

Interstitial Cystitis Association Resource Materials Guide

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BOOK CORNER



The Many Faces of IC, Volume II



The Many Faces of IC, Volume II compiles nearly 20 patient stories highlighting the experiences of a wide range of individuals. By sharing their stories, they offer hope to the many kindred spirits who also fight the daily battle of living with IC.

Interstitial Cystitis Association

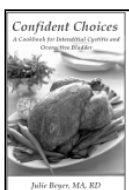
2008 / 70 pages / BKMF2008

Members: \$16.00

Nonmembers: \$22.00



Confident Choices: A Cookbook for Interstitial



Cystitis and Overactive Bladder

Julie Beyer, RD, draws from personal experience with IC, professional expertise as a registered dietitian, and community activism to create her second book for patients with bladder symptoms. Contains over 200 recipes, food preparation hints, and personal reflections.

Julie Beyer, RD

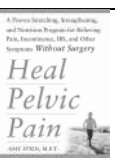
2008 / 212 pages / BKCON08

Members: \$18.00

Non-members: \$24.00



Heal Pelvic Pain



Comprehensive book on pelvic pain released August 2009. This book is essential reading for those who suffer from pelvic pain disorders and a terrific resource for healthcare providers who treat pelvic pain problems.

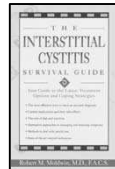
Amy Stein, MPT

2008 / 202 pages / BKHPP2008

Members: \$14.00

Nonmembers: PRICE: \$16.95

The Interstitial Cystitis Survival Guide



Your guide to the latest treatment options and coping strategies, as well as a comprehensive overview on IC and related bladder problems.

Robert Moldwin, MD

2000 / 236 pages / BKSG00

Members: \$12.00

Non-members: \$13.80

The Many Faces of IC, Volume I—People Living with Interstitial Cystitis: Their Stories



Inspirational and moving profiles of people with IC—men, women, and children from diverse cultural, ethnic, and philosophical backgrounds, published by the ICA.

Interstitial Cystitis Association

2006 / 100+ pages / BKMF06

Members: \$15.00

Non-members: \$20.00

Confident Choices: Customizing the IC Diet



This easy-to-use workbook, written by registered dietitian (RD) Julie Beyer, can help you identify your personal food triggers. Provides information on supplements, food intake, voiding diaries, meal planning sheets, exercise, and stress management.

Julie Beyer, RD

2005 / 147 pages / BKCON05

Members: \$17.00

Non-members: \$20.00

You Don't LOOK Sick! Living Well with Invisible Chronic Illness



Read about how Joy Selak learned to live well with her IC and related conditions and overcame why many people didn't understand because she didn't look sick. Co-written with a rheumatologist.

Joy Selak and Steven Overman, MD

2006 / 145 pages / BKYDLS05

Members: \$12.00

Non-members: \$13.80

GENERAL INFORMATION

Restroom Access Card

Plastic wallet card describing IC, designed to assist you in obtaining use of toilet facilities in public places. Patients say these really work!

2006 / credit-card size / RAC

Members: \$1.00

Non-members: \$1.25

ICA Brochures

Basic information about IC—see more titles included in other topics in this guide.

- General IC Info
2007 / 8 pages / RBG
- Spanish-language Info
2007 / 8 pages / RBS

Members: \$1.00 per brochure

Non-members: \$1.25 per brochure

ICA Flagship Fact Sheet Series

Overviews of IC topics, folded on color paper. Other titles of this 20-fact sheet set are sprinkled throughout this guide.

- Finding the Right Physician for You
2008 / 2 pages / RFF
- Cystoscopy with Hydrodistention Fact Sheet
2008 / 2 pages / RFH
- Potassium Sensitivity Test Fact Sheet
2008 / 2 pages / RFKCL

Members: \$1.00 per fact sheet

Non-members: \$1.25 per fact sheet

IC: Expert Opinions, Volume II

Features Robert Evans, MD; Chris Payne, MD; Susan Keay, MD, PhD; John Warren, MD; and Kristene Whitmore, MD.

2005 / 32 pages / XOP205

Members: \$5.00

Non-members: \$5.75

IC: Expert Opinions, Volume I

Basic IC overview as well as information on pain, bladder surgery, and pelvic floor dysfunction. Experts include Robert Moldwin, MD; Deborah Erickson, MD; John Forrest, MD; Daniel Brookoff, MD; and Philip Hanno, MD.

