



- broken sleep, such as going to the toilet just because you are awake; and/or
- constipation or an enlarged prostate can press on the bladder neck and not let the bladder empty right out. This can cause urine to dribble or overflow.

In healthy young people, a hormone called antidiuretic hormone stops the kidneys making much urine during sleep. With age, the body makes less of this hormone, so the kidneys make as much or even more urine during sleep as they do in the day. This means the bladder will need to be emptied more often through the night.

Note: Some people think if they cut down how much water they drink through the day they may cut down on night-time problems. This is not right. Not having enough to drink can cause lack of fluids and constipation. It can also make the urine more concentrated. This can upset the bladder and make you need to go to the toilet more often. Not drinking enough water can also shrink the bladder muscle so the bladder does not hold as much urine, which can make the need to pass urine through the night even worse.

HOW DO YOU KNOW IF YOU HAVE NOCTURIA?

You should talk to your doctor if you think you have Nocturia. It may not be a simple health problem.

To find out more about your Nocturia, your doctor may ask you about:

- your past health;
- bladder problems;
- the drugs you take (such as, what time you take your fluid tablets); and
- broken sleep.

- တၢ်မဲလၢအိၣ်ဒီးတၢ်တံာ်တၢ်ဒီးသီးလဲၤဆူတၢ်ဟးလီၢ်ခိဖျိနမံၤတၢ်အယိၤဒီးမ့တမ့ၢ်
- တၢ်ဟးဖျါကျၢမ့တမ့ၢ်ဆိးထံအချံလၢအိၣ်ထီၣ်အံၤဆိၣ်တံာ်ဝဲဆံၣ်အလီၢ်ခိၣ်ထိးဒီးတပျဲဆံၣ်အလီၢ်ကလိၤကအိၣ်ဘၣ်. တၢ်အံၤကဒုးကဲထီၣ်ဆံၣ်ထံယုၤလီၤဝဲထီၣ်ဒီးဟံၤထီၣ်ယုၤလီၤဝဲန့ၣ်လီၤ.

သးစၢ်လၢအိၣ်ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ လၢအဂ့ၤတဖၣ်. ဟိမိန်အထံတခါလၢတၢ်ကိးအိၤလၢအဲၣ်ထံၣ်ရဲတံး (antidiuretic)ဟိမိန်အံၤမတုာ်ကလုာ်ဒ်သီးသုတထူးထီၣ်ဆံၣ်ထံအါအါလၢမုန်းနားခါတဂ့ၤအဂီၢ်လီၤ. ဖဲပုၤတကသးပျါဒိၣ်ထီၣ်ဝဲကတီၢ်,ပမိၢ်ပျါအံၤထူးထီၣ်ဟိမိန်အထံၣ်စ့ၤလီၤဝဲ.အယိပကလုာ်တဖၣ်ကထူးထီၣ်ဆံၣ်ထံဖဲအသုမ့တမ့ၢ်ကအါဝဲဖဲပမံအခါဒ်သီးအမၤဝဲလၢမုန်းခါကတီၢ်အသီးန့ၣ်လီၤ.တၢ်အံၤအိၣ်ပညိမ့ၢ်ဝဲဆံၣ်အကလိၣ်လီၤကအိၣ်အါဝဲတလီၢ်လီၢ်လၢမုန်းနားကတီၢ်န့ၣ်လီၤ.

