



IS BED-WETTING A PROBLEM IN YOUNG ADULTS?

About two out of every 100 young adults wet the bed at night (also called nocturnal enuresis). It can be a problem for both young men and women, with most young adults who wet the bed having done so since they were a child. While some may have had help as a child, many young people may never have had help with this problem. They may think bed-wetting will get better with time, or that it can't be helped.

Some young people with night-time wetting may also have day-time bladder problems, such as passing urine more often and more urgently than normal, and urine leaks as they hurry to the toilet (also called overactive bladder).

Bed-wetting can make everyday life more difficult. Young adults may be embarrassed by this problem, and they may fear that people will find out. They can also have the expense and workload of extra washing. It can be tricky to stay away from home overnight or to share a bed or room with someone else. A big worry is what bed-wetting can mean for close personal relationships.

IS HELP AVAILABLE FOR BED-WETTING?

The good news is that you CAN get help. With careful review and treatment, bed-wetting can often be cured, even if past treatment did not help.

Even when it can't be cured, you can reduce symptoms and keep bedding dry.

WHAT CAUSES BED-WETTING IN YOUNG ADULTS?

Wetting the bed is caused by a mix of three things:

- the body making a large amount of urine through the night;
- a bladder that can only store a small amount of urine at night; and
- not being able to fully wake up from sleep.

In some young adults there is likely to also be some change in bladder function that stops normal filling and emptying of urine through the day.

ဖဲနသးစားစိဉ်ထိုင်သိကတီတံဆိပ်ဆိတ်သီးသီးအံကထိုင်တံဂံကီခါ.

ပျသးစားစိဉ်ထိုင်သိ 100 အကျဲခံကန့ဉ်ဆိတ်ဆိတ်အသးဖဲမုာ်နကတီ (တံကီးစုာ်ကီးအီလဲ nocturnal enuresis) န့ဉ်လီ. ကဲထိုင်စုာ်ကီး တံဂံကီသ့ဝဲလဲသးစားစိဉ်ထိုင်သိတဖဉ်အဂီ. လဲသးစားစိဉ်ထိုင်သိတဖဉ် အံဆိတ်ဆိတ်အသးစးထိုင်လဲအနီဆံးဒဲးအခါန့ဉ်လီ. တနီလဲအနီဆံးကတီ ကဒီးန့ဉ်တံတံမၤ, ဘဉ်ဆဉ်သးစားအါကတဒီးန့ဉ်တံမၤတဖဉ်အံနီတ ဘျီဘဉ်. အဝဲသ့ဉ်ကဆိမိဉ်ဝဲလဲတံဆိတ်ဆိတ်အသးအံကလီမံဝဲဖဲအခါ တုာ်, မုတမုာ်တံမၤလဲအဂီတအိဉ်ဘဉ်န့ဉ်လီ.

ပျသးစားစိဉ်ထိုင်သိဒီးတံဂံကီလဲဆိတ်ဆိတ်အသးဖဲမုာ်နကတီတဖဉ် ကအိဉ်စုာ်ကီးဒီးတံကီဆိတ်တံဂံကီလဲမုာ်ဆိတ်တံဂံကီသ့ဝဲ, ဒဲးသီးကလဲဆိတ် ဆိတ်တံလီလီဒီးကလိဉ်ဆိတ်ဆိတ်ခဲလဲခဲလဲဒီးတံဒီးညီနီအသီးဘဉ်, ဒီးကဆိဉ်ပုးဘဉ်အသးဖဲအလဲစဉ်ဆုတံဟးလီအခါန့ဉ်လီ. (တံကီးအီ လဲဆိတ်အမတံအါထလဲအခါ) န့ဉ်လီ.

တံဆိတ်ဆိတ်အသးအံဒဲးကဲထိုင်တံကီတံခဲလဲကီးနံဒဲးတံအိဉ်မုအပူန့ဉ် လီ. သးစားစိဉ်ထိုင်သိတဖဉ်ကမဲာ်ဆုးလီ. အသးခိဖျိတံဂံကီအံ, ဒီးကတုာ် ဘဉ်ဝဲလဲပျကတသ့ဉ်ညါထွဲဘဉ်ဖုးအဂီန့ဉ်လီ. အဝဲသ့ဉ်တံလံာ်ဘျီလံာ် စုာ်ဒီးတံမၤအါထိုင်ဝဲခိဖျိကဘဉ်ဆုဉ်ကူကတဖဉ်အယီလီ. ကကီလဲအဂီ ဖဲတံဝဲလဲအကတံဟံဉ်အခါမုတမုာ်ကမဲလီမံတပူယီဒီးပျတကကဲအခါန့ဉ် လီ. တံကီတံဂံအိဉ်ကတံတံမံမုာ်ဖဲအိဉ်ဒီးတံဂံလီာ်သးဘူးတံဒီးပျ တကကဲအခါ, တံဆိတ်ဆိတ်အသးအံကဲထိုင်တံဒဲးလဲဉ်အဂီန့ဉ်လီ.

