



THE PROSTATE AND BLADDER PROBLEMS

ပိတ်ခွါအဆိုးထိုးဆံ့ခါနိတ်တၢ်ဂၢ်ကိတဖၣ်

The prostate is a gland that only men have. It is about the size of a walnut and sits below the neck of the bladder, surrounding the bladder outlet (the urethra). The prostate makes a milky fluid, which is part of semen and feeds the sperm.

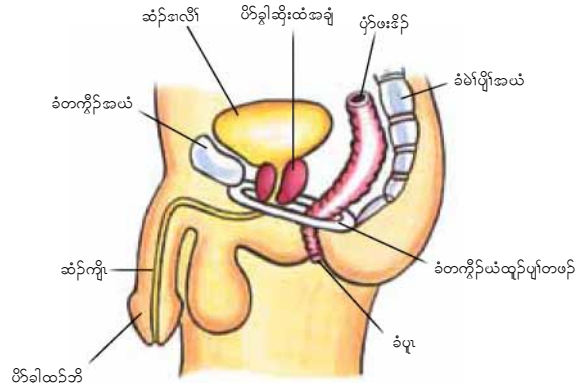
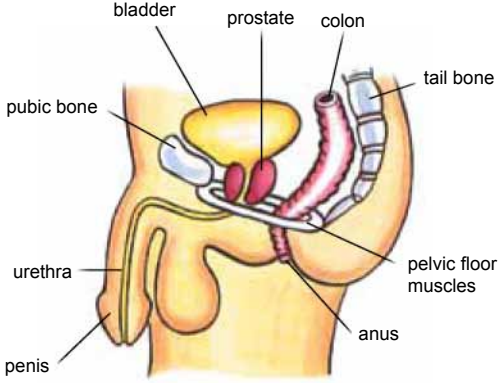
As men age, the prostate gland gets bigger. This happens over many years and for some men this can cause bladder problems.

Poor bladder control can also happen due to other health issues. Men with poor bladder control can be upset and embarrassed by this problem. If you have changes in your bladder control, or concerns about your prostate gland, talk to your doctor or continence advisor.

ပိတ်ခွါအဆိုးထိုးဆံ့ခါနိတ်တၢ်ဂၢ်ကိတဖၣ်အဆိပ်မိလိာ်.ကဒိၣ်ထဲသးသ့ထိးဖၣ်အချံတဖၣ်ဒီးဆၢၣ်နီၤဖဲဆံၣ်အဆိပ်ကိတဖၣ်လၢ,ပးတရံးယာ်ဆံၣ်အလၢအချံတဖၣ်(ဆံၣ်ကျိၤ)န့ၣ်လိာ်.ဆိုးထဲအံၤဒုးကဲထီၣ်ထဲအလၢၣ်ဒ်တၢ်န့ၣ်ထံတကလၢ,မ့ၢ်ပိတ်ခွါအချံထဲတနီၤလၢအဒုးကဲထီၣ်ပိတ်ခွါအချံအသၢၣ်န့ၣ်လိာ်.

ပိတ်ခွါအသးနံၣ်မ့ၢ်အါထီၣ်တဖၣ်ဆိုးထဲအချံအံၤဒိၣ်ထီၣ်ပဲစ့ၢ်ကိးလိာ်.တၢ်အံၤကဲထီၣ်အသးလၢတဘျုးနံၣ်အတီၢ်ပုၤဒီးလၢပိတ်ခွါတနီၤအဂီၢ်တၢ်အံၤဒုးကဲထီၣ်ဆံၣ်အလီၢ်တၢ်ဂၢ်ကိန့ၣ်လိာ်.

