



Worldwide research means that we now know more about the causes of bed-wetting, such as:

- bed-wetting can run in some families;
- some bladders can't hold very much urine through the day and this can cause problems at night;
- some bladders do not fully empty on the toilet, which means urine stays in the bladder;
- some kidneys make larger amounts of urine than normal through the night; and
- taking in a lot of salt or calcium from foods and drink can change kidney function.

CAN THERE BE OTHER REASONS FOR BED-WETTING?

Some other things can make it hard to control bed-wetting, such as:

- constipation;
- infection in the kidney or bladder;
- not drinking enough water;
- drinking too many drinks with caffeine and/or alcohol;
- the use of some medications and illegal drugs; and
- allergies or enlarged adenoids and tonsils which block the nose or upper airways at night.

HOW CAN BED-WETTING BE HELPED?

Research has led to new types of treatment. Since bed-wetting in young adults can be more complex than in children, you must talk to a health professional with special training in bladder problems, such as a doctor, physiotherapist or continence nurse advisor. When you see this health professional, the problem will be reviewed and a physical check and some tests will be done. One test may check your urine flow (by passing urine in private into a toilet). Another test can check if your bladder empties right out. You may also be asked to do a bladder diary at home.

Treatment will depend on what was found in the check, but could be:

- treatment of constipation and bladder infection;
- drugs or sprays to boost how much your bladder can hold, or to cut down how much urine is made through the night;

တံလုယုထံဉ်သ့ဉ်ညါလဟီဉ်ခိဉ်ဒီဘုဉ်ဟ်ဖျါလပကသ့ဉ်ညါဘဉ်တံဆိပ်ဆိတ်သားအံးကဲထီဉ်သးအံးဒီဖျိ. တံဂုဉ်ဒ်

- တံဆိပ်ဆိတ်သားဟဲဒီဖျိဟံဉ်ဖိယိဖိတံလီၤစၢအယိ,
- ပဆိဉ်အတနီၤနီၤကကယာ်ဆိဉ်ထံကန့ၢ်ထဲအဆဲးအစ့ဖဲမ့ၢ်ဆိတ်သားဒီးကဲထီဉ်တံဂုဉ်ကီဖဲမ့ၢ်န့ၢ်အကတီၢ်န့ၢ်လီၤ,
- ဆိဉ်အတနီၤတဘျီတခိဉ်ကလီၤကအိကွံဉ်ခဲလၢဉ်ဖဲထီဉ်တံဟးလီၤအခါတန့ၢ်ဘဉ်,အခိပညီပဆိဉ်ထံတဖဉ်ဆိဉ်တံဒီးလၢဆိဉ်အပူၤန့ၢ်လီၤ,
- ပကလုာ်တနီၤမၤကဲထီဉ်ဆိဉ်ထံအါန့ၢ်ဒီးညိန့ၢ်အသိးဖဲမ့ၢ်န့ၢ်ကတီၢ်,ဒီး
- တံအိဉ်အံသ့ဉ်ဟီမ့တမ့ၢ်ခဲလဲၤဖဲယၤအါအါဒီးတံထံတံနီၤန့ၢ်ကဆိတ်လၢကလုာ်အမၤတံတဖဉ်သ့ဉ်န့ၢ်လီၤ,

တံဂုဉ်အကတဖဉ်လၢကဒုးကဲထီဉ်တံဆိပ်ဆိတ်သားအံးအိဉ်ဖဲစ့ၢ်မါ.