တၢ်နီၣ်..ပုၤတနီၣ်နီၤဆိမိၣ်ဝဲလၢအဝဲသ့ၣ်မုၢ်အိၣ်လီၤစ့ၤထံလၢမုန်းခါခိန့ၣ်ကမၤလီၤစ့ၤတၢ်ဆၢကတီၢ်လၢမုန်းနားတၢ်ဂ့ၢ်ကိကသ့ဝဲသ့ၣ်သ့ၣ်လီၤ. တၢ်အံၤတဘၣ်ဝဲဘၣ်. တၢ်အိၣ်ထံနီၣ်မ့တမ့ၢ်တအါဝဲန့ၣ်ဒုးကဲထီၣ်ထံစ့ၤနီၣ်စ့ၤဒီးတၢ်ဟးဖျါကျၢသ့ဝဲန့ၣ်လီၤ. ပဆံၣ်ထံပံာ်ထီၣ်ဝဲသ့ၣ်စ့ၤကိးလီၤ. တၢ်အံၤမၤဘၣ်ဒိဆံၣ်အဒီးနကလိၣ်လဲၤထီၣ်တၢ်ဟးလီၢ်တလီၢ်လီၢ်သ့ဝဲလီၤ. ပအိၣ်ထံမ့ၢ်တလၢတလီၣ်ဝဲန့ၣ်မၤသ့ၣ်ဝဲနဆံၣ်အလီၢ်ထူၣ်ပျါအယိကယၢ်နဆံၣ်ထံတန့ၢ်အါအါဘၣ်, ဒီးနကလိၣ်လဲၤဆံၣ်ဆါလၢမုန်းနားကတီၢ်တလီၢ်လီၢ်န့ၣ်လီၤ.

နကသ့ၣ်ညါဘၣ်လၢတၢ်ကဲထီၣ်အသးဒီးနလၢမုန်းနားကတီၢ်အံၤသ့ဝဲဒဲလဲၣ်.

နမ့ၢ်ဆိမိၣ်လၢနအိၣ်ဒီးမုၢ်နားကတီၢ်တၢ်ဂ့ၢ်ကိအံၤန့ၣ်နကဘၣ်ကတီၢ်တၢ်ဒီးနကသံၣ်သရၣ်န့ၣ်လီၤ. တမ့ၢ်တၢ်ဆါယိယိဖဲဘၣ်သ့ၣ်သ့ၣ်လီၤ.

လၢကယုၤသ့ၣ်ညါအါထီၣ်မုၢ်နားကတီၢ်တၢ်ကဲထီၣ်အသးတခါအံၤအဂီၢ်, နကသံၣ်သရၣ်ကသံကွၢ်နားဘၣ်ဃးဒီး...

- နတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ လၢအပူၤကွံာ်အဂ့ၢ်အကျိၤ,
- နဆံၣ်အလီၢ်တၢ်ဂ့ၢ်ကိတဖၣ်,
- ကသံၣ်ကသိလၢနအိၣ်တဖၣ် (ဒ်သီး, နအိၣ်ကသံၣ်လၢဆၢကတီၢ်မနုၤတဖၣ်), ဒီး
- နမံၤထီၣ်လၢမုန်းနားကတီၢ်.





YOUR DOCTOR MIGHT ALSO:

- check if you have any of the causes of Nocturia, such as those noted above;
- test your urine for a bladder infection;
- ask you to keep a chart to check:
 1. what, when and how much you drink;
 2. when and how much urine you pass;
 3. when you go to bed and get up; and
 4. arrange for tests such as bladder, kidneys, urine, and blood tests.

HOW CAN NOCTURIA BE TREATED?

It is important that any causes of Nocturia get treated or that you are referred to the right specialist.

Some suggested treatments could be:

- cutting back on how much caffeine and alcohol you drink, mainly before going to bed at night;
- checking the times you take fluid tablets;
- wearing support stockings for swollen ankles;
- resting with your legs up, in the afternoon, for a few hours;
- lighting your path to the toilet (such as a night light); and/or
- placing a commode or bright coloured bucket for use at the bedside.

Your doctor may prescribe a nasal spray or drugs to cut down how much urine you make at night-time. Your doctor may also refer you to a specialist who will discuss other treatments with you. These may be drugs that treat the Nocturia or treat the cause of the problem.

Some of the health professionals you may be referred to can include a continence physiotherapist, continence nurse advisor, urologist or renal physician.

နကသံၣ်သရၣ်ကမတၢ်အဂတဖၣ်ဒ်...

