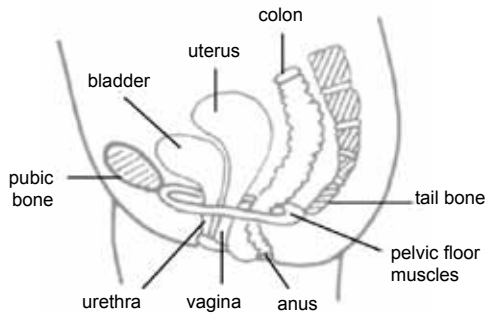




WHAT ARE THE PELVIC FLOOR MUSCLES?

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.

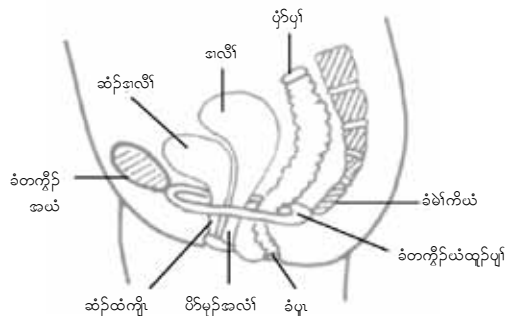
A woman's pelvic floor muscles support her bladder, womb (uterus) and bowel (colon). The urine tube (front passage), the vagina and the back passage all pass through the pelvic floor muscles. Your pelvic floor muscles help you to control your bladder and bowel. They also help sexual function. It is vital to keep your pelvic floor muscles strong.



ခံတက္ကိန်ယံထူညှိပျက်တဖၣ်မနုၤလၢၣ်.

ခံတက္ကိန်ယံအဇၢ်ကတၢၢ်အံၤမုာ်ထူညှိပျက်ဒီးပညၣ်အယဲၤအဂၢၤတဖၣ်အတၢ်ဟံၣ်ဖျိၣ်အသးန့ၣ်လီၤ.တၢ်ကတၢၢ်တဖၣ်အံၤထုးယံၣ်ထီၣ်အသးဒ်သီးစုၣ်လၢပၤစၢ်လီၤအိၤတဖျၢၣ်လၢခဲၣ်ကိတဘီ,ဆူခံတက္ကိန်ယံလၢအမဲၣ်ညါတဖၣ်န့ၣ်လီၤ.

ပိာ်မုာ်ခံတက္ကိန်ယံထူညှိပျက်တဖၣ်ဆိၣ်ကၢ်ယၢ်အဆၣ်အခိၣ်,အလီၢ်(ပိာ်မုာ်ဟုးသးလီၢ်)ဒီးအဟၢဖ(ပျံာ်ပျံာ်)န့ၣ်လီၤ.ဆၣ်ကၢ်(လၢအမဲၣ်ညါတဖၣ်), ပိာ်မုာ်အလံာ်ဒီးကၢ်လၢလီၢ်ခံတဖၣ်လၢခဲၣ်လၢခိၣ်ဖျိၣ်ခံတက္ကိန်ယံထူညှိပျက်တဖၣ်န့ၣ်လီၤ.နခံတက္ကိန်ယံထူညှိပျက်အံၤမၤစၢၤန့ၣ်ဒ်သီးနကီၤအံၤကိၤဆၣ်ကၢ်န့ၣ်လီၤ.မၤစၢၤန့ၣ်ကိၤလၢမုာ်ခါအတၢ်ဘူးတၢ်တံၢ်လိာ်အသးန့ၣ်လီၤ.မုာ်တၢ်အကါဒိၣ်ပဲလၢနခံတက္ကိန်ယံအထူညှိပျက်အဂီၢ်ကဆူၣ်ပဲအဂီၢ်လီၤ.



WHY SHOULD I DO PELVIC FLOOR MUSCLE TRAINING?

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

Pelvic floor muscles can be made weaker by:

- not keeping them active;
- being pregnant and having babies;
- constipation;
- being overweight;
- heavy lifting;
- coughing that goes on for a long time (such as smoker's cough, bronchitis or asthma); and
- growing older.

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

ဘၣ်မနုၤအယီၤဘၣ်မခံတက္ကိန်ယံထူညှိပျက်တၢ်ဂဲလိလၢအံၤလၢၣ်.

ပိာ်မုာ်သးန့ၣ်ခဲလၢကဘၣ်ဆိၣ်ဒီးခံတက္ကိန်ယံထူညှိပျက်လၢအဆူၣ်တဖၣ်လီၤ.

