



WHAT IS POOR BOWEL CONTROL?

People with poor bowel control accidentally pass bowel motions at the wrong time or in the wrong place. They may also pass wind when they do not mean to.

IS POOR BOWEL CONTROL COMMON?

About one in 20 people has poor bowel control. Both men and women can have poor bowel control. It is more common as you get older, but a lot of young people also have poor bowel control.

Many people with poor bowel control also have poor bladder control (wetting themselves).

WHAT CAUSES POOR BOWEL CONTROL?

Weak Muscles

Weak back passage muscles may be due to:

- having babies;
getting older;
some types of surgery – such as, for piles (haemorrhoids); or
radiation therapy.

Severe Diarrhoea

Diarrhoea means passing loose motions. There are many causes and it is a good idea to see your doctor to find out what can be done about this problem.

Constipation

Constipation is a very common cause of bowel mishaps in older people or people with a disability. Motions can sometimes get clogged in the lower bowel and liquid can leak out around the clogged mass, which looks like there is a loss of bowel control.

တၢ်ကီၤအ့ၣ်တၢ်ဂ့ၢ်ကီၤအံၤမ့ၢ်မန့ၢ်လဲၣ်.

ပျၢလၢအိၣ်ဒီးတၢ်ဂ့ၢ်ကီၤလၢတၢ်ကီၤအ့ၣ်တန့ၢ်တဖၣ်အ့ၣ်ဆါဘၣ်အသးလၢတၢ်ဆါကတီၢ်ဒီးတၢ်လီၢ်လၢတဘၣ်ဝဲအကတီၢ်တဖၣ်န့ၣ်လီၤ.အဝဲသ့ၣ်စ့ၢ်ကိးအ့ၣ်န့ၢ်ထွဲထီၣ်ဖုးကလံၤလၢတၢ်တတီၢ်သ့ၣ်ပၣ်သးအပူၤသ့ၣ်လီၤ.

တၢ်ဂ့ၢ်ကီၤတၢ်ကီၤအ့ၣ်တခါအံၤညီၣ်န့ၢ်မအသးဒီးပျၢစ့ၢ်ခါ.

ပျၢအဂၤ 20 အကျါတဂၤအိၣ်ဒီးတၢ်ဂ့ၢ်ကီၤလၢတၢ်ကီၤအ့ၣ်တခါအံၤခါမးလီၤ. ပိၣ်မ့ၣ်ပိၣ်ခါခဲလၢအိၣ်ဒီးတၢ်ကီၤအ့ၣ်တၢ်ဂ့ၢ်ကီၤအံၤမ့ၢ်မအသးဒီးအံၤသ့ၣ်လီၤ. ညီၣ်န့ၢ်မအသးအါထီၣ်ဖဲနသးပျၢဒိၣ်ထီၣ်အကတီၢ်.ဘၣ်ဆၣ်ပျၢသးစၢ်အါဂၤအိၣ်ဒီးတၢ်ဂ့ၢ်ကီၤလၢတၢ်ကီၤအ့ၣ်တန့ၢ်ဘၣ်အံၤလီၤ.

ပျၢအါဂၤလၢအိၣ်ဒီးတၢ်ဂ့ၢ်ကီၤလၢကကီၤအ့ၣ်တန့ၢ်ဘၣ်တခါအံၤအိၣ်စ့ၢ်ကိးဒီးတၢ်ကီၤဆံၣ်တၢ်ဂ့ၢ်ကီၤ(ဆံၣ်ဆါဘၣ်အသး)န့ၣ်လီၤ.

တၢ်မနုၤဖုးကတီၢ်တၢ်ဂ့ၢ်ကီၤလၢတၢ်ကီၤအ့ၣ်တန့ၢ်ဝဲအဂီၢ်လဲၣ်.

ထုၣ်ပျၢတဖၣ်လၢအဂီၢ်စါဝဲ

ထုၣ်ပျၢအစၢ်လၢအလီၢ်ခဲတဖၣ်ကတီၢ်အသးခိဖျိ...

