

**FACSIMILE COVER PAGE**

P.C. 8400203

---

**To :** 'wvogt@samhsa.org' **From :** beth  
**Sent :** 7/12/2004 at 1:56:48 PM **Pages :** 2 (including Cover)  
**Subject :** Public Comment FR DOCKET 04-7984 Mandatory Revised Guidelines

---

RE: Shy Bladder:

Back before the Internet, I did not know there was a name for the issue I was having with urinating in a public restroom. I have had a problem with public restrooms, even had problems voiding at home if others were in the house, for as long as I can remember. I have even gone from a Friday evening until a Sunday without urinating because I have shy bladder.

I had a work physical in which they required a drug test. Since I couldn't provide a sample, they made me drink as much water as I could and had me stay at the office for several hours. I was still unable to produce a sample. Every time I had to go for a work physical, I had to go through the "explanation process"...

I had to call my boss for an ok to leave the exam site. I had to tell my boss what my problem was and explain to him that I spent over \$1000 of my own money seeing a psychologist to try to remedy my shy bladder issues (so much for privacy regarding medical issues). Fortunately, the doctor wrote "shy bladder" on my physical form.

I have been looking for a new job for quite some time. I have to think about whether there might be a urine test involved, before I even apply for a job. Until SAMHSA rewrites the rules so they don't discriminate against people with shy bladder by equating an inability to pee with a refusal to accept testing, SAMHSA will be promoting discrimination towards people like me-- who have never used illegal drugs but simply can't pee on demand. It is time for the rules to change. Mandate the use of oral fluid, hair, sweat patches, and blood tests for those who suffer from paruresis.

FYI – I am a woman

PS: am not sure my e-mail was received. This may be a duplicate