



The aim of bladder training is to help you gain better bladder control. This is done by training your bladder to hold more urine, without leaks or the pressing need to pass urine, so you can get to the toilet in time.

WHEN IS A BLADDER TRAINING PROGRAM USED?

If you are reading this leaflet, you may have some problems with bladder control. You might go to the toilet often and find it hard to hold on until you get there. At times you may leak urine on the way to the toilet. If you visit your doctor or a continence advisor they could start you on a bladder training program to help with better bladder control. If you do nothing about it, it may get worse.

Poor bladder control may be due to health problems such as stroke, enlarged prostate gland, or Parkinson's disease, or just due to poor bladder habits over a long time. For some people the cause is not known.

WHAT ARE NORMAL BLADDER HABITS?

It is normal to pass urine five or six times a day (a 24 hour period) if you drink about one and a half to two litres (5 to 7 glasses) over the day. It is usual to empty your bladder when you get out of bed in the morning, three times through the day, and before you go to bed at night. As people age this pattern may change. Older people make more urine at night so they have to pass urine more often through the night than they do in the day.

A healthy bladder can hold about one and a half to two cups of urine (300 to 400mls) when up and about in the day and about four cups (800mls) during the night, before you need to pass urine.

THE BLADDER TRAINING PROGRAM

Your doctor or continence advisor will ask you to fill out a bladder chart. To do this, every time you pass urine you write down the date and the time and how much urine you passed. You will need to do this for a few days to find out how much your bladder holds and how often you need to empty it.

တၢ်ပညိၣ်လၢဆံၣ်အလီၤတၢ်ဂၢၤလိအံၤမ့ၢ်ဒ်သိးကမၤစၢၤန့ၣ်လၢနကသ့ကယၢ်နဆံၣ်ထံကန့ၢ်ဒိၣ်ထီၣ်အဂီၢ်လီၤ.တၢ်မၤတၢ်ဂၢၤလိအံၤဒ်သိးနကၤလိနဆံၣ်အလီၤလၢကကယၢ်နဆံၣ်ထံကန့ၢ်အါ,လၢနဆံၣ်တၢ်ပိးထီၣ်သးမ့တမ့ၢ်ဆိၣ်န့ၢ်ဆူၣ်အီၤလၢကဆံၣ်ခါဘၣ်သး,ဒ်သိးနလဲၤထီၣ်တၢ်ဟးလီၤကတုၤဘၣ်ဆါဘၣ်ကတီၢ်အဂီၢ်လီၤ.

တၢ်ဂၢၤလိလၢဆံၣ်အလီၤတၢ်ရဲၣ်တၢ်ကျဲၤအံၤတၢ်ကဘၣ်သ့အီၤလၢဆၢကတီၢ်ဖဲလဲၣ်.

နမ့ၢ်ဖးဘၣ်လံာ်ကဘျံးဖိအံၤဘၣ်တဘျီနကအိၣ်ဒီးတၢ်ကီၤဆံၣ်တၢ်ဂ့ၢ်ကီၤသ့လဲၤ.နကလိၣ်လဲၤထီၣ်တၢ်ဟးလီၤခဲအံၤခဲအံၤဒီးကလဲၤတုၤအဂီၢ်ကီၤတန့ၢ်ဘၣ်သ့သ့လီၤ.ဖဲနလဲၤလၢကျဲၤအါနဆံၣ်ကပိးဘၣ်နသးသ့လဲၤ.နမ့ၢ်ထံၣ်လိာ်နကသံၣ်သရၣ်မ့တမ့ၢ်တၢ်ကီၤအ့ၣ်ကီၤဆံၣ်ပုၤဟ့ၣ်ကျဲၤတၢ်တဖၣ်န့ၣ်အဲၣ်သ့ၣ်ကစးထီၣ်မနမဆံၣ်အလီၤတၢ်ဂၢၤလိတၢ်ရဲၣ်တၢ်ကျဲၤလၢကမၤစၢၤန့ၣ်လၢနကဆံၣ်ကန့ၢ်ဒိၣ်ထီၣ်အဂီၢ်လီၤ.နမ့ၢ်တမၤတၢ်နီၣ်တမံၤဘၣ်န့ၣ်. ကနးဒိၣ်ထီၣ်သ့လဲၤ.

