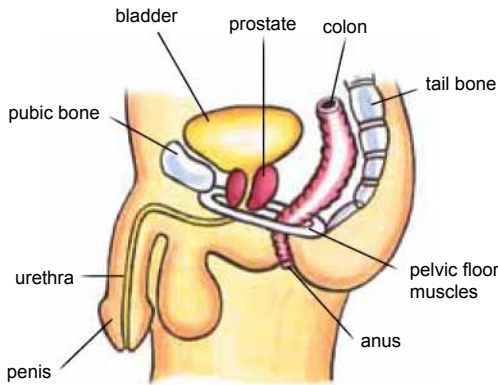




WHAT ARE THE PELVIC FLOOR MUSCLES?

The floor of the pelvis is made up of layers of muscle and other tissues. These layers stretch like a hammock from the tailbone at the back, to the pubic bone in front.

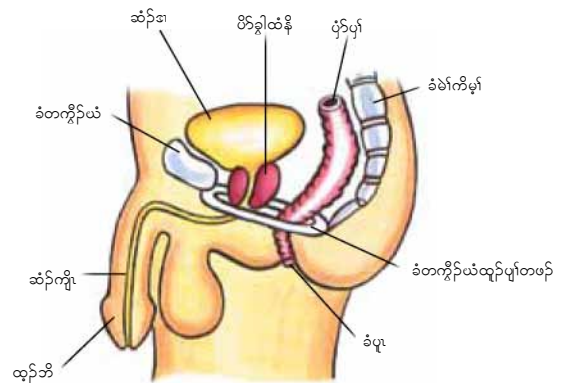
A man's pelvic floor muscles support his bladder and bowel (colon). The urine tube and the back passage pass through the pelvic floor muscles. Your pelvic floor muscles help you to control your bladder and bowel. They also help sexual function. It is vital to keep your pelvic floor muscles strong.



ခံတက့ၢ်န့ၣ်ပံၣ်ထူၣ်ပျၢ်တဖၣ်မ့ၢ်တၢ်မနုၤလၢၣ်.

ခံတက့ၢ်န့ၣ်ပံၣ်ထူၣ်ပျၢ်အဂီၢ်ခံတက့ၢ်န့ၣ်ပံၣ်ထူၣ်ပျၢ်အတၢ်ဂဲၤလိမ့ၢ်တၢ်မနုၤလၢၣ်အသးန့ၣ်လီၤ. တၢ်ကဘျၣ်တဖၣ်အံၤထုးယၢ်ထီၣ်အသးဒ်သီးစ့ၢ်လၢပစၢ်လီၤအိၤတဖျၢၣ်လၢပံၣ်မဲၢ်ကိတဘိ, ဆူခံတက့ၢ်န့ၣ်ပံၣ်ထူၣ်ပျၢ်အဖဲၣ်ညါတဖၣ်န့ၣ်လီၤ.

ပိာ်ခွါခံတက့ၢ်န့ၣ်ပံၣ်ထူၣ်ပျၢ်တဖၣ်ဆိၣ်ဂၢၢ်ယၢ်ဆံၣ်အဒီးပပံၣ်ပျၢ်န့ၣ်လီၤ. ဆံၣ်က့ၢ်ဒီးဆံၣ်က့ၢ်လၢအလီၢ်ခံတဘိလၢခိဖျိဝဲခံတက့ၢ်န့ၣ်ပံၣ်ထူၣ်ပျၢ်န့ၣ်လီၤ. ခံတက့ၢ်န့ၣ်ပံၣ်ထူၣ်ပျၢ်အံၤမၤစၢၤန့ၣ်ဒ်သီးနကီၤအ့ၣ်ကိၤဆံၣ်ကန့ၢ်အဂီၢ်န့ၣ်လီၤ. မၤစၢၤန့ၣ်ကိးလၢမ့ၣ်ခွါအတၢ်ဘူးတၢ်တံၢ်လိာ်အသးန့ၣ်လီၤ. မ့ၢ်တၢ်အကါဒိၣ်ဝဲလၢနခံတက့ၢ်န့ၣ်ပံၣ်ထူၣ်ပျၢ်တဖၣ်အဂီၢ်ကဆူၣ်ဝဲအဂီၢ်လီၤ.



WHY SHOULD I DO PELVIC FLOOR MUSCLE TRAINING?

Men of all ages need to have strong pelvic floor muscles.