2004 / 36 pages / XOP104

Members: \$5.00

Non-members: \$5.75

Los Angeles Regional IC Forum Transcript

Robert Moldwin, MD, discusses the basics of IC—and beyond!

2007 / 20 pages / TRLA07

Members: \$10.00

Non-members: \$15.00

Detroit Regional IC Forum Transcript

David Burks, MD, and Donna Carrico, RN, CNP, discuss two complementary therapies: Posterior Tibial Nerve Stimulation and Guided Imagery.

2007 / 28 pages / TRDET07

Members: \$15.00

Non-members: \$22.50

ICA Logo Lapel Pins

Raise IC awareness and show support for the ICA with the ICA Logo Lapel Pin. Gold finish with ICA logo on a blue background. Silkscreened on brass, then laminated.

2005 / 1-inch by ½-inch / RLP05

Members: \$8.00

Non-members: \$10.00

DVD! Two Perspectives: Bethesda Regional IC Forum

IC treatments and pain management techniques featuring Robert Moldwin, MD, and Daniel Brookoff, MD, PhD.

2006 / DVD—2 disks, 2 hours / DVD-OCT06

Members: \$30.00

Non-members: \$25.00

DVD! IC: The Basics—Part One of the ICA's Two-Part Video Series

Dr. Robert Moldwin's comprehensive presentation on IC at the ICA Long Island Regional IC Forum. A must-see for patients and healthcare providers alike.

2004 / DVD, 85 minutes / DVDICTB05

Members: \$15.00

Non-members: \$20.00

2004 / VHS, 85 minutes / VHSICTB05

Members: \$12.00

Non-members: \$15.00

DVD! IC: Current Concepts—Part Two of the ICA's Two-Part Video Series

Comprehensive presentations from the ICA's University of Maryland Regional IC Forum, including research theories on IC explained by the researchers themselves. Designed for both patients and healthcare providers.

2005 / DVD, 180 minutes / DVDUM05

Members: \$22.50

Non-members: \$27.50

2005 / VHS, 180 minutes / VHSUM05

Members: \$18.00

Non-members: \$22.00

Transcript of the University of MD Regional Forum

The complete written transcript of the video *IC: Current Concepts*, moderated by ICA Founder and President Emeritus, Vicki Ratner, MD. Featuring: Carlos Eire, PhD; John Warren, MD; Toby Chai, MD; and Susan Keay, MD, PhD.

2005 / 36 pages / TRUM05

Members: \$15.00

Non-members: \$20.00

Supplement to the International Urogyn Journal

Supplement highlights two key research meetings (Rome 2004): Multinational IC Association Inaugural Meeting and The International Consultation on IC.

2005, vol. 16, no. 1 / 34 pages / IUJ05

Members: \$12.00

Non-members: \$14.50

Transcript of the ICA's 20th Anniversary National Meeting

IC treatment, self- help, and research information!

2003 / 50+ pages / NMTR03

Members: \$12.50

Non-members \$15.00

TREATMENTS

ICA Fact Sheets

From the ICA Flagship Fact Sheet series:

- ICA Treatment Guidelines Fact Sheet
2008 / 4 pages / RFTG
- ICA Treatment Guidelines-Spanish Fact Sheet
2008 / 4 pages / RFTGS
- Bladder Retraining Program Fact Sheet
2008 / 1 page / RFB
- Cystistat Fact Sheet
2008 / 1 page / RFC
- DMSO RFD Fact Sheet
2008 / 1 page / RFD
- Elmiron Fact Sheet
2008 / 1 page / RFE
- Heparin Fact Sheet
2008 / 1 page / RFP
- Hydroxyzine Fact Sheet
2008 / 1 page / RFZ
- InterStim Therapy Fact Sheet
2008 / 2 pages / RFIS
- Surgical Procedures Fact Sheet
2008 / 2 pages / RFS
- Tricyclic Antidepressants Fact Sheet
2008 / 1 page / RFA

Members: \$1.00 per fact sheet

Non-members: \$1.25 per fact sheet

Surgery and IC

Dr. Philip Hanno discusses his protocol for the diagnosis and treatment of IC, highlighting various surgical procedures and their place in the treatment spectrum.

2000 / 7 pages / TRICSURG00

Members: \$5.50

Non-members: \$6.35

SELF-HELP & COPING

NEW! Guided Imagery to Enhance Healing for Women with Pelvic Pain, Interstitial Cystitis, or Vulvodynia



This new 2009 Guided Imagery CD from Beaumont Hospital's WISH program has two tracks: "Rest and Relax," basic relaxation for anyone, and "Soothing Shore," specific to women with pelvic pain, IC, or vulvar pain.