တၢ်ကီၤဆံၣ်တန့ၢ်ဘၣ်အံၤကမ့ၢ်ခိဖျိတၢ်ဆူးတၢ်ဆါဒ်သိးပုၤတကၢဘၣ်ကလံၤတၢ်ဆါ,ဆိးထံအချဲၣ်ထီၣ်. မ့တမ့ၢ်ပုၤလၢအဘၣ်တၢ်ကနိးကစးတထံတဆးတၢ်ဆါ. မ့တမ့ၢ်ခိဖျိဆံၣ်အလီၤလုၢ်လၢတဂ့ၢ်လဲၤဆၢကတီၢ်ပံာ်မးအပူၤအယိလီၤ.လၢပုၤတနီၤအဂီၢ်တၢ်ကထီၣ်သးအဂ့ၢ်အံၤတၢ်တသ့ၣ်ညါဘၣ်.

ဆံၣ်အလီၤလုၢ်လၢလၢအမၤညီၣ်န့ၢ်အသးအဂ့ၢ်တဖၣ်မ့ၢ်မန့ၢ်လဲၣ်.

နမ့ၢ်အိၣ်ထံတလံထၢၣ်တတၢ် မ့တမ့ၢ် ခံလံထၢၣ်(5 တုၤ ရ ၅ ခွး) လၢတန့ၢ်အတီၢ်ပူၤန့ၣ်. နမ့ၢ်ဆံၣ်ဆါတန့ၢ်အတီၢ်ပူၤ (24န့ၣ်ရံၢ်) ယါဘျီမ့တမ့ၢ်ယုဘျီန့ၣ်ဂ့ၢ်လဲၤ. နမ့ၢ်လဲၤဆံၣ်ဆါလၢဂီၢ်ကတီၢ်ဖဲနမံၤထီၣ်.လၢမ့ၢ်ဆါခိသးဘျီ.ဒီးတချးနလဲၤန့ၣ်တၢ်မံၤအပူၤန့ၣ်မ့ၢ်တၢ်လၢအမၤညီၣ်န့ၢ်အသးန့ၣ်လီၤ. ဖဲပုၤတကၢသးပုၤဒိၣ်ထီၣ်တဖၣ်အဆံၣ်ထံအါဖဲလၢမ့ၢ်န့ၣ်ကတီၢ်အယိအဲၣ်ကလဲၤဆံၣ်ဆါလၢမ့ၢ်နီၣ်တလီၤလီၤအါန့ၢ်ဒီးအဲၣ်သ့ၣ်ဆံၣ်ဆါလၢမ့ၢ်ဆါခိဒီးလီၤ.

ဆံၣ်အလၢအိၣ်ဆူၣ်ဆိၣ်ချ့တခါကကယၢ်ဆံၣ်ထံကန့ၢ်တခွးတတၢ်တုၤခဲခွး (300 တုၤ 400 မံလံထၢၣ်)ဖဲမံၤထီၣ်ဒီးလုၢ်ခွး (800 မံလံထၢၣ်) လၢမ့ၢ်န့ၣ်ကတီၢ်. တချးနမံၤဒီးအခါန့ၣ်လဲၤဆံၣ်ဆါကွံာ်န့ၣ်လီၤ.

