

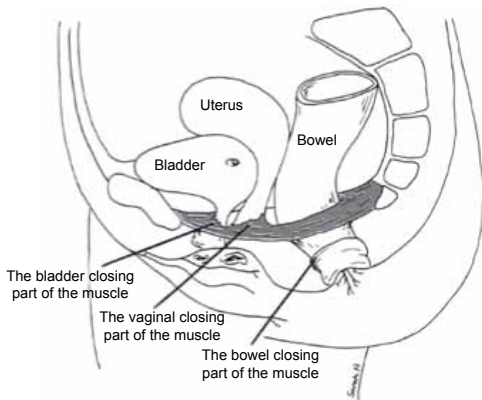


When you are pregnant, you get a lot of advice from many people. One issue that few people think about are signs of bladder and bowel control problems in pregnancy and after the birth.

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.

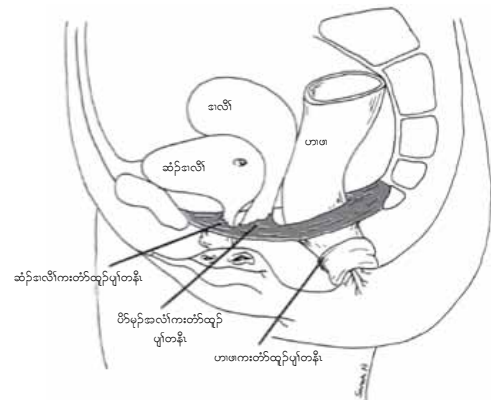


ဖဲနအိပ်ဒီးဟူးသးအခါ, နဒီးနတ်ဟ့ဂ်ကုန်လာပုတဘျူးကအအိပ်လီ။ တာဂ်ကိတမံ့မုာ်ပဲပုအိပ်ဝဲထဲစုကဆိကမိပ်ဝဲတာကိအုဂ်ကိဆိပ်တာဂ်ကိလာအိပ်ဒီးဟူးသးကတိဒီးဖဲဖိဆိပ်ဝဲအလီခဲန့လီ။

ယခံတက္ကိပ်ယံထုဂ်ပျာ်အံ့မတံ့မမနုလံာ်။

ကွာ်ဘဂ်ခံတက္ကိပ်ယံတာဂိတကွာ်, ခံတက္ကိပ်ယံထုဂ်ပျာ်အံ့မတံ့မမတဘျူးမံ့, မုာ်ဝဲ...

- ကးတံာ်ယာ်ဆိပ်အလီ, ပိာ်မုာ်အလီ(ကျိလောအမဲာ်ညါတဘိ)ဒီးအုဂ်ကျိ(လာလီခံတဟ)ဒီး
- မာမာဝဲလာကမိဂ်ကံဆိပ်အလီ, 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.

ယကသုဂ်ညါဘဂ်လာယအိပ်ဒီးတာဂ်ကိအံ့ဒဲလံာ်။

နခံတက္ကိပ်ယံထုဂ်ပျာ်အဂ်မုာ်စာ်သပျာ်တံာ်ကဲထိဂ်အသးကသုတနီလီ။ ဘဂ်တဘဂ်-

- ဖဲနကူး, ကဆဲ, စိာ်ထိဂ်တံာ်ယာ, နံ့မုတမုာ်မနီခိတာ်ဟူးတာ်ဂဲအခါနကဆိပ်ပွဲးဘဂ်နသးသုဝဲ
- နကကိကလံလောနကအုဂ်နာအဂ်တနီဝဲ
- နကလိဂ်လဲဆိပ်ဆါမုတမုာ်အုဂ်ဆါချူဖူးချူဖူး
- အုဂ်ပွဲးဘဂ်နသးဖဲနလဲထိဂ်တံာ်ဟးလီဝဲ
- အိပ်ဒီးတာဂ်ကိလာကမာဆိလီနစာ်သးဖဲလဲအုဂ်ဆါဝဲအခါ
- ကအုဂ်ဆါအဂ်ကိခိဂ်မးမုတမုာ်လာဆိတလဲနလီမုတမုာ်သုဝဲစုနာဘိ, မုတမုာ်
- နကတုာ်ဘဂ်တံာ်ချံအိပ်လာနလံာ်ပျာ်မုတမုာ်တုာ်ဘဂ်ဒဲသီးတာ်အိပ်နိးအသးဒဲပုသ့ဂ်ဟဲအသီး, အါတကွာ်ဖဲမုာ်ဟါလီ, တာ်အံ့မုာ်ဝဲနခံတက္ကိပ်ယံထုဂ်အပျာ်တဘိဘိကလဲလီသဖြူးနဆုနလံာ်ပျာ်လီ, တာ်အံ့မုာ်ကိးအီလာခံတက္ကိပ်ယံထုဂ်ပျာ်လီသဖြူးသးန့လီ, တာ်လီသဖြူးဒဲအံ့ကဲထိဂ်ညိနီအသးဒီးပိာ်မုာ်အဂတဆဲအကျါတကလါကိအီးစကြွလံယဂ်အပူအံ့လီ။





