



HOW DO I KNOW IF I HAVE A PROSTATE PROBLEM?

If you have one or more of these issues, you may have a prostate problem:

- trouble starting the flow of urine;
- slow urine stream once started;
- needing to pass urine more often through the day or night;
- leaking after passing urine, or between visits to the toilet;
- needing to pass urine again soon after going to the toilet;
- feeling an urgent need to pass urine;
- burning or pain when passing urine;
- blood in urine; and
- feeling that the bladder is not fully empty after going to the toilet.

Some of these problems may not be due to the prostate. For instance, some medicines may cause the bladder to store up urine. Your doctor or continence advisor can help you find the cause of your problem.

HOW CAN MY PROSTATE CAUSE BLADDER PROBLEMS

Blocking of the urethra (the urine tube): As the prostate grows larger, it may block the bladder outlet and stop the bladder from emptying. In some cases, urine may get stored up until it starts to leak out. If this happens, see a doctor straight away.

An overactive bladder can be caused by the bladder working extra hard to get past a blockage. An overactive bladder can tighten without your control, causing an urgent need to pass urine. After surgery to ease the blockage you may still have an urgent need to pass urine, and it could get worse for a few weeks, until the bladder goes back to normal.

ယကသ့ၣ်ညါဘၣ်လၢယအိၣ်ဒီးထံဆိုးတၢ်ဆါဒဲလဲၣ်.

တၢ်ဂ့ၢ်ကိတဖၣ်အဖိလၢတဖၣ်အံၤအသးမ့ၢ်အိၣ်တခါမ့ၢ်တမ့ၢ်အါခါန့ၣ်, နကအိၣ်ဒီးထံဆိုးတၢ်ဆါသ့ၣ်လီၤ.

- စးထီၣ်အိၣ်ဒီးတၢ်ဂ့ၢ်ကိလၢကဆံၣ်အါအဂီၢ်
- ဝဲစးထီၣ်ဆံၣ်ဝံၤဆံၣ်ဖျိးထီၣ်က့ၤကယီၤကယီၤ
- ကလိၣ်လဲၤဆံၣ်အါတလီၢ်လီၢ်မ့ၢ်ဆါဆဲးမ့ၢ်န့ၣ်
- ဆံၣ်အါဝံၤဆံၣ်ပြဲးဘၣ်အသး, မ့ၢ်တမ့ၢ်ဝဲအလဲထီၣ်တၢ်ဟးလီၢ်တၢ်ဘျီဒီး တဘျီအဘၣ်စၢ
- လဲၤထီၣ်တၢ်ဟးလီၢ်ဝံၤအခဲအံၤဘၣ်ဆၣ်ကအဲၣ်ဒီးလဲၤဆံၣ်အါတဘျီကဒီး
- ကလိၣ်လဲၤဆံၣ်အါချ့ဒီးချ့ဒီး
- ဝဲဆံၣ်အါဝံၤကတူၢ်ဘၣ်တၢ်ဆါဒီးကီၢ်အူဝဲ
- သ့ၣ်ပၣ်ယုၣ်လၢဆံၣ်ကျါ, ဒီး
- ကတူၢ်ဘၣ်ဒ်သီးဆံၣ်အါပျဲးဒီးဝဲဆံၣ်အါဝံၤအခါဒဲလဲၣ်.

တၢ်ဂ့ၢ်ကိတဖၣ်အံၤတမ့ၢ်ခိဖျိးဆိုးထံချံအယီၤဘၣ်သ့ၣ်လီၤ. အဒိ, ကသံၣ်တနီၤကမၤ အါထီၣ်ဆံၣ်လၢဆံၣ်အါပူၤသ့ၣ်လီၤ. နကသံၣ်သရၣ်မ့ၢ်တမ့ၢ်တၢ်ကိတဖၣ်ကိတဖၣ်ဆံၣ်ပုၤဟ့ၣ်က့ၣ်တၢ်တဖၣ်မၤစၢ, နလၢကယုထီၣ်န့ၣ်တၢ်ဂ့ၢ်ကိအံၤသ့ၣ်လီၤ.

ယဆိုးထံအချံအံၤဒူးကဲထီၣ်ဆံၣ်အါတၢ်ဂ့ၢ်ကိသ့ၣ်လဲၣ်.

ဆံၣ်ကျိၤကးတံၢ်အသး (ဆံၣ်ထံအကျိၤ)... ဝဲဆိုးထံချံဒိၣ်ထီၣ်ဝဲတစု, ကကး တံၢ်ယးဆံၣ်အါအကျိၤခိၣ်ထိးဒီးပတုၣ်ဝဲဆံၣ်အါဒ်သီးဆံၣ်ထူးထီၣ်သုတန့ၣ်တဂ့ၢ် အဂီၢ်လီၤ. လၢတၢ်ဂ့ၢ်ကိတဖၣ်အဖိခိၣ်, ဆံၣ်ထံတဖၣ်ဟံၣ်ဖျိၣ်အါထီၣ်အသးတုၤအ ပြဲးဘၣ်အသးတစုလီၤ. တၢ်အံၤမ့ၢ်ကဲထီၣ်အသးန့ၣ်, ထီၣ်ကသံၣ်သရၣ်တ ဘျီယီတက့ၢ်.