ဆံၣ်အလီၤတၢ်ဂၢၤလိ

နကသံၣ်သရၣ်မ့တမ့ၢ်တၢ်ကီၤအ့ၣ်ကီၤဆံၣ်ပုၤဟ့ၣ်ကျဲၤတၢ်တဖၣ်ကသံကွံာ်န့ၣ်လၢနကမၤပုၤဆံၣ်အလီၤတၢ်မနီၣ်မယါန့ၣ်လီၤ. လၢနကမၤတၢ်အံၤအဂီၢ်.ဖဲနဆံၣ်ဆါတဘျီလၢလၢကွဲးနီၣ်မ့ၢ်တၢ်ဆၢကတီၢ်ဒီးနဆံၣ်ဆါထဲလဲၣ်အဂ့ၢ်ကတုၤ.နကဘၣ်မၤတၢ်အံၤလၢစ့ၤသီအဂီၢ်ဒ်သိးနကယုသ့ၣ်ညါဘၣ်နဆံၣ်အကယၢ်ဆံၣ်ထံန့ၢ်ဆံးအါဒီးနကဘၣ်လဲၤဆံၣ်ဆါအီၤပုၤဘျီလဲၣ်အဂီၢ်န့ၣ်လီၤ.





The bladder chart may look like this:

Time	Amount Passed	Comments
5:00am	250 ml	
7.30am	70 ml	
9.15am	160 ml	

In the comments, you can write down any leaks you have had (such as “leaked a bit on the way to the toilet”) or other problems (such as “burning” or “pain”).

To measure the amount of urine you pass, put a container (like an ice cream container) in the toilet bowl. Now sit on the toilet and relax, with your feet on the floor. Pass urine into the container. When you have finished, measure the urine by tipping it into a measuring jug. Men may want to stand and pass urine directly into a measuring jug.

Absorbent pads might be used to work out how much urine you leak over one or two days. This is done by giving you dry pads that have been weighed in a plastic bag. When you change the wet pad you put it back in the plastic bag and weigh it. If you take away the weight of the dry pad from the weight of the wet pad, you can see how much you have leaked because each millilitre of urine weighs one gram.

Like this:

Wet pad	400 grams
Dry pad	150 grams
Weight difference	250 grams
Amount leaked	250 mls

WHO WILL HELP WITH YOUR BLADDER TRAINING PROGRAM AND HOW LONG WILL IT TAKE?

A continence advisor or physiotherapist can get the best results for you by designing a program that suits your needs.

ဆံၣ်ထံတၢ်မၤနီၣ်တဖၣ်လိၤကံၤဒ်သိးအံၤ...

တၢ်ဆၢကတီၢ်	ဆံၣ်ဆါထဲလဲၣ်	တၢ်မၤနီၣ်
ဂီၤ 5:00 န့ၣ်ရံၣ်	250 မံလံလံထၢၣ်	
ဂီၤ 7.30 န့ၣ်ရံၣ်	70 မံလံလံထၢၣ်	
ဂီၤ 9.15 န့ၣ်ရံၣ်	160 မံလံလံထၢၣ်	

လၢတၢ်မၤနီၣ်အလီၤ,နက့ၢ်နီၣ်လိၤကယံၢ်နဆံၣ်ပံးဘၣ်နသးပွဲၤဘျီ(ဒ်သိးလဲၤထီၣ်တၢ်ဟးလီၤကျဲအခါဆံၣ်ပံးဘၣ်သးအသိး)မ့တမ့ၢ်တၢ်ဂ့ၢ်ကိအကတဖၣ်(ဒ်သိးကိၢ်အူဒီးဆါဝဲ)တဖၣ်န့ၣ်လီၤ.

လၢကထီၣ်က့ၢ်ဆံၣ်ထံလၢနဆံၣ်ဆါအီၤကအိၣ်ထဲလဲၣ်အဂီၢ်,ထၢန့ၣ်တၢ်အ(ဒ်သိးဆါစံၣ်ကိၣ်အါ)လၢတၢ်အ့ၣ်ဆါခူးအပူၤတက့ၢ်.အဲဆဲးဆ့ၣ်နီၣ်လၢတၢ်ဟးလီၤခူးလီၤ,ဝံၤအိၣ်ဘျဲး,ဟ်နီၣ်လၢတၢ်ခါအလီၤတက့ၢ်.ဆံၣ်ဆါလီၤလၢတၢ်အပူၤတက့ၢ်.ဖဲနဆံၣ်ဆါဝံၤတစု,ထီၣ်က့ၢ်နဆံၣ်ထံလၢကလူလီၤအီၤလၢတၢ်ထီၣ်ခူးအပူၤတက့ၢ်.ပိၣ်ခွါတဖၣ်ကအိၣ်ဒီးဂဲၤဆါထၢၣ်ဒီးဆံၣ်ဆါလီၤလီၤလီၤလၢတၢ်ထီၣ်အပူၤန့ၣ်လီၤ.

