

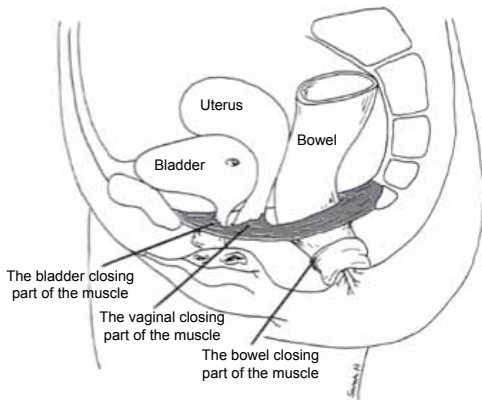


When you are pregnant, you get a lot of advice from many people. One issue that few people think about are signs of bladder and bowel control problems in pregnancy and after the birth.

WHAT DO MY PELVIC FLOOR MUSCLES DO?

See the picture of the pelvic floor. The pelvic floor muscles do a number of things. They:

- help to close off the bladder, the vagina (front passage) and the rectum (back passage); and
- help to hold the bladder, the uterus (womb) and bowel in their proper place.

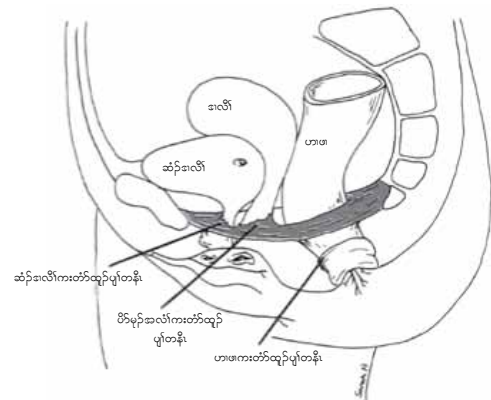


ဖဲနအိပ်ဒီးဟူးသးအခါ, နဒီးန့တ်ဟ့က်ကုန်လာပုတဘျူးကအအိပ်လီ. တာဂ်ကိတမံမ့ာ်ပဲပုအိပ်ဝဲထဲစူကဆိကမိပ်ဝဲတာကိအ့က်ကိဆိပ်တာဂ်ကိလာအိပ်ဒီးဟူးသးကတိဒီးဖဲဖိဆိပ်ဝဲအလီခဲန့က်လီ.

ယခံတက္ကိပ်ယံထုင်ပျါအံမတါမမနုလံ.

ကွါဘုင်ခံတက္ကိပ်ယံတာဂိတက္ကါ. ခံတက္ကိပ်ယံထုင်ပျါအံမတါမတဘျူးမံ, မ့ာ်ဝဲ...

- ကးတံာ်ယာ်ဆိပ်အလီ, ပိာ်မုာ်အလံ(ကျိလောအမဲာ်ညါတဘိ)ဒီးအ့က်ကျိ(လာလီခံတဟ)ဒီး
- မာမာဝဲလာကမိာ်ကိဆိပ်အလီ, ပိာ်မုာ်အလီဒီးဟာမာလာအလီခဲဝဲလီ.



HOW DO I KNOW IF I HAVE A PROBLEM?

There are a few things that might happen if you have weak pelvic floor muscles. You might:

- leak urine when you cough, sneeze, lift, laugh or do exercise;
- not be able to control passing wind;
- feel an urgent need to empty your bladder or your bowel;
- leak bowel motion after you have been to the toilet;
- have trouble cleaning yourself after a bowel motion;
- find it hard to pass a bowel motion unless you change position or use your fingers to help; or
- feel a lump in your vagina or a feeling of dragging like a period, mostly at the end of the day, which could mean that one or more of your pelvic organs might be sagging down into your vagina. This is called pelvic organ prolapse. Prolapse is very common and happens to about one in ten women in Australia.

ယကသ့ာ်ညါဘုင်လာယအိပ်ဒီးတာဂ်ကိအံဒဲလံ.

