



WHY DO PEOPLE WITH DEMENTIA HAVE TROUBLE WITH BLADDER AND BOWEL CONTROL?

People with dementia have memory loss and may be confused and not know where they are. This can cause or make bladder and bowel control problems worse.

People with dementia may have trouble with:

- "Holding on" until they get to the toilet.
- Finding the toilet.
- Knowing they need to unzip or pull down their pants when going to the toilet.
- Being away from home at places where they don't know where the toilet is.
- Knowing when their bladder or bowel is empty.
- Being aware of the need to pass urine or empty their bowels.
- Urinating or opening their bowels in places they should not.
- Depression, anxiety or stress, or illness, which may make bladder and bowel control problems worse.

CAN ANYTHING BE DONE FOR PEOPLE WITH DEMENTIA WHO HAVE TROUBLE WITH BLADDER AND BOWEL CONTROL?

Yes!

While dementia may rule out some treatments, there are ways to provide comfort and dignity.

There are some broad rules for working in a helpful way with people with dementia:

- Listen with care and respond to the person.
- Get rid of clutter. Keep the space around them simple and well known to them.
- Show respect and sincere care.

Check bladder and bowel control

Seek help from their doctor, physiotherapist, or continence nurse.

A bladder and bowel control check up will include a physical check and questions about when, where and why problems happen.

The carer is often the best person to give the details needed to check bladder and bowel control, such as:

- the time the person goes to the toilet and/or leaks;

ဘၣ်မနုၤအယီၤပုၤလၢအသးတထံတဆးတဖၣ်အိၣ်တၢ်ကီုအ့ၣ်ကီုဆံၣ်တၢ်ဂ့ၢ်ကီုဆံၣ်လဲၣ်.

ပုၤလၢအိၣ်ဒီးတၢ်သးတထံတဆးတဖၣ်အတီၢ်နီၣ်မၤယါတအိၣ်ဝဲလၢဘၣ်ဒီးအသးကဒံၣ်ဝဲဒီးတသ့ၣ်ညါလၢအအိၣ်တၢ်လီၤဝဲလဲၣ်ဘၣ်လီၤ.တၢ်အံၤဒုးကဲထီၣ်တၢ်ကီုအ့ၣ်ကီုဆံၣ်တၢ်ဂ့ၢ်ကီုနးဒိၣ်ထီၣ်တက့ၢ်လီၤ.

ပုၤလၢအသးတထံတဆးတဖၣ်အိၣ်ဒီးတၢ်ဂ့ၢ်ကီုလၢ...

- "ကီုအ့ၣ်ကီုဆံၣ်" တုၤလဲၤလၢတၢ်ဟးလီၤတတုၤလၢ.
- ယုတၢ်ဟးလီၤ.
- ကသ့ၣ်ညါလီၤအသးလၢကဘၣ်ဘျၣ်လီၤဖျိၣ်ခဲအစံးပံမ့တမ့ၢ်ထူးလီၤလူးအဖျိၣ်ခဲလၢကထီၣ်တၢ်ဟးလီၤအဂီၢ်.
- ဟးယံၤဒီးအဟံၣ်အယီၤလၢတၢ်လီၤတတီၤတီၤဖဲအဝဲသ့ၣ်တသ့ၣ်ညါလၢတၢ်ဟးလီၤအိၣ်ဝဲလဲၣ်အလီၤ.
- သ့ၣ်ညါလီၤအသးလၢအဟၢမ့တမ့ၢ်ဆံၣ်အလီၤလီၤကအိၣ်ခါဖဲလဲၣ်.
- သ့ၣ်ညါလီၤအသးလၢကလိၣ်ဆံၣ်ခါအ့ၣ်ခါအဂီၢ်.
- ဆံၣ်ခါမ့တမ့ၢ်အ့ၣ်ခါဖဲတၢ်လီၤလၢတကြးတဘၣ်ဝဲအလီၤ.
- သ့ၣ်သးတၢ်ဆိမိၣ်ခါ,တၢ်ကီုတၢ်ဂီၤမ့တမ့ၢ်ဘၣ်ယိၣ်ဘၣ်ဘီ,မ့တမ့ၢ်ဆိးက့ဆါဘီ,လၢကဒုးကဲထီၣ်တၢ်ကီုအ့ၣ်ကီုဆံၣ်တၢ်ဂ့ၢ်ကီုနးဒိၣ်ထီၣ်တက့ၢ်လီၤ.