တံဂုဉ်အကအိဉ်ဖဲလၢကကီဒိဉ်လၢပကဆိဉ်ကန့ၢ်အဂီၢ်,ဒ်

- တံဟၢဖျါကျၢ,
- တံအယာ်လၢပကလုာ်ဒီးဆိဉ်အပူၤကအိဉ်ဖဲ,
- အိထံတလၢလီဉ်ဖဲအယိ,
- အိတံထံတံနီၤလၢအပဉ်ယုဉ်ဖဲဖုနီၤဒီးမ့တမ့ၢ်သံးတဖဉ်,
- တံသုတံစွဲကသံဉ်ကသိတနီၤဒီးကသံဉ်မုာ်ဘျးတဖဉ်,ဒီး
- တံတဖိးဒီးသ့ဉ်ထံမ့တမ့ၢ်ခဲလဲၤကိဉ်ယုာ်ပူၤဒီးနီၤန့ၢ်ကျိလၢအကးတံဉ်ယာ်နီၤမ့တမ့ၢ်ကလဲၤကျိလၢပကသါလၢအဖိခိဉ်တဖဉ်ဖဲမ့ၢ်န့ၢ်ကတီၢ်.

တံဆိပ်ဆိတ်သားတခါအံးတံမၤစၢအိဉ်ဖဲလဲဉ်.

တံယုသ့ဉ်ညါဟ်ဖျါလဲလၢတံကုစါယါဘျီအသိဟံထီဉ်ဆိဉ်ဖဲတခါလီၤ. တံဆိပ်ဆိတ်သားလၢသးစာဒိဉ်ထီဉ်သီကတီၢ်အံးပန့ၢ်ဟံအိၤကကီဒိဉ်န့ၢ်ဒီးဖိသ့ဉ်တဖဉ်ဒီးအယိ,နကဘဉ်ကတီၢ်တံဒီးဆုဉ်ချ့ပုၤဘဉ်မုာ်ဘျီလီၤဆိလၢဖျိထီဉ်တံသိဉ်လိလၢတံကီဆိဉ်အဂီၢ်တဖဉ်,ဒ်သိးကသံဉ်သရဉ်, ပုၤစံးဘံးတံဖိမ့တမ့ၢ်နးစံးလၢကွဲတံကီအ့ဉ်ကီဆိဉ်ပုၤဟ့ဉ်ကွဲတံဖိတဖဉ်အဆိဉ်န့ၢ်လီၤ.ဖဲနထံဉ်လီၤဆုဉ်ချ့ပုၤဘဉ်မုာ်ဘျီတဖဉ်အံးန့ၢ်, တံကကွဲၤသမံသမိးတံဂုဉ်ကီဝံးတံကမၤကွဲၤနီၤခိတံအိဉ်သးဒီးတံမၤကွဲၤအကတနီၤန့ၢ်လီၤ.တံမၤကွဲၤတခါအကျိကမၤကွဲၤနဆိဉ်ထံ (နကဘဉ်ဆိဉ်ဆိလၢတံဟးလီၤအပူၤ)လီၤ. တံမၤကွဲၤအကတခါကဘဉ်မၤကွဲၤနဆိဉ်အလီၤလီၤကအိဉ်လၢအဂီၢ်လီၤ.တံကမၤစ့ၢ်ကီးနကွဲးနီၤန့ၢ်ကွဲးယါလံဉ်နီၤလံဉ်လါလၢနဆိဉ်အအဂီၢ်ဟံဉ်န့ၢ်လီၤ.

တံမၤကွဲၤအံးကဒီးသန့ထီဉ်အသးလၢတံမၤကွဲၤအစၢဖျါထီဉ်အဖိခိဉ်, ဘဉ်ဆိဉ်ကမ့ၢ်စ့ၢ်ကီး...

- တံဟၢဖျါကျၢတံကုစါယါဘျီဒီးဆိဉ်ယာ်တဖဉ်,
- ကသံဉ်ဒီးကသံဉ်ခးတဖဉ်လၢကမၤကွဲၤဖဲမ့ၢ်နဆိဉ်အံးကကယာ်ဆိဉ်ထံကန့ၢ်ထဲလဲဉ်,မ့တမ့ၢ်ကမၤစ့ၢ်လီၤဆိဉ်ထံလၢမ့ၢ်န့ၢ်ကအိဉ်ဆဲးအါလဲဉ်အဂီၢ်.