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. နဆံးစၢ်နဖိလၢတလိၣ်ကွဲးကါအလီၢ်ကျိၤဘၣ်တခါအံၤဒုးကဲထီၣ်အလီၢ်ခိၣ်ထိးဂံၢ်စၢ်ဒီးနတၢ်တူၢ်ဘၣ်တအိၣ်နီၣ်တံၢ်ဘၣ်လီၤ.ပိာ်မ့ၣ်အအလီၢ်ခိၣ်ထိးညၢ်ဒီးဆါအံၤကအါဝဲလၢတဘျူးလါအတီၢ်ပူၤန့ၣ်လီၤ.ဖဲနဒုးအိၣ်န့ၣ်နဖိအကတီၢ်ပိာ်မ့ၣ်အထံၤဖျၢၣ်တဖၣ်ကစ့ၤဝဲအယိၣ်နလံၢ်ကယုထီဝဲ,ကဒုးကဲအါထီၣ်တၢ်ဂ့ၢ်ကီၢ်သ့ၣ်လီၤ. လၢနဒုးဒီးနတၢ်အဘျၢၣ်စၢၤကကဲဘျူးဝဲလၢသုကကတီၢ်တၢ်ဒီးဆျၢၣ်ပျၢၤဘၣ်မုဘၣ်ဒါတဖၣ်အအိၣ်န့ၣ်လီၤ.

ယတဲကသုလၢယအိၣ်ဒီးဆံၣ်အဒီးဟၢဖတၢ်ဂ့ၢ်ကီၢ်အံၤဒဲလဲၣ်.

ပိာ်မ့ၣ်တနီၤအဖိမ့ၣ်အိၣ်ညီသန့ကတုအဝဲသ့ၣ်ကအိၣ်ဒီးဆံၣ်အဒီးဟၢဖတၢ်ဂ့ၢ်ကီၢ်တဖၣ်သ့ၣ်လီၤ.ပကတဲလၢပိာ်မ့ၣ်တဖၣ်အံၤမ့ၣ်မတၢ်လဲၣ်န့ၣ်ပတဲတသ့ဒီးဘၣ်.

ပိာ်မ့ၣ်လၢအိၣ်ဒီးဆံၣ်အမ့ၣ်တမ့ၢ်ဟၢဖတၢ်ပနီၣ်တဖၣ်.ဒ်ဟၢဖတမ့ၢ်တၢ်ဆါမ့ၣ်တမ့ၢ်ကလိၣ်လဲၤဆံၣ်ဆါချ့ဒီးချ့ဒုး(တၢ်ကိးစ့ၢ်ကိးအီၤလၢဆံၣ်အမၤတၢ်အါထလၢအခါ)ကအိၣ်ဒီးတၢ်ဂ့ၢ်ကီၢ်တဖၣ်အံၤနဒုးဒိၣ်တက့ၢ်မ့ၣ်တမ့ၢ်တၢ်ဂ့ၢ်ကီၢ်ကဟဲဟံၤထီၣ်အသးလၢအသီသ့ၣ်လီၤ. တၢ်ဟၢဖကျၢၤ, တၢ်ကူၤဒီးတၢ်ဘီၣ်အါထလၢအခါတဖၣ်ဒုးကဲထီၣ်တၢ်ဂ့ၢ်ကီၢ်နဒုးဒိၣ်ထီၣ်သ့ၣ်လီၤ.

