



# 01 BLADDER CONTROL PROBLEM?

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## IF YOU HAVE BLADDER CONTROL PROBLEMS, ASK FOR HELP YOU DON'T HAVE TO PUT UP WITH IT

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You are not alone. Over 3.8 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.

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## DO YOU HAVE A BLADDER CONTROL PROBLEM?

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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?

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## SEEK HELP

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If you said 'yes' to any of these questions, you may have a bladder control problem.

For help with bladder control problems see your doctor, physiotherapist or continence nurse.

Call Expert Advisors on the National Continence Helpline for free:

- information;
- advice; and
- leaflets.

On FREE CALL\* 1800 33 00 66 (8 am to 8 pm Monday to Friday), or

Visit this website: [www.bladderbowel.gov.au](http://www.bladderbowel.gov.au)

The Helpline is funded under the Commonwealth Government's National Continence Management Strategy and managed by the Continence Foundation of Australia

\* Calls from mobile telephones are charged at applicable rates.