



**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?

如果你有控尿問題，可以尋求幫助，無須再忍受。

並非只有你有此問題。超過480萬澳洲人有控尿問題。

控尿問題可以出現在所有年齡的女性及男性身上。

如果你甚麼都不做，問題就得不到解決。

控尿問題可以得到控制、治療甚至治癒。

你可以獲得幫助。你可以重獲控制。

**你是否有控尿問題？**

當你咳嗽，大笑或打噴嚏時，是否會小便失禁或尿濕褲子？

當你提舉重物時，是否會小便失禁或尿濕褲子？

當你做運動時，是否會小便失禁或尿濕褲子？

你是否一想去廁所就急不及待？

你是否有時會無法及時趕到廁所解決？

你是否會經常感到很緊張，因為覺得自己可能會控制不了小便？

你是否會在夜晚醒來超過2次去廁所？

你是否會把一天的活動安排在靠近廁所的地方？

你是否有時會覺得膀胱沒有排空？

當你從坐下或躺下的姿勢轉為站起來時，是否會小便失禁或尿濕褲子？





### 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](http://bladderbowel.gov.au) or [continence.org.au/other-languages](http://continence.org.au/other-languages)

\* Calls from mobile telephones are charged at applicable rates.

### 尋求幫助

如果你致電國家排便節制熱線，有資質的護士會接聽你的電話1800 33 00 66\*（週一至週五，澳大利亞東部標準時間8:00am—8:00pm）。

- 信息；
- 建議；及
- 資料單張。

如果你在講英語或者理解上有困難，你可以透過撥打13 14 50獲取免費電話傳譯服務以接通國家排便節制熱線。電話會用英語接通，因此請說明你要講的語言並且不要掛機。你會被連接到一個講你母語的傳譯員。告知傳譯員你想要致電國家排便節制熱線，電話是1800 33 00 66。待電話接通後傳譯員會幫助你與排便節制護理顧問對話，所有的來電均保密。

請登陸：[bladderbowel.gov.au](http://bladderbowel.gov.au)或者[continence.org.au/other-languages](http://continence.org.au/other-languages)

\* 用手機打出會收取相應費用。