တၢ်ဘီၣ်ခံလၢအသဝံးထံန့ၢ်တဖၣ်နသ့အီၤလၢကထီၣ်က့ၢ်ဆံၣ်ထံလၢနဆံၣ်ပံးဘၣ်သးလၢတမ့ၢ်မ့တမ့ၢ်ခံန့ၢ်အတီၢ်ပူၤန့ၣ်လီၤ.တၢ်အံၤတၢ်ကဟ့ၣ်လီၤန့ၢ်ခံဘီၣ်အယုထီတဘျီလၢတၢ်စီၤက့ၢ်အီၤလၢတၢ်အပူၤန့ၣ်လီၤ.ဖဲနဆဲးတလဲနဆံၣ်ဘီၣ်လၢအဘၣ်စီၣ်တဘျီအံၤထၢန့ၣ်ကဒါက့ၢ်လၢတၢ်အပူၤဝံၤစီၤက့ၢ်အတယၢ်တက့ၢ်.နမ့ၢ်ထူးက့ၢ်ခံဘီၣ်အယုထီအတယၢ်လၢအဘၣ်စီၣ်တဘျီအပူၤန့ၣ်နကထံၣ်ဘၣ်လၢနဆံၣ်ပံးဘၣ်နသးအိၣ်ဝဲထဲလဲၣ်ခိၣ်ဖျိတမံလံလံထၢၣ်န့ၣ်အယၢကအိၣ်ဝဲတကရမံန့ၣ်လီၤ.

ဒ်သိးအံၤ...

ခံဘီၣ်လၢအဘၣ်စီၣ်	400 ကရၢမ်
ခံဘီၣ်လၢအယုထီ	150 ကရၢမ်
အတယၢ်လီၤဆီ	250 ကရၢမ်
နဆံၣ်ပံးဘၣ်သး	250 မံလံလံထၢၣ်

မတကမၤမၤန့ၢ်လၢနဆံၣ်အလီၤတၢ်ဂၢၤဒိရံၣ်က့ၢ်ဒီးကယံၢ်ဝဲထဲလဲၣ်.

တၢ်ကီၢ်အ့ၣ်ဆံၣ်ပူၤဟ့ၣ်က့ၢ်တၢ်ဒီးပူၤဖံၢ်ဘံးတၢ်ဖိတဖၣ်ဒီးန့ၢ်ဘၣ်တၢ်အစၢဒိၣ်ကတၢ်လၢနဂီၢ်ဖဲအဲရဲၣ်က့ၢ်န့ၢ်လၢကဂြၢးဒီးနတၢ်လိၣ်ဘၣ်န့ၣ်လီၤ.





These health professionals may be in private practice or may be contacted through community health services and public hospitals where the service is free. The National Continence Helpline (Freecall 1800 33 00 66) will help if you are not sure how to find one in your area.

Most programs take about three months and you may have meetings with your continence advisor every week or every two weeks. They will teach you ways to hold more urine in your bladder.

SOME HELPFUL THINGS YOU WILL LEARN FROM THE PROGRAM

The continence advisor will teach you how to use your pelvic floor muscles. These muscles support your bladder and urethra (the tube that carries urine from the bladder to the outside) and help to hold back the strong urge to pass urine. This will let you hold it in till you reach the toilet.

Over time, you will learn how to drink more, until you can drink between one and a half to two litres (5 to 7 cups) each 24 hours. This way your bladder will slowly learn to stretch to hold more urine.