ပုၤအသးတထံတဆးလၢအိၣ်ဒီးတၢ်ကီုအ့ၣ်ကီုဆံၣ်တၢ်ဂ့ၢ်ကီုတဖၣ်အဂီၢ်တၢ်မၤစၢလၢအဂီၢ်ကအိၣ်တမံၤမ့ၢ်စါ

မ့ၢ်.

ဖဲတၢ်သးတထံတဆးကဒုးယၣ်ကွံၣ်အသးလၢတၢ်ကုၤစါယါဘျၣ်တနီၤအဖိခိၣ်, ကျဲအိၣ်ဝဲလၢတၢ်ကဟ့ၣ်ထီၣ်တၢ်ကဟ့ၣ်ကယၢ်လၢဒီးတၢ်ဟ်လုၢ်ဟ်ပုၤလၢပုၤသ့ၣ်တဖၣ်အံၤအဂီၢ်န့ၣ်လီၤ.

တၢ်ဘျၣ်တဖၣ်အိၣ်ဝဲလၢတၢ်ဖဲမၤတၢ်လၢကကဲဘျၣ်လၢပုၤလၢအိၣ်ဒီးတၢ်သးတထံတဖၣ်အဂီၢ်လီၤ...

- ဒိကန့ၣ်အဝဲသ့ၣ်လၢတၢ်သ့ၣ်အိၣ်သးအိၣ်အပူၤဝဲမၤပျဲအဝဲသ့ၣ်တၢ်လိၣ်ဘၣ်.
- ဟ်ကွံၣ်တၢ်လီၤတပျံၣ်တပျံၣ်တဖၣ်ခဲလၢ. ဟ်အကပိၣ်ကပုၤပျီယိယိဖိဒီးကသ့ၣ်ညါညီၣ်န့ၣ်ဝဲအဂီၢ်.
- ဟ်ဖျါနတၢ်ပးကဲအဝဲသ့ၣ်ဒီးအိၣ်ဒီးတၢ်ကဟ့ၣ်ကယၢ်အီၤလၢပျဲဒီးတၢ်သးအိၣ်တက့ၢ်.

ကွၢ်သမံသမိးအဝဲသ့ၣ်အတၢ်ကီုအ့ၣ်ကီုဆံၣ်

ယုတၢ်မၤစၢလၢအကသံၣ်သရၣ်,ပုၤစံးဘံးတၢ်,မ့တမ့ၢ်နးစံးလၢကွၢ်ထွဲတၢ်ကီုအ့ၣ်ကီုဆံၣ်တဖၣ်အအိၣ်တက့ၢ်.

တၢ်ကီုအ့ၣ်ကီုဆံၣ်တၢ်မၤကွၢ်အံၤကပၣ်ယုၣ်နီၣ်ခိတၢ်သမံသမိးဒီးတၢ်ကသံကွၢ်အီၤတၢ်ဆၢကတီၢ်,တၢ်လီၤဝဲလဲၣ်,ဒီးဘၣ်မနုၤလၢတၢ်ဂ့ၢ်ကီုအံၤကဲထီၣ်အသးလဲၣ်လီၤ.

ပုၤကွၢ်ထွဲတၢ်ဖိအံၤမ့ၢ်ပုၤလၢအဂ့ၢ်ကတၢ်တက့ၢ်လၢကဟ့ၣ်ထီၣ်တၢ်ဂ့ၢ်ကီုတၢ်ကျိၤလီၤတၢ်လီၤဆဲးလၢတၢ်လိၣ်ဘၣ်လၢကသမံသမိးတၢ်ကီုအ့ၣ်ကီုဆံၣ်ဒ်သီး...

- တၢ်ဆၢကတီၢ်လၢပုၤတဂၤအံၤလဲၤထီၣ်တၢ်ဟးလီၤမ့တမ့ၢ်ဆံၣ်ပြံးဘၣ်အသး





- how wet the person is:
 - minor** = underwear is damp;
 - moderate** = skirt or trousers are wet; or
 - severe** = chair, floor or bed is flooded; and
- when and how often they open their bowels.