Pelvic floor muscles can be made weaker by:

- surgery for bladder or bowel problems;
- constipation;
- being overweight;
- heavy lifting;
- coughing that goes on for a long time (such as smoker's cough, bronchitis or asthma); or
- not being fit.

Men with stress incontinence – that is, men who wet themselves when they cough, sneeze or are active – will find pelvic floor muscle training can help in getting over this problem.

ဘၣ်မနုၤအယီၤဘၣ်မၤခံတက့ၢ်န့ၣ်ပံၣ်ထူၣ်ပျၢ်တၢ်မၤလိအံၤလၢၣ်.

ပိာ်ခွါသးန့ၣ်ခဲလၢကကဘၣ်အိၣ်ဒီးခံတက့ၢ်န့ၣ်ပံၣ်ထူၣ်ပျၢ်လၢအဆူၣ်တဖၣ်လီၤ.

ခံတက့ၢ်န့ၣ်ပံၣ်ထူၣ်ပျၢ်တဖၣ်ကလီၤစၢ်ဝဲခိဖျိ...

- တၢ်ကွဲးကါဆံၣ်အါအလီၢ်မ့တမ့ၢ်ဟၢဖတၢ်ဂ့ၢ်ကိတဖၣ်
- တၢ်ဟၢဖက့ၢ်
- နီၢ်ယၢထလၢအခါး
- စိာ်တၢ်ယၢအါထလၢ
- တၢ်ကူးဒိယုာ်လၢအကတီၢ်ယံၣ်အပူၤ(ဒ်သီးပျၢ်အိမိာ်ဖိတဖၣ်ကူးဝဲ, တၢ်ကသါတန့ၢ်တၢ်ဆါမ့တမ့ၢ်တၢ်သးအံးတဖၣ်)မ့တမ့ၢ်
- အိၣ်တဆူၣ်တချၢ

ပိာ်ခွါလၢအိၣ်ဒီးတၢ်ဆိမိၣ်တထံတဆးတၢ်ဂ့ၢ်ကိတဖၣ်, မ့ၢ်ဝဲ, ပိာ်ခွါလၢဆံၣ်ဆါဘၣ်အသးဖဲကူး, ကဆဲမ့တမ့ၢ်ဟူးဝးအခါ, ကထံၣ်ဘၣ်လၢခံတက့ၢ်န့ၣ်ပံၣ်ထူၣ်ပျၢ်အတၢ်သိၣ်လိအံၤမၤစၢၤအိၣ်ဒ်သီးကမၤလိမ့ၢ်တၢ်ဂ့ၢ်ကိအံၤသ့ဝဲလီၤ.





Pelvic floor muscle training may also be of use for men who have an urgent need to pass urine more often (called urge incontinence).

Men who have problems with bowel control might find pelvic floor muscle training can help the muscle that closes the back passage. This muscle is one of the pelvic floor muscles.

WHERE ARE MY PELVIC FLOOR MUSCLES?

The first thing to do is to find out which muscles you need to train.

- 1. Sit or lie down with the muscles of your thighs and buttocks relaxed. It may be helpful to use a hand mirror to watch your pelvic floor muscles as they pull up.
2. Squeeze the ring of muscle around the back passage as if you are trying to stop passing wind. Now relax this muscle. Squeeze and let go a couple of times until you are sure you have found the right muscles. Try not to squeeze your buttocks.
3. When you go to the toilet to empty your bladder, try to stop the stream of urine, then start it again. Do this to learn which muscles are the right ones to use - but only once a week. Your bladder may not empty the way it should if you stop and start your stream more often than that.
4. Stand sideways in front of a mirror with no clothes on. As you pull in your pelvic floor muscles strongly and hold them, you should see your penis draw in and your scrotum lift up.

If you don't feel a distinct "squeeze and lift" of your pelvic floor muscles, or if you can't slow your stream of urine as talked about in Point 3, or you do not see any lift of your scrotum and penis as talked about in Point 4, ask for help from your doctor, physiotherapist, or continence nurse. They will help you to get your pelvic floor muscles working right. Men with very weak pelvic floor muscles can benefit from pelvic floor muscle training.

ခံတက္ကိန်ပံ့တာ်သိဉ်လိအံးကကဲဘျူးလာပိတ်ခွါလာအလိဉ်လဲအံ့ခါတလီလီ တဖန်အင်္ဂါ(တာ်ကိးအီလဲတာ်မနုဆိဉ်ခံတာ်ကီအ့ဉ်ကီဆံဉ်).