ဆံၣ်အါလီၢ်လၢအမၤတၢ်အါထလၢအခး အံၤကဲထီၣ်အသးခိဖျိဆံၣ်အါလီၢ်မၤတၢ် အါလၢကဲၣ်ဆိးဒ်သီးကဲခိဖျိဝဲဆံၣ်ကျိၤလၢအကးတံၢ်သးတဘိန့ၣ်လီၤ. ဆံၣ်အါ လၢအမၤတၢ်အါထလၢအခးအံၤကဲထီၣ်လဲၤနကီၤအီၤတန့ၢ်ဘၣ်, ဒူးကဲထီၣ် တၢ်မိၣ်ဆံၣ်အါနသးချ့ဒီးချ့ဒီးန့ၣ်လီၤ. ဝဲနက့ၢ်ကိနသးလၢတၢ်အိးထီၣ်ဆံၣ်ကျိၤ လၢအကးတံၢ်သးဝံၤနကလိၣ်လဲၤဆံၣ်အါချ့ဒီးချ့ဒီး. ဝံၤကဲနဒီးထီၣ်လၢစ့န့ၣ် အတီၢ်ပူၤ, တုၤနဆံၣ်အါက့ၤဘၣ်လီၢ်က့ၤတစုလီၤ.





Surgery for prostate problems can damage the muscle and nerves of the bladder outlet in a few cases. This can cause poor bladder control. If it occurs it is almost always short-lived, though major surgery for prostate cancer can lead to long term bladder control problems.

HOW CAN POOR BLADDER CONTROL BE TREATED?

First, your doctor or continence advisor will want to look for the causes of your poor bladder control, such as prostate disease, infection, diabetes or some medicines.

There are a few ways that poor bladder control due to prostate disease can be treated.

1. Check up with your doctor

After a talk with your doctor, you may feel that you do not need any treatment. Poor bladder control can get better with time, or with simple changes to your daily habits (See the leaflet “Good Bladder Habits for Everyone”).

2. Medicines

There are a number of medicines that can help with bladder control. Ask your doctor about these.

3. Prostate Surgery

If your prostate is the problem, then surgery can remove all or part of the gland. The type of surgery will depend on the size of the prostate gland.

4. Bladder Training

A program of bladder training can help the bladder to hold more urine without leaks or urgent feelings, even for those with an overactive bladder (See the leaflet “Bladder Training”).

5. Pelvic Floor Muscle Training

Pelvic floor muscle training builds up the muscles that control how well the bladder and bowel work. Learn how to train your muscles before surgery and start as soon as you can after surgery (See the leaflet “Pelvic Floor Muscle Training for Men”).

တၢ်ကွဲးကါလၢဆိုးထံ့ခဲတၢ်ဂ့ၢ်ကိတဖၣ်မၤဟးဂီၤဆံ့အကျိၤခိတ်ထိးထွၣ်ပျီၤဒီးနးတဖၣ်သ့ဝဲတနီၤလီၤ. တၢ်အံၤဒုးကဲထီၣ်တၢ်ကိတဖၣ်တနီၤဝဲဘၣ်လီၤ. မ့ၢ်ကတိထီၣ်တၢ်ကမ့ၢ်ဆၢကတီၢ်လၢအပုၣ်, ဒိဖျိတၢ်ကွဲးအခိတ်အမ့ၢ်လၢဆိုးထံ့ခဲန့ၢ်တၢ်ဆါအံၤဒုးကဲထီၣ်တၢ်ကိတဖၣ်တနီၤတၢ်ဂ့ၢ်ကိလၢအယံၣ်ဝဲသ့လီၤ.

တၢ်ကိတဖၣ်တၢ်ဂ့ၢ်ကိအံၤတၢ်ကကုၤမၤယါဘျီအိၣ်လဲၣ်.

အခိတ်ထိးကတၢ်, နကသံၣ်သရၣ်မ့တမ့ၢ်တၢ်ကိအ့ၣ်ကိတဖၣ်ပုၤဟ့ၣ်ကူၣ်တၢ်တဖၣ်ကအံၣ်ဒီးယုသ့ၣ်ညါတၢ်မနုၤအယံၣ်ဒုးကဲထီၣ်တၢ်ကိတဖၣ်တနီၤအံၤလဲၣ်. ဒ်သိး ဆိုးထံ့ခဲတၢ်ဆါ, တၢ်အယုးအယံၣ်တၢ်ဆံၣ်ဆၢမ့တမ့ၢ်ကသံၣ်တနီၤနီၤအယံၣ်န့ၣ်လီၤ.