Manage poor bladder and bowel control

- Treat the cause of the problem. Their doctor, physiotherapist or continence nurse can help find the causes and suggest how to treat them.
- Review medicines. Medicines may help, but they can also make people more confused, and make bladder and bowel control problems worse.
- Make sure the person with dementia drinks 1.5 - 2 litres of fluid per day (unless a doctor says this is not okay). Drinking water can help treat bladder infections, make the bowels work better and keep the bladder healthy. Coffee, tea and cola have a lot of caffeine, which can upset the bladder and make the bladder harder to control. Try to cut down on how many of these drinks they have.
- Treat constipation. Make sure they eat lots of fruits and vegetables, drink lots of water through the day, and stay active.
- Watch for signs they want to go to the toilet. Ask them to use the toilet at the times you think they most often go or are most often wet. If you note the time this happens you will be able to see if it gets better.
- If they have trouble with zips and buttons, change to track suits, trousers with elastic waists, or use Velcro.
- Keep the way to the toilet clear. Don't leave things in the way that might make it hard to get to the toilet. A night light may help. Make the toilet door easy to see.
- Think about using community resources to help with the load of caring for a person with dementia – such as laundry, shopping and respite care.

Bladder management products such as pads and pants may improve quality of life. You may be able to get some help to cover the cost of these products. Advice on whether you are able to receive this help and the types of products you can get can be found on the National Continence Helpline (Free call* 1800 33 00 66). These things may reduce how often bladder and bowel mishaps occur and how bad they are.

- ဆံၣ်ပွဲးဘၣ်စီၣ်ထဲလဲၣ်...
ဈၢ...အဖျိၣ်ခံဖိစီၣ်
ဖဲအကြး...စကားမတမ့ၢ်ဖျိၣ်ခံဘၣ်စီၣ်
ဒိၣ်အါဝဲ...လီၢ်ဆုၣ်နီၤ,ဖုၤခါခိၣ်မတမ့ၢ်လီၢ်မံစီၣ်ဆုၣ်ယုၤဒီး
- အဝဲသ့ၣ်အုၣ်ဆါဆါကတီၢ်ဖဲလဲၣ်ဒီးပျဲၤဘျီလဲၣ်.