ခံတက္ကိန်ယံထူညှိပျက်တဖၣ်ကလီၤစၢ်ဝဲခီဖျိ...

- လၢအတၢ်ဟုးတၢ်ဂဲတဆိၣ်ပဲအယီၤ
- ဆိၣ်ဒီးဟုးသးမ့တမ့ၢ်ဖိဆဲးဆိၣ်
- ဟၢဖကျၢ
- နီၢ်လၢထလၢအခါး
- စိာ်တၢ်ယၢထလၢ
- ကူးဝဲဒီယုၢ်လၢဆၢကတီၢ်ယံၣ်အပူၤ(ဒ်သီးပျံာ်အိမိာ်ဖိတဖၣ်ကူးဝဲ,တၢ်ကသါတန့ၢ်တၢ်ဆါမ့တမ့ၢ်တၢ်သးအံးတဖၣ်)မ့တမ့ၢ်,
- သးပျံာ်ဒိၣ်ထီၣ်

ပိာ်မုာ်လၢအိၣ်ဒီးတၢ်ဆိမိၣ်တထံတဆးတၢ်ဂ့ၢ်ကိတဖၣ်, မ့ၢ်ဝဲ,ပိာ်မုာ်လၢဆၣ်ဆါဘၣ်အသးဖဲကူး,ကဆဲမ့တမ့ၢ်ဟူးဝးအခါ..ကထံၣ်ဘၣ်လၢခံတက္ကိန်ယံထူညှိပျက်အတၢ်သိၣ်လိအံၤမၤစၢၤအိၣ်ဒ်သီးကမၤလီၤမၤတၢ်ဂ့ၢ်ကိအံၤသ့ဝဲလီၤ.





For pregnant women, pelvic floor muscle training will help the body cope with the growing weight of the baby. Healthy, fit muscles before the baby is born will mend more easily after the birth.

After the birth of your baby, you should begin pelvic floor muscle training as soon as you can. Always try to “brace” your pelvic floor muscles (squeeze up and hold) each time before you cough, sneeze or lift the baby. This is called having “the knack”.

As women grow older, the pelvic floor muscles need to stay strong because hormone changes after menopause can affect bladder control. As well as this, the pelvic floor muscles change and may get weak. A pelvic floor muscle training plan can help to lessen the effects of menopause on pelvic support and bladder control.

Pelvic floor muscle training may also help women who have the urgent need to pass urine more often (called urge incontinence).

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, buttocks and stomach relaxed.
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 sitting on 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.

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, ask for help from your doctor, physiotherapist, or continence nurse. They will help you to get your pelvic floor muscles working right.

Women with very weak pelvic floor muscles can benefit from pelvic floor muscle training.

ပိာ်မုာ်တဖၣ်အိၣ်ဒီးဟူးသးတဖၣ်အဂီၢ်,ခံတက်ရှင်ပံ့ထူရှင်ပျိုတၢ်ဂၢ်လီလၢအံၤကမၤစၢ အမိၢ်ပျၢ်ဒ်သိးအဖိကဒိၣ်ထီၣ်ဒီးတယၢ်ယၢမ့ၢ်ဒိၣ်ထီၣ်အဂီၢ်န့ၣ်လီၤ. ထူရှင်ပျိုလၢ အိၣ်ဒီးဂံၢ်ဆူၣ်ဘါဆူၣ်,ကျၢတဖၣ်ကဆူၣ်ချ့ ဒိၣ်ထီၣ်ဝဲဖဲအိၣ်ဖျၢၣ်အဖိဝံၤအလီၢ် ခံန့ၣ်လီၤ.

ဖဲနဖိဆံးအိၣ်ဝံၤအလီၢ်ခံ,နကဘၣ်စးထီၣ်မၤခံတက်ရှင်ပံ့ထူရှင်ပျိုတၢ်ဂၢ်လီလၢအဆိအချ့ တသ့ဖဲအသ့ကတၢ်လီၤ. ထီၣ်ဘိကျဲးစး“စျီ” တၢ်ယၢ်နခံတက်ရှင်ပံ့ထူရှင်ပျို (သွံးထီၣ်အိၣ်ဝံၤအိၣ်ဂၢ်ယၢ်)ကိးဘျီဒဲးတချ့နကူးထီၣ်,ကဆဲမ့တမ့ၢ်စိာ်ထီၣ် ဖိသၣ်အခါတက့ၢ်. တၢ်အံၤတၢ်ကိးအိၣ်လၢ “တၢ်သ့တၢ်ဘၣ်တခါ” န့ၣ်လီၤ.