ကျဲးအိၣ်ဗျာၣ်လၢတၢ်ကိတဖၣ်တနီၤဒိဖျိဆိုးထံ့ခဲတၢ်ဆါအယံၣ်တဖၣ်တၢ်ကကုၤမၤယါဘျီအိၣ်သ့ဝဲန့ၣ်ဝဲလီၤ.

1. လဲၣ်ထီၣ်လိာ်နကသံၣ်သရၣ်

ဝဲနကတီၢ်တၢ်ဒီးနကသံၣ်သရၣ်ဝံၤ, နကတူၢ်ဘၣ်ဒ်သိးနတလိာ်ဘၣ်တၢ်ကကုၤမၤယါဘျီနိတမံၤဘၣ်သ့ၣ်သ့ၣ်လီၤ. တၢ်ကိတဖၣ်တနီၤဘၣ်တခါအံၤကိညါထီၣ်ကျဲးဒၣ်အတၢ်သ့ဝဲလၢဆၢကတီၢ်ယံၣ်အပူၤ, မ့တမ့ၢ်ကိးနံၤလုၢ်လၢအတၢ်ဆိတလဲယံၣ်ဖိအယံၣ်(ကွၢ်ဘၣ်လံာ်ကဘျီဒ် “ဆံၣ်အလုၢ်လၢအဂ့ၢ်လၢပုၤကိးဂၤအဂီၢ်”)တက့ၢ်.

2. ကသံၣ်ကသီတဖၣ်

ကသံၣ်အိၣ်ဝဲတနီၤလၢကမၤစၢနတၢ်ကိတဖၣ်တနီၤအဂီၢ်လီၤ. သံကွၢ်နကသံၣ်သရၣ်ဘၣ်ပးတၢ်ဂ့ၢ်အံၤတက့ၢ်.

3. ဆိုးထံ့ခဲတၢ်ကွဲးကါ

နဆိုးထံ့ခဲအံၤမ့တမ့ၢ်တၢ်ဂ့ၢ်ကိသၢပူၤ. တၢ်ကွဲးကါအံၤကထူးထီၣ်ကွၢ်နချဲလၢာ်သ့ဝဲလီၤ. တၢ်ကွဲးကါအကလုာ်ကဒီးသန့ထီၣ်အသးလၢဆိုးထံ့အချဲကဒိတ်ထဲလဲၣ်အဖိခိတ်လီၤ.

4. ဆံၣ်အလိာ်တၢ်ဂဲလိ

တၢ်ရဲၣ်တၢ်ကျဲးလၢဆံၣ်အတၢ်ဂဲလိအံၤမၤစၢဆံၣ်အံၤဒ်သိးကၤယံၣ်ဆံၣ်ထံကန့ၢ်ဝဲအါဝဲဒ်သိးပိးထီၣ်အသးသ့တနီၤမ့တမ့ၢ်ကအံၣ်ဒီးဆံၣ်ဆါချ့ ဒီးချ့ ငှးအဂီၢ်ဘၣ်. မ့မ့ၢ်ပုၤလၢအိၣ်ဒီးဆံၣ်အလၢအမၤတၢ်အါထလၢအခးတဖၣ်အဂီၢ်ဒၣ်လဲၣ်(ကွၢ်ဘၣ်လံာ်ကဘျီ “ဆံၣ်အတၢ်ဂဲလိ” တက့ၢ်).

5. ခံတက့ၢ်ပံထွၣ်ပျီၤတၢ်ဂဲလိ

ခံတက့ၢ်ပံထွၣ်ပျီၤတၢ်ဂဲလိအံၤမၤကဲထီၣ်ထွၣ်ပျီၤတဖၣ်လၢအကၤယံၣ်ဆံၣ်အဒီးဟၢဖၤတၢ်ဂဲလိထဲလဲၣ်အဖိခိတ်လီၤ. မၤလိဒ်သိးနကအိၣ်ဒီးတၢ်ဂဲလိလၢနခံတက့ၢ်ပံထွၣ်ပျီၤအဂီၢ်တချ့နကွဲးကါနသးဒီးအခါဒီးစးထီၣ်မၤအိၣ်ဖဲနကွဲးကါနသးဝံၤအလိာ်ခဲဖဲအဆိအချ့တက့ၢ်. (ကွၢ်ဘၣ်လံာ်ကဘျီ “ခံတက့ၢ်ပံထွၣ်ပျီၤတၢ်ဂဲလိလၢပိာ်ခွါအဂီၢ်”)တက့ၢ်.





6. Continence Products

There is a wide range of continence products to help cope with urine leaks (See the leaflet “Continence Products”).