တံမၤလဲအါတံဆိတ်ဆိတ်အသးအံအဂီအိဉ်စုာ်ခါ.

တံကစိဉ်အဂုမုာ်ဝဲနဒီးန့ဉ်တံမၤသ့ဝဲလီ. လဲတံကွာ်ကဒါကလီတံလီ. ဆဲးဒီးတံကူစါယါဘျီအယီ. တံဆိတ်ဆိတ်အသးအံတံကူစါဘျီအီသ့ဝဲ, လဲအပူကွာ်တံကူစါအီမုာ်တနီဒဲးလဲလီ.

ဖဲတံကူစါမဲလီမံအီမုာ်တနီဒဲးလဲ, နမဲလီစုာ်ပနီဉ်အံဒီးဟံနလီ မံယုထီသ့ဝဲလီ.

တံဆိတ်ဆိတ်အသးလဲသးစားစိဉ်ထိုင်သိကတီတံခါအံကဲထိုင်အသးခိဖျိမ န့အယီလဲဉ်.

တံဆိတ်ဆိတ်အသးတံခါအံတံဂံသမံကျဲကီယုာ်အသးကဲထိုင်ဝဲသ့ န့ဉ်လီ...

- ပမံပျာ်ဒဲးကဲထိုင်ဆိတ်ဆိတ်အါဂီဂီသ့ဝဲလဲမုာ်နကတီ,
- ပဆိဉ်အတခိမုာ်တံထဲတံလဲလဲကကဲဖျိဉ်ယဉ်ဆိတ်ထဲထဲအဆံးအစုလဲမုာ် န့ကတီ, ဒီး
- ကဟံထိုင်လဲတံမံအပူတနီဉ်ထိုင်အသးဂုဂုဘဉ်.

လဲသးစားစိဉ်ထိုင်သိတနီအဂီဆိတ်အခါမုာ်တံအဂီတံဆိတ်တံလဲသးကအိဉ်ဝဲ လဲကဆိတ်တံမုာ်ဆိတ်အဒီးမဲလီကအိအီလဲမုာ်ဆိတ်အဂီလီ.



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တံဆိပ်ဆိတ်သားဖဲသးစာဒိဉ်ထီဉ်သီကတီ

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;

တံလုယုထံဉ်သ့ဉ်ညါလဟီဉ်ခိဉ်ဒီဘုဉ်ဟ်ဖျါလပကသ့ဉ်ညါဘဉ်တံဆိပ်ဆိတ်သားအံးကဲထီဉ်သးအံးဒီဖျါ. တံဂုဉ်ဒ်

- တံဆိပ်ဆိတ်သားဟဲဒီဖျါဟံဉ်ဖိယိဖိတံလီၤစာအယိ,
- ပဆိဉ်အတနီၤနီၤကကယာဆိဉ်ထံကန့ၢ်ထဲအဆဲးအစ့ဖဲမ့ၢ်ဆါကတီၢ်ဒီးကဲထီဉ်တံဂုဉ်ကီဖဲမ့ၢ်န့ၢ်အကတီၢ်န့ၢ်လီၤ,
- ဆိဉ်အတနီၤတဘျီတခိဉ်ကလီၤကအိကွံဉ်ခဲလၢဉ်ဖဲထီဉ်တံဟးလီၤအခါတန့ၢ်ဘဉ်,အခိပညီပဆိဉ်ထံတဖဉ်အိဉ်တံဒီးလၢဆိဉ်အပူၤန့ၢ်လီၤ,
- ပကလုာ်တနီၤမၤကဲထီဉ်ဆိဉ်ထံအါန့ၢ်ဒီးညိန့ၢ်အသိးဖဲမ့ၢ်န့ၢ်ကတီၢ်,ဒီး
- တံအိဉ်အံသ့ဉ်ဟီမ့တမ့ၢ်ခဲလဲၤဖဲယၤအါအါဒီးတံထံတံနီၤန့ၢ်ကဆိတလကလုာ်အမတံတဖဉ်သ့ဉ်န့ၢ်လီၤ,

တံဂုဉ်အကတဖဉ်လၢကဒုးကဲထီဉ်တံဆိပ်ဆိတ်သားအံးအိဉ်ဖဲစ့ၢ်မါ.