ပိာ်မုာ်တဖၣ်ဖဲအသးပျၢ်ဒိၣ်ထီၣ်လံတဘျီအခံတက်ရှင်ပံ့ထူရှင်ပျိုတဖၣ်အဂီၢ် ကဘၣ်ဆူၣ်ဝဲခိဖျိအဟိမိန်ထံနိတဖၣ်ဆိတလဲကွဲာ်အသးဖဲအဟူးကတၢ်ဝံၤက မၤဘၣ်ဒိဖဲအတၢ်ကိးဆံၣ်သ့န့ၣ်လီၤ.အါန့ၢ်ဒီးအအံၤ,ခံတက်ရှင်ပံ့ထူရှင်ပျိုတဖၣ် ဆိတလဲအသးဒီးဂံၢ်ကစၢ်လီၤဝဲသ့လီၤ. ခံတက်ရှင်ပံ့ထူရှင်ပျိုတၢ်ဂၢ်လီလၢတၢ်ရဲၣ် ကျဲးအံၤမၤစၢတၢ်ဟူးကတၢ်တၢ်ဂ့ၢ်ကိလၢအကဲထီၣ်လၢခံတက်ရှင်ပံ့ထူရှင်ပျိုတၢ်ဖိၣ်ဂၢ် တၢ်ဒီးတၢ်ကိးဆံၣ်အဂီၢ်န့ၣ်လီၤ.

ခံတက်ရှင်ပံ့ထူရှင်ပျိုတၢ်ဂၢ်လီလၢအံၤမၤစၢစ့ၢ်ကိးပိာ်မုာ်တဖၣ်လၢကလိၣ်ဘၣ်ဆံၣ်ဆါတလီၢ် လီၢ်တဖၣ်အဂီၢ်(တၢ်ကိးအိၣ်လၢတၢ်မၤန့ၢ်ဆိၣ်ခံတၢ်ကိးအ့ၣ်ကိးဆံၣ်)န့ၣ်လီၤ.

ယခံတက်ရှင်ပံ့ထူရှင်ပျိုအံၤအိၣ်လီၤဖဲလဲၣ်.

တၢ်အခိၣ်ထံးကတၢ်တခါလၢနဘၣ်မၤအိၣ်မ့ၢ်ဝဲနကဘၣ်လူယုသ့ၣ်ညါထူရှင်ပျို ဖဲလဲၣ်တဘိလဲၣ်လၢနကဘၣ်မၤတၢ်ဂၢ်လီလၢအဂီၢ်...

- 1. ဆူၣ်နီၤမ့တမ့ၢ်မံလီၤဖဲနထူရှင်ပျိုဖဲနခံကိာ်ပၣ်တဖၣ်ကကပုၣ်ဝဲအဂီၢ်တက့ၢ်.
2. သွံးတၢ်ယၢ်နခံကိာ်ပၣ်ဒ်သိးနပံာ်တၢ်ကလံၤသ့တဟးထီၣ်လၢနခံပူၤ အသိးတက့ၢ်.ဝံၤဟ်အိၣ်ဘျီနထူရှင်ပျိုတဘၣ်အံၤတက့ၢ်.သွံးတၢ်နခံဒ်န့ၣ်စ့ၢ် ဘျီတုၤနထံၣ်န့ၢ်နထူရှင်လၢအဘၣ်တဘိတစုလၢနကသ့အိၣ်အဂီၢ်တက့ၢ်. တဘၣ်သွံးတၢ်ယၢ်နခံကိာ်လၢတဂ့ၢ်.
3. ဖဲနထီၣ်တၢ်ဟးလီၢ်လၢနကဆံၣ်ဆါလၢကွဲာ်အိၣ်အခါန့ၣ်,ကျဲးစးပတုာ် နဆံၣ်ထံဖဲတၢ်အဘၣ်စၢဝံၤဆဲးဆံၣ်ဆါကဒီးဝံၤစးထီၣ်မၤန့ၢ်ကဒီးတ ဘျီတက့ၢ်.မၤတၢ်အံၤဒ်သိးနကသ့ၣ်ညါဘၣ်နထူရှင်ပျိုဖဲလဲၣ်တဘိအဘၣ် ကတၢ်လၢနကသ့အိၣ်လဲၣ်, ဘၣ်ဆံၣ်မၤအိၣ်ထဲတန့ၢ်တဘျီတက့ၢ်. နမ့ၢ်မၤအိၣ်အါန့ၢ်အန့ၢ်သၢပူၤနဆံၣ်အအပူၤတလီၤကအိၣ်ဝဲဒ်အကြးအသိး ဘၣ်လီၤ.