တၢ်ဂ့ၢ်အိၣ်တနီၤဘၣ်ယးတၢ်အိၣ်ဖျၢၣ်ဖိအံၤဒုးကဲထီၣ်ပိာ်မ့ၣ်တဖၣ်လၢကအိၣ်ဒီးဆံၣ်အမ့ၣ်တမ့ၢ်ဟၢဖတၢ်ဂ့ၢ်ကီၢ်သ့ၣ်လီၤ...

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

ဖဲနဆးက့ၤအီၤဖဲတၢ်ကူၤအီၤမ့ၣ်တမ့ၢ်ညၢ်ဒိၣ်ဝဲလၢနအလီၢ်အကျိၤခိၣ်ထိးလၢအချ့မ့ၣ်တမ့ၢ်လၢအပူၤဖဲတၢ်သဝံးထုးထီၣ်အီၤမ့ၣ်တမ့ၢ်ကသံၣ်သရၣ်ကတံၢ်ထုးထီၣ်ဖိသ့ၣ်အခါလီၤ.

ယမ့ၢ်ကွဲးထုးထီၣ်ယဖိတခီတၢ်ကမၤသးဒဲလဲၣ်.

တၢ်ကွဲးထုးထီၣ်ဖိသ့ၣ်လၢအလီၢ်ပူၤအံၤမ့ၢ်ကျဲတဘီၣ်လၢကဟးဆုးတၢ်ဂ့ၢ်ကီၢ်တဖၣ်အံၤ, ဘၣ်ဆၣ် တညီတဘျီဝဲဘၣ်လီၤ. တၢ်ကွဲးထုးထီၣ်ဖိသ့ၣ်အံၤကမၤလီၤစ့ၤတၢ်ကီၢ်ဆံၣ်တၢ်ဂ့ၢ်ကီၢ်လၢအဒိၣ်နဒုးဝဲတဖၣ်သ့ၣ်ဟံၤတုၤလၢ 10 တုၤ 5 မျးကယၤလၢဖိသ့ၣ်အဒိၣ်ထံးကတၢ်တဂၤအဂီၢ်,ဘၣ်ဆၣ်မ့ၢ်တုၤလၢဖိသ့ၣ်သၢဂၤတဂၤတစုတၢ်ဘျူးတၢ်ဖျိၣ်တအိၣ်လၢနီၣ်တံၢ်ဘၣ်သ့ၣ်သ့ၣ်လီၤ. ဒီးတၢ်ကွဲးကါဒုးအိၣ်ဖျၢၣ်ဖိအံၤဒုးကဲထီၣ်တၢ်လီၤပျံၤလၢအဂီၢ်ဒၣ်ဝဲလီၤ.ဖိသ့ၣ်လၢတၢ်ကွဲးကါဒုးအိၣ်ဖျၢၣ်န့ၣ်အံၤဒဲအံၤတကလုာ်ကအိၣ်ဒီးတၢ်ကသါထီၣ်ကသါလီၤတၢ်ဂ့ၢ်ကီၢ်ဖဲအိၣ်ဖျၢၣ်သီအခါလီၤ. ကကဲထီၣ်တၢ်လီၤပျံၤဘၣ်ယိၣ်အလီၢ်လၢအမိၢ်အဂီၢ်ဒီးတၢ်ပူၤလီၢ်လၢတၢ်ကွဲးကါထုးထီၣ်ဖိသ့ၣ်အံၤကဒုးကဲထီၣ်ခံတက့ၢ်ယံၣ်တၢ်ကွဲးကါကီၢ်ဒိၣ်ဝဲလၢခါဆူညါအဂီၢ်လီၤ. အယိၣ်နကဘၣ်ကွၢ်ဆၣ်မဲၣ်ဒၣ်တၢ်ဂ့ၢ်ကီၢ်တခါအံၤမ့ၣ်တမ့ၢ်အဂၤတခါသ့ၣ်သ့ၣ်လီၤ.





In many cases, a vaginal birth runs just as planned and is a lovely event for parents, so this type of birth is best when possible. But problems can still happen. Research is now looking at how we can better know about and stop harm to the pelvic floor during birth. For now, pregnancy and birth involves making a choice between different kinds of risk. You and your partner need to think about these risks and discuss them with your pregnancy care professional. No one can promise you and your baby a perfect outcome.