- training to control how well the bladder stores and empties urine;
- use of an alarm that goes off when the bed becomes wet. This can be useful for young adults as well as children but may not be the first thing tried;
- a mix of some of the above treatments; and
- use of continence products to protect bedding and skin, reduce odour and increase comfort while treatment is underway.

Treatment can take a few months to work. If you only take the drugs or use the alarm now and then, it may not work at all. Some of the things that can increase the chance of becoming dry are:

- wanting to improve;
- having your treatment supervised; and
- putting in a big effort to make changes where you have been asked to.

When bed-wetting does not get better, it isn't your fault. In this case, you should see a specialist doctor who will do a more thorough review.

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.

- တံဂဲလိၣ်သးန့ဆိဘာ်သးစးဒိ်ထီၣ်သီကတီၢ်အိၣ်ထံကန့ဆိဘာ်သးစးဒိ်ထီၣ်သီကတီၢ်.
- စူးကါန့ၣ်ရံၣ်ကိးဟံၣ်ထီၣ်တံလါကသိၣ်ထီၣ်ဖဲလိၣ်မံဘာ်စီၣ်အခါလိၣ်.
- တံအံၣ်ကဲဘျးဝဲလၢသးစးဒိ်ထီၣ်သီကတီၢ်ဖိသ့ၣ်တဖၣ်အဂီၢ်, ဘာ်ဆိဘာ်တဖၣ်တံအခါထံးတဘျီလၢန့မၤအံၣ်ဘာ်သ့ၣ်သ့ၣ်.
- တံက့ၣ်က့ၣ်တံက့ၣ်မၤဘျးအဖိခိၣ်အသး, ဒီး
- တံစူးကါတံကိးအ့ၣ်ကိးဆိဘာ်ပိးတံလိတဖၣ်လၢကဒိသးစးဒိ်ထီၣ်သီကတီၢ်ဖိသ့ၣ်, လၢကမၤလိၣ်စူးတံန့တဖၣ်ဒီးမၤဂ့ၣ်ထီၣ်တံအိၣ်သးဖဲတံက့ၣ်မၤဘျးတံမၤအံၣ်အကတီၢ်လိၣ်.

တံက့ၣ်မၤဘျးအံၣ်ကဲယံၣ်ဝဲစ့ၣ်လၢကမၤတံဂ့ၣ်အဂီၢ်လိၣ်.န့မ့ၢ်အိၣ်ထံကသံၣ် မ့တဖၣ်စူးကါန့ၣ်ရံၣ်ကိးဟံၣ်ထီၣ်တံလါကသိၣ်ထီၣ်ဖဲလိၣ်မံဘာ်စီၣ်အခါလိၣ်. ဘာ်တဘျီမၤတံဂ့ၣ်မၤန့ၣ် ညါဘာ်လိၣ်. တံတနီၤလၢကမၤစူးတံန့တဖၣ်အံၣ်ဘာ်သးစးဒိ်ထီၣ်သီကတီၢ်...

- ဆဲးဒီးမၤဂ့ၣ်ထီၣ်အိၣ်အံၣ်
- တံကက့ၢ်ထွဲန့ၣ်န့တံက့ၣ်မၤဘျးဒီး
- ဖဲတံမၤန့အခါန့ကက့ၢ်စးမၤအံၣ်လၢသ့ၣ်လၢသးလၢကကဲထီၣ်တံအိၣ်ထံကလဲသးအဂီၢ်.

ဖဲတံဆိဘာ်သးစးဒိ်ထီၣ်သီကတီၢ်အံၣ်မ့ၢ်တဂ့ၣ်ထီၣ်ဒီးဘာ်န့ၣ်, တံအံၣ်တဖၣ်န့တံ ကမၤအယိဘာ်, န့ကြးထံၣ်လိၣ်ဒီးကသံၣ်သရၣ်လိၣ်ဆိလၢကက့ၢ်လိၣ်တံ အံၣ်ဘျးဘျးဘျးဘျးအဂီၢ်လိၣ်.