ကွၢ်ထွဲကတီၢ်နတၢ်ကီုအုၣ်ကီုဆံၣ်

- ကူစါတၢ်ဂ့ၢ်ကီုလၢအကဲထီၣ်အသးတက့ၢ်. အဝဲသ့ၣ်ကသံၣ်သရၣ်, ပှၤဖံၢ်ဘံးတၢ်မတမ့ၢ်နးစံတဖၣ်မၤစၢအီၤလၢကသ့ၣ်ညါတၢ်ဆါမနူၤကထီၣ်အသးဒီးဟ့ၣ်ကုၣ်ဟ့ၣ်ဖးအီၤလၢကကူစါဝဲလဲၣ်အဂီၢ်သ့ၣ်လီၤ.
- ကွၢ်ထံကဒါကသံၣ်ကသီတဖၣ်တက့ၢ်. ကသံၣ်တဖၣ်မၤစၢအီၤကသ့, ဘၣ်ဆၣ်ဒုးကထီၣ်တၢ်သးဒံၤဒီးဝီၤလၢအဝဲသ့ၣ်အဂီၢ်သ့ၣ်,ဒီးဒုးကထီၣ်တၢ်ကီုအုၣ်ကီုဆံၣ်တၢ်ဂ့ၢ်ကီုဒိၣ်ထီၣ်သ့ၣ်လီၤ.
- မၤလီၤတၢ်ဒံသိးပုၤလၢအိၣ်ဒီးတၢ်သးတထံတဖၣ်ကအိၣ်ထံ 1.5 - 2 လံထၢၣ်လၢတနံၤအတီၢ်ပုၤ (မ့တမ့ၢ်လၢကသံၣ်သရၣ်တဒုးအီၤဘၣ်အယီၤ) တက့ၢ်. တၢ်အိၣ်ထံအိၣ်အယီၤမၤသံဆံၣ်ယၢ်တဖၣ်သ့ၣ်,မၤစၢလၢပဟၢမၤတၢ်ဂ့ၢ်ဒိၣ်ထီၣ်ဒီးဆံၣ်ဒါကတီၢ်အဂီၢ်လီၤ.ကၤဖံၤ,လးဖးဒီးခိၣ်လၢတဖၣ်ပၣ်ယုၣ်ခဲမ့န့ၢ်အါမး, လၢကဒုးဟးဂီၤပဟၢဖးဒီးကီၤလၢပကကီၤဆံၣ်အဂီၢ်လီၤ ကျဲးစးမၤဈၢလီၤန့ၢ်အီၤလၢကအိၣ်တဖၣ်အံၤထဲလဲၣ်အဂီၢ်တက့ၢ်.
- ကူစါတၢ်ဟၢမၤကျၢတက့ၢ်. မၤလီၤတၢ်ဒံသိးအဝဲသ့ၣ်ကအိၣ်တသ့တၢ်သ့ဒီးတၢ်ဒံသိးတၢ်လၢၣ်အါအါ, အိၣ်ထံအါလၢဒိတနံၤကျၢအတီၢ်ပုၤ,ဝံၤအိၣ်ဒီးတၢ်ဟ့ၣ်တၢ်ဂဲၤတက့ၢ်.
- လူၤကွၢ်ဘၣ်တၢ်ပနီၣ်လၢအဝဲသ့ၣ်ကထီၣ်တၢ်ဟးလီၢ်အဂီၢ်တက့ၢ်. မၤအဝဲသ့ၣ်လဲၤထီၣ်တၢ်ဟးလီၢ်ဖဲန့ၣ်မိၣ်လၢအဝဲသ့ၣ်လဲၤတလီၢ်လီၢ်အအါကတၢ်မ့တမ့ၢ်ဆံၣ်ဆါဘၣ်သးအအါကတၢ်တက့ၢ်.နမ့ၢ်ထံၣ်တၢ်မၤအသးအံၤန့ၣ်နကထံၣ်ဘၣ်လၢအကတီၢ်ထီၣ်စ့ၢ်ခါအဂီၢ်န့ၣ်လီၤ.
- အဝဲသ့ၣ်မ့ၢ်အိၣ်ဒီးတၢ်ဂ့ၢ်ကီုလၢကသးထီၣ်သုးလီၤအဖျိၣ်ခံဖိဒီးအန့ၢ်ချံန့ၣ်, အိၣ်တလဲန့ၢ်အီၤလၢဖျိၣ်ခံထီၣ်ဖျိၣ်လီၤလၢအိၣ်ဒီးအယီၤဒုယုၣ်တကလုာ်, မ့တမ့ၢ်ကူဖျိၣ်ခံလၢအိၣ်ဒီးပျဲၤစၢလၢအယီၤဒု **Velcro** တက့ၢ်.
- ပၤယၢ်ကျဲးစးလဲၤဆူတၢ်ဟးလီၢ်ပျီပျီတက့ၢ်.တဘၣ်ပၤတၢ်ဖိတၢ်လံၤလၢကျဲးပုၤလၢကဒုးကထီၣ်တၢ်အိၣ်နီၣ်နီၣ်တၢ်လၢကလဲၤဆူတၢ်ဟးလီၢ်တဂ့ၢ်. မ့ၢ်ဆူတၢ်လၢမ့ၢ်န့ၢ်မ့ၢ်အိၣ်ကတီၢ်ဒိၣ်ဝဲလီၤ.ပၤတၢ်ဟးလီၢ်ပဲတြိၣ်သိးကထံၣ်ဝဲညါအဂီၢ်တက့ၢ်.
- ဆိမိၣ်ထီၣ်ဘၣ်နကစုးကါပုၤတၢ်တၢ်ဆိၣ်ထွဲမၤစၢတဖၣ်လၢကမၤဈၢလီၤတၢ်ဝံတၢ်ယီၢ်လၢကကွၢ်ထွဲပုၤလၢအသးတထံတက့ၢ်အဂီၢ်...ဒံသိးတၢ်ဆုၣ်ကူကၤ, လဲၤပျဲၤတၢ်ဒီးတၢ်ကွၢ်ထွဲလၢနလီၢ်ဖဲနကသ့အိၣ်ကသ့ၣ်ကသီတဖၣ်တလီၢ်အဂီၢ်တက့ၢ်.

တၢ်ကွၢ်ထွဲကတီၢ်ဆံၣ်အဂီၢ်တၢ်ပိးတၢ်လီၤဒံသိးတၢ်ကျးကုးဒီးဖျိၣ်ခံတဖၣ်ကမၤဂ့ၢ်ဒိၣ်ထီၣ်တၢ်အိၣ်မုပတီၢ်သ့ၣ်န့ၣ်လီၤ.နကဒီးန့ၢ်ဘၣ်တၢ်မၤစၢတနီၤသ့ၣ်လၢတၢ်ဖိတၢ်လံၤတဖၣ်အံၤတၢ်လၢၣ်ဘျီလၢၣ်စ့ၢ်အဂီၢ်လီၤ. တၢ်ဟ့ၣ်ကုၣ်ဟ့ၣ်ဖးလၢနဒီးန့ၢ်တၢ်မၤစၢတဖၣ်အံၤသ့တသ့ဒီးတၢ်ပိးတၢ်လီၤဖဲလဲၣ်တကလုာ်လၢနဒီးန့ၢ်သ့တဖၣ်နထံၣ်န့ၢ်အီၤသ့ၣ် **National Continence Helpline** (လၢတလၢၣ်စ့ဘၣ်* **1800 33 00 66**)ၣ် တၢ်တဖၣ်အံၤမၤဈၢလီၤတၢ်အုၣ်ဆါဆံၣ်ဆါတလီၢ်လီၢ်အဂီၢ်ဒီးနးဝဲထဲလဲၣ်အဂီၢ်လီၤ.





