



Many women leak urine or wet themselves when they cough, sneeze or exercise (this is called stress incontinence). While there are many treatments to try first, some women need to have surgery for this problem.

WHAT CAUSES BLADDER CONTROL PROBLEMS?

Bladder control problems are mainly caused by damage to pelvic floor muscles and the tissues that support them.

The floor of the pelvis is made up of layers of muscle and other tissues. These layers stretch like a hammock around the bladder and vagina from the tailbone at the back to the pubic bone in front. The pelvic floor muscles do a number of things, such as:

- 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.

You can find out more about the pelvic floor muscles in the leaflet "One in Three Women Who Ever Had a Baby Wet Themselves". Bladder control problems can start when the pelvic floor muscles are made weaker by:

- not keeping the muscles active;
- being pregnant and giving birth;
- constipation;
- being overweight;
- heavy lifting;
- coughing that goes on for a long time (such as smoker's cough or asthma); or
- growing older.

HOW CAN BLADDER CONTROL PROBLEMS BE TREATED?

The good news is that most women can control their bladder better by making their pelvic floor muscles stronger through training. The leaflet "Pelvic Floor Muscle Training for Women" tells you how. Your doctor, physiotherapist, or continence nurse advisor will also be able to help.

ပိၣ်မ့ၢ်တဖၣ်ညီၣ်န့ၢ်ဆံၣ်ပိၣ်ပိၣ်ဘၣ်အသးမ့တမ့ၢ်ဆံၣ်ဆါဘၣ်အသးဖဲအဝဲသ့ၣ်ကွဲး, ကဆဲမ့တမ့ၢ်မၤနီၢ်ခိတၢ်ဟူးတၢ်ဂဲၤအခါ(တၢ်အံၤတၢ်ကိးအိၤလၢတၢ်ဆံၣ်ပိၣ်ပိၣ်ဘၣ်သးလၢတၢ်ဟူးတၢ်ဂဲၤအခါ)န့ၣ်လီၤ.ဖဲတၢ်ကူၤစါအါမံၤလၢနကမၤကွၢ်ဆိအိၤတၢ်အခါ,ပိၣ်မ့ၢ်တနီၤကလိၣ်ကွဲးကါအသးလၢတၢ်ဂ့ၢ်ကီၤလၢပိၣ်မ့ၢ်တဖၣ်ဂီၢ်.

တၢ်ကီၤဆံၣ်တၢ်ဂ့ၢ်ကီၤအံၤကဲထီၣ်အသးလၢမနုၤအယံၤလဲၣ်.

တၢ်ကီၤဆံၣ်တၢ်ဂ့ၢ်ကီၤအံၤကဲထီၣ်အသးခိဖျိခံတက့ၢ်န့ၣ်ယံၤထူၣ်ပျီၣ်ဒီးထူၣ်ညၢၣ်လၢအမၤကူၤအိၤတဖၣ်ဟးဂီၤဝဲအယံၤလီၤ.

ခံတက့ၢ်န့ၣ်ယံၤတပၣ်အံၤမ့ၢ်ထူၣ်ပျီၣ်ညၢၣ်လၢပၣ်ဖျိၣ်ထီၣ်အသးအကကြၢ်တဖၣ်ဒီးပညၢၣ်အယံၤအကတဖၣ်န့ၣ်လီၤ. တၢ်အကကြၢ်တဖၣ်အံၤထူးယံၤထီၣ်အသးဒ်စ့ၣ်တဖျါအသးဘံတရံးဝဲဆံၣ်အဒီးပိၣ်မ့ၢ်အလံၢ်စးထီၣ်လၢအခဲၣ်ပျီၣ်ယံၤလၢအချၢတပတုၤခံတက့ၢ်န့ၣ်ယံၤလၢအမဲၣ်ညါတပၤန့ၣ်လီၤ. ခံတက့ၢ်န့ၣ်ယံၤထူၣ်ပျီၣ်တဖၣ်မၤတၢ်အိၣ်အါမံၤ,ဒ်သိး...

