



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,တလိၣ်နတူၢ်အိၣ်ဘၣ်ဃုထံၣ်န့ၢ် တၢ်မၤစၢတက့ၢ်

တမ့ၢ်ထဲန့ၢ်တကၤဇိၣ်ဘၣ်.ပုၤအိၣ်စၢတြိလယၢထံဖိကီၢ်ဖိအကၤ4.8 ကကွဲၢ်အိၣ်ဒီးတၢ်ကီၤဆံၣ်တၢ်ဂ့ၢ်ကီၤတဖၣ်လီၤ.

တၢ်ကီၤဆံၣ်တၢ်ဂ့ၢ်ကီၤအံၤပိၣ်မုၢ်ပိၣ်ခွါလၢအသးနံၣ်တၢ်သိးလိၣ်အသးတဖၣ် တူၢ်ဘၣ်ဝဲအါမးလီၤ.

နမ့ၢ်တမၤနီၣ်တမံၤဘၣ်သၢပျၢၤ,လီၤမၢ်န့ၢ်န့ၢ်တသ့ဝဲဘၣ်.

တၢ်ကီၤဆံၣ်တၢ်ဂ့ၢ်ကီၤအံၤတၢ်ကွၢ်ကတီၤ,ကူၤစါယါဘျီဒီးမၤဘျီအိၣ်ဒၣ် လဲၣ်န့ၢ်ဝဲလီၤ.

တၢ်မၤစၢအိၣ်ဝဲလီၤ.နကီၢ်က့ၤအိၣ်ဝဲသ့လီၤ.

နအိၣ်ဒီးတၢ်ကီၤဆံၣ်တၢ်ဂ့ၢ်ကီၤဇါ

နဆံၣ်ဆါပြံးဘၣ်နသးမ့တမ့ၢ်ဆံၣ်ဆါဘၣ်နသးဖဲနက့ၤ,နံၣ်မ့တမ့ၢ် ကဆဲအခါန့ၢ်ဇါ

နဆံၣ်ဆါပြံးဘၣ်နသးမ့တမ့ၢ်ဆံၣ်ဆါဘၣ်နသးဖဲနစိၣ်ထီၣ်တၢ်ယၢတမံၤ မံၤန့ၢ်ဇါ

နဆံၣ်ဆါပြံးဘၣ်နသးမ့တမ့ၢ်ဆံၣ်ဆါဘၣ်နသးဖဲနလိၣ်ခိၣ်လိၣ်ကွဲၢ်န့ၢ်ဇါ

နကလဲၤထီၣ်တၢ်ဟးလီၢ်အဂီၢ်နလိၣ်ကရီၤမၤအိၣ်ဇါ

တဘျီတခိၣ်နလဲၤထီၣ်လၢတၢ်ဟးလီၢ်ဒၣ်လဲၣ်တတူၤဘၣ်န့ၢ်အိၣ်ဇါ

တဘျီတခိၣ်နသးကနိးခိဖျိနဆိမိၣ်လၢနကီၤဆံၣ်တန့ၢ်ဘၣ်အိၣ်ဇါ

မ့ၢ်န့ၢ်ဘၣ်ဂဲၤဆၢထၢၣ်လဲၤထီၣ်တၢ်ဟးလီၢ်အါန့ၢ်ဒီးခံဘျီအိၣ်ဇါ

လၢတနံၤအဂီၢ်နအိၣ်ဒီးတၢ်ရဲၣ်က့ၤလၢနကအိၣ်ဘူးဘၣ်ဒီးတၢ်ဟးလီၢ်န့ၢ် အိၣ်ဇါ

တဘျီတခိၣ်နတူၢ်ဘၣ်ဒီးသိးနဆံၣ်ဆါဘၣ်ဆၣ်နဆံၣ်ဗျဲၤဒီးဒၣ်တၢ်အိၣ်ဇါ

ဖဲနဆိတလဲနလီၢ်ဖဲဆုၣ်နီၤမ့တမ့ၢ်မံၤနီၤဆူဆၢထၢၣ်အခါနဆံၣ်ပြံးဘၣ် နသးမ့တမ့ၢ်ဆံၣ်ဆါဘၣ်နသးဒ်န့ၢ်အိၣ်ဇါ