နမ့ၢ်တတူၢ်ဘၣ်တၢ်လီၤဆိဖဲန “သွံးထီၣ်နခံတက်ရှင်ပံ့ထူရှင်ပျိုဒီးမၤအိၣ်လၢတၢ် ဖိခိၣ်အခါ” မ့တမ့ၢ်နဆံၣ်ဆါလီၤစၢ်ဒ်ပဝဲတၢ်လံၣ်တၢ်ဂ့ၢ် 3 ထံၣ်တထံၣ်အ သိး,ယုတၢ်မၤစၢဆူၣ်နကသံၣ်သရၣ်, သရၣ်လၢအစံာ်ဘံးတၢ်မ့တမ့ၢ်နးစံလၢ အကွၢ်ထွဲတၢ်ကိးအ့ၣ်ကိးဆံၣ်တဖၣ်အအိၣ်တက့ၢ်.အဝဲသ့ၣ်ကမၤစၢနဒ်သိး နခံတက်ရှင်ပံ့ထူရှင်ပျိုတဖၣ်ကမၤက့ၢ်တၢ်ဘၣ်လီၢ်ဘၣ်စးအဂီၢ်လီၤ.

ပိာ်မုာ်တဖၣ်အိၣ်ဒီးခံတက်ရှင်ပံ့ထူရှင်ပျိုလၢအစၢ်တဖၣ်ကဒီးန့ၢ်တၢ်ဘျီတၢ်ဖိၣ်ဂၢ် ခံတက်ရှင်ပံ့ထူရှင်ပျိုတၢ်ဂၢ်လီလၢအံၤန့ၣ်လီၤ.





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 back passage and your vagina 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) each 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 often. Every day is best. You should give each set of squeezes 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.

ယကဘၣ်မၤခံတက္ကိၣ်ယံထုၣ်ပျၢ်တၢ်ဂၢၤလိၤအံၤနဲၣ်လဲၣ်.

အမဲအံၤနကတူၢ်ဘၣ်လၢနထုၣ်ပျၢ်တဖၣ်မၤတၢ်လံၤအခါ,နကဘၣ်

- သွံးတၢ်ယၢ်ဒီးထုးဖျိၣ်နထုၣ်ပျၢ်ဖဲအဘူးဒီးနဆံၣ်ကျိၤတဖၣ်ဒီးကျိၤလၢလိၤခံတဖၣ်တၢ်ယီၤတက့ၢ်. ထုးထီၣ်အိၣ်လၢအဖိၣ်ခိၣ်တဖၣ်တက့ၢ်.နကဘၣ်တူၢ်ဘၣ်ဒ် "တၢ်ဆိၣ်ထီၣ်လၢအဖိၣ်ခိၣ်" တဘျီလၢလိၤဖဲနဂံၢ်ထီၣ်တုၤလၢ ဂတစုတက့ၢ်.ဝံတဘျီပျၢ်လိၤစၢ်အိၣ်အိၣ်ဘျီတဘျီ.နကတူၢ်ဘၣ်တၢ်လိၤအိၣ်ဖဲန "ပျၢ်လိၤအိၣ်အခါ" လိၤ.
- မၤကဒီးတဘျီ(သွံးတၢ်ယၢ်ဝံဆိၣ်ထီၣ်အိၣ်လၢအဖိၣ်ခိၣ်)ဝံပျၢ်လိၤက့ၤအိၣ်တက့ၢ်. ဂ့ၤကတၢ်လၢနကဘၣ်အိၣ်ဘျီဝဲဒီးကးတဘျီလၢလိၤဖဲနဆိၣ်ထီၣ်နထုၣ်ပျၢ်တဖၣ်အံၤအဘၣ်စၢၤန့ၣ်လိၤ.
- မၤကဒီး(သွံးတၢ်ယၢ်ဝံဆိၣ်ထီၣ်)အါဘျီဖဲနမၤအိၣ်န့ၢ်,ပၢ်တုၤလၢနမၤအိၣ်အစ့ၤကတၢ် 12 ထံၣ်တက့ၢ်.
- ကျဲးစးမၤတၢ်သၢခါအံၤ ဂတုၤ 12 သွံးထီၣ်, တဘျီလၢလိၤအဘၣ်စၢၤအိၣ်ဘျီတဘျီ.
- မၤတၢ်ဂၢၤလိၤတၢ်ရဲၣ်တၢ်ကျဲးအံၤ(သၢခါလၢဃ် ဂတုၤ ၂ သွံးထီၣ်) ကိးနံၤဒဲးဖဲနလိၤ.ဆ့ၣ်နိၤမ့တမ့ၢ်ဆၢထၢၣ်အခါတက့ၢ်.