- ဖိဆံးအိၣ်
သးပျၢဒိၣ်ထီၣ်
ကွဲးကါအသးအယီ...ဒ်သီး(အ့ၣ်ကီၢ်လီၤ),မ့တမ့ၢ်
တၢ်ကူစါယါဘျါလၢမ့ၢ်တၢ်ကပီၤအယဲၤအသီး

တၢ်ဟၢဖၢလူနးဒိၣ်အါ

ဟၢဖၢလူအခိပညီၣ်မ့ၢ်ဝဲပအ့ၣ်ဆါလီၤလၢအပျၢတဖၣ်န့ၣ်လီၤ.ကတီၢ်အသးခိဖျိတၢ်ဂ့ၢ်အါကလုာ်ဒီးဂ့ၤကတၢ်လၢနကထံၣ်လီၢ်နသးဒီးနကသံၣ်သရၣ်လၢကသ့ၣ်ညါဘၣ်လၢကဘၣ်မအိၣ်လဲၣ်အဂီၢ်လီၤ.

တၢ်ဟၢဖၢကျၢ

တၢ်ဟၢဖၢကျၢအံၤကတီၢ်ညီၣ်န့ၢ်အသးလၢဟၢဖၢတဘၣ်လီၢ်ဘၣ်စးဝဲလၢပျၢလၢအသးပျၢထီၣ်တဖၣ်မ့တမ့ၢ်ပျၢလၢအိၣ်ဒီးကွၢ်ဂီၤတလၢပျၢတဖၣ်အဂီၢ်န့ၣ်လီၤ.အ့ၣ်ဆံၣ်တဖၣ်တဘျီတခါအိၣ်ကတၢ်ယၢ်အသးလၢပဟၢဖၢအဖိလၢတပတီၢ်ဒီးထံနိတဖၣ်စံၢ်ပျဲးထီၣ်အသးလၢအ့ၣ်လၢကတၢ်အသးအအိၣ်.လီၤကံၤဒ်သီးပအ့ၣ်ပျဲးဘၣ်အသးအသီးန့ၣ်လီၤ.





WHAT SHOULD YOU DO ABOUT POOR BOWEL CONTROL?

There are many causes of poor bowel control, so a careful check is needed to find the causes and things that might make it worse.

If you often have bowel mishaps, you should first talk to your doctor. You should also let your doctor know if you have:

- a change in your normal bowel habits;
- pain or bleeding from the back passage;
- a feeling that your bowel is never quite empty;
- dark or black bowel motions; or
- weight loss that you can't explain.

Your doctor may:

- ask you some questions;
- do a physical exam of your pelvic floor muscles (if you say this is okay);
- ask you to keep a chart of your bowel habits and what you eat and drink for a while; or
- refer you for an ultrasound to check your pelvic floor muscles.

HOW CAN POOR BOWEL CONTROL BE HELPED?

Because loss of bowel control is a warning sign and not a disease, the right care will depend on what is causing the problem.

Care may include:

- checking the medicines and tablets you take;
- taking a new medicine to firm up your motions or to settle your bowels;
- getting constipation under control if this is a cause;
- pelvic floor muscle training to help make your pelvic floor muscles stronger. The muscles around the back passage are part of the pelvic floor muscles;

တၢ်ကီအ့ၣ်တန့ၢ်တၢ်ဂၢ်ကီတမံအံၤနကဘၣ်မအိၣ်လဲၣ်.

တၢ်ဂၢ်ကီအိၣ်ဝဲအါကလုာ်လၢအဒုးကဲထီၣ်တၢ်ကီအ့ၣ်တန့ၢ်ဘၣ်အံၤလီၤ, အယိကလိၣ်ဘၣ်တၢ်မၤကွၢ်လီၤတၢ်လီၤဆဲးလၢကဲထီၣ်အသးလၢတၢ်ဂၢ်မနုၤအယိလဲၣ်ဒီးတၢ်ဂၢ်မနုၤလၢကဒုးနးထီၣ်အိၣ်လဲၣ်န့ၣ်လီၤ.