ပိတ်ခွါလာအိဉ်ဒီးတာ်ဂုာ်ကီလာကီအ့ဉ်တန့တဖန်ကထံဉ်ဘဉ်လာတာ်သိဉ်လိဘဉ် ဃးခံတက္ကိန်ပံ့တာ်သိဉ်လိအံးမၤစၤအဝဲသ့ဉ်လာကကဲတာ်ဃးတာ်အကျိတ ဘိလာလီခံသ့ဝဲလီထူဉ်ပျ်အံးမ့ဉ်ခံတက္ကိန်ပံ့ထူဉ်ပျ်လာလီခံတဘိအကျိန့ဉ်.

ယခံတက္ကိန်ပံ့ထူဉ်ပျ်တဖန်အိဉ်လိဖဲလဲဉ်.

တာ်အခိဉ်ထံးကတာ်တခါလာနဘဉ်မၤအီမ့ဉ်ဝဲနကဘဉ်လူယုသ့ဉ်ညါထူဉ်ပျ် ဖဲလဲဉ်တဘိလဲဉ်လာနကဘဉ်မၤတာ်ဂဲလိအဂီ...

- 1. ဆ့ဉ်နီမ့တမ့ဉ်မံလီဖဲနထူဉ်ပျ်ဖဲနခံကီပဉ်တဖန်ကကပုဉ်ဝဲအဂီတက့ာ်. နမ့ဉ်သုစုဉ်မိဉ်ထံကလာဖိတဘျဉ်လာနက့ာ်လီနခံတက္ကိန်ပံ့တဖန်ကထူး ဖိဉ်ထီဉ်အသးဖျါဝဲန့ဉ်လီ.
2. သွံးတာ်ယာ်နခံကီပဉ်ဒ်သီးနပံတာ်ကလဲသုတဟးထီဉ်လာနခံပူအသိး တက့ာ်.ဝံဟ်အိဉ်ဘျးနထူဉ်ပျ်တဘိအံးတက့ာ်.သွံးတာ်နခံဒ်န့ဉ်တုန ထံဉ်န့ဉ်ထူဉ်ပျ်အဘဉ်တဘိတစုလာနကသုအီအဂီတက့ာ်.တဘဉ်သွံး တာ်ယာ်နခံကီလာတဂ့.
3. ဖဲနထီဉ်တာ်ဟးလီလာနကဆံဉ်ခါလာကံဉ်အီအခါန့ဉ်.ကျးစးပတုဉ်န ဆံဉ်ထံဖဲတာ်အဘဉ်စၤဝံဆဲးဆံဉ်ခါကဒီးဝံစးထီဉ်မၤန့ဉ်ကဒီးတဘျီ တက့ာ်.မၤတာ်အံးဒ်သီးနကသ့ဉ်ညါဘဉ်နထူဉ်ပျ်ဖဲလဲဉ်တာ်အဘဉ်က တာ်လာနကသုအီလဲဉ်.ဘဉ်ဆဉ်မၤအီထဲတန့တဘျီတက့ာ်.နမ့ဉ်မၤအီအါ န့ဉ်အန့ဉ်သၤပူနဆံဉ်ခါအပူတလီကအိဝဲဒ်အကြးအသိးဘဉ်လီ.
4. ဆၤထၢဉ်ဘျဉ်သုလာနကပၤလာမဲဉ်ထံကလာအမဲဉ်ညါတက့ာ်.ဖဲနထူးထီဉ်န ခံတက္ကိန်ပံ့လာနဂံလၢဝံဟ်အီဒ်န့ဉ်အခါ.နကထံဉ်ဘဉ်လာနထုဉ်ဘိ က့ဉ်လာအပူတပၤဝံနခံဉ်ချဲဖဲထီဉ်လာတာ်ဖိခိဉ်န့ဉ်လီ.