- ကးတံၢ်ဆံၣ်အလီၢ်, ပိၣ်မ့ၢ်အလံၢ်(က့ၢ်လၢအမဲၣ်ညါတပၤ) ဒီးအခံပူၤ (လၢအချၢတပၤ)ဒီး,
- ဖိၣ်ကံၢ်ယံၤဆံၣ်အလီၢ်,အလီၢ်, ဒီးအဟၢဖလၢအလီၢ်ဒ်ဝဲလီၤ.

နယုထံၣ်အါထီၣ်ဘၣ်ပးခံတက့ၢ်န့ၣ်ယံၤထူၣ်ပျီၣ်လၢလံၢ်ကဘျံးဖိ “ပိၣ်မ့ၢ်သၢကကျါတကလၢအဖိအိၣ်ဝဲဆံၣ်ဆါဘၣ်အသး” သ့ဝဲလီၤ.တၢ်ကီၤဆံၣ်တၢ်ဂ့ၢ်ကီၤအံၤစးထီၣ်အသးဖဲခံတက့ၢ်န့ၣ်ယံၤထူၣ်ပျီၣ်တဖၣ်အဂံၢ်စါလီၤခိဖျိ...

- ထူၣ်ပျီၣ်တဖၣ်တၢ်ဟူးတၢ်ဂဲၤတအိၣ်အယံၤ
- အိၣ်ဒီးဟူးသးဒီးအဖိဆံးအိၣ်ဖျါဝဲ
- ဟၢဖကူၤ
- နီၢ်ကစၢ်တယၢ်ယၢထလၢအစး
- ဖိၣ်ထီၣ်တၢ်ယၢအါထလၢ
- တၢ်ကွဲးအိၣ်ဒီးယုၤလၢအကတီၢ်ယံၤဝဲအပူၤ(ဒ်သိးပူၤအိၣ်ဖိတကကွဲးမ့တမ့ၢ်တၢ်သးအံၤဘၣ်အိၤ), မ့တမ့ၢ်
- အသးပျီၣ်ထီၣ်ဝဲအယံၤ.

တၢ်ကီၤဆံၣ်တၢ်ဂ့ၢ်ကီၤအံၤတၢ်ကကူၤစါဘျီအိၤဖဲလဲၣ်.

တၢ်ကစီၣ်အဂ့ၢ်တခါမ့ၢ်ဝဲပိၣ်မ့ၢ်အါတက့ၢ်ကီၤဆံၣ်န့ၢ်ဒိၣ်ထီၣ်ခိဖျိအဝဲသ့ၣ်မၤခံတက့ၢ်န့ၣ်ယံၤထူၣ်ပျီၣ်တၢ်ဂဲၤလီၤအယံၤလီၤ. လံၢ်ကဘျံးဖိ ခံတက့ၢ်န့ၣ်ယံၤထူၣ်ပျီၣ်တၢ်ဂဲၤလီၤလၢပိၣ်မ့ၢ်တဖၣ်အဂီၢ်, တဲနုၤလၢကဘၣ်မၤဒ်လဲၣ်အဂီၢ်လီၤ.နကသံၣ်သရၣ်, ပျၢစံၢ်ဘံးတၢ်,မ့တမ့ၢ်တၢ်ကီၤအံၤန့ၢ်ကီၤဆံၣ်နးစံလၢအဟ့ၣ်ကူၣ်တၢ်တဖၣ်မၤစၢန့ၢ်ကသ့ဝဲလီၤ.





WHEN IS SURGERY NEEDED?

For a small number of women the more simple methods can fail to help with bladder control, and leaking urine can make day to day life difficult. In these cases surgery may be needed. Surgery should never be a first choice. All surgery has risks. You must discuss these risks with your surgeon.

WHAT IS THE MOST COMMON SURGERY?

There are now ways to place synthetic tapes inside to support the bladder neck. These tapes work 8 or 9 times out of 10 when lack of support for the bladder neck is the cause of poor bladder control. This type of surgery can be done under general or local anaesthetic. It is most often only day surgery.

WHAT ARE SOME OTHER OPTIONS?

The Burch colposuspension uses stitches that are put inside to form a sling under the bladder neck. It can be done using open or key-hole surgery.