နခံတက္ကိပ်ယံထုင်ပျါအံမ့ာ်မံသာပျါတာကဲထိပ်အသးကသ့တနီလီ. ဘုင်တဘုင်-

- ဖဲနကူး, ကဆဲ, စိာ်ထိပ်တာယာ, နံမ့တမ့ာ်မနီခိတာဟူးတာဂဲအခါနကဆိပ်ပြးဘုင်နသးသ့ဝဲ
- နကကိကလံလာနကအ့က်နာအဂီတန့ာ်ဝဲ
- နကလိပ်လဲဆိပ်ဆါမ့တမ့ာ်အ့က်ဆါချူဖူးချူဖူး
- အ့က်ပြးဘုင်နသးဖဲနလဲထိပ်တာဟးလီဝဲ
- အိပ်ဒီးတာဂ်ကိလာကမာဆိလီနစာ်သးဖဲလဲအ့က်ဆါဝဲအခါ
- ကအ့က်ဆါအဂီကိခိပ်မးမ့တမ့ာ်လာဆိတလဲနလီမ့တမ့ာ်သ့ဝဲစုနာ်, မ့တမ့ာ်
- နကတုာ်ဘုင်တာချံအိပ်လာနလံပျါမ့တမ့ာ်တုာ်ဘုင်ဒဲသီးတာအိပ်နိးအသးဒဲပုသ့ာ်ဟဲအသီး, အါတက္ကါဖဲမ့ာ်ဟါလီ, တာအံမ့ာ်ဝဲနခံတက္ကိပ်ယံထုင်အပျါတဘိကလဲလီသဖြးန့က်ဆုနလံပျါလီ. တာအံတါကိးအီလာခံတက္ကိပ်ယံထုင်ပျါလီသဖြးသးန့က်လီ. တာလီသဖြးဒဲအံကဲထိပ်ညိနီအသးဒီးပိာ်မုာ်အဂါတဆဲအကျါတကလာကိးအီးစကြဲလံယာ်အပူအံလီ.





You may also have sexual problems. Just after your baby is born, you will be very tired and busy with your baby. Vaginal birth can cause weakness around the vagina or a lack of feeling. Vaginal tears and trauma can cause pain for many months. While breast feeding, oestrogen levels may be low and so the vagina may be dry, which can cause more problems. It may be helpful for you and your partner to talk about these issues with a health professional.

**HOW CAN I TELL IF I MIGHT GET BLADDER AND BOWEL PROBLEMS?**

Some women seem more likely to have bladder and bowel problems, even if they have had quite easy birth. We can't yet tell who these women might be.

Women who already have bladder or bowel symptoms, such as irritable bowel syndrome or an urgent need to pass urine (also called overactive bladder) will be more likely to have this problem worsen or to gain new problems. Constipation, coughing and obesity can also make problems worse.

Certain things about the birth can make a woman more likely to have bladder and bowel problems:

- having your first baby;
- having a large baby;
- having a long labour, chiefly the second stage of labour; or
- a difficult vaginal delivery, when you have stitches after being cut or having a big tear just outside or in your vagina when the baby is helped out by the vacuum cap or the doctor uses forceps.

**WHAT IF I HAVE A CAESAREAN BIRTH?**

Choosing a caesarean birth might seem like a way to avoid these problems, but it is not that simple. A caesarean birth might reduce the risk of severe bladder control problems from 10% to 5% for a first baby, but after the third caesarean there may be no benefit at all. And caesarean births carry their own risks. Babies born this way are more likely to have breathing problems at birth. It can be more risky for the mother and scarring from caesarean births can make pelvic surgery more difficult in the future. So you may be trading one problem for another.