2009 / CD / CD-BH0209

Members: \$12.75

Non-members: \$15.00

Guided Imagery for Relaxation in Women with Pelvic Pain or Interstitial Cystitis



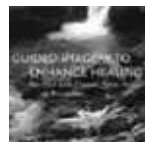
This 2007 CD from Beaumont Hospital's WISH program has two tracks, "Just Breathe" for general relaxation and "Letting Go," which is very specific for IC and pelvic pain.

2007 / CD / CD-BH0107

Members: \$12.75

Non-members: \$15.00

Guided Imagery to Enhance Healing for Men with Chronic Pelvic Pain or Prostatitis



Available late August, this new CD for men has two tracks, "Riverbank," a guide along a peaceful riverbank for basic relaxation, and "Journey into Nature," specific to men with

pelvic pain or chronic prostatitis/chronic pelvic pain syndrome.

2009 / CD / CD-BH0309

Members: \$12.75

Non-members: \$15.00

IC & Self-Help Brochure

An overview of self-help and coping strategies.

2007 / 8 pages / RBH

Members: \$1.00 per brochure

Non-members: \$1.25 per brochure

Because You Care: Being Your Own Best Advocate

Covers medication, employment, education, insurance, and disability issues, and includes three chapters focusing on navigating daily challenges in your own life with the medical system and with healthcare providers.

2007 / 75 pages / BKBYCA07

Members: \$13.00

Non-members: \$19.50

Because You Care: Exploring the Unique Intimacy Issues of People with IC

Offers insight into how IC affects sexuality, and coping strategies for achieving and maintaining intimate relationships.

2006 / 42 pages / BKBYCI06

Members: \$12.00

Non-members: \$18.00

Because You Care: Information about Interstitial Cystitis for Family and Friends

This unique booklet by the ICA is especially for people who care about a person with IC in their life, focusing on the special needs of people with IC and successful coping strategies.

2005 / 22 pages / BKBYC04

Members: \$6.50

Non-members: \$7.50

Sex and IC: Sex, Interstitial Cystitis, and Women Reclaiming Pleasure & Intimacy

In this workshop, Dr. Marta Meana discusses the challenges IC can pose to sexuality and ways of reinstating or improving intimacy by increasing communication between partners, reassessing old assumptions, and employing creativity.

2000 / 6 pages / TRSEX00

Members: \$5.25

Non-members: \$6.00

Psychological Aspects of IC

Transcript of talk by IC patient and psychologist Ruth Abrams, aimed at helping men and women incorporate the reality of living with chronic illness without letting it define the essence of who they are.

2000 / 11 pages / TRPSYCH00

Members: \$8.25

Non-members: \$9.50

Practical Strategies for Daily Living Transcript

This "how-to" workshop, led by three ICA staff members who are also patients, explores the various ways people with IC can help to improve the daily quality of their lives.

2000 / 10 pages / TRSTRAT00

Members: \$7.50

Non-members: \$8.65

Sleep Deprivation

Transcript of meeting discussion by Michael Schmitz, MD, focuses on the effects of insomnia and sleep deprivation on daily functioning and offers suggestions on how to start to improve sleep quality.

2000 / 4 pages / TRSLEEP00

Members: \$5.00

Non-members: \$5.75

FITNESS

DVD! New Dawn Pilates Volume 1

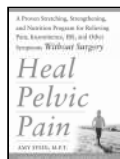
A Pilates exercise DVD created especially for those suffering with chronic pelvic pain! Tailor this daily workout plan to your individual exercise needs and pain levels.

2008 / DVD, 93 minutes / VIPIL08

Members: \$27.99

Non-members: \$29.99

Heal Pelvic Pain



Comprehensive book on pelvic pain released August 2009. This book is essential reading for those who suffer from pelvic pain disorders and a terrific resource for healthcare providers who treat pelvic pain problems.

Amy Stein, MPT

2008 / 202 pages / BKHPP2008

Members: \$14.00

Nonmembers: PRICE: \$16.95

Classic Stretch Exercise Video

Specially designed exercise program for the IC patient. Creator Gaye Grissom-Sandler leads the program.