Injectable agents in gel form can also be put into and around the bladder neck to plump it out so that it closes better. These gels do not work as well or last as long as the other surgeries, but they are simple and less likely to cause problems. Again, you should discuss the risks of surgery with your doctor.

IS THERE ANYTHING NEW?

There is ongoing research about ways to treat incontinence. It will be some time before we know if new treatments being developed will be useful.

တၢ်ကွဲးကိအံၤတၢ်ကလိၣ်မၤအိၣ်လၢဆၢကတီၢ်ဖဲလၢၣ်.

ပိာ်မ့ၢ်စ့ၤဂၤ, လၢကွဲးအညီတဘိအပူၤတဒီးန့ၢ်တၢ်ဆိၣ်ထွဲမၤစၢလၢတၢ်ကိဆၢတၢ်ဂ့ၢ်ကိလၢပိာ်မ့ၢ်တဖၣ်ဂီၢ်. ဒီးတၢ်ဆိၣ်ပိာ်သးအံၤဒုးကဲထီၣ်တၢ်ကိတၢ်ခဲတမံၤလၢတၢ်ဆိၣ်မူကိးန့ၢ်အပူၤသ့ဝဲလီၤ. တၢ်ဂ့ၢ်မ့ၢ်ကဲထီၣ်အသးဒ်အံၤတခါကလိၣ်တၢ်ကွဲးကိအိၣ်န့ၢ်လီၤ. တၢ်ကွဲးကိအံၤသ့တမ့ၢ်တၢ်ယုထၢအခိၣ်ထံးကတၢ်တခါတဂ့ၤ. တၢ်ကွဲးကိခဲလၢအိၣ်ဒီးတၢ်လီၤပျံၤဘၣ်ယိၣ်အလီၤလီၤ. နကဘၣ်တၢ်ပိာ်တၢ်လီၤပျံၤဘၣ်ယိၣ်တဖၣ်အံၤဒီးကသံၣ်သရၣ်ကွဲးကိတၢ်တဖၣ်န့ၢ်လီၤ.

တၢ်ကွဲးကိညီန့ၢ်တဖၣ်မ့ၢ်မနုၤလၢၣ်.

အခဲအံၤကွဲးအိၣ်အါဘိလၢကထၢန့ၢ်တၢ်အတကလုာ်လၢအဒုးစဲဘူးတၢ်လၢကဆိၣ်ကိဆၢတၢ်အလီၤအခိၣ်ထံးန့ၢ်လီၤ. တၢ်စဲဘူးတၢ်ပျံၤဖိတဘိအံၤမၤတၢ်ကအိၣ်ထံး: ၈ တုၤ၉ဘျီညါလၢအဘျီၣ်အဖိခိၣ်. ဒီဖျိတၢ်ဆိၣ်ကဲခဲဆၢတၢ်အိၣ်ထံးတခါအံၤမ့ၢ်တအိၣ်ဝဲန့ၢ်ဒုးကဲထီၣ်တၢ်ကိဆၢတၢ်ဂ့ၢ်ကိလၢပိာ်မ့ၢ်တဖၣ်ဂီၢ်. တၢ်ကွဲးကိတမံၤအံၤတၢ်ဟ့ၣ်ကသံၣ်မံမ့တမ့ၢ်ကသံၣ်မၤတီၢ်တုၤတၢ်သ့ဝဲလီၤ. အါတက့ၢ်တၢ်ကွဲးကိအိၣ်လၢမ့ၢ်ဆါတန့ၢ်အတီၢ်ပူၤန့ၢ်လီၤ.

တၢ်ယုထၢလၢအကတဖၣ်မ့ၢ်မနုၤလၢၣ်.

တၢ်ကွဲးကိတကလုာ်လၢအဆးတၢ်ကွဲးဆၢတၢ်အိၣ်ထံး (Burch colposuspension) တၢ်ဆးအိၣ်လၢအပူၤဒ်သိးကဒုးကဲထီၣ်တၢ်ပျံၤဖိတဘိလၢဆၢတၢ်ကိလၢပိာ်မ့ၢ်တဖၣ်ဂီၢ်. တၢ်ကွဲးကိအိၣ်ထံးဒ်အံၤမ့ၢ်တမ့ၢ်ဂီၢ်အိၣ်လၢအပူၤဒ်န့ၢ်သ့ဝဲလီၤ.