နကအိပ်စွဲကိန်းဒီးသွံင်ထံးတၢ်ရၤလိာ်သးတၢ်ဂ့ၢ်ကီၢ်သ့ၣ်သ့ၣ်လီၤ.ဖဲနဖိဆံးအိၣ်ဝံၤအလီၢ်ခံ, တၢ်ကဘျံးနသးဒိၣ်မးဒီးနတၢ်မၤကအါဒီးနဖိဆံးသ့ၣ်လီၤ. နဆံးစၢ်နဖိလၢတလိၣ်ကွဲးကါအလီၢ်ကျိၤဘၣ်တခါအံၤဒုးကဲထီၣ်အလီၢ်ခိၣ်ထိးဂံၢ်စၢ်ဒီးနတၢ်တူၢ်ဘၣ်တအိၣ်နီၣ်တံၤဘၣ်လီၤ.ပိာ်မ့ၣ်အအလီၢ်ခိၣ်ထိးညၢ်ဒီးဆါအံၤကအါဝဲလၢတဘျုးလၢအတီၢ်ပူၤန့ၣ်လီၤ.ဖဲနဒုးအိၣ်န့ၣ်နဖိအကတီၢ်ပိာ်မ့ၣ်အထံၤဖျၢၣ်တဖၣ်ကစ့ၤဝဲအယိၣ်နလီၢ်ကယုထီဝဲ,ကဒုးကဲအါထီၣ်တၢ်ဂ့ၢ်ကီၢ်သ့ၣ်လီၤ. လၢနဒုးဒီးနတၢ်အဘျၢၣ်စၢၤကကဲဘျုးဝဲလၢသုကကတီၢ်တၢ်ဒီးဆျၢၣ်ပျၢၤဘၣ်မုဘၣ်ဒါတဖၣ်အအိၣ်န့ၣ်လီၤ.

**ယတဲကသုလၢယအိၣ်ဒီးဆံၣ်အဒီးဟၢဖတၢ်ဂ့ၢ်ကီၢ်အံၤဒဲလဲၣ်.**

ပိာ်မ့ၣ်တနီၤအဖိမ့ၣ်အိၣ်ညီသန့ကတုအဝဲသ့ၣ်ကအိၣ်ဒီးဆံၣ်အဒီးဟၢဖတၢ်ဂ့ၢ်ကီၢ်တဖၣ်သ့ၣ်လီၤ.ပကတဲလၢပိာ်မ့ၣ်တဖၣ်အံၤမ့ၣ်မတၢ်လဲၣ်န့ၣ်ပတဲတသ့ဒီးဘၣ်.

ပိာ်မ့ၣ်လၢအိၣ်ဒီးဆံၣ်အမ့ၣ်တမ့ၢ်ဟၢဖတၢ်ပနီၣ်တဖၣ်,ဒ်ဟၢဖတမ့ၢ်တၢ်ဆါမ့ၣ်တမ့ၢ်ကလိၣ်လဲၤဆံၣ်ဆါချ့ဒီးချ့ဒုး(တၢ်ကိးစၢ်ကိးအီၤလၢဆံၣ်အမၤတၢ်အါထလၢအခး)ကအိၣ်ဒီးတၢ်ဂ့ၢ်ကီၢ်တဖၣ်အံၤနဒုးဒိၣ်တက့ၢ်မ့ၣ်တမ့ၢ်တၢ်ဂ့ၢ်ကီၢ်ကဟဲဟံၤထီၣ်အသးလၢအသီသ့ၣ်လီၤ. တၢ်ဟၢဖကျၢၤ, တၢ်ကူဒီးတၢ်ဘီၣ်အါထလၢအခးတဖၣ်ဒုးကဲထီၣ်တၢ်ဂ့ၢ်ကီၢ်နဒုးဒိၣ်ထီၣ်သ့ၣ်လီၤ.

တၢ်ဂ့ၢ်အိၣ်တနီၤဘၣ်ယးတၢ်အိၣ်ဖျၢၣ်ဖိအံၤဒုးကဲထီၣ်ပိာ်မ့ၣ်တဖၣ်လၢကအိၣ်ဒီးဆံၣ်အမ့ၣ်တမ့ၢ်ဟၢဖတၢ်ဂ့ၢ်ကီၢ်သ့ၣ်လီၤ...