နမ့ဉ်တတုာ်ဘဉ်တာ်လီဆိဖဲန “ သွံးထီဉ်နခံတက္ကိန်ပံ့ထူဉ်ပျ်ဒီးမၤအီလာတာ် ဖိခိဉ်အခါ” မ့တမ့ဉ်နဆံဉ်ခါလီစၤပတဲတုာ်လံးတာ်ဂုာ် 3 ထံဉ်အသိး, ဒီးနမ့ဉ်တထံဉ်နခံဉ်ချဲဖဲထီဉ်လာတာ်ဖိခိဉ်တာ်ဂုာ် 4 ထံဉ်အသိး, ယုတာ်မၤစၤအူနကသံဉ်သရဉ်.သရဉ်လာအစံာ်ဘဲးတာ်မ့တမ့ဉ်နးစံကသံဉ်လာအ က့ာ်ထွဲတာ်ကီအ့ဉ်ကီဆံဉ်တဖန်အအိဉ်တက့ာ်.အဝဲသ့ဉ်ကမၤစၤနဒ်သီးနခံတ က့ဉ်ပံ့ထူဉ်ပျ်တဖန်ကမၤက့ဉ်တာ်ဘဉ်လီဘဉ်စးအဂီလီ.ပိတ်ခွါလာအိဉ်ဒီးခံ တက္ကိန်ပံ့ထူဉ်ပျ်လာအစၢ်တဖန်ကဒီးန့ဉ်တာ်ဘျူးတာ်ဖိဉ်လာခံတက္ကိန်ပံ့ထူဉ် ပျ်တာ်ဂဲလိအံးန့ဉ်လီ.





HOW DO I DO PELVIC FLOOR MUSCLE TRAINING?

Now that you can feel the muscles working, you can:

- Squeeze and draw in the muscles around your urine tube and back passage at the same time. Lift them UP inside. You should have a sense of “lift” each time you squeeze your pelvic floor muscles. Try to hold them strong and tight as you count to 8. Now, let them go and relax. You should have a distinct feeling of “letting go”.
- Repeat (squeeze and lift) and let go. It is best to rest for about 8 seconds in between each lift up of the muscles. If you can’t hold for 8, just hold for as long as you can.
- Repeat this “squeeze and lift” as many times as you can, up to a limit of 8 to 12 squeezes.
- Try to do three sets of 8 to 12 squeezes each, with a rest in between.
- Do this whole training plan (three sets of 8 to 12 squeezes) every day while lying down, sitting or standing.

While doing pelvic floor muscle training:

- keep breathing;
- only squeeze and lift;
- do NOT tighten your buttocks; and
- keep your thighs relaxed.

DO YOUR PELVIC FLOOR MUSCLE TRAINING WELL

Fewer good squeezes are better than a lot of half hearted ones! If you are not sure that you are doing the squeezes right, or if you do not see a change in symptoms after 3 months, ask for help from your doctor, physiotherapist, or continence nurse.

MAKE THE TRAINING PART OF YOUR DAILY LIFE

Once you have learnt how to do pelvic floor muscle squeezes, you should do them. Every day is best. You should give each set your full focus. Make a regular time to do your pelvic floor muscle squeezes. This might be after going to the toilet, when having a drink, or when lying in bed.

ယကဘဉ်မခံတက္ကိန်ပံ့ထူဉ်ပျာ်တာ်မလိအံးနဲလဲဉ်.

အခဲအံးနကတုာ်ဘဉ်လၢနထူဉ်ပျာ်တဖန်မတၢ်လံဝံအခါ,နကဘဉ်...

- သွံးတံာ်ယာ်ဒီးထူးဖျိနထူဉ်ပျာ်ဖဲအဘူးဒီးနဆံဉ်ကျိတဖန်ဒီးကျိလၢလီာ်ခံတဖတဘျီယိတက့ာ်.ထူးထီဉ်အိလၢအဖိခိဉ်တဖတက့ာ်.နကဘဉ်တုာ်ဘဉ်ဒ်“တၢ်ဆိဉ်ထီဉ်လၢအဖိခိဉ်”တဘျီလၢလံဖဲနဂံာ်ထီဉ်တုလၢ 8 တစုတက့ာ်.ဝံတဘျီပျာ်လိမုာ်အိဝံအိဉ်ဘျးတက့ာ်.နကတုာ်ဘဉ်တၢ်လိဆိဖဲန “ပျာ်လိအိအခါ”လိ.
- မကဒီးတဘျီ(သွံးတံာ်ယာ်ဝံဆိဉ်ထီဉ်အိလၢအဖိခိဉ်)ဝံပျာ်လိက့အိတက့ာ်.ဂ့ကတၢ်လၢနကဘဉ်အိဉ်ဘျးဂစးကးတဘျီလၢလံဖဲနဆိဉ်ထီဉ်နထူဉ်ပျာ်တဖန်အံးအဘဉ်စၢနနလိ.
- မကဒီး(သွံးတံာ်ယာ်ဝံဆိဉ်ထီဉ်)အါဘျီဖဲနမအိန့ာ်,ပာ်တုလၢနမအိအစ့ကတၢ် 12 ထံဉ်တက့ာ်.
- ကျးစးမတၢ်သၢခါအံးဂတု 12 သွံးထီဉ်.တဘျီလၢလံအဘဉ်စၢအိဉ်ဘျးတက့ာ်.
- မတၢ်ဂဲလိတာ်ရဲဉ်တၢ်ကျဲအံး(သၢခါလၢဂတု 12 သွံးထီဉ်)ကိးနံးဒဲးဖဲနမံလိ.ဆုဉ်နီမုတမုာ်ဆၢထၢဉ်အခါတက့ာ်.

