



Many women leak urine or wet themselves when they cough, sneeze or exercise (this is called stress incontinence). While there are many treatments to try first, some women need to have surgery for this problem.

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### **WHAT CAUSES BLADDER CONTROL PROBLEMS?**

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Bladder control problems are mainly caused by damage to pelvic floor muscles and the tissues that support them.

The floor of the pelvis is made up of layers of muscle and other tissues. These layers stretch like a hammock around the bladder and vagina from the tailbone at the back to the pubic bone in front. The pelvic floor muscles do a number of things, such as:

- help to close off the bladder, the vagina (front passage) and the rectum (back passage); and
- help to hold the bladder, the uterus (womb) and bowel in their proper place.

You can find out more about the pelvic floor muscles in the leaflet "One in Three Women Who Ever Had a Baby Wet Themselves". Bladder control problems can start when the pelvic floor muscles are made weaker by:

- not keeping the muscles active;
- being pregnant and giving birth;
- constipation;
- being overweight;
- heavy lifting;
- coughing that goes on for a long time (such as smoker's cough or asthma); or
- growing older.

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### **HOW CAN BLADDER CONTROL PROBLEMS BE TREATED?**

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The good news is that most women can control their bladder better by making their pelvic floor muscles stronger through training. The leaflet "Pelvic Floor Muscle Training for Women" tells you how. Your doctor, physiotherapist, or continence nurse advisor will also be able to help.

Mnogim ženama procuri mokraća ili se nekontrolirano pomokre kada se zakašlju, kihnu ili vježbaju (to se zove inkontinencija uslijed stresa). Iako postoji niz vrsta liječenja koje najprije treba isprobati, nekim ženama je potreban operativni zahvat za ovaj problem.

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### **ŠTO UZORUKJE PROBLEM NAD KONTROLOM MJEHURA?**

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Problem nad kontrolom mjehura su uglavnom uzrokovani oštećenjem mišića dna zdjelice i tkiva koja ih podupiru.

Dno zdjelice se sastoji od slojeva mišića i drugih tkiva. Ovi slojevi se rastežu kao mreža oko mjehura i vagine od sjedne kosti sa stražnje strane, do stidne kosti s prednje strane. Mišići dna zdjelice imaju višestruku ulogu, kao što je:

- zatvaranje mjehura, vagine (rodnice) i rektuma (čmara); i
- držanje mjehura, uterusa (maternice) i crijeva na svom mjestu.

Više informacija o mišićima dna zdjelice možete naći u brošuri "Jedna od tri žene koje su ikada rodile nekontrolirano se pomokri". Problemi s kontrolom mjehura mogu započeti kada mišići dna zdjelice oslabe zbog:

- neuporabe ovih mišića;
- trudnoće i porođaja;
- konstipacije;
- prekomjerne tjelesne težine;
- dizanja teških predmeta;
- dugotrajnog kašlja (kao što je pušački kašalj, bronhitis ili astma); i
- starenja.

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### **KAKO SE MOGU LIJEČITI PROBLEMI KONTROLE NAD MJEHUROM?**

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Dobro je znati da većina žena može imati bolju kontrolu nad mjehurom uz pomoć vježbi za jačanje mišića dna zdjelice. Brošura "Vježbe za mišiće dna zdjelice za žene" objašnjava vam kako se to radi. Vaš liječnik, fizioterapeut ili medicinska sestra koja je savjetnik za inkontinenciju vam može također pomoći u tome.





### WHEN IS SURGERY NEEDED?

For a small number of women the more simple methods can fail to help with bladder control, and leaking urine can make day to day life difficult. In these cases surgery may be needed. Surgery should never be a first choice. All surgery has risks. You must discuss these risks with your surgeon.

### WHAT SHOULD YOU ASK YOUR SURGEON?

Before agreeing to surgery, you should talk about it fully with your surgeon. Make a list of questions that you want to ask. These could cover:

- why this type of surgery has been chosen for you;
- how well will it work;
- what are the details of the surgery;
- what are the problems that could occur, both short and long term;
- what sort of scar will be left, what sort of pain will you have;
- how much time off work will you need to take;
- how much will it cost; and
- how long will the effects last?

### KADA JE POTREBNA OPERACIJA?

Kod manjeg broja žena jednostavnije metode ne daju učinka u kontroli mjehura pa im nekontrolirano mokrenje otežava svakodnevni život. U takvim slučajevima može biti potrebno izvršiti operaciju. Operacija ne treba ni u kojem slučaju biti prvi izbor. Svi operativni zahvati povlače za sobom rizike. O tim rizicima morate porazgovarati s kirurgom.

### ŠTO TREBATE PITATI SVOG KIRURGA?

Prije nego što pristanete na operaciju, o tome morate detaljno porazgovarati s kirurgom. Napišite sva pitanja koja želite postaviti. Pitanja se mogu odnositi na slijedeće:

- zašto je ovaj tip operacije odabran u vašem slučaju;
- koliko će operacija biti učinkovita;
- kako će se operacija odvijati;
- kakvi se problemi mogu pojaviti, kratkoročni i dugoročni;
- kakav će ostati ožiljak, kakve ćete imati bolove;
- koliko ćete morati izostati s posla;
- kolika je cijena; i
- koliko će dugo potrajati učinak?



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## SEEK HELP

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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.

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## POTRAŽITE POMOĆ

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Dostupne su vam stručne medicinske sestre ako nazovete Nacionalnu liniju za pomoć zbog inkontinencije na 1800 33 00 66\* (od ponedjeljka do petka, između 8.00h i 20.00h po standardnom istočnom australskom vremenu) za besplatne:

- Informacije;
- Savjete; i
- Brošure.

Ako imate problema u razgovoru ili razumijevanju engleskog jezika, možete nazvati Liniju za pomoć (Helpline) putem besplatne Telefonske službe tumača na 13 14 50. Na poziv ćete dobiti odgovor na engleskom jeziku, pa recite jezik koji govorite i čekajte na liniji. Bit ćete spojeni s tumačem koji govori vaš jezik. Recite tumaču da želite razgovarati s National Continence Helpline na 1800 33 00 66. Pričekajte na liniji da budete spojeni i tumač će vam pomoći u razgovoru s medicinskom sestrom, savjetnikom za inkontinenciju. Svi razgovori su povjerljivi.

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

\* Pozivi s mobitela naplaćuju se po važećim cijenama.