To help keep track of how much you drink each day, you will need to know how much your cup or mug holds. Cups can hold from 120 to 180mls whereas mugs can hold 280 to 300mls or more.

You will also learn how constipation and straining to pass a bowel motion can stretch your pelvic floor muscles and cause poor bladder control. To avoid constipation, you need to eat at least two pieces of fruit and five serves of vegetables each day and eat high fibre bread as well. Fizzy drinks or those with caffeine (chocolate, cola, tea and coffee) can upset the bladder and make it harder for you to hold on. You will learn which drinks to choose so your bladder will not be upset.

WILL THERE BE SET-BACKS?

Do not be worried by small day to day changes in your bladder control – these are normal. Anyone on a bladder training program can have setbacks, when symptoms may seem worse again. This may happen when:

ဆူၣ်ချူ ပျၢဘၣ်မူဘၣ်ဒါတဖၣ်အံၤတမၤတၢ်လၢပဒိၣ်ဝဲၤကျိၤဘၣ်သ့ဝဲၤမ့တမ့ၢ်နဆဲးကျိးအိၤခိဖျိပျၢတတဆူၣ်ချူ ဝဲၤကျိၤတဖၣ်မ့တမ့ၢ်ပဒိၣ်တၢ်ဆါဟံၣ်ဝဲၤအဝဲသ့ၣ်တၢ်မၤတဖၣ်တလၢၣ်ဘျီလၢၣ်စ့ၤဝဲၤန့ၣ်လီၤ. **National Continence Helpline** (တလၢၣ်စ့ **1800 33 00 66**) တဖၣ်ကမၤၤန့ၣ်သ့ဝဲၤနတသ့ၣ်ညါလီၤတၢ်လၢကဘၣ်ယုထံၣ်အဝဲသ့ၣ်လၢနလီၤကဝီၤအပူၤလဲၣ်န့ၣ်လီၤ.

တၢ်ရဲၣ်တၢ်ကျိၤအါတက့ၢ်ကယံၣ်ဝဲၤသၢလါဒီးနကထံၣ်လိာ်အိၣ်သကိးဒီးတၢ်ကီၤအ့ၣ်ဆံၣ်ပျၢဟ့ၣ်က့ၣ်တၢ်တဖၣ်ကိးန့ၣ်ဒီးမ့တမ့ၢ်ခံန့ၣ်တဘျီသ့ဝဲၤလီၤ. အဝဲသ့ၣ်ကသိၣ်လိန့ၣ်ကျိၤတဖၣ်ဒီးသိးနကသ့ၣ်ကယၢၢ်နဆံၣ်ထံကန့ၢ်အါထီၣ်အဂီၢ်လီၤ.

လၢတၢ်ဂၢၤလိတဘျီအံၤအပူၤနကမၤလိဘၣ်တၢ်လၢကကဲဘျးတန့ၢ်လီၤ.

တၢ်ကီၤအ့ၣ်ဆံၣ်ပျၢဟ့ၣ်က့ၣ်တၢ်တဖၣ်ကသိၣ်လိန့ၣ်လၢနကဘၣ်သ့နဆံၣ်တက့ၣ်ယံၣ်ထုၣ်ပျၢတဖၣ်ဒ်လဲၣ်အဂီၢ်လီၤ.ထုၣ်ပျၢတဖၣ်အံၤဆိၣ်ကိၢ်ကျိၤနဆံၣ်အလီၤဒီးဆံၣ်ထံကျိၤဘၣ်တဖၣ် (တၢ်အကျိၤလၢအစိၣ်ခိဆံၣ်ထံလၢဆံၣ်အလီၤဆူၣ်တၢ်ပၤ) ဒီးဖိၣ်ကျိၤယၢၢ်နဆံၣ်ထံလၢနဆံၣ်ဒီးဆံၣ်ဆါန့ၣ်တကျိၤအဂီၢ်သ့ဝဲၤန့ၣ်လီၤ. တၢ်အံၤနကီၤဆံၣ်ကန့ၢ်တုၤလၢနလဲၤတုၤတၢ်ဟးလီၤတစုၤလီၤ.