တၢ်ကိးဆံၣ်တနီၤဖဲအါလၢကဲၣ်ဆိးအံၤကဲထီၣ်အသးခိဖျိတၢ်ဆူးတၢ်ဆါအဂတဖၣ်အယိလိာ်.ပိတ်ခွါလၢအိၣ်ဒီးတၢ်ကိးဆံၣ်တၢ်ဂၢ်ကိတဖၣ်ကဲထီၣ်တၢ်သးတဖၣ်အလီၢ်ဒီးကဲထီၣ်တၢ်လိမဲၣ်ဆူးအလီၢ်ခိဖျိတၢ်ဂၢ်ကိအံၤသ့ဝဲလိာ်.တၢ်ကိးဆံၣ်တၢ်အိၣ်သးမ့ၢ်ဆိတဲလဲဘၣ်ဖုးအသး,မ့တမ့ၢ်တၢ်ဘၣ်ယိၣ်အလီၢ်လၢပိတ်ခွါအဆိုးထဲအချံမ့ၢ်အိၣ်ဘၣ်ဖုးန့ၣ်,ကတိတၢ်ဒီးနကသံၣ်သရၣ်မ့တမ့ၢ်တၢ်ကိးအံၤဒုၣ်ကိးဆံၣ်ပုၤဟ့ၣ်ကူၣ်တၢ်အဆိပ်တက့ၢ်.



WHAT ARE SOME COMMON PROSTATE PROBLEMS?

- Prostatitis is swelling** and soreness of the prostate gland and may be due to a bladder infection. It is more common in young men.
- Benign Prostatic Hyperplasia (BPH) is when** the prostate gets gradually larger, usually starting in middle age. About one in four men will need surgery for this problem (BPH does not lead to cancer).
- Prostate Cancer is often found** before you have any warning signs. Your doctor may find it with a blood test (called a PSA) and a check of your prostate. It is the most common cancer in men, and you are more likely to get it as you age. However it is one of the most readily treated cancers.

ပိတ်ခွါအဆိုးထဲတၢ်ဂၢ်ကိလၢညီနီၤကဲထီၣ်အသးတဖၣ်မ့ၢ်မန့ၣ်လဲၣ်.

- ဆိုးထဲအချံ(Prostatitis)** အံၤညိးထီၣ်ဝဲဒီးပိတ်ခွါအဆိုးထဲအချံတဖၣ်ကမိထီၣ်ဝဲဒီးကမ့ၢ်ခိဖျိဆံၣ်ယာ်အယိလိာ်. ကဲထီၣ်ညီနီၤအသးလၢပိတ်ခွါသးစၢ်တဖၣ်အဆိပ်န့ၣ်လိာ်.
- ဘၢန့ၣ်ဖျိးစတုးဟၢဖၢဖလၢဖဲယၢ (Benign Prostatic Hyperplasia (BPH))** မ့ၢ်ဖဲဆိုးထဲဒိၣ်ထီၣ်ပဲကယိကယိ, ညီနီၤစးထီၣ်ဖဲပုၤသးနံၣ်ဖဲသးတပုၤသးတစၢ်အဘၣ်စၢၤကတီၢ်န့ၣ်လိာ်.ပုၤပိတ်ခွါလွဲၢ်ဂၤအကျိတကလၢလိၣ်ကွဲးကါအသးခိဖျိတၢ်ဂၢ်ကိအံၤအယိ (BPH တဒုးကဲထီၣ်ခဲနံၣ်တၢ်ဆါဘၣ်).
- ဆိုးထဲခဲနံၣ်တၢ်ဆါအံၤညီနီၤကဲထီၣ်အံၤ** ဖဲတချုးနဒီးန့ၣ်တၢ်ပနီၣ်ဟ့ၣ်ပလီၢ်နီတမံၤအခါဒၣ်လဲၣ်သ့ဝဲလိာ်.နကသံၣ်သရၣ်ကထံၣ်န့ၣ်တၢ်ဆါအံၤလၢသ့ၣ်ကျိတၢ်မၤကွၢ်တၢ်ကိးအိလၢ (PSA) ဒီးတၢ်မၤကွၢ်နဆိုးထဲန့ၣ်လိာ်. မ့ၢ်ခဲနံၣ်တၢ်ဆါလၢကဲထီၣ်ညီနီၤအသးဒီးပိတ်ခွါ,ဒီးနဒီးန့ၣ်အံၤသ့ဝဲဖဲနသးပုၤထီၣ်အကတီၢ်န့ၣ်လိာ်. ဘၣ်ဆၢၣ်မ့ၢ်ခဲနံၣ်တၢ်ဆါတခါလၢတၢ်ကူစါအံၤအါကတၢ်တခါလိာ်.



