

One day I felt a little “drip” - “Oh, no! What can this be?”
... and then my pants were slightly damp ... What’s happening to me?

It kept on reoccurring; (I HAD to see someone! ...)
I called up Dr. Chaikin to see what could be done.

He questioned me and did some tests and said that he would find
a treatment that would work for me and give me peace of mind.

“Urodynamics City” was the place I went to next.
It really sounded simple but I ended up perplexed.

Oh, everything was going well until I “hit the wall”.
My bladder wouldn’t cooperate; I couldn’t “go” at all!

I filled my bladder to the brink ... (I thought that I would die!)
It’s not as easy as you think: the potty remained dry.

The minute I walked out the door (I had to get relief!)
My bladder NOW was ready! (This just added to my grief!)

Now, don’t you laugh; it’s terrible; embarrassing for sure!
I had a real “shy bladder” and I don’t think there’s a cure!

I got a “pass” and moved on to the place in Cedar Knolls
and hoped my crazy bladder wouldn’t keep me from my goals.

I wondered what would happen now and just what would it take ...
Well, let me tell you honestly, it was a “piece of cake”!

I had to buy a “magic egg” (now YOU guess where it goes!
(It’s private and it’s safe and warm. ... (Yes, right where you suppose!)

And then you learn some new tricks (using muscles you've let go)
and start to build and strengthen in your region down below.

The exercise is "kegel" and it's quite the thing to learn.
If you stick to the program; true success is what you'll earn.

You squeeze; release and squeeze again; each week you do some more.
When you're a "happy graduate", you'll love your pelvic floor!

If you kegel in the morning; & you kegel then at noon;
& you kegel in the evening, you'll see progress very soon,

I kegel in the shower; I kegel at the mall;
I kegel at the grocery store (and noone knows at all!)

It's a simple little exercise; (results have come quite fast)
I feel renewed and happy 'cause my pants are dry at last.

The 2nd part of treatment is a kind of "bladder buzz";
It whips your bladder into line (at least, I think it does!)

It doesn't hurt; it strengthens; and fixes what was weak.
(I don't care just how it works cause I no longer leak.)

Who'd have ever thought that all these issues would be gone?
You need a good urologist you can depend upon.

I don't know where I'll keep my "egg". (It's quite the souvenir!)
If I keep up with my kegels, I don't need to come back here.

If you end up with a problem; a leak or "bladder fall";
Call up Dr Chaikin (he can take care of it all!)

Leakage comes from many things and will not go away;
until you find the therapy like I did this past May.

I thought I had to suffer and never said a word;
but when I went and confessed, the doctor really heard.

Something I thought was part of life; is fixed; there was a cure!
I'm glad I opened up my mouth; I'm happier for sure!

Thank you, Dr. Chaiken! Thank you, Shannon, too!
.Biofeedback is a "gift". I owe a debt to you!

Success is so rewarding. I can cough and sneeze and laugh!
(Dr. Chaikin, your a superstar! I want your autograph!)