တၢ်ဆၢကတီၢ်ယံၣ်ထီၣ်တစုၤ, နကမၤလိဘၣ်လၢနကဆိထံအါထီၣ်အဂီၢ်, တုၤနဆိထံကန့ၢ်တလံထၢၣ်တဝးတုၤခံလံထၢၣ်ယၣ်ယၣ် (5 တုၤ 7 ခုး)လၢ 24 န့ၣ်ရံၢ်အတီၢ်ပူၤလီၤ. လၢတၢ်အံၤနဆံၣ်အလီၤကမၤလိစ့ၢ်ကိးဒီးသိးကထးယံၣ်ထီၣ်အသးဒီးကယၢၢ်ဆံၣ်ထံကန့ၢ်အါအဂီၢ်လီၤ. လၢနကသ့ၣ်ညါဘၣ်နဆိထံန့ၢ်ထံအါလဲၣ်လၢတနံၤအတီၢ်ပူၤကသ့အဂီၢ်,နကဘၣ်သ့ၣ်ညါလၢထံခူးမ့တမ့ၢ်ထံဆိခူးအဒိၣ်လၢနဆိတဖျၢၣ်ကကြိၢ်ထံဆံးအါလဲၣ်အဂီၢ်လီၤ. ထံခူးတခူးကကြိၢ်ထံ 120 တုၤ 180မံလံထၢၣ် ဝဲထံဆိခူးအဒိၣ်တဖၣ်ကကြိၢ်ထံ 280 တုၤ 300 မံလံထၢၣ်မ့တမ့ၢ်အါန့ၢ်အန့ၣ်ဒီးလီၤ.

နကသ့မၤလိဘၣ်စ့ၢ်ကိးတၢ်ဟးကျိၤဒီးတၢ်ဆူၣ်ဆူၣ်အ့ၣ်လၢကအ့ၣ်ဆါအဂီၢ်အံၤထူးယံၣ်ထီၣ်နဆံၣ်တက့ၣ်ယံၣ်ထုၣ်ပျၢတဖၣ်သ့ဝဲဒီးကထီၣ်တၢ်ကီၤဆံၣ်တန့ၢ်ဘၣ်သ့အါထီၣ်ဝဲလီၤ. လၢကဟးဆဲးတၢ်ဟးကျိၤအံၤအဂီၢ်,နကဘၣ်အိၣ်တၢ်သ့တၢ်သ့ၣ်အစ့ၤကတၢ်ခံက့ဖိဒီးတၢ်ဒီးတၢ်လၢၣ်တဖၣ်ကအိၣ်ဝဲယံၣ်ဖျိလၢနစုလၢၣ်အပူၤလၢတနံၤအတီၢ်ပူၤထံဆိၣ်တၢ်အိၣ်လၢအယဲၤပၣ်အါဒ်ကိၣ်ပိးမိးအသိးတက့ၢ်.တၢ်ဆၢထံတဖၣ်မ့တမ့ၢ်တၢ်ထံလၢအပၣ်ယုၣ်ခဲဖုၣ်တဖၣ်(ခွီးကလဲး,ခါခါ,လးဖးဒီးကၢဖဲတဖၣ်)ကမၤဟးဂီၤပဆံၣ်အလီၤသ့ဝဲဒီးကကီၤလၢနကကီၤဆံၣ်အဂီၢ်လီၤ.နကမၤလိဘၣ်တၢ်ထံတၢ်နီၤလၢနကဘၣ်ယုထၢအိၣ်တဖၣ်မ့ၢ်မန့ၢ်လဲၣ်ဒီးသိး နဆံၣ်အကတုၤဝဲအဂီၢ်လီၤ.

တၢ်ကဲထီၣ်ကျိၤအသးလၢအယံၣ်ကအိၣ်တမံမံၤခါ.