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.

ယကသ့ၣ်ညါဘၣ်လၢယအိၣ်ဒီးထံဆိုးတၢ်ဆါဒ်လဲၣ်.

တၢ်ဂ့ၢ်ကိတဖၣ်အဖိလၢတဖၣ်အံၤအသိးမ့ၢ်အိၣ်တခါမ့ၢ်တမ့ၢ်အါခါန့ၣ်, နကအိၣ်ဒီးထံဆိုးတၢ်ဆါသ့ၣ်လီၤ.

- စးထီၣ်အိၣ်ဒီးတၢ်ဂ့ၢ်ကိလၢကဆံၣ်အါခါဂီၢ်
- ဝဲစးထီၣ်ဆံၣ်ဝံၤဆံၣ်ဖျိးထီၣ်က့ၤကယီၤကယီၤ
- ကလိၣ်လဲၤဆံၣ်အါတလီၢ်လီၢ်မ့ၢ်ဆါဆဲးမ့ၢ်န့ၣ်
- ဆံၣ်အါဝံၤဆံၣ်ပြဲးဘၣ်အသး, မ့ၢ်တမ့ၢ်ဝဲအလဲထီၣ်တၢ်ဟးလီၢ်တဘျီဒီး တဘျီအဘၢၣ်စၢ
- လဲၤထီၣ်တၢ်ဟးလီၢ်ဝံၤအခဲအံၤဘၣ်ဆၣ်ကအဲၣ်ဒီးလဲၤဆံၣ်အါတဘျီကဒီး
- ကလိၣ်လဲၤဆံၣ်အါချ့ဒီးချ့ဒီး
- ဝဲဆံၣ်အါဝံၤကတူၢ်ဘၣ်တၢ်ဆါဒီးကီၢ်အူဝဲ
- သ့ၣ်ပၣ်ယုၣ်လၢဆံၣ်ကျါဒီး
- ကတူၢ်ဘၣ်ဒ်သိးဆံၣ်အါပျဲးဒီးဝဲဆံၣ်အါဝံၤအခါဒ်လဲၣ်.

တၢ်ဂ့ၢ်ကိတဖၣ်အံၤတမ့ၢ်ခိဖျိးဆိုးထံချံအယီၤဘၣ်သ့ၣ်လီၤ. အဒိ, ကသံၣ်တနီၤကမၤ အါထီၣ်ဆံၣ်လၢဆံၣ်အါပူၤသ့ၣ်လီၤ. နကသံၣ်သရၣ်မ့ၢ်တမ့ၢ်တၢ်ကိတဖၣ်ကိတဖၣ်ဆံၣ်ပုၤဟ့ၣ်က့ၣ်တၢ်တဖၣ်မၤစၢန့ၣ်လၢကယုထီၣ်န့ၣ်တၢ်ဂ့ၢ်ကိအံၤသ့ၣ်လီၤ.

ယဆိုးထံအချံအံၤဒူးကဲထီၣ်ဆံၣ်အါတၢ်ဂ့ၢ်ကိသ့ၣ်လဲၣ်.