CAN MEDICINE HELP WITH BLADDER AND BOWEL CONTROL?

Yes!

- Antibiotics may be given to treat a bladder infection.
Hormone replacement therapy (tablets, patches or creams) may make it easier for post menopausal women to control their bladder.
Tablets to relax the bladder may be given to settle an upset bladder, so it can store more urine. This can cut down the number of times the person needs to go to the toilet.
Tablets may sometimes be given to make it easier to pass urine when the base of the bladder is blocked, if the urine tube is closing too tight to let the urine out.
Some medicines may cause bladder and bowel control problems, or make them worse. Medicines should be checked by a doctor, to see if any need to be changed.
Some medicines for bladder and bowel control problems may cause problems like dry mouth, constipation, poor balance and lack of energy. For people with dementia, there is also a risk they may get more confused. Use of medicines should be watched with care by their doctor. Tell the doctor about any problems the medicines cause.

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.

ကသံၣ်ကသီတဖၣ်မၤမၤတၢ်ကီုအ့ၣ်ကီုဆံၣ်အံၤသ့စ့ၢ်မိ.

မ့ၢ်.

- ကသံၣ်မၤသံတၢ်ယၢ်တဖၣ်တၢ်ဟ့ၣ်အိအိဒီးသိးကမၤသံဆံၣ်ယၢ်တဖၣ်အဂီၢ်သ့ဝဲန့ၣ်လီၤ.
တၢ်မၤပုၤထီၣ်က့ၤဟံၤမိနဲအထံတၢ်ကူၤမၤသိၣ်(ကသံၣ်ဒီးဖျၢၣ်, ကသံၣ်ကျးမ့တမ့ၢ်ကသံၣ်ဖူတဖၣ်) မၤညိထီၣ်ဝဲလၢပိာ်မ့ၣ်လၢအဟူးကတၢ်အလီၢ်ခံဒ်သိးကီုဆံၣ်ကန့ၢ်ဝဲအဂီၢ်လီၤ.
ကသံၣ်ဒီးဖျၢၣ်လၢကဒူးပျဲဆံၣ်အလီၤကပုၣ်အဂီၢ်တၢ်ဟ့ၣ်အိအိဒီးသိးကမၤဂ့ၤထီၣ်က့ၤဆံၣ်ဒၢ,ကမၤအါထီၣ်ဆံၣ်ထံအဂီၢ်လီၤ. တၢ်အံၤကမၤဖျၢၣ်လီၤဝဲပုၤတဂၤအတၢ်လိာ်ထီၣ်တၢ်ဟးလီၢ်တလီၢ်လီၢ်အဂီၢ်သ့လီၤ.
ကသံၣ်ဒီးဖျၢၣ်တၢ်ဟ့ၣ်အိအိတဘျီတခါဒ်သိး ကဆံၣ်အါညိဝဲဆံၣ်ဒၢခိၣ်ထံးကးတံာ်ယၢ်သးအခါ, ဆံၣ်ကျိၤကးတံာ်အသးဒ်သိးဆံၣ်ထွးထီၣ်တန့ၢ်အဂီၢ်လီၤ.
ကသံၣ်တနီၤနီၤကဒူးကထီၣ်တၢ်ကီုအ့ၣ်ကီုဆံၣ်တၢ်ဂ့ၢ်ကီုသ့ဝဲ,မ့တမ့ၢ်ဒူးနးဒိၣ်ထီၣ်အိသ့လီၤ. ကသံၣ်တဖၣ်တၢ်ကဘၣ်ကွၢ်ထွဲသမံသမိးအိလၢကသံၣ်သရၣ်,ဒ်သိးကလိာ်ဆိတလဲကသံၣ်ခါအဂီၢ်န့ၣ်လီၤ.
ကသံၣ်တနီၤလၢတၢ်ကီုအ့ၣ်ကီုဆံၣ်အဂီၢ်အံၤဒူးကထီၣ်တၢ်ဂ့ၢ်ကီုဒ်ကီၢ်ပူယုထီဝဲ,ဟးဖျၢၣ်,ဟးတကျၢၤဒီးဂံၢ်လၢာ်အသိးလီၤ.ပုၤလၢအိၣ်ဒီးတၢ်သးတထံတဖၣ်,ဒီးန့ၢ်ဘၣ်တၢ်လီၤပျီအလီၢ်သ့ဝဲလၢအသးကဒ်ဝဲဒ်ဝဲအါထီၣ်ဝဲသ့လီၤ. တၢ်သ့ကသံၣ်ကသီတဖၣ်တၢ်ကဘၣ်ကွၢ်ထွဲအိလၢကသံၣ်သရၣ်န့ၣ်လီၤ. တဲဘၣ်ကသံၣ်သရၣ်လၢကသံၣ်ဒူးကထီၣ်တၢ်ဂ့ၢ်ကီုအဂီၢ်တက့ၢ်.

