



The prostate is a gland that only men have. It is about the size of a walnut and sits below the neck of the bladder, surrounding the bladder outlet (the urethra). The prostate makes a milky fluid, which is part of semen and feeds the sperm.

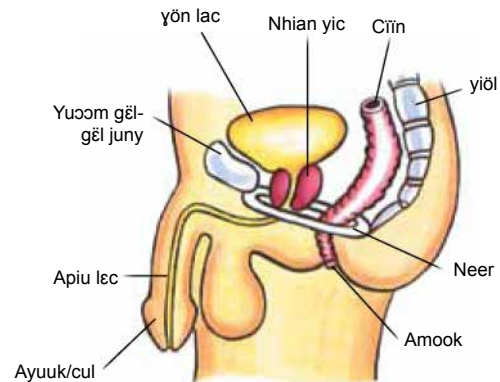
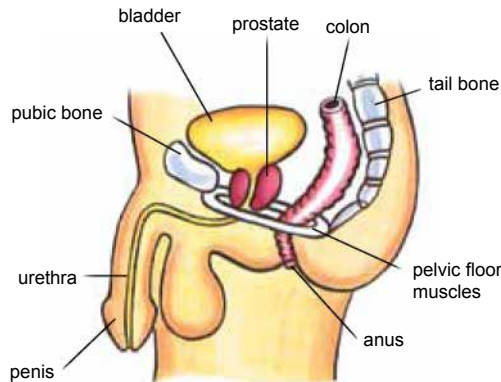
As men age, the prostate gland gets bigger. This happens over many years and for some men this can cause bladder problems.

Poor bladder control can also happen due to other health issues. Men with poor bladder control can be upset and embarrassed by this problem. If you have changes in your bladder control, or concerns about your prostate gland, talk to your doctor or continence advisor.

Adhej Ë nhiaan ëë kë cë cäk röör röt. Yeen a thöñ kek nyin gumel ku a rëër alëëc cök, ka cë alëëc der yeth (dhël ë læc). Adhej Ë nhiaan ee yic thiu kä cīt ca, ku kākā aa liäap ke mīth ku aa kek mīth col a pīr.

Na dhiop röör, ka adhej Ë nhiaan ee la ka diët. Kën ee rot looi run juëc ku yeen ee röör kök yiëk tuany ë alëëc.

Tuany ë alëëc a ye tueny-tuëeny kök bëy aya. Röör ce læc guum aa rëër ke diëer/ræc puöth ku kën ee ke riäac gup. Na ye yök ciët aläny du cë rot waar wälä leñ kë dir yiin biäk adhej Ë nhiaan du, ka yī jam kek akim wälä akuonyakim ë thiu thar.



WHAT ARE SOME COMMON PROSTATE PROBLEMS?

- Prostatitis is swelling** and soreness of the prostate gland and may be due to a bladder infection. It is more common in young men.
- Benign Prostatic Hyperplasia (BPH) is when** the prostate gets gradually larger, usually starting in middle age. About one in four men will need surgery for this problem (BPH does not lead to cancer).
- Prostate Cancer is often found** before you have any warning signs. Your doctor may find it with a blood test (called a PSA) and a check of your prostate. It is the most common cancer in men, and you are more likely to get it as you age. However it is one of the most readily treated cancers.

YE TUENY-TUENY Ë ADHEJ Ë NHIAAN YINDÄ KEK YE LAC YÖK?

- Tuany ë adhej** Ë nhiaan ee tuany ye adhej Ë nhiaan mut ku rem ku tekda ke tuany ë alëëc yen ye bëy. Ee rot lac looi tēn riēnythii.
- Tueny ë adhej** Ë nhiaan ye nhiaan la ka diët amääth yet bë ya kë diit, ku ee rot gol tē cī raan run cel kaam kur ku dhiöop dööt. Muony tök röör ka nuan yiic a ye dhiel ret rin ye tueny kën (a ce röör yiëk weth ë adhej ë nhiaan).
- Weth ë adhej ë nhiaan** a ye lac yök raan guöp ka cin kën ye nyuocth lon tōu yen. A lëu bi akim yök riem du yic (tē looi athēm ë PSA) ku tē cæth adhej Ë nhiaan du. Kën ye weth diit tēn röör, ku a lëu ba yök tē le yīn ka yī dhiop. Kë path ee wēt ye döny de lac yök.





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**HOW DO I KNOW IF I HAVE A PROSTATE  
PROBLEM?**  
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If you have one or more of these issues, you may have a prostate problem:

- trouble starting the flow of urine;
- slow urine stream once started;
- needing to pass urine more often through the day or night;
- leaking after passing urine, or between visits to the toilet;
- needing to pass urine again soon after going to the toilet;
- feeling an urgent need to pass urine;
- burning or pain when passing urine;
- blood in urine; and
- feeling that the bladder is not fully empty after going to the toilet.