Make sure you know enough about what the problem is, what treatments there are, how well they work, and what might go wrong, so that you can choose the treatment that is best for you, with your doctor’s help.

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.

6. တင်ဂါအုၣ်ကီဆံ့တင်ပီးတင်လီတဖၣ်

တင်ဂါအုၣ်ကီဆံ့တင်ပီးတင်လီအိၣ်ဝဲအါမံၤဒ်သီးကမၤတင်ဆံ့ပိးဘၣ်သးကန့ၢ်ညီအဂီၢ်(တွၢ်ဘၣ်လံာ်ကဘျဲး “တင်ဂါအုၣ်ကီဆံ့တင်ပီးတင်လီ)တက့ၢ်.

မၤလီၤတင်ဒ်သီးနကသ့ၣ်ညါတင်ဂါကီမန့ၢ်လဲၣ်, တင်ကူၤမၤယါဘျါမန့ၢ်အိၣ်ဝဲလဲၣ်, မၤတင်ကတုၤဒိၣ်ထဲလဲၣ်,ဒီးတင်လဲၤကမူၤမၤမၤအသးကသ့ၣ်လဲၣ်, ဒ်သီးနယုထာတင်ကူၤမၤယါဘျါအဂ့ၢ်ကတၢ်လၢနဂီၢ်ကသ့ၣ်, ယုၣ်ဒီးနကသံၣ်သဂ့ၢ်တင်မၤတင်အယိန့ၢ်လီၤ.

ယုထံၣ်န့ၢ်တင်မၤမၤ

နးစံၤလၢဖျိတီၤပတီၢ်တဖၣ်အိၣ်ဝဲနဲနဲဆဲးကျိး **National Continence Helpline** ဝဲ **1800 330 066** (မုၢ်ဆၣ်တုၤမုၢ်ဖိဖး,စးထီၣ်ဂီၤ 8.00တုၤ 8.00န့ၢ်ရံၢ်ဟါအိးစၢ်တြုလ်ယၢ် မုၢ်ထီၣ်တင်ဆၢကတီၢ်အသိး) လၢတလၢကစ့ဘၣ် ...

- တင်ဂါတင်ကျိၤ
- တင်ဟ့ၣ်က့ၣ်ဟ့ၣ်ဖးဒီး
- လံာ်ဘိးဘၣ်ရလီၤကဘျဲးတဖၣ်

နမ့ၢ်အိၣ်ဒီးတင်ဂါကီလၢနကကတီၢ်မ့တမ့ၢ်န့ၢ်ဟါအဲကလံးကျိၣ်တခါနဲဒီးန့ၢ်တင်မၤမၤအကျိၤအကျိၤဖျိကျိၤထံလီၤတဲစိတဖၣ်ကကတီၢ်တင်ဒီးန့ၢ်လၢအဲကလံးကျိၣ်, **13 14 50**န့ၢ်လီၤ.ပျဲဖိၣ်လီၤတဲစိတဖၣ်ကကတီၢ်တင်ဒီးန့ၢ်လၢအဲကလံးကျိၣ်, အယိကတီၢ်ဖျါထီၣ်ကျိၣ်လၢနကတီၢ်အိၣ်ဝဲဒိးအိၣ်တက့ၢ်.တင်ဆဲးကျိးန့ၢ်နဂီၢ်ဆူပျဲကျိးထံတင်ဖိလၢကတီၢ်န့ၢ်ကျိၣ်တဂၤအအိၣ်န့ၢ်လီၤ. တဲဘၣ်ပျဲကျိးထံတင်ဖိတဂၤလၢကကီးန့ၢ် **National Continence Helpline** ဝဲ **1800 33 00 66**တက့ၢ်.အိၣ်ဒီးကန့ၢ်လီၤတဲစိတုၤတင်ဆဲးကျိးန့ၢ်န့ၢ်တဲစိတဖၣ်ပျဲကျိးထံတင်ဖိကမၤမၤန့ၢ်လၢနကကတီၢ်ဘၣ်တင်ဒီးန့ၢ်စံၤမုၢ်လၢကဟ့ၣ်က့ၣ်န့ၢ်ဘၣ်ယးတင်ဂါဆံ့တင်ဟ့ၣ်က့ၣ်ဟ့ၣ်ဖးတဂၤန့ၢ်လီၤ. လီၤတဲစိတင်ဆဲးကျိးအပျဲတဖၣ်ခဲလၢတင်ဟ်အိၣ်လၢတင်ရသ့ၣ်န့ၢ်လီၤ.

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

* တင်ဆဲးကျိးဒိဖျိလီၤတဲစိစိတဖၣ်တင်ယုအပျဲဒ်တင်ဟ်ပနီၣ်အိၣ်အသိးန့ၢ်လီၤ.