1994 / VHS, 30 minutes / VISTR

Members: \$14.50

Non-members: \$16.70

DIET

ICA Brochure & Fact Sheet

- IC and Diet Brochure
2007 / 8 pages / RBD
- Constipation Fact Sheet
2008 / 2 pages / RFQ

Members: \$1.00 per item

Non-members: \$1.25 per item

Confident Choices: A Cookbook for Interstitial Cystitis and Overactive Bladder

Julie Beyer, RD, draws from personal experience with IC, professional expertise as a registered dietitian, and activism in the interstitial cystitis community to create her second book for patients with bladder symptoms. Contains over 200 recipes, food preparation hints, and personal reflections.

Julie Beyer, RD

2008 / 212 pages / BKCON08

Members: \$18.00

Non-members: \$24.00

Confident Choices: Customizing the IC Diet

This easy-to-use workbook, written by registered dietitian (RD) Julie Beyer, can help you identify your personal food triggers. Provides information on supplements, food intake, voiding diaries, and planning sheets, as well as exercise and stress management.

Julie Beyer, RD

2005 / 147 pages / BKCON05

Members: \$17.00

Non-members: \$20.00

A Taste of the Good Life: A Cookbook for an IC Diet

A cookbook written by an IC patient with hundreds of IC-friendly recipes! One of our best sellers.

Bev Laumann

1998 / 250 pages, 200+ recipes / BKTAS98

Members: \$31.00

Non-members: \$31.00

IC and Diet Transcript

Transcript of workshop led by Bev Laumann reviews how to select bladder-friendly foods, identify foods that may contain irritants, and ensure your meals are balanced and nutritious.

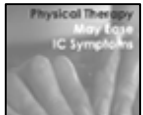
2000 / 9 pages / TRDIET00

Members: \$6.75

Non-members: \$7.75

PAIN MANAGEMENT

Physical Therapy: May Ease IC Symptoms



Physical therapy for treating underlying pelvic floor dysfunction in people with IC can yield positive results and provide significant pain relief. Learn more about working with a

physical therapist and how to find one.

2009 / 8 pages / RBPT

Members: \$1.00

Non-members: \$1.25

Pain Management Fact Sheet

From the ICA Flagship Fact Sheet series:

- Pain Fact Sheet
2008 / 2 pages / RFIP

Members: \$1.00 per fact sheet

Non-members: \$1.25 per fact sheet

IC & Pain: Taking Control



Covers pain issues unique to people with including the treatment of pain, chronic pain issues and challenges, and getting help.

2004 / 100+ pages / BKP04

Members: \$10.00

Non-members: \$12.50

Resource Material Guide Publication Number: RMGSU09
Revised 9/2009

Neuromodulation Transcript

Robert Evans, MD, discusses neuromodulation for relief of IC pain, what to expect, and who is most likely to benefit.

2000 / 7 pages / TRNEUR00

Members: \$5.50

Non-members: \$6.35

Pain Management

Daniel Brookoff, MD, PhD, discusses the treatment and pathology of pain in IC, as well as pain control techniques.

2000 / 11 pages / TRPAIN00

Members: \$8.25

Non-members: \$9.50

Pharmacology of Pain

Transcript of talk by pain specialist, Daniel Carr, MD, explores the pharmacological options for IC.

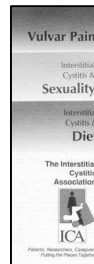
2000 / 7 pages / TRPHARM00

Members: \$5.50

Non-members: \$6.35

SEXUALITY

ICA Brochures



- IC and Sexuality
2007 / 8 pages / RBX
- Vulvar Pain
2007 / 8 pages / RBV

Members: \$1.00 per brochure

Non-members: \$1.25 per brochure

MEN

IC and Men Brochure

Overview of presentation and treatment of IC in men.

2007 / 8 pages / RBM

Members: \$1.00 per brochure

Non-members: \$1.25 per brochure

Men and IC Transcript

Transcript of workshop with urologist John Forrest, MD, discussing concerns unique to men with IC.

2000 / 8 pages / TRMEN00

Members: \$6.00

Non-members: \$6.90

PREGNANCY

Pregnancy Fact Sheet

From the ICA Flagship Fact Sheet Series
2008 / 3 pages / RFX

Members: \$1.00 per fact sheet
Non-members: \$1.25 per fact sheet

Hormones and Pregnancy

Kristene Whitmore, MD, and Christopher Payne, MD, cover how pregnancy affects IC, the relationship between sex hormones and IC, and theories on why many female patients tend to note fluctuations in symptoms as they move through their menstrual cycles and into menopause.

2000 / 9 pages / TRHORM00

Members: \$6.75
Non-members: \$7.75

IC Pregnancy Support Workshop

Kristene Whitmore, MD, and Debra Slade, MA, present the results of a survey of how pregnancy affects IC. Includes an in-depth question & answer session.