နမ့ၢ်အိၣ်ဒီးဟၢဖတဘၣ်လီၢ်ဘၣ်စးဝဲဒ်ညိၣ်န့ၢ်အသိးအကတီၢ်, အခိၣ်ထံးကတၢၢ်နကဘၣ်ကတီၢ်တၢ်ဒီးနကသံၣ်သရၣ်လီၤ. နကဘၣ်ဒုးသ့ၣ်ညါစ့ၢ်ကိးနကသံၣ်သရၣ်ဖဲန့ၢ်.

- ဟၢဖတဘၣ်လီၢ်ဘၣ်စးဝဲဒ်ညိၣ်န့ၢ်အသိးအကတီၢ်
- နဟၢဖလၢနချာတပၤကဆါဒီးသ့ၣ်လီၤဝဲသ့
- နကတၢၢ်ဘၣ်ဒ်သိးနဟၢဖတလီၤကအိၣ်နိတဘျီအသိး
- နအ့ၣ်အလွဲၣ်ကဒုးဒီးသ့ၣ်, မ့တမ့ၢ်
- နကယဲၤလီၤလၢတၢ်ဂၢ်လၢနတဲတဘၣ်ဘၣ်အပူၤ

နကသံၣ်သရၣ်...

- ကသံၣ်ကွၢ်နၢတၢ်သံကွၢ်တနီၤ
- မၤကွၢ်နခံတက့ၢ်အယံထုၣ်ပျၢ်တဖၣ်(ဖဲနဟ့ၣ်အိၣ်အခွဲးအခါ)
- ကသံၣ်ကွၢ်နၢလၢနကမၤနီၣ်မၤယါနဟၢဖဟးထီၣ်အလုၢ်အလၢဒီးတၢ်မနုၤလၢနအိၣ်နအိၣ်တဖၣ်, မ့တမ့ၢ်
- ဆျၢခိယီၤနၢလၢနကမၤကွၢ်အလၢထြၢစီၣ်လၢကဲးကွၢ်နခံတက့ၢ်အယံထုၣ်ပျၢ်တဖၣ်အဂီၢ်လီၤ.

တၢ်ကီအ့ၣ်တၢ်ဂၢ်ကီအံၤတၢ်မၤစၢအိၣ်သ့ၣ်လဲၣ်.

ခိဖျိဟၢဖဟးထီၣ်အယိမ့ၢ်ဝဲတၢ်ဟ့ၣ်ပလီၢ်တခါဒီးတမ့ၢ်တၢ်ဆူးတၢ်ဆါဘၣ်, တၢ်ကူစါယါဘျီလၢအဘၣ်ဘျီဘၣ်ဒါဝဲအံၤကဒီးသန့ထီၣ်အသးလၢတၢ်မနုၤဒုးကဲထီၣ်တၢ်ဂၢ်ကီအံၤလဲၣ်န့ၣ်လီၤ.

တၢ်ကွၢ်ထွဲကတီၢ်ကပၣ်ယုာ်...

- သမံသမိးကသံၣ်ကသီလၢနအိၣ်အိၣ်တဖၣ်
- ကအိၣ်ကသံၣ်လၢအသီတကလုာ်ဒ်သိးကမၤကျၢထီၣ်က့ၤနဟၢဖမ့တမ့ၢ်မၤဂ့ၤထီၣ်နဟၢဖအဂီၢ်
- တၢ်အံၤမ့ၢ်ကဲထီၣ်အသးတခါနဟၢဖကျၢအံၤကဂ့ၤထီၣ်က့ၤဝဲ
- နခံတက့ၢ်အယံထုၣ်ပျၢ်တၢ်သိၣ်လိတဖၣ်ကမၤစၢနၢဒ်သိးအထုၣ်အပျၢ်တဖၣ်ကအုၣ်ထီၣ်ဂ့ၤထီၣ်အဂီၢ်လီၤ. ထုၣ်ပျၢ်လၢအချာတပၤမ့ၢ်တက့ၢ်ယံထုၣ်အပျၢ်တနီၤန့ၣ်လီၤ.





