



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?

နမ့ၢ်အိၣ်ဒီးတၢ်ကီၤဆံၣ်တၢ်ဂ့ၢ်ကီၤတဖၣ်သၢပျၢၤ,တလိၣ်နတူၢ်အိၣ်ဘၣ်ဃုထံၣ်န့ၢ်တၢ်မၤစၢတက့ၢ်

တမ့ၢ်ထဲန့ၢ်တကၤဇိၤဘၣ်.ပုၤအိၣ်စၢတြိလယၢထံဖိကီၢ်ဖိအဂၤ4.8 ကကွဲၢ်အိၣ်ဒီးတၢ်ကီၤဆံၣ်တၢ်ဂ့ၢ်ကီၤတဖၣ်လီၤ.

တၢ်ကီၤဆံၣ်တၢ်ဂ့ၢ်ကီၤအံၤပိၣ်မုၢ်ပိၣ်ခွါလၢအသးနံၣ်တၢ်သိးလိၣ်အသးတဖၣ်တူၢ်ဘၣ်ဝဲအါမးလီၤ.

နမ့ၢ်တမၤနီၣ်တမံၤဘၣ်သၢပျၢၤ,လီၤမၢ်န့ၢ်န့ၢ်တသ့ဝဲဘၣ်.

တၢ်ကီၤဆံၣ်တၢ်ဂ့ၢ်ကီၤအံၤတၢ်ကွၢ်ကတီၤ,ကူၤစါယါဘျီဒီးမၤဘျီအိၣ်ဒၣ်လဲၣ်န့ၢ်ဝဲလီၤ.

တၢ်မၤစၢအိၣ်ဝဲလီၤ.နကီၢ်က့ၤအိၣ်ဝဲသ့လီၤ.

နအိၣ်ဒီးတၢ်ကီၤဆံၣ်တၢ်ဂ့ၢ်ကီၤဧါ

နဆံၣ်ဆါပြံးဘၣ်နသးမ့တမ့ၢ်ဆံၣ်ဆါဘၣ်နသးဖဲနက့ၤ,နံၣ်မ့တမ့ၢ်ကဆဲအခါန့ၢ်ဧါ

နဆံၣ်ဆါပြံးဘၣ်နသးမ့တမ့ၢ်ဆံၣ်ဆါဘၣ်နသးဖဲနစိၣ်ထီၣ်တၢ်ယၢတမံၤမံၤန့ၢ်ဧါ

နဆံၣ်ဆါပြံးဘၣ်နသးမ့တမ့ၢ်ဆံၣ်ဆါဘၣ်နသးဖဲနလိၣ်ခိၣ်လိၣ်ကွဲၢ်န့ၢ်ဧါ

နကလဲၤထီၣ်တၢ်ဟးလီၢ်အဂီၢ်နလိၣ်ကရီၤမၤအိၣ်ဧါ

တဘျီတခိၣ်နလဲၤထီၣ်လၢတၢ်ဟးလီၢ်ဒၣ်လဲၣ်တတူၤဘၣ်န့ၢ်အိၣ်ဧါ

တဘျီတခိၣ်နသးကနိးခိဖျိနဆိမိၣ်လၢနကီၤဆံၣ်တန့ၢ်ဘၣ်အိၣ်ဧါ

မ့ၢ်န့ၢ်ခိဘၣ်ဂဲၤဆၢထၢၣ်လဲၤထီၣ်တၢ်ဟးလီၢ်အါန့ၢ်ဒီးခံဘျီအိၣ်ဧါ

လၢတနံၤအဂီၢ်နအိၣ်ဒီးတၢ်ရဲၣ်က့ၤလၢနကအိၣ်ဘူးဘၣ်ဒီးတၢ်ဟးလီၢ်န့ၢ်အိၣ်ဧါ

တဘျီတခိၣ်နတူၢ်ဘၣ်ဒီးသိးနဆံၣ်ဆါဘၣ်ဆၣ်နဆံၣ်ဗျဲၤဒီးဒၣ်တၢ်အိၣ်ဧါ

ဖဲနဆိတလဲနလီၢ်ဖဲဆုၣ်နီၤမ့တမ့ၢ်မံၤနီၤဆူဆၢထၢၣ်အခါနဆံၣ်ပြံးဘၣ်နသးမ့တမ့ၢ်ဆံၣ်ဆါဘၣ်နသးဒ်န့ၢ်အိၣ်ဧါ





BLADDER CONTROL PROBLEM?

