





### 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.

### တၢ်ကွဲးကိအံၤတၢ်ကလိၣ်မၤအိၣ်လၢဆၢကတီၢ်ဖဲလၢ်.

ပိာ်မ့ၢ်ဈၢၤလၢကွဲးအညီတဘိအပူၤတဒီးန့ၢ်တၢ်ဆိၣ်ထွဲမၤစၢၤလၢတၢ်ကီုဆၢတၢ်ဂ့ၢ်ကီုအဂီၢ်ဘၣ်.ဒီးတၢ်ဆိၣ်ပိာ်သးအံၤဒုးကဲထီၣ်တၢ်ကီုဆၢတၢ်ဂ့ၢ်ကီုလၢပိာ်မ့ၢ်တဖၣ်ဂီၢ်မူကိးန့ၢ်အပူၤသ့ဝဲလီၤ.တၢ်ဂ့ၢ်မ့ၢ်ကဲထီၣ်အသးဒ်အံၤတခါကလိၣ်တၢ်ကွဲးကိအိၣ်လီၤ.တၢ်ကွဲးကိအံၤသ့တဖၣ်တၢ်ယုထၢအခိၣ်ထံးကတၢၢ်တခါတဂ့ၢ်. တၢ်ကွဲးကိခဲလၢအိၣ်ဒီးတၢ်လီၤပျံၤဘၣ်ယိၣ်အလီၤလီၤ.နကဘၣ်တၢ်ပိာ်တၢ်လီၤပျံၤဘၣ်ယိၣ်တဖၣ်အံၤဒီးကသံၣ်သရၣ်ကွဲးကိတၢ်တဖၣ်န့ၢ်လီၤ.

### တၢ်ကွဲးကိညီန့ၢ်တဖၣ်မ့ၢ်မနုၤလၢ်.

အခဲအံၤကွဲးအိၣ်အါဘိလၢကထၢန့ၢ်တၢ်အတကလုာ်လၢအဒုးစဲဘူးတၢ်လၢကဆိၣ်ကိဆၢတၢ်အလီၤအခိၣ်ထံးန့ၢ်လီၤ.တၢ်စဲဘူးတၢ်ပျံၤဖိတဘိအံၤမၤတၢ်ကအိၣ်ထံး: ၈ တုၤ၉ဘျီညါလၢအဘျီၣ်အဖိခိၣ်.ဒီဖျိတၢ်ဆိၣ်ကဲခဲဆၢတၢ်အခိၣ်ထံးတခါအံၤမ့ၢ်တအိၣ်ဝဲန့ၢ်ဒုးကဲထီၣ်တၢ်ကီုဆၢတၢ်ဂ့ၢ်ကီုအိၣ်အါဘၣ်န့ၢ်လီၤ. တၢ်ကွဲးကိတဖၣ်အံၤတၢ်ဟ့ၣ်ကသံၣ်မဲမ့တဖၣ်ကသံၣ်မၤတီၢ်တုၤတၢ်သ့ဝဲလီၤ.အါတက့ၢ်တၢ်ကွဲးကိအိၣ်လၢမ့ၢ်ဆါတန့ၢ်အတီၢ်ပူၤန့ၢ်လီၤ.

### တၢ်ယုထၢလၢအကတဖၣ်မ့ၢ်မနုၤလၢ်.

တၢ်ကွဲးကိတကလုာ်လၢအဆးတၢ်ကွဲးဆၢတၢ်အခိၣ်ထံး (Burch colposuspension) တၢ်ဆးအိၣ်လၢအပူၤဒ်သိးကဒုးကဲထီၣ်တၢ်ပျံၤဖိတဘိလၢဆၢတၢ်အကိာ်လၢန့ၢ်လီၤ.တၢ်ကွဲးကိအိၣ်သဲၣ်ဖးအိၣ်မ့တဖၣ်ဂီၢ်အိၣ်လၢအပူၤဒ်န့ၢ်သ့ဝဲလီၤ.