ဆံၣ်ကျိကးတံၢ်အသး (ဆံၣ်ထံအကျိ)... ဝဲဆိုးထံချံဒိၣ်ထီၣ်ဝဲတစု, ကကး တံၢ်ယးဆံၣ်အါအကျိခိၣ်ထိးဒီးပတုၣ်ဝဲဆံၣ်အါဒ်သိးဆံၣ်ထူးထီၣ်သုတန့ၣ်တဂ့ၢ် အဂီၢ်လီၤ. လၢတၢ်ဂ့ၢ်ကိတဖၣ်အဖိခိၣ်, ဆံၣ်ထံတဖၣ်ဟံၣ်ဖျိၣ်အါထီၣ်အသးတုၤအ ပြဲးဘၣ်အသးတစုလီၤ. တၢ်အံၤမ့ၢ်ကဲထီၣ်အသးန့ၣ်, ထီၣ်ကသံၣ်သရၣ်တ ဘျီယီတက့ၢ်.

ဆံၣ်အါလီၢ်လၢအမၤတၢ်အါထလၢအခါအံၤကဲထီၣ်အသးခိဖျိဆံၣ်အါလီၢ်မၤတၢ် အါလၢကဲၣ်ဆိးဒ်သိးကဲခိဖျိဝဲဆံၣ်ကျိလၢအကးတံၢ်သးတဘိန့ၣ်လီၤ. ဆံၣ်အါ လၢအမၤတၢ်အါထလၢအခါအံၤကဲထီၣ်လဲၤနကီၤအီၤတန့ၢ်ဘၣ်, ဒူးကဲထီၣ် တၢ်မိၣ်ဆံၣ်အါနသးချ့ဒီးချ့ဒီးန့ၣ်လီၤ. ဝဲနက့ၢ်ကိနသးလၢတၢ်အိးထီၣ်ဆံၣ်ကျိ 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, နကသံၣ်သရၣ်မ့တမ့ၢ်တၢ်ကိအ့ၣ်ကိတဖၣ်ပျီၤဟ့ၣ်ကူၣ်တၢ်တဖၣ်ကအံၣ်ဒီးယုသ့ၣ်ညါတၢ်မနုၤအယံၣ်ဒုးကဲထီၣ်တၢ်ကိတဖၣ်တနီၤအံၤလဲၣ်. ဒ်သိး ဆိုးထံ့ခဲတၢ်ဆါ, တၢ်အယုးအယံၣ်တၢ်ဆံၣ်ဆၢမ့တမ့ၢ်ကသံၣ်တနီၤနီၤအယံၣ်န့ၣ်လီၤ.

ကျဲးအိၣ်ဗျာၣ်လၢတၢ်ကိတဖၣ်တနီၤဒိဖျိဆိုးထံ့ခဲတၢ်ဆါအယံၣ်တဖၣ်တၢ်ကကုၤမၤယါဘျီအိၣ်သ့ဝဲန့ၣ်ဝဲလီၤ.

1. လဲၣ်ထီၣ်လိာ်နကသံၣ်သရၣ်

ဝဲနကတီၢ်တၢ်ဒီးနကသံၣ်သရၣ်ဝံၤ, နကတူၢ်ဘၣ်ဒ်သိးနတလိာ်ဘၣ်တၢ်ကကုၤမၤယါဘျီနိတမံၤဘၣ်သ့ၣ်သ့ၣ်လီၤ. တၢ်ကိတဖၣ်တနီၤဘၣ်တခါအံၤကိညါထီၣ်က့ၤဒၣ်အတၢ်သ့ဝဲလၢဆၢကတီၢ်ယံၣ်အပူၤ, မ့တမ့ၢ်ကိးနံၤလုၢ်လၢအတၢ်ဆိတလဲယံၣ်ဖိအယံၣ်(က့ၢ်ဘၣ်လံာ်ကဘျီဒ် “ဆံၣ်အလုၢ်လၢအဂ့ၢ်လၢပျီၤကိးဂၤအဂီၢ်”)တက့ၢ်.