ဖဲနမၤခံတက္ကိၣ်ယံထုၣ်ပျၢ်တၢ်ဂၢၤလိၤအခါ...

- ကသါအိၣ်ထီၣ်ဘိ
- မၤထဲသွံးထီၣ်ဒီးဆိၣ်ထီၣ်စိၤ,
- တဘၣ်မၤယံးနခံကီၢ်ပၣ်တဂ့ၤဒီး
- ဟ်နခိၣ်တုၣ်သၣ်ကပုၣ်လုၢ်တက့ၢ်.

မၤနခံတက္ကိၣ်ယံထုၣ်ပျၢ်တၢ်ဂၢၤလိၤအံၤဂ့ၤဂ့ၤတက့ၢ်.

နသွံးထီၣ်နသးအကျိၤအကျဲးလၢအဘၣ်ထဲစ့ၤဘိတုၣ်လဲၣ်ကဂ့ၤဒိၣ်န့ၢ်ဒီးလၢနမၤအိၣ်သပျၢ်ပျၢ်တဖၣ်လိၤ.နမ့ၢ်တသ့ၣ်ညါလိၤတၢ်လၢနသွံးထီၣ်နခံအံၤဘၣ်စ့ၢ်ခါ, မ့တမ့ၢ်နမ့ၢ်တထံၣ်တၢ်လိၤဆိၣ်မၤအသးနီၣ်တမံၤလၢသၢလါအတီၢ်ပူၤန့ၣ်.ယုတၢ်မၤစၢၤလၢကသံၣ်သရၣ်,ပုၤစံၢ်ဘံးတၢ်ဖိ,မ့တမ့ၢ်တၢ်ကိၤအ့ၣ်ကိၤဆိၣ်နးစံတဖၣ်အအိၣ်တက့ၢ်.

တုၤနမၤလိၤသ့ထီၣ်လဲၣ်နသးလၢနကဘၣ်သွံးထီၣ်နထုၣ်ပျၢ်တဖၣ်သ့လဲၣ်န့ၣ်,

နကဘၣ်မၤအိၣ်ကိးနံၤဒဲးလၢနတၢ်အိၣ်မူအပူၤလိၤ.နကဘၣ်မၤအိၣ်တဘျီလၢလိၤလၢအဂ့ၤကတၢ်လိၤ.တုၤနမၤလိၤတၢ်ဆၢကတီၢ်ညိၣ်န့ၢ်တခါလၢနကသွံးထီၣ်နခံတက္ကိၣ်ယံထုၣ်ပျၢ်တဖၣ်တက့ၢ်.တၢ်အံၤကမ့ၢ်ဘၣ်ဖးဖဲနလဲၣ်ထီၣ်တၢ်ဟးလိၤဝံအခါ, ဖဲနအိၣ်ထံ,မ့တမ့ၢ်မံလိၤလၢလိၤမံပူၤအခါလိၤ.





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

- Use “the knack” - that is, always try to “brace” your pelvic floor muscles (by squeezing up and holding) each time before you cough, sneeze or lift anything.
- 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.

တၢ်အဂၢၢ်လၢနအိၣ်သးသးကမၤအနခံတက်ရှင်ပံ့ထူရှင်ပျိုတဖၣ်...