တၢ်ဆးန့ၢ်ကသံၣ်ခိဖျိတၢ်ထံးဘျီၣ်ဘျီၣ်န့ၢ်ကွဲးလဲတဖၣ်အသိးစ့ၢ်ကိးတၢ်ထၢန့ၢ်အိၣ်လၢဆၢတၢ်အကိာ်လၢအပူၤမ့တဖၣ်အကပၤလၢအကကဖိထီၣ်ဒ်သိးကကးတံာ်အသးဂ့ၢ်န့ၢ်ထီၣ်အဂီၢ်လီၤ. ကသံၣ်တၢ်ထံးဘျီၣ်ဘျီၣ်တကလုာ်အံၤမၤတၢ်တဂ့ၢ်ဒီးတုၢ်ယံာ်ထံးသိးတၢ်ကွဲးတၢ်ကိလၢအဂၤဘၣ်.ဘၣ်ဆၢတၢ်မၤအိၣ်ညီဝဲဒီးတၢ်ဂ့ၢ်ကီုတအိၣ်အါဘၣ်.ဘၣ်ဆၢတၢ်ဂ့ၢ်ကတၢၢ်န့ၢ်ကြးတၢ်ပိာ်တၢ်လီၤပျံၤဘၣ်ယိၣ်အလီၤလၢတၢ်ကွဲးကိအံၤဒီးကသံၣ်သရၣ်ကွဲးကိတၢ်တဖၣ်န့ၢ်လီၤ.

### တၢ်အသိအိၣ်တဖၣ်မံၤမံၤ.

တၢ်လူၤယုထံၣ်သ့ၣ်ညါဘၣ်ထွဲဒီးကွဲးအါဘိလၢတၢ်ကူစါယါဘျီတၢ်ကီုအုၣ်ကီုဆၢတၢ်အဂ့ၢ်အိၣ်ဝဲထီၣ်လီၤ.ဒ်သိးပကသ့ၣ်ညါဆိမ့ၢ်တၢ်ကူစါယါဘျီလၢအပာ်ထီၣ်သိတဖၣ်ကကဲဘျးစ့ၢ်မံၤအဂီၢ်လီၤ.





**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](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.

**နကဘၣ်သံကွၢ်တၢ်ကွဲးကိတ်ကသံၣ်သရၣ်တဖၣ်တၢ်မနုၤလၢၣ်.**

တချုးနအၢၣ်လီၤထွဲတၢ်ကကွဲးကိတ်နဒီးအခါ, နကဘၣ်ကတိတ်တၢ်ဒီးနကသံၣ်သရၣ်ကွဲးကိတ်တကအံၤလၢလၢပျဲပျဲလီၤ. မနီၣ်ယၢ်တၢ်သံကွၢ်လၢနအဲၣ်ဒီးသံကွၢ်တဖၣ်တက့ၢ်. တၢ်တဖၣ်အံၤကမ့ၢ်တၢ်ဂ့ၢ်တဖၣ်အံၤသ့ဝဲသ့ၣ်သ့ၣ်...

- ဘၣ်မနုၤတၢ်ယုထၢတၢ်ကွဲးကိတ်တကလၢအံၤလၢနဂီၢ်လၢၣ်,
- မတၢ်ကရၢဒိၣ်လၢနဂီၢ်လၢၣ်,
- ဘၣ်ယးဒီးတၢ်ကွဲးကိတ်အဂ့ၢ်လီၤတၢ်လီၤဆဲး,
- တၢ်ဂ့ၢ်ကိတ်မနုၤတဖၣ်ကထီၣ်အသးသ့ဝဲလၢၣ်,တၢ်ဆၢကတီၢ်ဖုၣ်ဒီးအထီအတီၢ်ပူ,
- တၢ်ပူလီၢ်အလီၢ်အကျဲလၢၣ်တကလၢကအိၣ်တီၢ်လၢၣ်,တၢ်ဆၢမနုၤတကလၢနကတူၢ်ဘၣ်အီၤလၢၣ်,
- နကဘၣ်ဟံးန့ၢ်တၢ်ဆၢကတီၢ်လၢနကအိၣ်,ဘျီးလၢတၢ်မအဂီၢ်ကယံၣ်ဆံးယံၣ်လၢၣ်,
- အလုၢ်အပူၤကလီၤလၢဆံးအါလၢၣ်,ဒီး
- ကမၤဘၣ်ဒိနုၤယံၣ်ထဲလၢၣ်.

