Writer*

Just mention the word “incontinence” or “bladder leakage” and watch people react. Most people are reluctant to speak about it and many are afraid to even discuss it with their doctor. Surprisingly, aging alone is not the only cause of bladder leakage or incontinence, as it is commonly known. Actually, it can occur in many age groups and affects men, women and, yes, even caregivers. [...more](#)

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GUEST ARTICLE

## Confessions of a Recovering Caregiver

*By Daphne Simpkins*

Since my three-year stint as my father’s caregiver I wrestle with socially unacceptable urges to comfort, feed, and water just about anybody.

I do not have to know you personally to offer you a cough drop when you choke. I say “Bless you” before you finish sneezing, and my right hand will automatically fidget for an Aloe-enriched, bacteria-killing tissue. [...more](#)

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CARETIPS

## Advice for the ALS Caregiver

*By Jennifer Bradley, Staff Writer*

Cynthia Knoche is the director of Chapter Care Services for the ALS Association. She says caregivers face both emotional and physical challenges when caring for a loved one who has been diagnosed with an illness with no significant treatment or cure. “It can be devastating for the person diagnosed and their loved ones; however, many tools, techniques and therapies are available to maintain quality of life,” Knoche says. [...more](#)

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### CARENOTES

#### From Alvarez:

I'm really concerned about my sister who is very ill, is alone and has no one to care for her. I would appreciate any suggestions for solutions. She is 62 and had most of her right toes amputated. [...more](#)

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