- ဖိအိၣ်အဆိကတၢ်တဂၤ
- ဖိအိၣ်ဖျၢၣ်လၢအနီၢ်ဒိၣ်ထလၢ
- ဖိကအိၣ်ဟုးဖါဆါယံၣ်နီၢ်, တၢ်အိၣ်ဖျၢၣ်ဖိခံတီၢ်တပတီၢ်,မ့ၣ်တမ့ၢ်
- တၢ်အိၣ်ဖျၢၣ်န့ၣ်အဖိလၢအနီၢ်ကစၢ်ဒၣ်ဝဲကီၢ်ခဲခဲအယိၣ်.

ဖဲနဆးက့ၤအီၤဖဲတၢ်ကူဒီးအီၤမ့ၣ်တမ့ၢ်ညၢ်ဒိၣ်ဝဲလၢနအလီၢ်အကျိၤခိၣ်ထိးလၢအချ့မ့ၣ်တမ့ၢ်လၢအပူၤဖဲတၢ်သဝံးထုးထီၣ်အီၤမ့ၣ်တမ့ၢ်ကသံၣ်သရၣ်ကတံၢ်ထုးထီၣ်ဖိသ့ၣ်အခါလီၤ.

**ယမ့ၢ်ကွဲးထုးထီၣ်ယဖိတခီတၢ်ကမၤသးဒ်လဲၣ်.**

တၢ်ကွဲးထုးထီၣ်ဖိသ့ၣ်လၢအလီၢ်ပူၤအံၤမ့ၢ်ကျဲတဘီၣ်လၢကဟးဆုးတၢ်ဂ့ၢ်ကီၢ်တဖၣ်အံၤ, ဘၣ်ဆၣ် တညီတဘျီဝဲဘၣ်လီၤ. တၢ်ကွဲးထုးထီၣ်ဖိသ့ၣ်အံၤကမၤလီၤစ့ၤတၢ်ကီၢ်ဆံၣ်တၢ်ဂ့ၢ်ကီၢ်လၢအဒိၣ်နဒုးဝဲတဖၣ်သ့ၣ်ဟံၤတုၤလၢ 10 တုၤ 5 မျးကယၤလၢဖိသ့ၣ်အခိၣ်ထံးကတၢ်တဂၤအဂီၢ်,ဘၣ်ဆၣ်မ့ၢ်တုၤလၢဖိသ့ၣ်သၢဂၤတဂၤတစုတၢ်ဘျုးတၢ်ဖျိၣ်တအိၣ်လၢနီၣ်တံၤဘၣ်သ့ၣ်သ့ၣ်လီၤ. ဒီးတၢ်ကွဲးကါဒုးအိၣ်ဖျၢၣ်ဖိအံၤဒုးကဲထီၣ်တၢ်လီၤပျံၤလၢအဂီၢ်ဒၣ်ဝဲလီၤ.ဖိသ့ၣ်လၢတၢ်ကွဲးကါဒုးအိၣ်ဖျၢၣ်န့ၣ်အံၤဒ်အံၤတကလုာ်ကအိၣ်ဒီးတၢ်ကသါထီၣ်ကသါလီၤတၢ်ဂ့ၢ်ကီၢ်ဖဲအိၣ်ဖျၢၣ်သီအခါလီၤ. ကကဲထီၣ်တၢ်လီၤပျံၤဘၣ်ယိၣ်အလီၢ်လၢအမိၢ်အဂီၢ်ဒီးတၢ်ပူၤလီၢ်လၢတၢ်ကွဲးကါထုးထီၣ်ဖိသ့ၣ်အံၤကဒုးကဲထီၣ်ခံတက့ၢ်ယံၣ်တၢ်ကွဲးကါကီၢ်ဒိၣ်ဝဲလၢခါဆူညါအဂီၢ်လီၤ. အယိၣ်နကဘၣ်ကွၢ်ဆၣ်မဲၣ်ဒၣ်တၢ်ဂ့ၢ်ကီၢ်တခါအံၤမ့ၣ်တမ့ၢ်အဂၤတခါသ့ၣ်သ့ၣ်လီၤ.







