



01

BLADDER CONTROL PROBLEM?

控尿失禁吗？

IF YOU HAVE BLADDER CONTROL PROBLEMS, ASK FOR HELP YOU DON'T HAVE TO PUT UP WITH IT

You are not alone. Over 4.8 million Australians have bladder control problems.

Bladder control problems can affect women and men of all ages.

If you do nothing, it won't go away.

Bladder control problems can be managed, treated and even cured.

Help is available. You can regain control.

DO YOU HAVE A BLADDER CONTROL PROBLEM?

Do you leak or wet yourself when you cough, laugh or sneeze?

Do you leak or wet yourself when you lift something heavy?

Do you leak or wet yourself when you play sport?

Do you have to rush to use the toilet?

Do you sometimes not make it to the toilet in time?

Are you often nervous because you think you might lose control of your bladder?

Do you wake up more than twice during the night to go to the toilet?

Do you plan your day around where the nearest toilet is?

Do you sometimes feel your bladder is not quite empty?

Do you leak or wet yourself when you change from sitting or lying down to standing up?

如果你控尿失禁，可以寻求帮助，无须再忍受。

这不是你一个人的问题。澳大利亚有480多万人受控尿问题之苦。

控尿问题可以出现在所有年龄段的女性及男性身上。

如果你不采取措施，问题就得不到解决。

控尿问题可以得到控制、治疗甚至治愈。

你可以获得帮助。你可以重获控制。

你是否有控尿问题？

当你咳嗽、大笑或打喷嚏时，是否会小便失禁或尿湿裤子？

当你提举重物时，是否会小便失禁或尿湿裤子？

当你做运动时，是否会小便失禁或尿湿裤子？

你是否一想去厕所就急不可待？

你是否有时候连去厕所都来不及？

你是否会经常感到很紧张，因为觉得自己可能会控制不了小便？

你夜晚去厕所是否超过2次？

你是否会把一天的活动安排在靠近厕所的地方？

你是否有时会觉得膀胱没有排空？

当你从坐着或躺着的姿势站起来时，是否会小便失禁或尿湿裤子？





SEEK HELP

Qualified nurses are available if you call the National Continence Helpline on 1800 33 00 66* (Monday to Friday, between 8.00am to 8.00pm Australian Eastern Standard Time) for free:

- Information;
- Advice; and
- Leaflets.

If you have difficulty speaking or understanding English you can access the Helpline through the free Telephone Interpreter Service on 13 14 50. The phone will be answered in English, so please name the language you speak and wait on the phone. You will be connected to an interpreter who speaks your language. Tell the interpreter you wish to call the National Continence Helpline on 1800 33 00 66. Wait on the phone to be connected and the interpreter will assist you to speak with a continence nurse advisor. All calls are confidential.

Visit bladderbowel.gov.au or continence.org.au/other-languages

* Calls from mobile telephones are charged at applicable rates.

寻求帮助

如果你致电国家排便节制热线，有资质的护士会接听你的电话1800 33 00 66*（周一至周五，澳大利亚东部标准时间8:00am—8:00pm）。

- 信息；
- 建议；及
- 资料册。

如果你在讲英语或者理解上有困难，你可以通过拨打13 14 50获取免费电话传译服务以接通国家排便节制热线。电话会用英语接通，因此请说明你要讲的语言并且不要挂机。你会被连接到一个讲你母语的传译员。告知传译员你想要致电国家排便节制热线，电话是1800 33 00 66。待电话接通后传译员会帮助你与排便节制护理顾问对话，所有的来电均保密。

请登陆：bladderbowel.gov.au或者continence.org.au/other-languages

* 用手机打出会收取相应费用。