တံဂုဉ်အကအိဉ်ဖဲလၢကကီဒိဉ်လၢပကဆိဉ်ကန့ၢ်အဂီၢ်,ဒ်

- တံဟာဖျါကျၢၤ,
- တံအယာ်လၢပကလုာ်ဒီးဆိဉ်အပူၤကအိဉ်ဖဲ,
- အိထံတလၢလိဉ်ဖဲအယိ,
- အိတံထံတံနီၤလၢအပဉ်ယုဉ်ဖဲဖုနီၤဒီးမ့တမ့ၢ်သံးတဖဉ်,
- တံသုတံစွဲကသံဉ်ကသိတနီၤဒီးကသံဉ်မုာ်ဘျးတဖဉ်,ဒီး
- တံတဖိးဒီးသ့ဉ်ထံမ့တမ့ၢ်ခဲလဲၤကိဉ်ယုာ်ပူၤဒီးနီၤန့ၢ်ကျိၤလၢအကးတံဉ်ယာ်နီၤမ့တမ့ၢ်ကလဲၤကျိၤလၢပကသါလၢအဖိခိဉ်တဖဉ်ဖဲမ့ၢ်န့ၢ်ကတီၢ်.

တံဆိပ်ဆိတ်သားတခါအံးတံမၤစာအိဉ်ဖဲလဲဉ်.

တံယုသ့ဉ်ညါဟ်ဖျါလဲလၢတံကုစါယါဘျီအသိဟံထီဉ်အိဉ်ဖဲတခါလီၤ. တံဆိပ်ဆိတ်သားလၢသးစာဒိဉ်ထီဉ်သီကတီၢ်အံးပန့ၢ်ဟံအိၤကကီဒိဉ်န့ၢ်ဒီးဖိသ့ဉ်တဖဉ်ဒီးအယိ,နကဘဉ်ကတီၢ်တံဒီးဆူဉ်ချူပုၤဘဉ်မုာ်ဘျီဒါလီၤဆိလၢဖျါထီဉ်တံသိဉ်လိလၢတံကီဆိဉ်အဂီၢ်တဖဉ်,ဒ်သိးကသံဉ်သရဉ်, ပုၤစံးတံဖိမ့တမ့ၢ်နးစဲလၢကွဲတံကီအ့ဉ်ကီဆိဉ်ပုၤဟ့ဉ်ကွဲတံဖိတဖဉ်အဆိဉ်န့ၢ်လီၤ.ဖဲနထံဉ်လိာ်ဆူဉ်ချူပုၤဘဉ်မုာ်ဘျီဒါတဖဉ်အံးန့ၢ်, တံကကွဲၤသမံသမိးတံဂုဉ်ကီဝံတံကမၤကွဲၤနီၤခိတံအိဉ်သးဒီးတံမၤကွဲၤအကတနီၤန့ၢ်လီၤ.တံမၤကွဲၤတခါအကျါကမၤကွဲၤနဆိဉ်ထံ (နကဘဉ်ဆိဉ်ဆါလၢတံဟးလီၤအပူၤ)လီၤ. တံမၤကွဲၤအကတခါကဘဉ်မၤကွဲၤနဆိဉ်အလီၤလီၤကအိဉ်လၢဉ်အဂီၢ်လီၤ.တံကမၤစ့ၢ်ကီးနကွဲးနီၤန့ၢ်ကွဲးယါလံဉ်နီၤလံဉ်လါလၢနဆိဉ်အအဂီၢ်လၢဟံဉ်န့ၢ်လီၤ.

တံမၤကွဲၤအံးကဒီးသန့ထီဉ်အသးလၢတံမၤကွဲၤအစၢဖျါထီဉ်အဖိခိဉ်,ဘဉ်ဆဉ်ကမ့ၢ်စ့ၢ်ကီး...

- တံဟာဖျါကျၢၤတံကုစါယါဘျီဒီးဆိဉ်ယာ်တဖဉ်,
- ကသံဉ်ဒီးကသံဉ်ခးတဖဉ်လၢကမၤကွဲၤဖဲမ့ၢ်နဆိဉ်အံးကကယာဆိဉ်ထံကန့ၢ်ထဲလဲဉ်,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.

