



**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?

**NA YE THAR THIU, KA YÏ THIËC KUÇONY EE RIN  
CÏN ARËEM LËU BA GUUM ËROT**

A cë yÏin rot yÏn thar thiu. Raan maliöön ka 4.8 baai Australia ee thar thiu.

Thiu alëëc atö tënë röör ku diäär ëbën.

Na cÏn kë loi, ka cÏ jiël ërot.

Thiu thar alëu bÏ njëc ya muk nhom, wÏc döc ku alëu bÏ kööc.

Kuçony a töu. A lëu ba thiu thar gël.

**YE THAR THIU?**

Ye thar thiu wulë/ka ye rot läc tënë yool yÏn, döc wulë tënë tÏim yÏn?

Ye thar thiu tË jöt yÏn kë thiek?

Ye thar thiu wulë/ka ye rot läc tënë tuuk yÏn kuat pol?

Ye kat tënë wÏc yÏn ba la roor?

Ye yön la roor dääk aköldët?

Ye diëer tË rëer yÏn koc yiic ciët yÏ bÏ læc nöc ku cÏn tË læc yÏn thÏn ku læc aa cÏ bë guum?

Ye rot jöt arak yic rou kithic wäköu ba la laac?

Ye cath yÏ kuëk rot yön ë laac aköl?

Ye laac ku ye alëëc yök ciët këc yic thök læc?

Ye rot läc wulë/ka ye rot läc tË jöt yÏn rot tËduön cÏn nyuc thÏn wulë/ka ca töc ka yÏ taar ku jöt rot?





## 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.

## WĪC KUᶒᶒNY

Mathaat akīm cī piöc aabī tō na yī ayup telepun Kuᶒᶒny Baai kāk thiū thar ee nīmra kēnēic tōk, bēt, gueu, diäk, diäk, gueu, dhetem, dhetem\*/ 1800 33 00 66\* (aköl Tök agut aköl Dhiēc ee Läätic (Monday- Friday) kaam thaa bēt nhiäk-duur (8am) ku thaa bēt thēēi (8pm) ee thaa kōc Australia ciēᶒ Ciēēn) aye gām kōc abec:

- Läk/Wäl;
- Wēēt; ku
- Athör thiin ē läk.

Na yīn acie njiēc jam thoᶒ English apieth ka yīn alēu ba telpun luoi ye kōc Kuᶒᶒny wēr thokic yuöp. Cōl nīmra kēnē tōk diäk, tōk, ᶒuan, dhiēc/13 14 50. Tuenᶒic, abī raan koᶒ dhuk nhom ee thoᶒ English, luel thoᶒduön ee yīn jam ku tiēēt ee telepunic. Yīn abī tuööm thok kek raan kōc waar thook/duwēr jam thuᶒᶒdu, ku jal kek läk wētduön wīc ee yīn kōc Baai Kuᶒᶒny Kāk thiū thar yuöp ee nīmra kēnēic tōk, bēt, gueu, diäk, diäk, gueu, dhetem, dhetem/ 1800 33 00 66. Tiēēt ee telepunic ku bī yī gam ku duwēr abī kony ba jam kek mathaat akīm kōc läk. Telepun duwēr aye kōc yup thīn abec/majan ee rin cīn en wēu ye wīc tēnē yīn. Kek wäl ēbēn aye thiaan yiic.

Nem thiolnyin eet [bladderbowel.gov.au](http://bladderbowel.gov.au) wulē [continence.org.au/other-languages](http://continence.org.au/other-languages) (thok-thok kōk yiic)

\* Yup mobaalic ee wēu cam tēcīt cōt baai ētēn.