- treatment by a physiotherapist or a continence nurse who knows about pelvic floor muscle problems. This could also involve using equipment to get the pelvic floor muscles working; or
- visiting a surgeon or other specialist doctor, if your doctor refers you.

- ပျၢၤစံၢ်ဘံးထွဲၣ်ပျၢ်တဖၣ်မ့တမ့ၢ်တၢ်ကီၤအ့ၣ်ကန့ၢ်အဂီၢ်ဆဲးန့ၢ်စံၢ်မ့ၣ်လၢအန့ၢ်ဟံၣ်ဘၣ်လၢသးခံတက့ၢ်န့ၢ်ပျၢ်တၢ်ဂ့ၢ်ကီၤတဖၣ်.တၢ်အံၤကပၣ်ယုၣ်တၢ်ပိးတၢ်လီၤလၢကစူးကါအိၣ်သိးကမၤဂ့ၢ်ထီၣ်က့ၢ်ခံတက့ၢ်အယံထွဲၣ်ပျၢ်လၢကမၤက့ၢ်တၢ်ဂ့ၢ်ကီၤအဂီၢ်.မ့တမ့ၢ်
- လဲၤထီၣ်လိာ်ကသံၣ်သရၣ်ကူးကါတၢ်မ့တမ့ၢ်ကသံၣ်သရၣ်လီၤဆီဖဲနကသံၣ်သရၣ်ဆုၣ်ခိယံၤန့ၢ်အဆၢကတီၢ်တက့ၢ်.

FOR PEOPLE WITH DEMENTIA OR CONFUSION

People with dementia or confusion may not feel, or be aware of, the urge to empty their bowels. This can lead to leaking of a normal bowel action. A common time for this to happen is soon after a meal, often breakfast.

Watching the person's bowel habits for a while may help to show a pattern of bowel habits. Also, keeping track of how they act may help to find out when a bowel motion will happen. Then the person can be taken to the toilet in time.

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.

လၢပျၢ်လၢအသးလီၤဖိသၣ်မ့တမ့ၢ်ခိၣ်န့ၣ်တဘၣ်လီၢ်တဖၣ်တတ့ၢ်ဘၣ်.မ့တမ့ၢ်တသ့

ညါဝဲလၢကလိၣ်မၤလီၤကအိၣ်အဟၢဖၢဘၣ်န့ၣ်လီၤ.တၢ်အံၤကစူးကါထီၣ်တၢ်အ့ၣ်ပျဲးဘၣ်အသးဒီးတကဲထီၣ်အသးဒ်ညါန့ၢ်အသးဘၣ်လီၤ. ညါန့ၢ်တၢ်အံၤကဲထီၣ်အသးသ့ဖဲအိၣ်တၢ်ဝံၤကတီၢ်.အါတက့ၢ်ဖဲဂီၢ်တၢ်အိၣ်ကတီၢ်န့ၣ်လီၤ.

န့ၢ်မ့ၢ်က့ၢ်ပုၤတၢ်ဂ့ၢ်ကီၤအဂီၢ်အလၢအလၢတတီၤဖိဝံၤကမၤစၢၤဝဲလၢကစူးကါအိၣ်ဖျါထီၣ်အဟၢဖၢတၢ်အိၣ်အဆၢကတီၢ်တဖၣ်န့ၣ်လီၤ.အဂၤတမံၤနကသ့ၣ်ညါဘၣ်အတၢ်ဟူးတၢ်ဂဲၤလၢကမၤစၢၤန့ၣ်လၢနကသ့ၣ်ညါဘၣ်အဟၢဖၢကမၤစၢၤဖဲအကတီၢ်ဖဲလဲၣ်န့ၣ်လီၤ. ဖဲန့ၣ်န့ၣ်လဲၤဆုၣ်အိၣ်ဆုၣ်တၢ်ဟးလီၢ်ချးဆၢချးကတီၢ်သ့ဖဲန့ၣ်လီၤ.