# 1 EXPECTING A BABY?

## နဖိဘူးကအိပ်ဖျပ်လံ့၏။

- Keep your weight within the right range for your height and age, and try not to gain too much during pregnancy.
- Continue to exercise.
- Ask for advice about bladder infections.

For more information, see the leaflet "Good Bladder Habits for Everyone."

### WILL THINGS GET BETTER?

Do not lose heart. Even very poor bladder or bowel control just after giving birth can get better without help in the first six months, as the pelvic floor tissues, muscles and nerves mend.

Regular pelvic floor muscle training kept up over the long term, as well as the right advice, will help.

Don't forget to look after yourself at a time when it is easy to neglect your own needs.

If things are not getting better after six months, speak to your doctor, physiotherapist, or continence nurse advisor.

### 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](http://bladderbowel.gov.au) or [continence.org.au/other-languages](http://continence.org.au/other-languages)

\* Calls from mobile telephones are charged at applicable rates.

- ဟ်နတယာ်အယာ်သိးကဖိးမံလိာ်သးဒီးနနီာ်အထိဒီးနသးနံာ်အဂီ၊ ဒီးကျဲးစးဒ်သိးနသုတဘိာ်ထလၢအခါးဖဲနအိာ်ဒီးဟုးသးအခါတဂ့ၤ။
- ကျဲးစးမၤနီာ်ခိတ်ဟုးတၢ်ဂဲထီတိာ်။
- ယုထံာ်န့ၢ်တၢ်မၤစၢတၢ်ဟ့ၣ်ကူာ်ဘၣ်ယးဒီးဆံာ်ယာ်အဂ့ၢ်တက့ၢ်။

လၢကသ့ၣ်ညါအါထီာ်အဂီ၊ က့ၢ်ဘၣ်လံာ်ကဘျဲးဖိ “ဆံာ်အလုာ်လၢအဂ့ၢ်လၢပုၤခဲလၢာ်အဂီ” တက့ၢ်။

### တၢ်အိာ်သးကဂ့ၢ်ထီာ်စ့ၢ်၏။

တဘၣ်သးဆဲးတဂ့ၤ တၢ်ကီၤအ့ၣ်ကီၤဆံာ်တၢ်ဂ့ၢ်ကိာ်အိာ်နးတချုးဖဲနဖိဆဲးအိာ်ခံၤအလီၤခံၣ်လဲာ်လၢယုလၢအတီၢ်ပုၤကျါက့ၤဝဲသ့ၤခိဖျိခံတက့ၢ်ညါထီာ်ညါကဘျဲးတဖၣ်၊ ထုာ်ပျါဒီးနးတဖၣ်စဲဘျဲးက့ၤအသးသ့အယံလီၤ။

ခံတက့ၢ်ညါထီာ်ပျါတၢ်ဂဲလိလၢတၢ်မၤအိၤယံာ်ထၢ၊ဒီးတၢ်ဟ့ၣ်ကူာ်လၢအဂ့ၢ်တဖၣ်မၤစၢန့ၤသ့ဝဲလီၤ။

တဘၣ်သးပုၤနီာ်က့ၢ်ထွဲလီၤနသးဖဲနကက့ၢ်ကဟ်လီၤနကစၢ်တၢ်လိာ်ဘၣ်ညါကဒၣ်အခါတဂ့ၤ။

တၢ်အိာ်သးမ့ၢ်တဂ့ၢ်ထီာ်က့ၤလၢယုလၢအတီၢ်ပုၤဒီးဘၣ်သၢပုၤကတီၢ်တၢ်ဒီးနကသံာ်သရၣ်၊ ပုၤစံာ်ဘံးတၢ်ဖိတဖၣ်၊မ့တမ့ၢ်နးစံလၢက့ၢ်ထွဲတၢ်ကီၤအ့ၣ်ကီၤဆံာ်ပုၤဟ့ၣ်ကူာ်တၢ်တဖၣ်အအိာ်တက့ၢ်။

