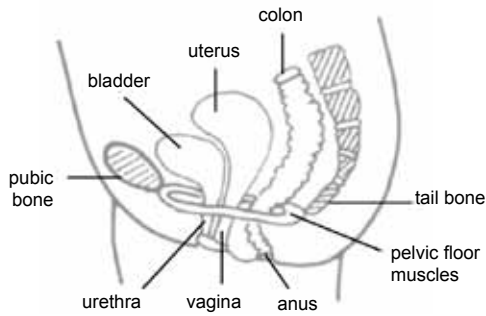




WHAT ARE THE PELVIC FLOOR MUSCLES?

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.

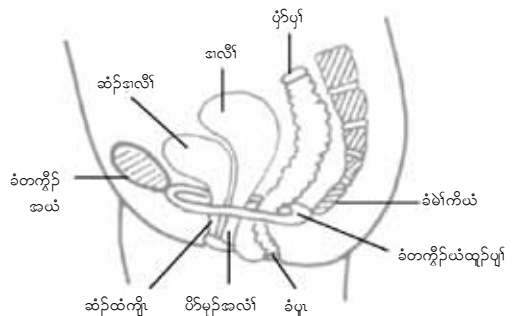
A woman's pelvic floor muscles support her bladder, womb (uterus) and bowel (colon). The urine tube (front passage), the vagina and the back passage all pass through the pelvic floor muscles. Your pelvic floor muscles help you to control your bladder and bowel. They also help sexual function. It is vital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



ခံတက္ကိန်ယံထွန်ပျိုတဖၣ်မနုၤလၢၣ်.

ခံတက္ကိန်ယံအထွန်ပျိုတဖၣ်မနုၤလၢၣ်အယဲအကတဖၣ်အတၢ်ဟံဖျိၣ်အသးန့ၣ်လီၤ.တၢ်ကတျုၣ်တဖၣ်အံၤထုးယံာ်ထီၣ်အသးဒ်သီးစုၣ်လၢပဏါလီၤအိၤတဖျၢၣ်လၢခဲမဲၢ်ကိတဘီ,ဆူခံတက္ကိန်ယံလၢအမဲၢ်ညါတဖၣ်န့ၣ်လီၤ.

ပိာ်မုာ်ခံတက္ကိန်ယံထွန်ပျိုတဖၣ်ဆိၣ်ကၢ်ယၢ်အဆၣ်အခိၣ်,အလီၢ်(ပိာ်မုာ်ဟုးသးလီၢ်)ဒီးအဟၢဖ(ပျံာ်ပျံာ်)န့ၣ်လီၤ.ဆၣ်ကျိၤ(လၢအမဲၢ်ညါတဖၣ်), ပိာ်မုာ်အလံာ်ဒီးကျိၤလၢလီၢ်ခံတဖၣ်လၢဘၣ်လဲၤခိဖျိၣ်ခံတက္ကိန်ယံထွန်ပျိုတဖၣ်န့ၣ်လီၤ.နခံတက္ကိန်ယံထွန်ပျိုအံၤမၤစၢန့ၣ်ဒ်သီးနကီၤအ့ၣ်ကီၤဆၣ်ကန့ၣ်အဂီၢ်န့ၣ်လီၤ.မၤစၢန့ၣ်ကီၤလၢမုာ်ခါအတၢ်ဘုးတၢ်တံာ်လိာ်အသးန့ၣ်လီၤ.မုာ်တၢ်အကါဒိၣ်ပဲလၢနခံတက္ကိန်ယံအထွန်ပျိုတဖၣ်အဂီၢ်ကဆူၣ်ပဲအဂီၢ်လီၤ.



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.

ဘၣ်မနုၤအယီယဘၣ်မခံတက္ကိန်ယံထွန်ပျိုတၢ်ဂဲလိလၢအံၤလၢၣ်.

ပိာ်မုာ်သးန့ၣ်ခဲလၢကဘၣ်ဆိၣ်ဒီးခံတက္ကိန်ယံထွန်ပျိုလၢအဆူၣ်တဖၣ်လီၤ.

ခံတက္ကိန်ယံထွန်ပျိုတဖၣ်ကလီၤစၢ်ဝဲခီဖျိ...