ယုထံၣ်န့ၢ်တၢ်မၤစၢၤ

န့ၢ်စံၢ်လၢဖျိတီၤပတီၢ်တဖၣ်အိၣ်ဝဲဖဲန့ၣ်ဆဲးကျိး **National Continence Helpline** ဝဲ **1800 33 00 66** (မုၢ်ဆၣ်တုၤမုၢ်ဖိဖး,စးထီၣ်ဂီၢ် 8.00တုၤ8.00န့ၣ်ရံၢ်ဟါအိးစၢၤလိယၣ် မုၢ်ထီၣ်တၢ်ဆၢကတီၢ်အသိး) လၢတလၢစ့ဘၣ်...

- တၢ်ဂ့ၢ်တၢ်ကျိၤ
- တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးဒီး
- လံာ်ဘိးဘၣ်ရၤလီၤကဘျံးတဖၣ်.

န့ၢ်မ့ၢ်အိၣ်ဒီးတၢ်ဂ့ၢ်ကီၤလၢနကကတီၢ်မ့တမ့ၢ်န့ၢ်ဟံၣ်အဲၤကလံးကျိၣ်တခါန့ၢ်ဒီးန့ၢ်တၢ်မၤစၢၤအကျိၤအကျိၤခိၣ်ဖျိကျိးထံလိတဲစိအကျိၤလၢတလၢစ့ဘၣ်သ့ဖဲ **13 14 50**န့ၣ်လီၤ.ပျၢ်ဖိၣ်လိတဲစိတဖၣ်ကကတီၢ်တၢ်ဒီးန့ၢ်လၢအဲၤကလံးကျိၣ်, အယံကတီၢ်ဖျါထီၣ်ကျိၣ်လၢနကကတီၢ်အိၣ်ခိးအိၣ်တက့ၢ်.တၢ်ဆဲးကျိးန့ၢ်န့ၢ်ဆုၣ်ပျၢ်ကျိးထံတၢ်ဖိလၢကတီၢ်န့ၣ်တၢ်ဂ့ၢ်ကီၤအိၣ်န့ၣ်လီၤ. တဲဘၣ်ပျၢ်ကျိးထံတၢ်ဖိတၢ်လၢကကိးန့ၢ်န့ၢ် **National Continence Helpline** ဝဲ **1800 33 00 66**တက့ၢ်.အိၣ်ခိးကန့ၣ်လိတဲစိတုၤတၢ်ဆဲးကျိးန့ၢ်န့ၢ်ဝဲတဖၣ်ဒီး ပျၢ်ကျိးထံတၢ်ဖိကမၤစၢၤန့ၣ်လၢနကကတီၢ်ဘၣ်တၢ်ဒီးန့ၢ်စံၢ်မ့ၣ်လၢကဟ့ၣ်ကူၣ်န့ၣ်ဘၣ်လၢသးတၢ်ကီၤဆဲးတၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးတၢ်ဂ့ၢ်ကီၤလီၤ. လိတဲစိတၢ်ဆဲးကျိးအပူၤတဖၣ်ခဲလၢတၢ်ဟံၣ်အိၣ်လၢတၢ်ခူသ့ၣ်န့ၣ်လီၤ.

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

* တၢ်ဆဲးကျိးခိၣ်ဖျိလိတဲစိစိစုတဖၣ်တၢ်ယုအပျၢ်ဒ်တၢ်ဟံၣ်ပနီၣ်အိၣ်အသိးန့ၣ်လီၤ.