**ယုထံၣ်န့ၢ်တၢ်မၤစၢ**

နးစံးလၢဖျိတီၤပတီၢ်တဖၣ်အိၣ်ဝဲဝဲနဆဲးကျိး **National Continence Helpline** ဝဲ **1800 33 00 66** (မုၢ်ဆၢၣ်တုၤမုၢ်ဖိဖး,စးထီၣ်ဂီၢ် 8.00တုၤ8.00န့ၢ်ရံၢ်ဟါအိးစတြုလ်ယၢ် မုၢ်ထီၣ်တၢ်ဆၢကတီၢ်အသိး) လၢတလၢစ့ဘၣ်...

- တၢ်ဂ့ၢ်တၢ်ကျိၤ
- တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးဒီး
- လံာ်ဘိးဘၣ်ရၢလီၤကဘျီးတဖၣ်

နမ့ၢ်အိၣ်ဒီးတၢ်ဂ့ၢ်ကိတ်လၢနကကတိတ်မ့တမ့ၢ်န့ၢ်ဟါအဲကလံးကျိၣ်တခီနဒီးန့ၢ်တၢ်မၤစၢအကျိၤအကျိၤဖျိကျိးထံလီၤတဲစိအကျိၤလၢတလၢစ့ဘၣ်သ့ဝဲ **13 14 50**န့ၢ်လီၤ.ပူဖိၣ်လီၤတဲစိတဖၣ်ကကတိတ်တၢ်ဒီးန့ၢ်လၢအဲကလံးကျိၣ်, အယံၣ်ကတိတ်ဖျါထီၣ်ကျိၣ်လၢနကကတိတ်အီၤဝဲအိၣ်ခိးအီၤတက့ၢ်.တၢ်ဆဲးကျိးန့ၢ်နဂီၢ်ဆူပူၤကျိးထံတၢ်ဖိလၢကတိတ်နကျိၣ်တကအိၣ်န့ၢ်လီၤ. တဲဘၣ်ပူၤကျိးထံတၢ်ဖိတကလၢကကိးန့ၢ်န့ၢ် **National Continence Helpline** ဝဲ **1800 33 00 66**တက့ၢ်.အိၣ်ခိးကန့ၢ်လီၤတဲစိတုၤတၢ်ဆဲးကျိးန့ၢ်န့ၢ်ဝဲတစုဒီး ပူၤကျိးထံတၢ်ဖိကမၤစၢန့ၢ်လၢနကကတိတ်ဘၣ်တၢ်ဒီးန့ၢ်စံးမုၢ်လၢကဟ့ၣ်ကူၣ်န့ၢ်ဘၣ်ယးတၢ်ကီုဆံၣ်တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးတကန့ၢ်လီၤ. လီၤတဲစိတၢ်ဆဲးကျိးအပူၤတဖၣ်ခဲလၢတၢ်ဟံးအီၤလၢတၢ်ခူသ့ၣ်န့ၢ်လီၤ.

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

\* တၢ်ဆဲးကျိးဒိဖျိလီၤတဲစိစိစုတဖၣ်တၢ်ယုအပူၤဒ်တၢ်ဟံးပနီၣ်အီၤအသိးန့ၢ်လီၤ.