ဖဲနမခံတက္ကိန်ပံ့ထူဉ်ပျာ်တာ်ဂဲလိအခါ...

- ကသါအိထီဘိ,
- မထဲသွံးထီဉ်ဒီးဆိဉ်ထီဉ်စိ,
- တဘဉ်မယံးနခံကိာ်ဘဉ်တဂ့,ဒီး
- ဟ်နခိဉ်ဇုဉ်သဉ်ကပုဉ်လုဉ်တက့ာ်.

မနခံတက္ကိန်ပံ့ထူဉ်ပျာ်တာ်ဂဲလိအံးဂ့ဂ့တက့ာ်.

နသွံးထီဉ်နသးအကျိအကျဲလၢအဘဉ်ထဲစ့ဘိဇုဉ်လဲဉ်ကဂ့ဒိဉ်န့ဒီးလၢနမအိသပျာ်ပျာ်တဖန်လိ.နမုာ်တသ့ဉ်ညါလိတၢ်လၢနသွံးထီဉ်နခံအံးဘဉ်စ့စါ, မုတမုာ်နမုာ်တထီဉ်တၢ်လိဆိမအသးနိတမံလၢသၢလၢအတီပူန့ဉ်.ယုတၢ်မၤစၢလၢကသံဉ်သရဉ်.ပုစံာ်ဘံးတၢ်ဖိ,မုတမုာ်တၢ်ကိအုဉ်ကိဆိဉ်နးစံတဖန်အအိဉ်တက့ာ်.

ဒူးကဲထီဉ်တၢ်ဂဲလိတခါအံးလၢကမုာ်ကိးနံးဒဲးတၢ်အိဉ်မုတၢ်လံခီဖျိတခါတက့ာ်

တုနမလိသ့ထီဉ်လံနသးလၢနကဘဉ်သွံးထီဉ်နထူဉ်ပျာ်တဖန်သုလံန့ဉ်, နကဘဉ်မအိကိးနံးဒဲးလၢနတၢ်အိဉ်မုအပူလိ.နကဘဉ်မအိတဘျီလၢလံလၢအဂ့ကတၢ်လိ.ဒူးကဲထီဉ်တၢ်ဆၢကတီဉ်ညါနတခါလၢနကသွံးထီဉ်နခံတက္ကိန်ပံ့ထူဉ်ပျာ်တဖန်တက့ာ်.တၢ်အံးကမုာ်ဘဉ်ဖဲနလဲထီဉ်တၢ်ဟးလီာ်ဝံအခါ,ဖဲနအိထီ.မုတမုာ်မံလိလၢလီာ်မံပူအခါလိ.





An Australian Government Initiative

PELVIC FLOOR MUSCLE TRAINING FOR MEN

လာပိတ်ခွါတဖန်အင်္ဂါခံတက္ကိန်ပံထူဉ်ပျ်အတော်
ဂဲလိမ့်တော်မနုလဲဉ်.

Other things you can do to help your pelvic floor muscles:

- Share the lifting of heavy loads.
- Eat fruit and vegetables and drink 1.5 - 2 litres of fluid per day
- Don't strain when using your bowels.
- Ask your doctor about hay fever, asthma and bronchitis to ease sneezing and coughing.
- Keep your weight within the right range for your height and age.

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.

တၢ်အဂၤလၢန့ၢ်အိၣ်သ့ၣ်သိးကမၤစၢၤနခံတက္ကိန်ပံထူဉ်ပျ်တဖၣ်...