- ကသမံသမိးမုန်တၢ်ဂ့ၢ်မနုအိဒ်ကဲထိုင်တၢ်ကဲထိုင်အသးလာမုန်နုအိတၢ်အိအဂ့ၢ်ဒ်တၢ်ဟ့ၣ်လၢထးအသိး
- ကမကွၢ်နဆံၣ်ထံလၢကယုထံၣ်န့ၣ်ဆံၣ်ယၢ်အဂီၢ်
- ကမနဟ်တၢ်ကွဲးနီၣ်ကွဲးယၢ်လၢနကမနီၣ်အိအဂီၢ်...
 1. နအိတၢ်မနုအိ,ဆၢကတီၢ်ဖဲလဲၣ်,ဒီးဆံးအါလဲၣ်အဂ့ၢ်
 2. နမံ,ဟံထိုင်ဖဲဆၢကတီၢ်ဖဲလဲၣ်
 3. ဖဲနမံဘၣ်နသးဒီးဂဲၤဆၢထၢၣ်,ဒီး
 4. ရဲၣ်ကွဲးတၢ်မကွၢ်ဒ်သိးဆံၣ်အလီၢ်, ကလုာ်, ဆံၣ်ထံ,ဒီးသ့ၣ်တဖၣ်.

တၢ်ကဲထိုင်သားမုန်နုအိတၢ်အိတၢ်ကကူစါယါဘျါအိဒ်လဲၣ်.

မုန်တၢ်အကါဖးဒိၣ်တခါလၢတၢ်ကကူစါယါဘျါတၢ်ဂ့ၢ်လၢဖးကဲထိုင်မုန်နုအိတၢ်မအသးတဖၣ်အံၤမ့တမ့ၢ်တၢ်ကဘၣ်ဆၢခိယီၤနုအုပုသ့ပုဘၣ်လီၤဆိအဆိၣ်န့ၣ်လီၤ.

တၢ်ဟ့ၣ်ကူၣ်လၢတၢ်ကကူစါယါဘျါအကျိအကျဲလၢကမုန်ဒ်သိး...

- နကမလီၤဖျါဖဲဖုနီၣ်ဒီးသံးလၢနအိအိ,လီၤဆိဒ်တၢ်တချုးနမံဒ်အခါ,
- မနီၣ်တၢ်ဆၢကတီၢ်လၢနအိထံနီၣ်ကသံၣ်တဖၣ်,
- ကူကၢဒိၣ်ဖျါကူးတံးဘၣ်တကလုာ်လၢခိၣ်န့ၣ်ခံၣ်ညိးထီၣ်အဂီၢ်,
- ဟံအိၣ်ဘျးနခိၣ်တီၣ်ထီၣ်အိလၢတၢ်ဖိခိၣ်,ဖဲမုန်ယုာ်လီၤကတီၢ်,လၢဖျါန့ၣ်ရံၢ်အတီၢ်ပူၤ,
- မကတီၢ်မ့ၣ်အုဖဲကွဲးလဲၤဆူတၢ်ဟးလီၢ် (ဒ်သိးမုန်နုအိအုဖျါ), ဒီးမ့တမ့ၢ်
- ဟံယးတၢ်ပီးတၢ်လီမ့တမ့ၢ်ထံဖဲအလွဲၤဖျါဆဲးလၢမံကမၤ.

နကသံၣ်သရၣ်ကနဲၣ်လီၤနုအုပုလၢနကစူးကါကသံၣ်ခးလၢနီၣ်ဒုအုပုမ့တမ့ၢ်ကသံၣ်လၢကမလီၤဆိၣ်ထံလၢနကဆံၣ်ဆါမုန်နုအိတၢ်တဖၣ်လီၤ. နကသံၣ်သရၣ်စ့ၢ်ကိးကဆၢခိယီၤနုအုပုသ့ပုဘၣ်လီၤဆိတဖၣ်အဆိၣ်ဒ်သိးကတၢ်ပိၣ်တၢ်ကူစါယါဘျါလၢအဂတဖၣ်န့ၣ်လီၤ. တၢ်အံၤကမုန်နုအိကသံၣ်ကသီလၢအကူစါတၢ်ကဲထိုင်သားမုန်နုအိတဖၣ်မ့တမ့ၢ်ကကူစါတၢ်ကဲထိုင်အသးတဖၣ်အဂီၢ်န့ၣ်လီၤ.