WHAT CAN I DO ABOUT WEAK PELVIC FLOOR MUSCLES?

The birth of a baby might have stretched your pelvic floor muscles. Any 'pushing down' action in the first weeks after the baby's birth might stretch the pelvic floor again. You can help to protect your pelvic floor muscles by not pushing down on your pelvic floor. Here are a few ideas to help you.

- Try to squeeze, lift and hold your pelvic floor muscles before you sneeze, cough, blow your nose or lift.
- Cross your legs and squeeze them tightly together before each cough or sneeze.
- Share the lifting of heavy loads.
- Don't do bouncing exercises.
- Do pelvic floor muscle training to strengthen your pelvic floor muscles (See the leaflet "Pelvic Floor Muscle Training for Women").
- Keep good bladder and bowel habits:
 1. eat fruit and vegetables;
 2. drink 1.5 - 2 litres of fluid per day
 3. do not go to the toilet 'just in case' as this might cut down how much your bladder can hold; and
- Try not to get constipated.
- Don't strain when opening your bowels. A good way to sit on the toilet is to put your forearms onto your thighs and, with your feet close to the toilet, raise your heels. Relax your pelvic floor muscles and gently push.

လတ်တိုအါမဲတိုအိပ်ဖြည့်န့ဖိလောအကစာစာခပ်ဝဲတခါအံ့မ့တိုကထိပ်သးဒ် တိုရဲဂ်ကူပတ်အါအသိးဒီးကဲတိုလဲခိဖိုလောအမုတ်လသးဖွံတခါလါမိတ်ပတ်တဖှ် အဂီ၊ အယိတိုအိပ်ဖြည့်ဖိခဲအံ့တကလုတ်မ့ဘုမ့ဘုတခါမ့တိုဂုကတိုလါ။ ဘုဆုတ်တိုဂုကိအိပ်ထိပ်အသးသုဒးဝဲလါ။ လါဆာကတိုအံ့တိုယုသုဂ်ညါ နာဟါကျဲဒ်သိးပခံတကူဂ်ယံသုတဘုဒ်ဘုထံးဖဲတိုအိပ်ဖြည့်ဖိဆံးတဂုအဂီ ပကဘုပတုတ်အါဒ်လဲဂ်အဂီလါ။အခဲအံ့၊ တိုအိပ်ထိပ်ဟုးသးဒီးတိုအိပ်ဖြည့် ဖိဆံးအံ့မ့တိုတခါလါနကဘုယုထာတိုလါပျံ့ဘုယိပ်အလိဖဲလဲဂ်တက လုဂ်န့လါ။ နဒီးနဝဲကလိပ်ဆိကမိပ်ထံတိုလါပျံ့ဘုယိပ်တဖှ်အံ့အဂီ ဒီးကတိတဂ်ပိပ်သကိးတိုဂုဒီးပျံ့ဘုမ့ဘုဒါလါအကွာထွဲမိတ်အတဖှ်အ အိပ်န့လါ။ မတဂမးကဟုဂ်နဒီးနဖိတိုအာဂ်လါလောကဟုဂ်ထိပ်တိုအစာ အဂုကတိုအဂီကသုဝဲဘု။

ခံတကူဂ်ယံထုဂ်ပျါလါအဂီစာတဖှ်အံ့အဂီယကဘုမတိုမနုသုဝဲလဲဂ်။

နဖိအိပ်ဖြည့်အံ့အယိကထုးယံထိပ်နခံတကူဂ်ယံထုဂ်ပျါတဖှ်သုဝဲလါ။ တို “အိပ်လါသကြွး” တိုဟုးတိုဂဲဖဲထိပ်အိပ်ဖြည့်ဝဲအလိခံတနွံကထုးယံထိပ် ခံတကူဂ်ယံထုဂ်ပျါကဒီးအသိတဘျီသုဝဲလါ။ နကြိဆာနခံတကူဂ်ယံထုဂ်ပျါ တဖှ်သုခိဖိုလောသုတဘုဆိပ်လါသကြွးခံတကူဂ်ယံထုဂ်ပျါတဖှ်တဂုအဂီ လါ။ ဖဲအံ့တိုအိပ်ဖြည့်မဲလောကမဲစာနကသုအဂီလါ။