- စူးကါ “တၢ်သ့တၢ်ဘၣ်”..တၢ်အံၤမ့ၢ်,ထီၣ်တၢ်ပာ်နခံတက်ရှင်ပံ့ထူရှင်ပျိုတဖၣ်(သွံးတၢ်ပာ်အိၣ်လၢတၢ်ဖိခိၣ်ဝံၤပာ်ကၢ်ပာ်အိၣ်) တဘျီလၢလၢ ဖဲနကူး, ကဆဲမ့တမ့ၢ်စိၣ်ထီၣ်တၢ်ပာ်တဖၣ်လၢအခါန့ၣ်လီၤ.
- စိၣ်ထီၣ်သကိးတၢ်ပာ်တဖၣ်.
- အိၣ်တၢ်သ့တၢ်သ့တၢ်ဒီးတၢ်ဒီးတၢ်လၢဒီးအိၣ်ထံနိ 1.5 - 2 လံထၢၣ်လၢတနံၤအတီၢ်ပူၤတက့ၢ်.
- ဖဲနထီၣ်တၢ်ပာ်လီၤအခါနတဘၣ်ဆုနအ့ၣ်တဂ့ၤ.
- သံက့ၢ်နကသံၣ်သရၣ်ဘၣ်ယးတၢ်နာဘၣ်နိၣ်ဖိမံၤဖိလၢတဖၣ်မံၤဒီးဒုးကဲထီၣ်တၢ်လီၤကိၢ်ယီၤအူၤတၢ်သးအံၤဒီးကသၢတန့ၢ်တၢ်ဆါတဖၣ်ဒ်သးကမၤလီၤဈၢတၢ်ကဆဲဒီးတၢ်ကူးအဂီၢ်တက့ၢ်.
- ဟ်နတယၢ်အယၢ်ဒ်သးကမၤမံၤလိာ်သးဒီးနနီၢ်အထီၣ်ဒီးနသးနံၣ်အဂီၢ်တက့ၢ်.

ယုထံၣ်န့ၢ်တၢ်မၤစၢ

နးစံလၢဖျိတီၤပတီၢ်တဖၣ်အိၣ်ဖဲဖဲနဆဲးကျိး **National Continence Helpline** ဖဲ 1800 33 00 66 (မုာ်ဆၣ်တုၤမုာ်ဖိဖး,စးထီၣ်ဂီၤ 8.00တုၤ8.00န့ၣ်ရံၤဟါအိးစကြုလ်ယၢ် မုာ်ထီၣ်တၢ်ဆၢကတီၢ်အသိး) လၢတလၢစ့ဘၣ်...

- တၢ်ဂ့ၢ်တၢ်ကျိၤ
- တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးဒီး
- လိာ်ဘိးဘၣ်ရၢလီၤကဘျိးတဖၣ်.

နမ့ၢ်အိၣ်ဒီးတၢ်ဂ့ၢ်ကိလၢနကကတီၤမ့တမ့ၢ်န့ၢ်ဟါအဲကလံးကျိၣ်တခိနဒီးန့ၢ်တၢ်မၤစၢအကျိၤအကျိၤခိဖျိကျိးထံလိတဲစိအကျိၤလၢတလၢစ့ဘၣ်သ့ဖဲ 13 14 50န့ၣ်လီၤ.ပုၤဖိၣ်လိတဲစိဖိတဖၣ်ကကတီၤတၢ်ဒီးန့ၢ်လၢအဲကလံးကျိၣ်, အယိကတီၤဖျါထီၣ်ကျိၣ်လၢနကတီၤအိၣ်ဝံၤအိၣ်ခိးအိၣ်တက့ၢ်.တၢ်ဆဲးကျိးန့ၢ်နဂီၢ်ဆူပုၤကျိးထံတၢ်ဖိလၢကတီၤနကျိၣ်တဂၤအအိၣ်န့ၣ်လီၤ. တဘၣ်ပုၤကျိးထံတၢ်ဖိတဂၤလၢကကိးန့ၢ်န့ၢ် **National Continence Helpline** ဖဲ 1800 33 00 66တက့ၢ်.အိၣ်ခိးကန့ၣ်လိတဲစိတုၤတၢ်ဆဲးကျိးန့ၢ်န့ၢ်ဝံၤတစုဒီး ပုၤကျိးထံတၢ်ဖိကမၤန့ၢ်လၢနကကတီၤဘၣ်တၢ်ဒီးန့ၢ်မုာ်လၢကဟ့ၣ်ကူၣ်န့ၢ်ဘၣ်ယးတၢ်ကိၢ်ဆံၣ်တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးတဂၤန့ၣ်လီၤ. လိတဲစိတၢ်ဆဲးကျိးအပူၤတဖၣ်ခဲလၢတၢ်ပာ်အိၣ်လၢတၢ်ခူသ့ၣ်န့ၣ်လီၤ.

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

* တၢ်ဆဲးကျိးခိဖျိလိတဲစိစိစုတဖၣ်တၢ်ယုအပုၤဒ်တၢ်ဟ်ပနီၣ်အိၣ်အသိးန့ၣ်လီၤ.