တၢ်ကီၤဆံၣ်တၢ်ဂ့ၢ်ကီၤအိၣ်ခါ

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.

ယုထံၣ်န့ၣ်တၢ်မၤစၢ

နးစံၤလၢဖျိတီၤပတီၢ်တဖၣ်အိၣ်ဝဲန့ၣ်န့ၣ်ဆဲးကျိး **National Continence Helpline** ဝဲ **1800 33 00 66** (မုၢ်ဆၢၣ်တုၤမုၢ်ဖိဖးစးထီၣ်ဂီၤ 8.00တုၤ8.00န့ၣ်ရံၢ်ဟါအိးစၢထွဲလဲယၣ် မုၢ်ထီၣ်တၢ်ဆၢကတီၢ်အသိး) လၢတလၢၣ်စ့ဘၣ်...

- တၢ်ဂ့ၢ်တၢ်ကျိၤ
- တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးဒီး
- လံာ်ဘိးဘၣ်ရၤလီၤကဘျံးတဖၣ်.

နမ့ၢ်အိၣ်ဒီးတၢ်ဂ့ၢ်ကီၤလၢနကတီၤမ့တမ့ၢ်န့ၢ်ဟါအဲကလံးကျိၣ်တခါန့ၣ်ဒီးန့ၢ်တၢ်မၤစၢအကျိၤအကျိၤဖျိကျိးထံလိတဲစိအကျိၤလၢတလၢၣ်စ့ဘၣ်သ့ဝဲ **13 14 50**န့ၣ်လီၤ.ပုၤဖိၣ်လိတဲစိတဖၣ်ကကတီၤတၢ်ဒီးန့ၢ်လၢအဲကလံးကျိၣ်, အယံကတီၤဖျါထီၣ်ကျိၣ်လၢနကတီၤအိၣ်ခါအိၣ်ခါအိၣ်ခါတက့ၢ်.တၢ်ဆဲးကျိးန့ၢ်န့ၢ်ဆူပုၤကျိးထံတၢ်ဖိလၢကတီၤန့ၣ်တဂၤအိၣ်န့ၣ်လီၤ. တဲဘၣ်ပုၤကျိးထံတၢ်ဖိတဂၤလၢကကိးန့ၢ်န့ၢ် **National Continence Helpline** ဝဲ **1800 33 00 66**တက့ၢ်.အိၣ်ခါဒီးကန့ၣ်လိတဲစိတုၤတၢ်ဆဲးကျိးန့ၢ်န့ၢ်တဖၣ်ဒီးပုၤကျိးထံတၢ်ဖိကမၤစၢန့ၢ်လၢနကတီၤဘၣ်တၢ်ဒီးန့ၢ်န့ၢ်မုၢ်လၢကဟ့ၣ်ကူၣ်န့ၢ်ဘၣ်ယးတၢ်ကီၤဆံၣ်တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးတဂၤန့ၣ်လီၤ. လိတဲစိတၢ်ဆဲးကျိးအပူၤတဖၣ်ခဲလၢတၢ်ပာ်အိၣ်လၢတၢ်ခူသ့ၣ်န့ၣ်လီၤ.

ကွၢ်ဘၣ်ဝဲ bladderbowel.gov.au မ့တမ့ၢ် continence.org.au/other-languages တက့ၢ်.

* တၢ်ဆဲးကျိးဒီးဖျိလိတဲစိစိစ့တဖၣ်တၢ်ယုအပူၤဒ်တၢ်ပာ်ပနီၣ်ဆိအသိးန့ၣ်လီၤ.

