



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.

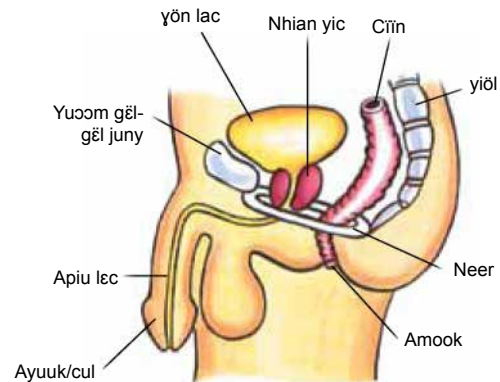
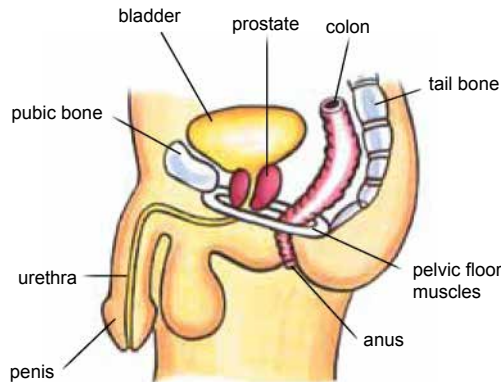
As men age, the prostate gland gets bigger. This happens over many years and for some men this can cause bladder problems.

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 YĪNDÄ KEK YE LAC YÖK?

- Tuany ë adhej** ë nhiaan ee tuany ye adhej ë nhiaan mut ku rem ku tekďä ke tuany ë alëëc yen ye bëy. Ee rot lac looi tēn riēnythii.
- Tueny ë adhej** ë nhiaan ye nhiaan la ka diët amääch yet bë ya kë dīit, ku ee rot gol tē cī raan run cel kaam kur ku dhiöop dööt. Muony tōk 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 bī akim yök riem du yic (tē looi athēm ë PSA) ku tē cæth adhej ë nhiaan du. Kën ye weth dīt 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 NÏC KADÄ LON CÏ ADHEJ Ë NHIAAN DIË  
CAK?**  
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Na lej töönj rot luöi yïin ye käkä yiic, ka adhej ë nhiaan du a cë cak:

- læc aa ce lac bën tẽ le yïn laac;
- læc aa bën ke tem kẽ kööth;
- yïn ee laac emën ku mën aköl ku wëër;
- yïn ee thar thiu tẽ cïn thök laac wälä kuat tẽ cïn la yön la yön laac/la roor;
- læc aa yï gua nõk cökälön puoc yïn laac;
- læc aa yï reem apɛy tẽ cï kek thiök;
- yïn a ye reem juny tẽ læc yïn;
- lac ku aa yiic laj riem; ku
- Aläny du a ye yök ciët kęc yic thök læc cökälön ñuot këëc yïn thïn ku a cïn kẽ bö.

Kök ye käkä yiic a bë ya dëd yen bïi keek ku a ce tueny ë adhej ë nhiaan. Cëmën, a lej wal kök alëëc col a muk læc juääc. Raan bï col a ñic kën yen yï yiëk käkä ee akim wälä akuonyakim 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 thïn): Tẽ le adhej ë nhiaan ka diët, ka lëu bë alëëc dec ku ye læc gël alonj thïn. Tën koooc kök, læc aa rëer yet bë alëëc thiänj bë nhom ya pol wei. Na loi kën rot, ka yï la tën akim ye mën thiin.

**Alëny tuc guöp** ee rot looi tẽ cï lon alëëc ye yic juak ku ye alëëc læc pïk apɛy bë kẽ wën kẽ gël keek thok. Alëny tuc guöp a lëu bë ye nhiaac rot ku a cïn tẽ luöi yeen, ku dhicl kat ba la laac. Na cök ræt bë kẽ wën læc gël bëëy bei, ka yïn a ñuot yï ye riinj yön laac, ku a lëu bë ye yic juak wiik lik yiic, yet tẽ bï 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 ë adhen** ë nhiaan ret a lëu bë acuek ku räl ë alëëc rac tën kooç lik. Kën a lëu bë læc cöl a ce röt duut. Ku na looi rot, ka ce ceñ, cökalon ñic yeen lon ye ret ë adhen ë nhiaan kooç lac anjöp wën run juääc looi.

**ALËNY CË ÇAK YE DÖÇC KADÄ?**

Kë tuen, akim wälä akuonyakim ë thiu thar a bë tē cī alëëc cək thīn kañ tīñ, kā cīt tueny ë adhen ë nhiaan, wuoc, aliem wälä wal.

A leñ dhöl wën ye alëny cë cak rin tueny ë adhen ë nhiaan döcc

**1. Looç tën akim**

Na ca jam kek akim, ka tækdä a lëu ba gua lueel lä yin cë wic döc. Alëny cë cak a lëu bë ben dhuk nyien de tē kaam wan, wälä tē wæx yin tē duun yin luui thīn (kuen athörthi: “Raan ebën a dhil aläny de ñic ñiëëc”).

**2. Wal**

A leñ wal juëëc töu wën lëu bīk raan cī alëëc cak kony. Thiëc akiëm du rin ye wët kën.

**3. Ret ë adhen ë nhiaan**

Na cë tueny ë adhen ë nhiaan du yī diët, ka ret a bë looi bë adhen wälä abañ de bëëy bei. Ret a bë lucoy tē cīt tē dīit adhen thīn.

**4. Dīic ë alëëc**

Na cë raan alëëc ñiëëc bë læc juääc ya muk ka aläny de a lëu bë rot ñiëëc læc juëëc ya muk ka cīn thiuu wei, gut kooç leñ alëc tuc gu.

**5. Duëëny ë acuek anjuum**

Duëëny ë acuek anjuum ee acuek wën alëëc ku yäc muk nyien cöl a ril bīk luon den looi. Koñ rot piöçc ba acuek anjuöm du ya duääny ka yī këc gua la tën akim bë yīin la ret ku ben duëëny lac gol tē cī yī ret (kuen athörthi: “Duëëny ë Acuek Anjuum tën Röör”).





## 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 të ye kek luui thïn, ku kë lëu bë wäac të looi döc, rin ba döny yen path jal loc, ku akim a bï kony ba döny yen path ke yïin loc.

### WÏC KUÛÛNY

Mathaat akim ci piöc aabi tö na yï ayup telepun KuÛÛny 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 gäm koc abec:

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

Na yïn acie njëc jam thoŋ English apieth ka yïn alëu ba telpun luoi ye koc KuÛÛny 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 yïn jam ku tiëët ee telepunic. Yïn abi tuööm thok kek raan koc waar thook/duwër jam thuŋdu, ku jal kek lëk wëtduön wïc ee yïn koc Baai KuÛÛny Käk thiu thar yuöp ee nïmra këneic tök, bët, gueu, diäk, diäk, gueu, dhetem, dhetem/ 1800 33 00 66. Tiëët ee telepunic ku bï 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 yïn. Kek wël ëbën aye thiaan yïic.

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 yïic)

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