2. ကသံၣ်ကသီတဖၣ်

ကသံၣ်အိၣ်ဝဲတနီၤလၢကမၤစၢနတၢ်ကိတဖၣ်တနီၤအဂီၢ်လီၤ. သံက့ၢ်နကသံၣ်သရၣ်ဘၣ်ပးတၢ်ဂ့ၢ်အံၤတက့ၢ်.

3. ဆိုးထံ့ခဲတၢ်ကွဲးကါ

နဆိုးထံ့ခဲအံၤမ့ၢ်တၢ်ဂ့ၢ်ကိသၢပျီၤ. တၢ်ကွဲးကါအံၤကထူးထီၣ်က့ၢ်န့ၣ်ခဲလၢာ်သ့ဝဲလီၤ. တၢ်ကွဲးကါအကလုာ်ကဒီးသန့ထီၣ်အသးလၢဆိုးထံ့အခဲကဒိတ်ထဲလဲၣ်အဖိခိတ်လီၤ.

4. ဆံၣ်အလိာ်တၢ်ဂဲလိ

တၢ်ရဲၣ်တၢ်ကျဲးလၢဆံၣ်အတၢ်ဂဲလိအံၤမၤစၢဆံၣ်အံၤဒ်သိးကၤယံၣ်ဆံၣ်ထံကန့ၢ်ဝဲအါဝဲဒ်သိးပိးထီၣ်အသးသ့တနီၤမ့တမ့ၢ်ကအံၣ်ဒီးဆံၣ်ဆါချဲးဒီးချဲးဒုးအဂီၢ်ဘၣ်. မ့ၢ်ပျီၤလၢအိၣ်ဒီးဆံၣ်အလၢအမၤတၢ်အါထလၢအခးတဖၣ်အဂီၢ်ဒၣ်လဲၣ်(က့ၢ်ဘၣ်လံာ်ကဘျီ “ဆံၣ်အတၢ်ဂဲလိ” တက့ၢ်).

5. ခံတက့ၢ်ပံထွၣ်ပျီၤတၢ်ဂဲလိ

ခံတက့ၢ်ပံထွၣ်ပျီၤတၢ်ဂဲလိအံၤမၤကဲထီၣ်ထွၣ်ပျီၤတဖၣ်လၢအကၤယံၣ်ဆံၣ်အဒီးဟၢဖၤတၢ်ဂဲလိထဲလဲၣ်အဖိခိတ်လီၤ. မၤလိဒ်သိးနကအိၣ်ဒီးတၢ်ဂဲလိလၢနခံတက့ၢ်ပံထွၣ်ပျီၤအဂီၢ်တချုးနကွဲးကါနသးဒီးအခါဒီးစးထီၣ်မၤအိၣ်ဖဲနကွဲးကါနသးဝံၤအလိာ်ခဲဖဲအဆိအချုတက့ၢ်. (က့ၢ်ဘၣ်လံာ်ကဘျီ “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. တၢ်ကီၢ်အ့ၣ်ကီၢ်ဆံၣ်တၢ်ပီၤတၢ်လီၤတဖၣ်

တၢ်ကီၢ်အ့ၣ်ကီၢ်ဆံၣ်တၢ်ပီၤတၢ်လီၤအိၣ်ဝဲအါမံၤဒ်သိးကမၤတၢ်ဆံၣ်ပိၤဘၣ်သးကန့ၢ်ညီအဂီၢ်(တွၢ်ဘၣ်လံာ်ကဘျံး “တၢ်ကီၢ်အ့ၣ်ကီၢ်ဆံၣ်တၢ်ပီၤတၢ်လီၤ”တက့ၢ်.