1997 / 5 pages / TRICPW97

Members: \$3.50
Non-members: \$4.00

CHILDREN

Children Fact Sheet

From the ICA Flagship Fact Sheet Series.
2008 / 2 pages / RFCH

Members: \$1.00 per fact sheet
Non-members: \$1.25 per fact sheet

Children & IC

George Klauber, MD, a pediatric urologist, discusses treating IC in the young and improving the life of your chronically ill child.

2000 / 5 pages / TRCHIL00

Members: \$5.00
Non-members: \$5.75

DISABILITY

Social Security Disability Insurance Fact Sheet

From the ICA Flagship Fact Sheet Series.
2008 / 2 pages / RFI

Members: \$1.00 per fact sheet
Non-members: \$1.25 per fact sheet

ICA Introductory Disability Packet

Learn more about the disability application process. Includes the ICA's Social Security Disability Insurance Fact Sheet; guidelines for IC patients seeking benefits; disability resources list; and the ICA Disability Resources Order Form.

2001 / 10 pages / DISINTRO

Members: \$5.00
Non-members: \$5.75

ICA Disability Set

To educate yourself and your doctor about IC disability cases, you need the ICA's two-part set consisting of *Disability Evaluation in a Nutshell: A Three Minute Guide to Effective Medical Reports* and the *Disability Workbook for Social Security Applicants*.

Douglas Smith, Esq., Physicians' Disability Services, Inc.

2000 / Two Books: 155 pages total / DISTWOPRT

Members: \$18.00
Non-members: \$20.70

Navigating the Health Insurance Maze

Meeting transcript of long-term disability claims troubleshooter Vivian Gallo, CLU, discussing what claimants need to do to win their battles in the managed-care arena.

2000 / 8 pages / TRNHI00

Members: \$6.00
Non-members: \$6.90

Disability and IC

Workshop transcript featuring Robert Evans, MD, and James Loney, discussing the roles of the applicant and physicians in the disability process, and how to organize claims, work with the Social Security Administration and private insurers, and educate yourself about the process.

2000 / 6 pages / TRDIS00

Members: \$5.25
Non-members: \$6.00

Social Security Disability Benefits for the IC Patient

Transcript of workshop led by Attorney Douglas M. Smith that covers step-by-step strategies in easy to understand language about the benefits application process.

1997 / 12 pages / TRSSDIS

Members: \$5.00
Non-members: \$5.75

ICA Personalized Disability Packet

This packet helps with the decision to apply for disability benefits and the hearing process. Provides the Social Security Administration or your insurer with a “crash course” on the potentially disabling effects of IC. Includes a personalized letter from the ICA to your judge or insurer to help you to win your case. When ordering, please provide:

- 1) Your full name, your full address with zip
- 2) Your phone number
- 3) Date and address of hearing facility, if applicable
- 4) Name of officiating examiner or judge at hearing, if known
- 5) Name, full address with zip, and telephone number of attorney, if using one

All personal information will be confidential. If you do not have all of the above-listed information, we can still make up a cover letter for your ICA Personalized Disability Packet, reading “To Whom it May Concern.”

2001 / DISPER

Members: \$20.00

Non-members: \$23.00

RELATED CONDITIONS

Pelvic Floor Dysfunction Fact Sheet

From the ICA Flagship Fact Sheet Series

2008 / 2 pages / RFPFD

Members: \$1.00 per fact sheet

Non-members: \$1.25 per fact sheet

Patient to Patient: Managing Interstitial Cystitis and Overlapping Conditions



The pros and cons of alternative treatments, including diet, exercise, massage, and dealing with doctors. Covers related conditions such as fibromyalgia and chemical sensitivity.

Gaye Grissom Sandler, Andrew Sandler, PhD

2001 / 231 pages / BKP2P01

Members: \$15.25

Non-members: \$18.50

Pelvic Floor Dysfunction Transcript

Robert Moldwin, MD, explains pelvic floor dysfunction (PFD), its relationship to IC, and treatment options. This workshop transcript reviews diagnosis, self-care, and oral medications.

2000 / 8 pages / TRPFD00

Members: \$6.00

Non-members: \$6.90

Irritable Bowel Syndrome

Transcript of seminar conducted by Philip Miner, MD, about IBS, its relationship to IC, and treatment strategies.

2000 / 7 pages / TRIBS00

Members: \$5.50

Non-members: \$6.35

Mast Cells & Allergies

Meeting transcript of talk by Philip Miner, MD, on allergies and IC, as well as GI and systemic mast cell problems.