- ကျဲးစးသွံးတိုယာ၊စိတ်ထိပ်ဒီးဟံကံယာနခံတကူဂ်ယံထုဂ်ပျါတဖှ်တ ချူးနကဆဲးကူး၊ဆုနနါအုဂ်မုတမ့စိတ်ထိပ်တိုယါအခါတက့။
- ဟံကဲးတိုယာနခိပ်ခံခိလက်တပူယိတချူးနကူးမုတမ့ကဆဲတဘျီလ် လါတက့။
- စိတ်ထိပ်သကိးတိုယါတဖှ်။
- တဘုမနါခိတ်ဟုးတိုဂဲဒ်ကဖုထိပ်ဖုလါအသိးတဂု။
- မခံတကူဂ်ယံထုဂ်ပျါတိုဂဲလိတဖှ်ဒ်သိးကမဲအုဂ်ထိပ်နခံတကူဂ်ယံ ထုဂ်ပျါအဂီ(ကွါဘုလ်ကဘုဒ်ဖိ “ခံတကူဂ်ယံထုဂ်ပျါတိုဂဲလိလါ ပိတ်မုဂ်တဖှ်အဂီ”)တက့။
- အိပ်ဒီးဆံဂဒီးဟါဖဲလုလါလါအဂု။
 1. အိပ်တသုတသုဒ်ဒီးတိုဒီးတိုလုဂ်
 2. အိထံ 1.5 - 2 လံထာဂ်လါတနံအတိုပူတက့။
 3. တဘုထိပ်တိုဟးလိ “ထိပ်ပလိတ်” တိုအံ့ကမဲလါဖျဲနဆံဂဒါ လါကမဲယာဆံဂထံကနုထဲလဲဂ်အဂီဘုဖုးအယိဒီး
- ကျဲးစးမဲအိဒ်သိးနဟါဖဲသုတက့အဂီ
- ဖဲနအုဂ်ဆါအကတိုတဘုဆုနုအုဂ် နအုဂ်တဂု။ကျဲအဂုကတိုတဘုဖဲအုဂ် နိဖဲတိုဟးလိအလိအခါနကဟံယာနစုဂ်လါနခိပ်ကံဂ်ဂုအလိဒီး၊ ဟံဘုးနခိပ်ခံခိလက်ဒီးတိုဟးလိဒူး၊ ဆံဂတက့ထိပ်နခိပ်နုဂ်ခံတက့။ ဟံကပုဂ်နခံတကူဂ်ယံထုဂ်ပျါတဖှ်ဝဲအိပ်အိကယိကယိတက့။





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 or continence.org.au/other-languages

* Calls from mobile telephones are charged at applicable rates.

- ဟန်တယာအလေးသိမ်းကမ်းမံလိာ်သးဒီးနနီအထိဒီးနသးနံာ်အဂီ၊ ဒီးကျးစးဒ်သိးနသုတဘိာ်ထလါအခါးဖဲနအိာ်ဒီးဟုးသးအခါတဂု။
- ကျးစးမနီဒိတ်ဟုးတဂီထီတိာ်။
- ယုထံာ်နုာ်တဂီမစာတဂီဟုာ်ကုာ်ဘာ်ယးဒီးဆံာ်ယာ်အဂုာ်တဂုာ်။

လာကသုာ်ညါအါထီာ်အဂီ၊ ကွာ်ဘာ်လံာ်ကဘျးဖိ “ဆံာ်လုာ်လံာ်လာအဂု လာပုးခဲလံာ်အဂီ” တကုာ်။

တံာ်အိာ်သးကဂုထီာ်စ့ာ်၏။

တဘာ်သးဆဲးတဂု။ တံာ်ကီအုာ်ကီဆံာ်တံာ်ဂုာ်ကီမုာ်အိာ်နးတချးဖဲနဖိဆဲး အိာ်ခံာ်အလီခံာ်လံာ်လာယုလါအတီပုးကျါကုးဖဲသု။ ဒီဖျိခံာ်တကီာ်ယံထုာ်ညာ်ကဘျာ်တဖာ်၊ ထုာ်ပျါဒီးနးတဖာ်ဖဲဘုးကုးအသးသုအယံလီ။