### ယုထံာ်န့ၢ်တၢ်မၤစၢ

နးစံလၢဖျိတီၤပတီၢ်တဖၣ်အိာ်ဝဲဖဲနဆဲးကျိး **National Continence Helpline** ဝဲ **1800 33 00 66** (မုၢ်ဆၣ်တုၤမုၢ်ဖိဖး၊စးထီာ်ဂီၤ **8.00တုၤ8.00န့ၢ်ရံၤ**ဟါအိးစံၤလဲၤယၢ် မုၢ်ထီာ်တၢ်ဆၢကတီၢ်အသိး) လၢတလၢာ်စ့ဘၣ်...

- တၢ်ဂ့ၢ်တၢ်ကျိၤ
- တၢ်ဟ့ၣ်ကူာ်ဟ့ၣ်ဖးဒီး
- လံာ်ဘိးဘၣ်ရုလီၤကဘျဲးတဖၣ်

နမ့ၢ်အိာ်ဒီးတၢ်ဂ့ၢ်ကီၤလၢနကကတီၢ်မ့တမ့ၢ်န့ၢ်ဟါအဲကလံးကျိာ်တခါနဒီးန့ၢ်တၢ်မၤစၢအကျိၤအကျိၤဖျိကျိးထံလိတဲစိအကျိၤလၢတလၢာ်စ့ဘၣ်သ့ဝဲ **13 14 50**န့ၢ်လီၤ။ပုၤဖိာ်လိတဲစိတဖၣ်ကကတီၢ်တၢ်ဒီးန့ၢ်လၢအဲကလံးကျိာ်၊ အယံကတီၢ်ဖျါထီာ်ကျိာ်လၢနကကတီၢ်အိာ်ခံၤအိာ်ခိးအိာ်တက့ၢ်။တၢ်ဆဲးကျိးန့ၢ်နဂီၢ်ဆူပုၤကျိးထံတၢ်ဖိလၢကတီၢ်နကျိာ်တဂၤအအိာ်န့ၢ်လီၤ။ တဘၣ်ပုၤကျိးထံတၢ်ဖိတဂၤလၢကကိးန့ၢ်န့ၢ် **National Continence Helpline** ဝဲ **1800 33 00 66**တက့ၢ်။အိာ်ခိးကန့ၢ်လိတဲစိတုၤတၢ်ဆဲးကျိးန့ၢ်န့ၢ်ဝဲတစုဒီး ပုၤကျိးထံတၢ်ဖိကမၤစၢန့ၢ်လၢနကကတီၢ်ဘၣ်တၢ်ဒီးနးစံမုၢ်လၢကဟ့ၣ်ကူာ်န့ၢ်ဘၣ်ယးတၢ်ကီၤဆံာ်ဟ့ၣ်ကူာ်ဟ့ၣ်ဖးတဂၤန့ၢ်လီၤ။ လိတဲစိတၢ်ဆဲးကျိးအပူၤတဖၣ်ခဲလၢတၢ်ပာ်အိၤလၢတၢ်ခူသ့ၣ်န့ၢ်လီၤ။

က့ၢ်ဘၣ်ဝဲ [bladderbowel.gov.au](http://bladderbowel.gov.au) မ့တမ့ၢ် [continence.org.au/other-languages](http://continence.org.au/other-languages) တက့ၢ်။

\* တၢ်ဆဲးကျိးခိဖျိလိတဲစိစိစ့တဖၣ်တၢ်ယုအပုၤဒ်တၢ်ဟ်ပနီာ်အိၤအသိးန့ၢ်လီၤ။