ယုထံၣ်န့ၣ်တံမၤစၢ

န့ၢ်စံလၢဖျိတံပတီၢ်တဖၣ်အိၣ်ထံကန့ဆိဘာ်သးစးဒိ်ထီၣ်သီကတီၢ် **National Continence Helpline** ဖဲ 1800 33 00 66 (မ့ၢ်ဆၢတုၤမ့ၢ်ဖိဖး, စးထီၣ်ဂီၤ 8.00တုၤ8.00န့ၣ်ရံၣ်ဟါအိးစကြုလ်ယၢ် မ့ၢ်ထီၣ်တံဆၢကတီၢ်အသး) လၢတလၢစ့ဘာ်...

- တံဂ့ၢ်တံက့ၢ်
- တံဟ့ၣ်က့ၣ်ဟ့ၣ်ဖးဒီး
- လံၣ်ဘိးဘာ်ရဲလိၣ်ကဘျးတဖၣ်.

န့မ့ၢ်အိၣ်ထံကန့ဆိဘာ်သးစးဒိ်ထီၣ်သီကတီၢ်လၢန့ကကတီၢ်မ့တဖၣ်န့ၢ်ဟံၣ်အဲကလံးက့ၢ်တခါန့ဒီးန့ၢ်တံ မၤစၢအက့ၢ်အက့ၢ်ဖျိက့ၢ်ထံလိၣ်တံစိအက့ၢ်လၢတလၢစ့ဘာ်သ့ၣ် 13 14 50န့ၣ်လိၣ်. ပုဖိၣ်လိၣ်တံစိတဖၣ်ကကတီၢ်တံအိၣ်သးစးဒိ်ထီၣ်သီကတီၢ်န့ၢ်လၢအဲကလံးက့ၢ်, အယိကတီၢ်ဖျိထီၣ်က့ၢ်လၢန့ကကတီၢ်အိၣ်သးစးဒိ်ထီၣ်သီကတီၢ်. တံဆဲးက့ၢ်န့ၢ် န့ၢ်ဆုပုၤက့ၢ်ထံတံဖိလၢကတီၢ်န့က့ၢ်တကအအိၣ်န့ၣ်လိၣ်. တဲဘာ်ပုၤက့ၢ်ထံ တံဖိတဂဲလၢကကိးန့ၢ် **National Continence Helpline** ဖဲ 1800 33 00 66တက့ၢ်. အိၣ်သးစးဒိ်ထီၣ်သီကတီၢ်လိၣ်တံစိတုၤတံဆဲးက့ၢ်န့ၢ်ဟံၣ်တဖၣ်ဒီး ပုၤက့ၢ်ထံတံဖိကမၤစူးလၢန့ကကတီၢ်ဘာ်တံအိၣ်သးစးဒိ်ထီၣ်သီကတီၢ်န့ၢ်လၢကဟ့ၣ်က့ၣ်န့ၢ် ဘာ်သးစးဒိ်ထီၣ်သီကတီၢ်ဟ့ၣ်က့ၣ်ဟ့ၣ်ဖးတဂဲန့ၣ်လိၣ်. လိၣ်တံစိတံဆဲးက့ၢ်အ ပုၤတဖၣ်ခဲလၢတံဖိအိၣ်လၢတံဆုသ့ၣ်န့ၣ်လိၣ်.

က့ၢ်ဘာ်ဖဲ bladderbowel.gov.au မ့တဖၣ် continence.org.au/other-languages တက့ၢ်.

* တံဆဲးက့ၢ်ဒီးဖျိလိၣ်တံစိစိတဖၣ်တံယုအပုၤဒဲတံဟံပနီၣ်အိၣ်အသးန့ၣ်လိၣ်.