ဆုၣ်ချု ပုဘၣ်မုဘၣ်ဒါတနီၤလၢတၢ်ဆၢခိယီၤနုအုအဆိၣ်တဖၣ်ကပၣ်ယုာ်တၢ်ကီၤအုၣ်ကီၤဆံၣ်ပုဖံးတၢ်ဖိတဖၣ်, တၢ်ကီၤအုၣ်ကီၤဆံၣ်နုးဖဲပုဟ့ၣ်ကူၣ်တၢ်တဖၣ်,ပုလၢကွၢ်ဆံၣ်အလီၢ်မ့တမ့ၢ်ကလုာ်ပုကွၢ်ထွဲတၢ်ဘၣ်မုဘၣ်ဒါတဖၣ်လၢကတၢ်ပိၣ်တၢ်ကူစါယါဘျါလၢအဂတဖၣ်ဒီးန့ၣ်လီၤ. တၢ်အံၤကပၣ်ယုာ်ကသံၣ်ကသီမ့တမ့ၢ်တၢ်ကူစါတၢ်ကဲထိုင်အသးမုန်နုအိတဖၣ်မ့တမ့ၢ်ကူစါတၢ်ကဲထိုင်သားအဂ့ၢ်တဖၣ်န့ၣ်လီၤ.





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.

ယုထိုင်န့ၢ်တၢ်မၤစၢ

နားစံလၢဖျိတီၤပတီၢ်တဖၣ်အိၣ်ဝဲဖဲနဆဲးကျိး **National Continence Helpline** ဖဲ **1800 330 066** (မုၢ်ဆၢၣ်တူၤမုၢ်ဖိဖးစးထီၣ်ဂီၤ 8.00တုၤ8.00န့ၣ်ရံၢ်ဟါအိးစၢထွဲလဲယၣ် မုၢ်ထီၣ်တၢ်ဆၢကတီၢ်အသိး) လၢတလၢၣ်စ့ဘၣ်...

- တၢ်ဂ့ၢ်တၢ်ကျိၤ
- တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးဒီး
- လံာ်ဘိးဘၣ်ရၤလီၤကဘျံးတဖၣ်

နမ့ၢ်အိၣ်ဒီးတၢ်ဂ့ၢ်ကီၤလၢနကတီၤမ့တမ့ၢ်န့ၢ်ဟါအဲကလံးကျိၣ်တခါနဒီးန့ၢ်တၢ်မၤစၢအကျိၤအကျိၤဖျိကျိးထံလီၤတဲစိအကျိၤလၢတလၢၣ်စ့ဘၣ်သ့ဖဲ **13 14 50**န့ၣ်လီၤ.ပုၤဖိၣ်လီၤတဲစိတဖၣ်ကကတီၤတၢ်ဒီးန့ၢ်လၢအဲကလံးကျိၣ်, အယံကတီၤဖျါထီၣ်ကျိၣ်လၢနကတီၤအိၣ်ခိးအိၣ်တက့ၢ်.တၢ်ဆဲးကျိးန့ၢ်နဂီၢ်ဆူပုၤကျိးထံတၢ်ဖိလၢကတီၤနကျိၣ်တဂၤအအိၣ်န့ၣ်လီၤ. တဲဘၣ်ပုၤကျိးထံတၢ်ဖိတဂၤလၢကကိးန့ၢ်န့ၢ် **National Continence Helpline** ဖဲ **1800 33 00 66**တက့ၢ်.အိၣ်ခိးကန့ၣ်လီၤတဲစိတူၤတၢ်ဆဲးကျိးန့ၢ်န့ၢ်တဖၣ်ဒီးပုၤကျိးထံတၢ်ဖိကမၤစၢန့ၢ်လၢနကကတီၤဘၣ်တၢ်ဒီးနားစံမုၢ်လၢကဟ့ၣ်ကူၣ်န့ၢ်ဘၣ်ယးတၢ်ကီၤဆံၣ်တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးတဂၤန့ၣ်လီၤ. လီၤတဲစိတၢ်ဆဲးကျိးအပူၤတဖၣ်ခဲလၢတၢ်ပာ်အိၣ်လၢတၢ်ခူသ့ၣ်န့ၣ်လီၤ.

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

* တၢ်ဆဲးကျိးဒီးဖျိလီၤတဲစိစိၣ်စ့တဖၣ်တၢ်ယုအပုၤဒ်တၢ်ပံၤပနီၣ်ဆိအသိးန့ၣ်လီၤ.