- လၢအတၢ်ဟုးတၢ်ဂဲတဆိၣ်ပဲအယီ
- ဆိၣ်ဒီးဟုးသးမ့တမ့ၢ်ဖိဆဲးဆိၣ်
- ဟၢဖကျုၤ
- နီၢ်ယၢထလၢအခါး
- စိာ်တၢ်ယၢထလၢ
- ကူးဝဲဒီယုၢ်လၢဆၢကတီၢ်ယံာ်အပူၤ(ဒ်သီးပျံာ်အိမိာ်ဖိတဖၣ်ကူးဝဲ,တၢ်ကသါတန့ၢ်တၢ်ဆါမ့တမ့ၢ်တၢ်သးအံၤတဖၣ်)မ့တမ့ၢ်,
- သးပျံာ်ဒိၣ်ထီၣ်

ပိာ်မုာ်လၢအိၣ်ဒီးတၢ်ဆိမိၣ်တထံတဆးတၢ်ဂ့ၢ်ကိတဖၣ်, မ့ၢ်ဝဲ,ပိာ်မုာ်လၢဆၣ်ဆါဘၣ်အသးဖဲကူး,ကဆဲမ့တမ့ၢ်ဟူးဝးအခါ..ကထံၣ်ဘၣ်လၢခံတက္ကိန်ယံထွန်ပျိုအတၢ်သိၣ်လိအံၤမၤစၢအိၣ်ဒ်သီးကမၤလီၤမၤတၢ်ဂ့ၢ်ကိအံၤသ့ဝဲလီၤ.





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.

ပိာ်မုာ်တဖၣ်အိၣ်ဒီးဟုးသးတဖၣ်အဂီၢ်,ခံတက်ရှင်ပံ့ထူရှင်ပျိုတံ့ဂဲလိလဲာပိာ်မုာ်တဖၣ်အဂီၢ်အမိၢ်ပျၢ်ဒ်သီးအဖိကဒိၣ်ထိၣ်ဒီးတယၢ်ယၢ်မုာ်ဒိၣ်ထိၣ်အဂီၢ်န့ၣ်လီၤ. ထူရှင်ပျိုလၢအိၣ်ဒီးဂံၢ်ဆူၣ်ဘါဆူၣ်,ကျၢတဖၣ်ကဆူၣ်ချ့ဒိၣ်ထိၣ်ဝဲဝဲအိၣ်ဖျၢၣ်အဖိဝံ့အလီၢ်ခံန့ၣ်လီၤ.

ဝဲနဖိဆံးအိၣ်ဝံ့အလီၢ်ခံ,နကဘၣ်စးထီၣ်မၤခံတက်ရှင်ပံ့ထူရှင်ပျိုတံ့ဂဲလိလဲာပိာ်မုာ်တဖၣ်အဂီၢ်အဆိအချ့တသ့ဝဲအသ့ကတၢ်လီၤ. ထီၣ်ကွဲးစး“စျီ”တံၢ်ယၢ်နခံတက်ရှင်ပံ့ထူရှင်ပျို(သွံးထီၣ်အိၣ်ဝံ့အိၣ်ဂံၢ်ယၢ်)ကိးဘျီဒဲးတချ့နကူးထီၣ်,ကဆဲမ့တမ့ၢ်စိာ်ထီၣ်ဖိသၣ်အခါတက့ၢ်. တၢ်အံၤတၢ်ကိးအိၣ်လၢ“တၢ်သ့တၢ်ဘၣ်တခါ”န့ၣ်လီၤ.

ပိာ်မုာ်တဖၣ်ဝဲအသးပျၢ်ဒိၣ်ထီၣ်လံတဘျီအခံတက်ရှင်ပံ့ထူရှင်ပျိုတဖၣ်အဂီၢ်ကဘၣ်ဆူၣ်ဝဲခိဖျိအဟိမိနိထံနိတဖၣ်ဆိတလဲကွဲာ်အသးဝဲအဟုးကတၢ်ဝံၤကမၤဘၣ်ဒိဝဲအတၢ်ကိးဆံၣ်သ့န့ၣ်လီၤ.အါန့ၣ်ဒီးအအံၤ,ခံတက်ရှင်ပံ့ထူရှင်ပျိုတဖၣ်ဆိတလဲအသးဒီးဂံၢ်ကစၢ်လီၤဝဲသ့လီၤ. ခံတက်ရှင်ပံ့ထူရှင်ပျိုတံ့ဂဲလိလဲာပိာ်မုာ်တဖၣ်အဂီၢ်ကျဲအံၤမၤတၢ်ဟုးကတၢ်တၢ်ဂ့ၢ်ကိလၢအကဲထီၣ်လၢခံတက်ရှင်ပံ့ထူရှင်ပျိုတံ့ဂဲလိလဲာပိာ်မုာ်တဖၣ်အဂီၢ်န့ၣ်လီၤ.

ခံတက်ရှင်ပံ့ထူရှင်ပျိုတံ့ဂဲလိလဲာပိာ်မုာ်တဖၣ်အဂီၢ်အမိၢ်ပျၢ်ဒ်သီးအဖိကဒိၣ်ထိၣ်ဒီးတယၢ်ယၢ်မုာ်ဒိၣ်ထိၣ်အဂီၢ်န့ၣ်လီၤ. ထူရှင်ပျိုလၢအိၣ်ဒီးဂံၢ်ဆူၣ်ဘါဆူၣ်,ကျၢတဖၣ်ကဆူၣ်ချ့ဒိၣ်ထိၣ်ဝဲဝဲအိၣ်ဖျၢၣ်အဖိဝံ့အလီၢ်ခံန့ၣ်လီၤ.