တၢ်ဆးန့ၢ်ကသံၣ်ခိဖျိတၢ်ထံးဘျီၣ်ဘျီၣ်န့ၢ်ကွဲးလဲတမံၤအသိးစ့ၤကိးတၢ်ထၢန့ၢ်အိၣ်လၢဆၢတၢ်အကိာ်လၢအပူၤမ့ၢ်တမ့ၢ်အကပၤလၢအကကဖိထီၣ်ဒ်သိးကကးတံာ်အသးဂ့ၤဒိၣ်ထီၣ်အဂီၢ်လီၤ. ကသံၣ်တၢ်ထံးဘျီၣ်ဘျီၣ်တကလုာ်အံၤမၤတၢ်တဂ့ၤဒီးတုၢ်ယိၣ်ထံးသိးတၢ်ကွဲးတၢ်ကိလၢပိာ်မ့ၢ်တဖၣ်ဂီၢ်. ဘၣ်ဆၢတၢ်မၤအိၣ်ညီဝဲဒီးတၢ်ဂ့ၢ်ကိတအိၣ်အါဘၣ်. ဘၣ်ဆၢတၢ်ဂ့ၤကတၢ်န့ၢ်ကြးတၢ်ပိာ်တၢ်လီၤပျံၤဘၣ်ယိၣ်အလီၤလၢတၢ်ကွဲးကိအံၤဒီးကသံၣ်သရၣ်ကွဲးကိတၢ်တဖၣ်န့ၢ်လီၤ.

တၢ်အသိၣ်အိၣ်တမံၤမံၤခါ.

တၢ်လူၤယုထံၣ်သ့ၣ်ညါဘၣ်ထွဲဒီးကွဲးအါဘိလၢတၢ်ကူစါယါဘျီတၢ်ကိအုၣ်ကိဆၢတၢ်အဂ့ၢ်အိၣ်ဝဲထီၣ်လီၤ. ဒ်သိးပကသ့ၣ်ညါဆိမ့ၢ်တၢ်ကူစါယါဘျီလၢအပာ်ထီၣ်သိတဖၣ်ကကဲဘျးစ့ၤခါအဂီၢ်လီၤ.





WHAT SHOULD YOU ASK YOUR SURGEON?

Before agreeing to surgery, you should talk about it fully with your surgeon. Make a list of questions that you want to ask. These could cover:

- why this type of surgery has been chosen for you;
- how well will it work;
- what are the details of the surgery;
- what are the problems that could occur, both short and long term;
- what sort of scar will be left, what sort of pain will you have;
- how much time off work will you need to take;
- how much will it cost; and
- how long will the effects last?

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.

နကဘၣ်သံကွၢ်တၢ်ကွဲးကိကသံၣ်သရၣ်တဖၣ်တၢ်မနုၤလၢၣ်.

တချူးနအၢၣ်လီၤထွဲတၢ်ကွဲးကိနဖဲအခါ, နကဘၣ်ကတိတၢ်ဒီးနကသံၣ်သရၣ်ကွဲးကိတၢ်တကအံၤလၢလၢပျဲပျဲလီၤ. မနီၣ်ယၢ်တၢ်သံကွၢ်လၢနအဲၣ်ဒီးသံကွၢ်တဖၣ်တက့ၢ်. တၢ်တဖၣ်အံၤကမ့ၢ်တၢ်ဂ့ၢ်တဖၣ်အံၤသ့ဝဲသ့ၣ်သ့ၣ်...