Some of these problems may not be due to the prostate. For instance, some medicines may cause the bladder to store up urine. Your doctor or continence advisor can help you find the cause of your problem.

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**HOW CAN MY PROSTATE CAUSE BLADDER  
PROBLEMS**  
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**Blocking of the urethra** (the urine tube): As the prostate grows larger, it may block the bladder outlet and stop the bladder from emptying. In some cases, urine may get stored up until it starts to leak out. If this happens, see a doctor straight away.

**An overactive bladder** can be caused by the bladder working extra hard to get past a blockage. An overactive bladder can tighten without your control, causing an urgent need to pass urine. After surgery to ease the blockage you may still have an urgent need to pass urine, and it could get worse for a few weeks, until the bladder goes back to normal.

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**BA NJC KADÄ LON CĪ ADHEJ Ë NHIAAN DIË  
CAK?**  
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Na lej töönj rot luöi yĳin ye kākä yiic, ka adhej ë nhiaan du a cë cak:

- læc aa ce lac bën tē le yĳin laac;
- læc aa bën ke tem kē kööth;
- yĳin ee laac emën ku mën aköl ku wëër;
- yĳin ee thar thiu tē cĳin thök laac wälä kuat tē cĳin la yön la yön laac/la roor;
- læc aa yĳi gua nöck cökälön puoc yĳin laac;
- læc aa yĳi reem apɛy tē cĳi kek thiök;
- yĳin a ye reem juny tē læc yĳin;
- lac ku aa yiic laj riem; ku
- Aläny du a ye yök ciët kęc yic thök læc cökälön ŋuot këëc yĳin thĳin ku a cĳin kē bö.

Kök ye kākä yiic a bë ya däd yen bĳi keek ku a ce tueny ë adhej ë nhiaan. Cëmën, a lej wal kök alëëc col a muk læc juääc. Raan bĳi col a njc kën yen yĳi yiëk kākä ee akĳim wälä akuonyakĳim ë thiu thar.

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**ADHEJ Ë NHIAAN DIË EE TUENY ALËËC BËY  
KADÄ?**  
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**Dhël læc thiöök yic** (dhël ye læc wat thĳin): Tē le adhej ë nhiaan ka diët, ka lëu bë alëëc dec ku ye læc gël alonj thĳin. Tën kɔoc kök, læc aa rëer yet bë alëëc thiänj bë nhom ya pol wei. Na loi kën rot, ka yĳi la tĳen akĳim ye mën thiin.

**Alëny tuc guöp** ee rot looi tē cĳi lon alëëc ye yic juak ku ye alëëc læc pĳik apɛy bë kē wën kē gël keek thok. Alëny tuc guöp a lëu bë ye nhiaac rot ku a cĳin tē luöi yeen, ku dhĳiel kat ba la laac. Na cök ræt bë kē wën læc gël bëëy bei, ka yĳin a ŋuot yĳi ye riinj yön laac, ku a lëu bë ye yic juak wiik lik yiic, yet tē bĳi alëëc dëm bë dhuk nyin deen thëɛr.





**Surgery** for prostate problems can damage the muscle and nerves of the bladder outlet in a few cases. This can cause poor bladder control. If it occurs it is almost always short-lived, though major surgery for prostate cancer can lead to long term bladder control problems.

**HOW CAN POOR BLADDER CONTROL BE TREATED?**

First, your doctor or continence advisor will want to look for the causes of your poor bladder control, such as prostate disease, infection, diabetes or some medicines.

There are a few ways that poor bladder control due to prostate disease can be treated.

**1. Check up with your doctor**

After a talk with your doctor, you may feel that you do not need any treatment. Poor bladder control can get better with time, or with simple changes to your daily habits (See the leaflet “Good Bladder Habits for Everyone”).

**2. Medicines**

There are a number of medicines that can help with bladder control. Ask your doctor about these.

**3. Prostate Surgery**

If your prostate is the problem, then surgery can remove all or part of the gland. The type of surgery will depend on the size of the prostate gland.

**4. Bladder Training**

A program of bladder training can help the bladder to hold more urine without leaks or urgent feelings, even for those with an overactive bladder .

**5. Pelvic Floor Muscle Training**

Pelvic floor muscle training builds up the muscles that control how well the bladder and bowel work. Learn how to train your muscles before surgery and start as soon as you can after surgery (See the leaflet “Pelvic Floor Muscle Training for Men”).

**Ret bī tueny Ӑ adheh** Ӑ nhiaan ret a l̄eu b̄e acuek ku r̄al Ӑ al̄ӛc rac t̄en k̄oc lik. K̄en a l̄eu b̄e l̄ec c̄ol a ce r̄ot duut. Ku na looi rot, ka ce ceṅ, c̄okalon ṅic yeen lon ye ret Ӑ adheh Ӑ nhiaan k̄oc lac aṅṅp w̄en run jūäc looi.