ခံာ်တကီာ်ယံထုာ်ပျါတံာ်ဂုာ်လံာ်လာတံာ်မအီယံာ်ထာ၊ ဒီးတံာ်ဟုာ်ကုာ်လာအဂုာ်တဖာ်မစာနုးသုဖဲလီ။

တဘာ်သးပုးနီာ်ကွာ်ထွဲလီနသးဖဲနကကွာ်ကဟ်လီနကစာ်တံာ်လိာ်ဘာ်ညါကဒ်အခါတဂု။

တံာ်အိာ်သးမုာ်တဂုထီာ်ကုးလာယုလါအတီပုးဒီးဘာ်သုပုးကတီတံာ်ဒီးနကသံာ်သရံာ်၊ ပုးစံာ်ဘဲးတံာ်ဖိတဖာ်၊ မုတမုာ်နးစံာ်လာကွာ်ထွဲတံာ်ကီအုာ်ကီဆံာ်ပုးဟုာ်ကုာ်တံာ်တဖာ်အအိာ်တကုာ်။

ယုထံာ်နုာ်တံာ်မစာ

နးစံာ်လာဖျိတီပတီာ်တဖာ်အိာ်ဖဲဖဲနဆဲးကျိး **National Continence Helpline** ဖဲ 1800 33 00 66 (မုာ်ဆံာ်တုးမုာ်ဖိဖး၊ စးထီာ်ဂီ 8.00တုး8.00နုာ်ရံာ်ဟါအီးစတြဲလ်ယာ် မုာ်ထီာ်တံာ်ဆာကတီာ်အသး) လာတလံာ်စ့ဘာ်...

- တံာ်ဂုာ်တံာ်ကျိး
- တံာ်ဟုာ်ကုာ်ဟုာ်ဖးဒီး
- လံာ်ဘဲးဘာ်ရုလီကဘျးတဖာ်

နမုာ်အိာ်ဒီးတံာ်ဂုာ်ကီလာနကကတီမုတမုာ်နုာ်ဟါအဲကလဲးကျိာ်တခိနဒီးနုာ်တံာ်မစာအကျိအကျိအကျိကျိးထံလီတဲစိအကျိလာတလံာ်စ့ဘာ်သုဖဲ 13 14 50နုာ်လီ။ ပုးဖိာ်လီတဲစိတဖာ်ကကတီတံာ်ဒီးနုးလာအဲကလဲးကျိာ်၊ အယံကတီပျါထီာ်ကျိာ်လာနကတီအီဝဲအိာ်ခိးအီတကုာ်။ တံာ်ဆဲးကျိးနုာ်နဂီဆုပုးကျိးထံတံာ်ဖိလာကတီနကျိာ်တဂုအအိာ်နုာ်လီ။ တဘာ်ပုးကျိးထံတံာ်ဖိတဂုလာကကိးနုာ်နုး **National Continence Helpline** ဖဲ 1800 33 00 66တကုာ်။ အိာ်ခိးကနုာ်လီတဲစိတုးတံာ်ဆဲးကျိးနုာ်နုာ်တဖာ်ဒီး ပုးကျိးထံတံာ်ဖိကမစာနုးလာနကကတီဘာ်တံာ်ဒီးနးစံာ်မုာ်လာကဟုာ်ကုာ်နုးဘာ်ယးတံာ်ကီဆံာ်ဟုာ်ကုာ်ဟုာ်ဖးတဂုနုာ်လီ။ လီတဲစိတံာ်ဆဲးကျိးအပုးတဖာ်ခဲလာတံာ်ပာ်အီလာတံာ်ခုသုာ်နုာ်လီ။

ကွာ်ဘာ်ဖဲ bladderbowel.gov.au မုတမုာ် continence.org.au/other-languages တကုာ်။

* တံာ်ဆဲးကျိးဒီဖျိလီတဲစိစိာ်စုတဖာ်တံာ်ယုအပုးဒ်တံာ်ဟ်ပနီာ်အီအသးနုာ်လီ။