- ဘၣ်မနုၤတၢ်ယုထၢတၢ်ကွဲးကိတကလၣ်အံၤလၢနဂီၢ်လၢၣ်,
- မတၢ်ကဂ့ၢ်ဒိၣ်လၢနဂီၢ်ဒ်လၢၣ်,
- ဘၣ်ယးဒီးတၢ်ကွဲးကိအဂ့ၢ်လီၤတၢ်လီၤဆဲး,
- တၢ်ဂ့ၢ်ကိမနုၤတဖၣ်ကထီၣ်အသးသ့ဝဲလၢၣ်,တၢ်ဆၢကတီၢ်ဖုၣ်ဒီးအထီအတီၢ်ပူ,
- တၢ်ပူလီၢ်အလီၢ်အကျဲဒ်လၢၣ်တကလၣ်ကအိၣ်တီၢ်လၢၣ်,တၢ်ဆၢမနုၤတကလၣ်နကတူၢ်ဘၣ်အီၤလၢၣ်,
- နကဘၣ်ဟံးန့ၢ်တၢ်ဆၢကတီၢ်လၢနကအိၣ်,ဘျီးလၢတၢ်မအဂီၢ်ကယံၣ်ဆံးယံၣ်လၢၣ်,
- အလုၢ်အပူၤကလီၤလၢဆဲးအါလၢၣ်,ဒီး
- ကမၤဘၣ်ဒိၣ်နယံၣ်ထဲလၢၣ်.

ယုထံၣ်န့ၢ်တၢ်မၤစၢ

နးစံးလၢဖျိတီၤပတီၢ်တဖၣ်အိၣ်ဝဲဝဲနဆဲးကျိး **National Continence Helpline** ဝဲ **1800 33 00 66** (မုၢ်ဆၢၣ်တူၤမုၢ်ဖိဖး,စးထီၣ်ဂီၢ် 8.00တူၤ8.00န့ၢ်ရံၢ်ဟါအိးစကြွၤလဲယၢ် မုၢ်ထီၣ်တၢ်ဆၢကတီၢ်အသိး) လၢတလၢ်စ့ဘၣ်...

- တၢ်ဂ့ၢ်တၢ်ကျိၤ
- တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးဒီး
- လံာ်ဘိးဘၣ်ရုလီၤကဘျီးတဖၣ်

နမ့ၢ်အိၣ်ဒီးတၢ်ဂ့ၢ်ကိလၢနကကတိမ့တမ့ၢ်န့ၢ်ဟါအဲကလံးကျိၣ်တခီနဒီးန့ၢ်တၢ်မၤစၢအကျိၤအကျိၤဖျိကျိးထံလီၤတဲစိအကျိၤလၢတလၢ်စ့ဘၣ်သ့ဝဲ **13 14 50**န့ၢ်လီၤပူဖိၣ်လီၤတဲစိတဖၣ်ကကတိတၢ်ဒီးန့ၢ်လၢအဲကလံးကျိၣ်, အယံၣ်ကတိဖျါထီၣ်ကျိၣ်လၢနကကတိအီၤဝဲအိၣ်ခိးအီၤတက့ၢ်.တၢ်ဆဲးကျိးန့ၢ်နဂီၢ်ဆူပူၤကျိးထံတၢ်ဖိလၢကတိနကျိၣ်တကအိၣ်န့ၢ်လီၤ. တဲဘၣ်ပူၤကျိးထံတၢ်ဖိတကလၢကကိးန့ၢ်န့ၢ် **National Continence Helpline** ဝဲ **1800 33 00 66**တက့ၢ်.အိၣ်ခိးကန့ၢ်လီၤတဲစိတူၤတၢ်ဆဲးကျိးန့ၢ်န့ၢ်ဝဲတစုဒီး ပူၤကျိးထံတၢ်ဖိကမၤစၢန့ၢ်လၢနကကတိဘၣ်တၢ်ဒီးနးစံးမ့ၢ်လၢကဟ့ၣ်ကူၣ်န့ၢ်ဘၣ်ယးတၢ်ကိဆၢတၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးတကန့ၢ်လီၤ. လီၤတဲစိတၢ်ဆဲးကျိးအပူၤတဖၣ်ခဲလၢတၢ်ဟံးအီၤလၢတၢ်ခူသ့ၣ်န့ၢ်လီၤ.

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

* တၢ်ဆဲးကျိးဒိဖျိလီၤတဲစိစိစ့တဖၣ်တၢ်ယုအပူၤဒ်တၢ်ဟံးပနီၣ်အီၤအသိးန့ၢ်လီၤ.