ယခံတက်ရှင်ပံ့ထူရှင်ပျိုအံၤအိၣ်လီၤဝဲလဲၣ်.

တၢ်အခိၣ်ထံးကတၢ်တခါလၢနဘၣ်မၤအိၣ်မုာ်ဝဲနကဘၣ်လူယုသ့ၣ်ညါထူရှင်ပျိုဝဲလဲၣ်တဘိလဲၣ်လၢနကဘၣ်မၤတၢ်ဂဲလိလဲာပိာ်မုာ်တဖၣ်အဂီၢ်...

- 1. ဆူၣ်နီၤမ့တမ့ၢ်မံလီၤဝဲနထူရှင်ပျိုဝဲနခံကိာ်ပၣ်တဖၣ်ကကပုာ်ဝဲအဂီၢ်တက့ၢ်.
2. သွံးတံၢ်ယၢ်နခံကိာ်ပၣ်ဒ်သီးနပံာ်တံၢ်ကလံၤသ့တဟးထီၣ်လၢနခံပူၤအသးတက့ၢ်.ဝံၤဟံၣ်အိၣ်ဘျီနထူရှင်ပျိုတဘိအံၤတက့ၢ်.သွံးတံၢ်နခံဒ်န့ၣ်စ့ၤဘျီတုၤနထံၣ်န့ၣ်နထူရှင်လၢအဘၣ်တဘိတစုလၢနကသ့အိၣ်အဂီၢ်တက့ၢ်.တဘၣ်သွံးတံၢ်ယၢ်နခံကိာ်လၢတဂ့ၢ်.
3. ဝဲနထီၣ်တံၢ်ဟးလီၢ်လၢနကဆံၣ်ဆါလၢကွဲာ်အိၣ်အခါန့ၣ်,ကျဲးစးပတုာ်နဆံၣ်ထံဝဲတၢ်အဘၣ်စၢဝဲဆံၣ်ဆါကဒီးဝံၤစးထီၣ်မၤန့ၣ်ကဒီးတဘျီတက့ၢ်.မၤတၢ်အံၤဒ်သီးနကသ့ၣ်ညါဘၣ်နထူရှင်ပျိုဝဲလဲၣ်တဘိအဘၣ်ကတၢ်လၢနကသ့အိၣ်လဲၣ်, ဘၣ်ဆၣ်မၤအိၣ်ထဲတန့ၣ်တဘျီတက့ၢ်.နမ့ၢ်မၤအိၣ်အါန့ၣ်အန့ၣ်သၢပူၤနဆံၣ်အအပူၤတလီၤကအိၣ်ဝဲအကြးအသးဘၣ်လီၤ.

နမ့ၢ်တတူၢ်ဘၣ်တၢ်လီၤဆီဝဲန “သွံးထီၣ်နခံတက်ရှင်ပံ့ထူရှင်ပျိုဒီးမၤအိၣ်လၢတၢ်ဖိခိၣ်အခါ” မ့တမ့ၢ်နဆံၣ်ဆါလီၤစၢ်ဒ်ပဝဲတၢ်လံၣ်တၢ်ဂ့ၢ် 3 ထံၣ်တထံၣ်အသး.ယုတၢ်မၤစၢ်ဆူၣ်နကသံၣ်သရၣ်, သရၣ်လၢအစံာ်ဘံးတံၢ်မ့တမ့ၢ်နးစံလၢအကွၢ်ထွဲတၢ်ကိးအိၣ်ဂံၢ်ယၢ်ဆံၣ်တဖၣ်အအိၣ်တက့ၢ်.အဝဲသ့ၣ်ကမၤစၢ်နးဒ်သီးနခံတက်ရှင်ပံ့ထူရှင်ပျိုတဖၣ်ကမၤက့ၢ်တၢ်ဘၣ်လီၢ်ဘၣ်စးအဂီၢ်လီၤ.

ပိာ်မုာ်တဖၣ်အိၣ်ဒီးခံတက်ရှင်ပံ့ထူရှင်ပျိုလၢအစၢ်တဖၣ်ကဒီးန့ၣ်တၢ်ဘျီတၢ်ဖိၣ်လၢခံတက်ရှင်ပံ့ထူရှင်ပျိုတံ့ဂဲလိလဲာပိာ်မုာ်တဖၣ်အဂီၢ်န့ၣ်လီၤ.





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.