ယုထံၣ်န့ၢ်တၢ်မၤမၤ

နးစံလၢဖျိတီပတီၢ်တဖၣ်အိၣ်ဝဲန့ဆဲးကျိး National Continence Helpline ဝဲ 1800 33 00 66 (မ့ၢ်ဆၢတုၤမ့ၢ်ဖိဖိ,စးထီၣ်ဂီၤ 8.00တုၤ8.00န့ၣ်ရံၢ်ဟါအိးစုၤလဲယၢ် မ့ၢ်ထီၣ်တၢ်ဆၢကတီၢ်အသိး) လၢတလၢာ်စ့ဘၣ်...

- တၢ်ဂ့ၢ်တၢ်ကျိၤ
တၢ်ဟ့ၣ်က့ၣ်ဟ့ၣ်ဖးဒီး
လံာ်ဘိးဘၣ်ရၢလီၤကဘျးတဖၣ်.

န့ၢ်အိၣ်ဒီးတၢ်ဂ့ၢ်ကီုလၢနကကတီၢ်မ့တမ့ၢ်န့ၢ်ဟါအဲကလံးကျိၣ်တခါန့ၢ်တၢ်မၤမၤအကျိၣ်အကျိၣ်ခိဖျိကျိးထံလိတဲစိအကျိၣ်လၢတလၢာ်စ့ဘၣ်သ့ဝဲ 13 14 50န့ၣ်လီၤ.ပုၤဖိၣ်လိတဲစိတဖၣ်ကကတီၢ်တၢ်ဒီးန့ၢ်လၢအဲကလံးကျိၣ်,အယိကတီၢ်ဖျါထီၣ်ကျိၣ်လၢနကကတီၢ်အိၣ်ဝဲအိၣ်ခိးအိတက့ၢ်.တၢ်ဆဲးကျိးန့ၢ်နဂီၢ်ဆုပုၤကျိးထံတၢ်ဖိလၢကတီၢ်န့ၢ်ကျိၣ်တဂၤအအိၣ်န့ၣ်လီၤ. တဲဘၣ်ပုၤကျိးထံတၢ်ဖိတဂၤလၢကကိးန့ၢ်န့ၢ် National Continence Helpline ဝဲ 1800 33 00 66တက့ၢ်.အိၣ်ခိးကန့ၣ်လိတဲစိတုၤတၢ်ဆဲးကျိးန့ၢ်န့ၢ်တဖၣ်ဒီးပုၤကျိးထံတၢ်ဖိကမၤန့ၢ်လၢနကကတီၢ်ဘၣ်တၢ်ဒီးန့ၢ်စံမုၣ်လၢကဟ့ၣ်က့ၣ်န့ၢ်ဘၣ်ယးတၢ်ကီုဆံၣ်တၢ်ဟ့ၣ်က့ၣ်ဟ့ၣ်ဖးတဂၤန့ၣ်လီၤ. လိတဲစိတၢ်ဆဲးကျိးအပူၤတဖၣ်ခဲလၢတၢ်ဟံၤအိလၢတၢ်ခူသ့ၣ်န့ၣ်လီၤ.

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

* တၢ်ဆဲးကျိးခိဖျိလိတဲစိစိစုတဖၣ်တၢ်ယုအပုၤဒ်တၢ်ဟံပနီၣ်အိအသိးန့ၣ်လီၤ.