- စိၣ်ထီၣ်သကိးတၢ်ယၢတဖၣ်.
- အိၣ်တၢ်သူတၢ်သၣ်ဒီးတၢ်ဒီးတၢ်လၢဒီးအိၣ်ထံနီ 1.5 လံထၢၣ်လၢတန့ၢ်အတီၢ်ပူၤတက့ၢ်.
- ဖဲနထီၣ်တၢ်ဟးလီၢ်အခါနတဘၣ်ဆုၣ်အူၣ်တဂ့ၢ်.
- သံက့ၢ်နကသံၣ်သရၣ်ဘၣ်ယးတၢ်န့ၢ်ဘၣ်နီၣ်ဖိမံဖိလၢတဖၣ်မံဒီးဇုးကဲထီၣ်တၢ်လီၤကီၢ်ယီၢ်အူၤတၢ်သးအံးဒီးကသၢတန့ၢ်တၢ်ဆါတဖၣ်ဒံသိးကမၤလီၤစ့ၤတၢ်ကဆဲဒီးတၢ်ကူဒအင်္ဂါတက့ၢ်.
- ဘၣ်ယးဒီးဆံၣ်အလုၢ်လၢအဂ့ၢ်လၢပုၤကိးဂၤအင်္ဂါ.

ယုထီၣ်န့ၢ်တၢ်မၤစၢၤ

နၢၤစၢၤလၢဖျိတီၢ်ပတီၢ်တဖၣ်အိၣ်ဝဲဖဲနဆဲးကျိး **National Continence Helpline** ဝဲ **1800 33 00 66** (မုၢ်ဆၣ်တုၤမုၢ်ဖိဖး.စးထီၣ်ဂီ **8.00**တုၤ**8.00**န့ၢ်ရံၢ်ဟါအိးစံးလဲၣ်ယၣ် မုၢ်ထီၣ်တၢ်ဆါကတီၢ်အသိး) လၢတလၢ်စ့ဘၣ်...

- တၢ်ဂ့ၢ်တၢ်ကျိၤ
- တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးဒီး
- လံာ်ဘိးဘၣ်ရုလီၤကဘျံးတဖၣ်.

နမ့ၢ်အိၣ်ဒီးတၢ်ဂ့ၢ်ကီၢ်လၢနကကတီၢ်မ့တမ့ၢ်န့ၢ်ဟါအဲကလံးကျိၣ်တခါနဒီးန့ၢ်တၢ်မၤစၢၤအကျိၤအကျိၤခိဖျိကျိးထံလီၤတဲစိအကျိၤလၢတလၢ်စ့ဘၣ်သ့ဖဲ **13 14 50**န့ၢ်လီၤ.ပုၤဖိၣ်လီၤတဲစိတဖၣ်ကကတီၢ်တၢ်ဒီးန့ၢ်လၢအဲကလံးကျိၣ်, အယံကတီၢ်ဖျါထီၣ်ကျိၣ်လၢနကကတီၢ်အိၣ်ခိးအိၣ်တက့ၢ်.တၢ်ဆဲးကျိးန့ၢ်နဂီၢ်ဆူပုၤကျိးထံတၢ်ဖိလၢကတီၢ်န့ၢ်တဂၤအအိၣ်န့ၢ်လီၤ. တဲဘၣ်ပုၤကျိးထံတၢ်ဖိတဂၤလၢကကိးန့ၢ်န့ၢ် **National Continence Helpline** ဝဲ **1800 33 00 66**တက့ၢ်.အိၣ်ခိးကန့ၢ်လီၤတဲစိတုၤတၢ်ဆဲးကျိးန့ၢ်န့ၢ်တဲစိစ့ဒီးပုၤကျိးထံတၢ်ဖိကမၤစၢၤန့ၢ်လၢနကကတီၢ်ဘၣ်တၢ်ဒီးန့ၢ်စဲမုၢ်လၢကဟ့ၣ်ကူၣ်န့ၢ်ဘၣ်ယးတၢ်ကီၢ်ဆံၣ်တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးတဂၤန့ၢ်လီၤ. လီၤတဲစိတၢ်ဆဲးကျိးအပူၤတဖၣ်ခဲလၢတၢ်ပၢ်အိၣ်လၢတၢ်ဆုၣ်န့ၢ်လီၤ.

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

* တၢ်ဆဲးကျိးခိဖျိလီၤတဲစိစိစိစ့တဖၣ်တၢ်ယုအပုၤဒဲးတၢ်ဟံပနီၣ်အိၣ်အသိးန့ၢ်လီၤ.