2000 / 4 pages / TRMAST00

Members: \$5.00

Non-members: \$5.75

Migraine

George Urban, MD, of the Diamond Headache Clinic in Chicago, discusses the etiology of migraine, symptoms, migraine triggers, migraines and the menstrual cycle and more.

2000 / 7 pages / TRMIG00

Members: \$5.50

Non-members: \$6.35

BACK ISSUES OF THE ICA UPDATE!

Summer 2009



Summer 2009: More than 2,000 of you went to our survey page to tell us about your experience with CAM. Because so many of you are trying these techniques or are interested in them, we are bringing you a special issue focused exclusively on CAM. You'll learn what your fellow ICers said helped them the most and what research has to say about it. Some of the top techniques won't surprise you -- diet was number one. But some of the others were a surprise.
2009 / 28 pages / UPSU09

Spring 2009



Are you red itchy eyes, runny nose, food sensitivities, and IC connected? An allergist and a urologist think YES. Doctor's Forum: Daniel Shoskes, MD. Chicago Hope: AUA Meeting Brings Big IC News.
2009 / 26 pages / UPSP09

Winter 2009



Self-Help Issue: Articles explore IC and diet, intimacy issues, sleep, exercise, and self-instillations. Doctor's Forum with Susan Kellogg-Spadt, PhD, CRNP. Cover artist Sarah Steed.
2009 / 32 pages / UPWI09

Fall 2008



Research Issue: AUA2008 annual meeting coverage; NIDDK research agenda; Making Advocacy a Family Affair; Doctor's Forum with J. Quentin Clemens, MD; Cover artist Jane Alexander.
2008 / 32 pages / UPFA08

Summer 2008



IC and Overlapping Conditions Issue: Allergies, Sensitivities, and Autoimmune Diseases; chronic fatigue syndrome; endometriosis; fibromyalgia; irritable bowel syndrome; chronic prostatitis; temporomandibular joint disorders; vulvodynia; Doctor's Forum with Lin Chang, MD; Cover artist Janet Kozachek.
2008 / 36 pages / UPSU08

Spring 2008



Pelvic floor therapy; Engineer with IC Creates New Life with Art; Physical Therapy for IC; What's New in Neurostimulation?; IC Patients Get Help When They Need It at Tulsa Practice; Doctor's Forum with Fred Howard, MD.
2008 / 32 pages / UPSP08

Winter 2008

MAPPING IC & Related Conditions; Thinking Outside the Big Box; Melynn Allen's Healing Art; The State of Pain Care in the US; International Meetings Point to New Possibilities; Charting a Course to Healing; Doctor's Forum with Wanda McEntyre, PhD.

2008 / 32 pages / UPWI08

Autumn 2007

2007 Capitol Hill Walk; America's Favorite Car Leaves IC Legacy; ER Favorite Paul McCrane; Chronic Fatigue Syndrome Update; Doctor's Forum with John Warren, MD.

2007 / 40 pages / UPAU07

Members: \$10.00 each

Non-members: \$15.00 each

ICA Resource Materials Order Form

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Item Number	Quantity	Item Description	Amount

Healthcare providers—to order bulk quantities, call 800 HELP ICA (800-435-7422) and request the ICA Healthcare Provider Order Form or download the form from www.ichelp.org.

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We are pleased to offer discounted prices on most of resources to ICA members. Your ICA member number (4 or 5 digits) is located just above your name and address on the back cover of the *ICA Update*.

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Subtotal: (min. order \$4.00)	
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MD Residents, add 6% sales tax	
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3-digit security code from signature strip on back of card: _____

Signature: _____

SHIPPING & HANDLING: Orders up to \$25—add \$4.00
 Orders from \$25.01 to \$50—add \$5.00
 Orders from \$50.01 to \$100—add \$8.00
 Orders of \$100.01 and above—add 12.00

- To order, fill out the form above & send this sheet to: ICA, PO Box 17522, Baltimore, MD 21298-7036**
- ◆ Include your credit card information or check or money order made payable to ICA
 - ◆ Payment must accompany order and be made in US dollars
 - ◆ Minimum order \$4.00 / Please allow 4 to 6 weeks for delivery / No refunds unless damaged or defective
 - ◆ Claims must be made within 30 days of receipt / Shipments Outside the US - ADD \$15.00 (US funds only)
 - ◆ You may also fax your credit card order to: 301-610-5308 OR **order on-line at www.ichelp.org**