



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.

WHAT CAUSES BLADDER CONTROL PROBLEMS?

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.

HOW CAN BLADDER CONTROL PROBLEMS BE TREATED?

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.

Diäär juëc aa röt läc tē ʒool kek, tiim kek, jöt kek, döl kek, wälä tē tuuk kek nē tuk koc rīil gup (Kēnē aye cōlnāḡ e lēc). Cōkalōn leḡ yen dōcdōc kōk wēn ye diäär kaḡ them, diäär aa ye dhiel rēt bē acuek aḡuum cē lär miit nyin.

YEDÖ YEN TUANY ALËËC BËI?

Tuēnytuēeny alëëc ee cak acuek aḡuum ku räl thiääk ke yeen yen ye lac bēy.

Aḡuum a leḡ yic acuek kuc juëc. Acuek kä aa cē riëëu raan aḡuum, alëëc ku mur lööm, gōl tuēḡ yet ciëēn cēmēn awar cē thiet ʒöt yic. Acuek aḡuum aa kä juääc looi, kä yekä looi aa kīk:

- Keek aa alëëc thiöök thok, ku thiökkä mur ku amook thok; ku
- Mukkä alëëc, adhiëët ku ʒäc ke kä yiic nyien den.

Lëk kōk aa ba ʒök tē kuen yin athörthi: "Tiēḡ Tök Diäär ka Diëëḡ cē Kaḡ Dhiët Yiic ee Rot Läc". Alëëc a lëu bē cak tē cī kākä acuek aḡuum löör nyin:

- tē këc raan rä acuek ya duääny;
- liëc ku dhiët;
- Kuil;
- Cuai/ʒäny/wëk piny;
- Jōn ka thiek;
- ʒool ce lac kōc (cēmēn ʒool raan math tap ʒäär, toḡgol wälä Adhiäma); wälä
- Dhiööp.

ALËNY CË CAK YE WIËC DÖC KADÄ?

Kē path ee wēt ye diäär alëc ken ḡiec muk nhīim tē ye kek acuek keen aḡuum ḡiec duääny. Athörthi cōl "Duëëny Acuek Aḡuum tēn Diäär" a bī lëk tē ye luöi yeen. Koc kä aya aa lëu bīk yī ḡiec lëk, koc cīt akīm, raan koc duääny wälä akuonyakīm ē thiu thar.





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?

YE NËN PËTH YEN BË RAAN RËT?

Tën diäär juëc, dhöl puol yiic wën ye alëny cë cak wiëc dôc aa ce ke kony, ku thiu ye læc jal la ke thiu ee pïr cöl a ril apci. Na ye keya, ka tiŋ cīt kënë a dhil ret bë alëëc guiir. Ret a ce wël tueŋ. Kuat ret thok ebën a leŋ kãŋ kôc riäac. Dhil kãŋ kôc riäac kã jãam kek akim bï ret

YENÖ PATH BA THIËËC AKİM RET YÏIN?

Ka yï këc wët gua gam bë yï ret, kôŋ wët ret jãam apath kek akim. Gät kã wïc ba ke thiëëc piny. Käkã aa lëu bïk ya thiëc cīt:

- Yenö læc ret kën bë ya yen döny path ke yæen;
- Bë ret rot ŋjæc looi;
- Bë ret looi kadä;
- Yenö lëu bë wäac, kaam thiin ku kë ceŋ run juëc;
- Ye piäar yïndä bë döŋ ya guöp, bë reem kadä;
- Ye nïn kadä ba nyaai tën luoi;
- ye wëëu kadä bë nyaai ya cin; ku
- Ye kaam yïndä bï yäntöök nyaai?





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.

WĪC KUÖÖNY

Mathaat akim ci pioc aabi to na yi ayup telepun Kuöony Baai kak thiu thar ee nimra kenëic tok, bet, gueu, diak, diak, gueu, dhetem, dhetem*/ 1800 33 00 66* (akol Tok agut akol Dhiëc ee Läatic (Monday- Friday) kaam thaa bet nhiak-duur (8am) ku thaa bet theëi (8pm) ee thaa koc Australia ciëñ Ciëen) aye gam koc abec:

- Lëk/Wël
- Wëët; ku
- Athör thiin ë lëk

Na yin acie njiec jam thon English apieth ka yin alëu ba telpun luoi ye koc Kuony wër thokic yuöp. Col nimra kenë tok diak, tok, nuan, dhiëc/13 14 50. Tueñic, abi raan kon dhuk nom ee thon English, luel thonduön ee yin jam ku tiëët ee telepunic. Yin abi tuööm thok kek raan koc waar thook/duwër jam thuoñdu, ku jal kek lëk wëtduön wic ee yin koc Baai Kuöony Kak thiu thar yuöp ee nimra kenëic tok, bet, gueu, diak, diak, gueu, dhetem, dhetem/ 1800 33 00 66. Tiëët ee telepunic ku bi yi gam ku duwër abi kony ba jam kek mathaat akim koc lëk. Telepun duwër aye koc yup thin abec/majan ee rin cin en wëu ye wic tënë yin. Kek wël ëbën aye thiaan yiic.

Nem thiolnyin eet bladderbowel.gov.au wulë continence.org.au/other-languages (thok-thok kök yiic)

* Yup mobaalic ee wëu cam tëcit cöt baai ëtën.