- တံဂဲလိဒ်သီးနဆိဉ်အကကယာဒီးမလိကဆိဉ်ထံကန့ဆဲးအါအဂီ.
- စူးကါန့ဉ်ရံဂီဟံထီဉ်တံလါကသိဉ်ထီဉ်ဖဲလီမံဘဉ်စီဉ်အါလီ.
- တံအံကကဲဘျးဝဲလါသးစာဒိဉ်ထီဉ်သီဒီးဖိသဉ်တဖဉ်အဂီ, ဘဉ်ဆဉ်တမ့တံအခိဉ်ထံးတဘျီလါနမအါဘဉ်သ့ဉ်သ့ဉ်.
- တံက့ဉ်က့တံက့မါယါဘျီဒ်အဖိခိဉ်အသီး, ဒီး
- တံစူးကါတံကီအ့ဉ်ကီဆိဉ်တံပိးတံလိတဖဉ်လါကဒိသလီမံဒီးဖဲးဘဉ်, လါကမလီစူးတံနတမ့ဉ်ဒီးမဂ့ထီဉ်တံအိဉ်သးဖဲတံက့မါယါဘျီတံမအါအကတီလီ.

တံက့မါမဘျီအံကယံဝဲစုလါလါကမတံဂ့ဂ့အဂီလီ.နမ့အိဉ်ထံကသဉ် မ့တမ့စူးကါန့ဉ်ရံဂီဟံထီဉ်တံလါလီန့ဉ်, ဘဉ်တဘဉ်မတံတဂ့ထဲန့ဉ် ညါဘဉ်လီ. တံတနီလါကမစူးလီတံဆိဉ်ဆိတ်သားအါ...

- ဆဲဉ်ဒီးမဂ့ဒိဉ်ထီဉ်အါ
- တံကက့ဉ်ထွဲန့တံက့မါယါဘျီ, ဒီး
- ဖဲတံမန့အါနကက့းစးမအါလါသ့ဉ်လါသးလါကကဲထီဉ်တံဆိတ်လဲသးအဂီ.

ဖဲတံဆိတ်ဆိတ်သားတခါအံမ့တဂ့ထီဉ်ဒီးဘဉ်န့ဉ်, တံအံတမ့နတံကမ့ဉ်အယိဘဉ်, နကြးထံဉ်လီဒီးကသဉ်သရဉ်လီဆိလါကက့ဉ်လီတံအါဘျးဘျးဘျးအဂီလီ.

ယုထံဉ်န့တံမစာ

နားစံလါဖျီတီပတီတဖဉ်အိဉ်ဝဲဖဲနဆဲးကျီး **National Continence Helpline** ဖဲ **1800 33 00 66** (မုဆဉ်တုးမုဖိဖဲးစးထီဉ်ဂီ **8.00**တုး**8.00**န့ဉ်ရံဂီဟါအီးစကြုလဲယဉ် မုထီဉ်တံဆါကတီအသီး) လါတလါစုဘဉ်...

- တံဂ့တံက့ဉ်
- တံဟ့ဉ်က့ဉ်ဟ့ဉ်ဖဲးဒီး
- လံဉ်ဘိးဘဉ်ရဲလီကဘျးတဖဉ်.

နမ့အိဉ်ထံးတံဂ့ကီလါနကကတီမ့တမ့န့ဉ်ဟံအဲကလံးကျိဉ်တခိနဒီးန့တံမစာအကျိအကျိဖျီကျီးထံလီတဲစိအကျိလါတလါစုဘဉ်သ့ဖဲ **13 14 50**န့ဉ်လီ. ပုဖိဉ်လီတဲစိဖိတဖဉ်ကကတီတံဒီးန့လါအဲကလံးကျိဉ်, အယိကတီဖျီထီဉ်ကျိဉ်လါနကတီအါဝဲအိဉ်ခိးအါတက့ဉ်. တံဆဲးကျီးန့ နဂီဆုပုကျီးထံတံဖိလါကတီနကျိဉ်တကအအိဉ်န့ဉ်လီ. တဲဘဉ်ပုကျီးထံ တံဖိတဂ့လါကကီးန့ **National Continence Helpline** ဖဲ **1800 33 00 66**တက့ဉ်. အိဉ်ခိးကန့ဉ်လီတဲစိတုးတံဆဲးကျီးန့န့တံတဖုဒီး ပုကျီးထံတံဖိကမစာန့လါနကကတီဘဉ်တံဒီးန့စံမုဉ်လါကဟ့ဉ်က့ဉ်န့ ဘဉ်ယးတံကီဆိဉ်တံဟ့ဉ်က့ဉ်ဟ့ဉ်ဖဲးတဂ့န့ဉ်လီ. လီတဲစိတံဆဲးကျီးအ ပုတဖဉ်ခဲလါတံဟံအါလါတံဆုသ့ဉ်န့ဉ်လီ.

က့ဘဉ်ဖဲ bladderbowel.gov.au မ့တမ့ continence.org.au/other-languages တက့ဉ်.

* တံဆဲးကျီးဒိဖျီလီတဲစိစိစုတဖဉ်တံယုအပုဒ်တံဟံပနီဉ်အါအသီးန့ဉ်လီ.