**ALӐNY C̄E CAK YE D̄OC CADÄ?**

K̄e tueny, akim w̄älä akuonyakim Ӑ thiu thar a b̄e t̄e c̄i al̄ӛc c̄ek th̄in kaṅ t̄iṅ, k̄a c̄it tueny Ӑ adheh Ӑ nhiaan, wuoc, aliem w̄älä wal.

A leṅ dh̄ol w̄en ye al̄eny c̄e cak rin tueny Ӑ adheh Ӑ nhiaan d̄oc

**1. L̄oc t̄en akim**

Na ca jam kek akim, ka t̄ekd̄a a l̄eu ba gua lueel l̄ä ȳin c̄e w̄ic d̄oc. Al̄eny c̄e cak a l̄eu b̄e ben dhuk nyien de t̄e kaam wan, w̄älä t̄e w̄er ȳin t̄e duun ȳin luui th̄in (kuen ath̄or̄thi: “Raan eb̄en a dhil al̄äny de ṅic ṅīӛc”).

**2. Wal**

A leṅ wal jūӛc t̄ou w̄en l̄eu b̄ik raan c̄i al̄ӛc cak kony. Thīec akīem du rin ye w̄et k̄en.

**3. Ret Ӑ adheh Ӑ nhiaan**

Na c̄e tueny Ӑ adheh Ӑ nhiaan du ȳi dīet, ka ret a b̄e looi b̄e adheh w̄älä aban̄ de b̄ӛy bei. Ret a b̄e luoc̄y t̄e c̄it t̄e d̄īit adheh th̄in.

**4. D̄īic Ӑ al̄ӛc**

Na c̄e raan al̄ӛc ṅīӛc b̄e l̄ec jūäc ya muk ka al̄äny de a l̄eu b̄e rot ṅīӛc l̄ec jūӛc ya muk ka c̄in th̄iu wei, gut k̄oc leṅ al̄ec tuc gu.

**5. Dūӛny Ӑ acuek aṅuum**

Dūӛny Ӑ acuek aṅuum ee acuek w̄en al̄ӛc ku ȳac muk nyien c̄ol a ril b̄ik luon den looi. K̄oṅ rot pīöc̄ ba acuek aṅuom du ya dūäny ka ȳi k̄ec gua la t̄en akim b̄e ȳīn la ret ku ben dūӛny lac gol t̄e c̄i ȳi ret (kuen ath̄or̄thi: “Dūӛny Ӑ Acuek Aṅuum t̄en R̄öör”).





### 6. Contenance Products

There is a wide range of continence products to help cope with urine leaks (See the leaflet “Contenance Products”).

Make sure you know enough about what the problem is, what treatments there are, how well they work, and what might go wrong, so that you can choose the treatment that is best for you, with your doctor’s help.

#### 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.

### 6. Kä kök ye thiu thar döc

A leŋ kä juëëc töu wën lëu bïk yï kony ba thiu thar gël. (Kuen athörthi: “Kä kök ye thiu thar döc”).

Dhil tueny töu ke yïin deet, ku det döcdöoc töu, ku tē ye kek luui thïn, ku kë lëu bë wäac tē looi döc, rin ba döny yen path jal loc, ku akim a bi kony ba döny yen path ke yïin loc.

#### WÏC KUËËNY

Mathaat akim ci piöc aabi tö na yï ayup telepun Kuëëny Baai käk thiu thar ee nïmra këneic tök, bët, gueu, diäk, diäk, gueu, dhetem, dhetem\*/ 1800 33 00 66\* (aköl Tök agut aköl Dhiëc ee Läätic (Monday- Friday) kaam thaa bët nhiäk-duur (8am) ku thaa bët thëei (8pm) ee thaa koc Australia ciën Ciëen) aye gam koc abec:

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

Na yin acie njëc jam thoŋ English apieth ka yin alëu ba telpun luoi ye koc Kuëny wër thokic yuöp. Cöl nïmra këne tök diäk, tök, ŋuan, dhiëc/13 14 50. Tuenjic, abi raan koc dhuk nhom ee thoŋ English, luel thoŋduön ee yin jam ku tiëët ee telepunic. Yin abi tuööm thok kek raan koc waar thook/duwër jam thuoŋdu, ku jal kek lëk wëtduön wïc ee yin koc Baai Kuëny Käk thiu thar yuöp ee nïmra këneic tök, bët, gueu, diäk, diäk, gueu, dhetem, dhetem/ 1800 33 00 66. Tiëët ee telepunic ku bi yï gam ku duwër abi kony ba jam kek mathaat akim koc lëk. Telepun duwër aye koc yup thïn abec/majan ee rin cïn en wëu ye wïc tënë yin. Kek wël ëbën aye thiaan yiic.

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

\* Yup mobaalic ee wëu cam tēcīt cöt baai ëtën.