တၢ်အဂၢၤလၢနအိၤသ့ၣ်သိးကမၤအၤနခံတက်ရှင်ပံ့ထူရှင်ပျိုတဖၣ်...

- စူးကါ “တၢ်သ့တၢ်ဘၣ်”..တၢ်အံၤမ့ၢ်,ထီၣ်တၢ်ပာ်နခံတက်ရှင်ပံ့ထူရှင်ပျိုတဖၣ်(သ့ၣ်တၢ်ပာ်အိၤလၢတၢ်ဖိခိၣ်ဝံၤပာ်ကၢ်ပာ်အိၤ) တဘျီလၢလၢ ဖဲနကူး, ကဆဲမ့တမ့ၢ်စိၣ်ထီၣ်တၢ်ပာ်တဖၣ်လၢအခါန့ၣ်လီၤ.
- စိၣ်ထီၣ်သကိးတၢ်ပာ်တဖၣ်.
- အိၣ်တၢ်သ့တၢ်သ့ၣ်ဒီးတၢ်ဒီးတၢ်လၢၣ်ဒီးအိၣ်နီၤ 1.5 - 2 လံထၢၣ်လၢတနံၤအတီၢ်ပူၤတက့ၢ်.
- ဖဲနထီၣ်တၢ်ပာ်လီၤအခါနတဘၣ်ဆုနအ့ၣ်တဂ့ၤ.
- သံက့ၢ်နကသံၣ်သရၣ်ဘၣ်ယးတၢ်နဘၣ်နီၣ်ဖိမံၤဖိလၢတဖၣ်မံၤဒီးဒုးကဲထီၣ်တၢ်လီၤကိၢ်ယီၤအူၤတၢ်သးအံၤဒီးကသၢတန့ၢ်တၢ်ဆါတဖၣ်ဒ်သိးကမၤလီၤဈၢတၢ်ကဆဲဒီးတၢ်ကူးအဂီၢ်တက့ၢ်.
- ဟ်နတယၢ်အယၢ်သိးကမၤမံၤလိာ်သးဒီးနနီၢ်အထီၣ်ဒီးနသးနံၣ်အဂီၢ်တက့ၢ်.

ယုထံၣ်န့ၢ်တၢ်မၤစၢ

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

- တၢ်ဂ့ၢ်တၢ်ကျိၤ
- တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးဒီး
- လိာ်ဘိးဘၣ်ရၤလီၤကဘျိးတဖၣ်.

နမ့ၢ်အိၣ်ဒီးတၢ်ဂ့ၢ်ကိၤလၢနကတီၤမ့တမ့ၢ်န့ၢ်ဟါအဲကလံးကျိၣ်တခိနဒီးန့ၢ်တၢ်မၤစၢအကျိၤအကျိၤခိဖျိကျိးထံလိာ်တဲမိအကျိၤလၢတလၢာ်စ့ဘၣ်သ့ဖဲ 13 14 50န့ၣ်လီၤ.ပုၤဖိၣ်လိာ်တဲမိတဖၣ်ကကတီၤတၢ်ဒီးန့ၢ်လၢအဲကလံးကျိၣ်, အယိကတီၤဖျါထီၣ်ကျိၣ်လၢနကတီၤအိၣ်ခိးအိၣ်တက့ၢ်.တၢ်ဆဲးကျိးန့ၢ်နဂီၢ်ဆူပုၤကျိးထံတၢ်ဖိလၢကတီၤနကျိၣ်တဂၤအအိၣ်န့ၣ်လီၤ. တဘၣ်ပုၤကျိးထံတၢ်ဖိတဂၤလၢကကိးန့ၢ်န့ၢ် **National Continence Helpline** ဖဲ 1800 33 00 66တက့ၢ်.အိၣ်ခိးကန့ၣ်လိာ်တဲမိတုၤတၢ်ဆဲးကျိးန့ၢ်န့ၢ်တဖၣ်ဒီး ပုၤကျိးထံတၢ်ဖိကမၤအၤလၢနကတီၤဘၣ်တၢ်ဒီးန့ၢ်မုာ်လၢကဟ့ၣ်ကူၣ်န့ၢ်ဘၣ်ယးတၢ်ကိၤဆံၣ်တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးတဂၤန့ၣ်လီၤ. လိာ်တဲမိတၢ်ဆဲးကျိးအပူၤတဖၣ်ခဲလၢတၢ်ပာ်အိၤလၢတၢ်ခူသ့ၣ်န့ၣ်လီၤ.

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

* တၢ်ဆဲးကျိးခိဖျိလိာ်တဲမိစိၣ်စုတဖၣ်တၢ်ယုအပုၤဒ်တၢ်ဟ်ပနီၣ်အိၣ်အသိးန့ၣ်လီၤ.