မၤလီၤတၢ်ဒ်သိးနကသ့ၣ်ညါတၢ်ဂ့ၢ်ကီၢ်မနုၤလဲၣ်, တၢ်ကူၤမၤယါဘျီမနုၤအိၣ်ဝဲလဲၣ်, မၤတၢ်ကတုၤဒိၣ်ထဲလဲၣ်,ဒီးတၢ်လဲၤကမူၤမၤမၤအသးကသ့ၣ်လဲၣ်, ဒ်သိးနယုထာတၢ်ကူၤမၤယါဘျီအဂ့ၢ်ကတၢ်လၢနဂီၢ်ကသ့ၣ်, ယုၣ်ဒီးနကသံၣ်သ့ၣ်တၢ်မၤမၤအသိးန့ၣ်လီၤ.

ယုထံၣ်န့ၢ်တၢ်မၤမၤ

နးစံၤလၢဖျိတီၤပတီၢ်တဖၣ်အိၣ်ဝဲန့ၣ်ဆဲးကျိး **National Continence Helpline** ဝဲ **1800 330 066** (မုၢ်ဆၢတုၤမုၢ်ဖိဖး,စးထီၣ်ဂီၤ 8.00တုၤ 8.00န့ၣ်ရံၢ်ဟါအိးစကြုၤလဲၣ်ယုၣ် မုၢ်ထီၣ်တၢ်ဆၢကတီၢ်အသိး) လၢတလၢစ့ဘၣ် ...

- တၢ်ဂ့ၢ်တၢ်ကျိၤ
- တၢ်ဟ့ၣ်က့ၣ်ဟ့ၣ်ဖးဒီး
- လံာ်ဘိးဘၣ်ရလီၤကဘျံးတဖၣ်

နမ့ၢ်အိၣ်ဒီးတၢ်ဂ့ၢ်ကီၢ်လၢနကကတီၤမ့တမ့ၢ်န့ၢ်ဟါအဲကလံးကျိၣ်တခါန့ၣ်ဒီးန့ၢ်တၢ်မၤမၤအကျိၤအကျိၤဖျိကျိၤထံလိတဲစိတဖၣ်ကကတီၤတၢ်ဒီးန့ၢ်လၢအဲကလံးကျိၣ်, **13 14 50**န့ၣ်လီၤ. ပှၤဖိၣ်လိတဲစိတဖၣ်ကကတီၤတၢ်ဒီးန့ၢ်လၢအဲကလံးကျိၣ်, အယံကတီၤဖျါထီၣ်ကျိၣ်လၢနကတီၤအိၣ်ဝဲဒိးအိၣ်တက့ၢ်. တၢ်ဆဲးကျိးန့ၢ်နဂီၢ်ဆူပှၤကျိးထံတၢ်ဖိလၢကတီၤန့ၣ်တဂၤအအိၣ်န့ၣ်လီၤ. တဲဘၣ်ပှၤကျိးထံတၢ်ဖိတဂၤလၢကကီၢ်န့ၢ် **National Continence Helpline** ဝဲ **1800 33 00 66**တက့ၢ်. အိၣ်ဒီးကန့ၣ်လိတဲစိတဖၣ်တၢ်ဆဲးကျိးန့ၢ်န့ၢ်တဖၣ်ဒီး ပှၤကျိးထံတၢ်ဖိကမၤမၤန့ၢ်လၢနကကတီၤဘၣ်တၢ်ဒီးန့ၢ်စံၤမုၢ်လၢကဟ့ၣ်က့ၣ်န့ၢ်ဘၣ်ယးတၢ်ကီၢ်ဆံၣ်တၢ်ဟ့ၣ်က့ၣ်ဟ့ၣ်ဖးတဂၤန့ၣ်လီၤ. လိတဲစိတၢ်ဆဲးကျိးအပှၤတဖၣ်ခဲလၢတၢ်ဟံၤအိၣ်လၢတၢ်ရသ့ၣ်န့ၣ်လီၤ.

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

* တၢ်ဆဲးကျိးဒိဖျိလိတဲစိစိတဖၣ်တၢ်ယုအပှၤဒ်တၢ်ဟံၤနိၣ်အိၣ်အသိးန့ၣ်လီၤ.