တဘၣ်ကီၢ်သ့ၣ်ဂီၤသးလၢတၢ်ဆိတလဲအသးကအိၣ်ထီၣ်ဝဲလၢတနံၤဒီးတနံၤခိဖျိနတၢ်ကီၤဆံၣ်အယံၣ်တဂ့ၤ-တၢ်အံၤကဲထီၣ်ညိၣ်န့ၢ်ဒ်တၢ်အသးလီၤ.ပျၢတဂၤလၢလၢလၢလၢအလဲခိဖျိဆံၣ်အတၢ်ဂၢၤလိအံၤကဒီးန့ၢ်ဘၣ်တၢ်ဆိတလဲတမံမံၤသ့ဝဲ, ဝဲတၢ်ပနီၣ်ကဖျါန့ၣ်ဒိၣ်ထီၣ်တဘျီကဒီးလီၤ.တၢ်အံၤကဲထီၣ်အသးသ့ဝဲ...





- you are tired or run down;
- you have a bladder infection (see your doctor right away);
- you are worried or stressed;
- the weather is wet, windy or cold; or
- you are ill (such as cold or flu).

If this does happen, do not lose heart. Stay positive and keep trying.

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.

- လီၤဘၣ်ဒီးသးတဖၣ်ဘၣ်
- နဆၢတၢ်ယၢ်ကအိၣ်ဝဲ (နကဘၣ်ထီၣ်နကသံၣ်သရၣ်တဘျီယီ)
- နကီၢ်သ့ၣ်ဂီၤသးဒီးတၢ်ဆိမိၣ်အါထလၢ
- မ့ၣ်ခိၣ်စူၤကလံၤအူၤမ့တမ့ၢ်တၢ်ခုၣ်, မ့တမ့ၢ်
- ဆိးက့ၢ်ဆူဘီ (ဒ်သိးတၢ်ခုၣ်ဘၣ်လိၤကီၢ်တဖၣ်).

တၢ်အံၤမ့ၢ်ကဲထီၣ်အသးန့ၣ်တဘၣ်သးဆဲးတဂ့ၤဆိမိၣ်တၢ်လၢအဘၣ်ဒီးကျဲးစးမၤအီၤတက့ၢ်.

ယုထီၣ်န့ၢ်တၢ်မၤစၢ

နားစံလၢဖျိတီၤပတီၢ်တဖၣ်အိၣ်ဝဲဖဲနဆဲးကျိး **National Continence Helpline** ဝဲ 1800 33 00 66 (မ့ၢ်ဆၢတုၤမ့ၢ်ဖိဖး,စးထီၣ်ဂီၤ 8.00တုၤ8.00န့ၣ်ရံၢ်ဟါအိးစကြၢ်လဲယၢ် မ့ၢ်ထီၣ်တၢ်ဆၢကတီၢ်အသိး) လၢတလၢဂ်စ့ဘၣ်...

- တၢ်ဂ့ၢ်တၢ်ကျိၤ
- တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးဒီး
- လံာ်ဘိးဘၣ်ရၤလိၤကဘျီးတဖၣ်

နမ့ၢ်အိၣ်ဒီးတၢ်ဂ့ၢ်ကီၢ်လၢနကကတီၤမ့တမ့ၢ်န့ၢ်ဟါအဲကလံးကျိၣ်တခီနဒီးန့ၢ်တၢ်မၤစၢအကျိၤအကျဲးဖျိကျိးထံလီၤတဲစိတဖၣ်ကကတီၤတၢ်ဒီးန့ၢ်လၢအဲကလံးကျိၣ်. 13 14 50န့ၣ်လီၤ.ပုၤဖိၣ်လီၤတဲစိတဖၣ်ကကတီၤတၢ်ဒီးန့ၢ်လၢအဲကလံးကျိၣ်. အလီၤကတီၤဖျိထီၣ်ကျိၣ်လၢနကတီၤအီၤဝဲအိၣ်ခိးအီၤတက့ၢ်.တၢ်ဆဲးကျိးန့ၢ်နဂီၢ်ဆူပုၤကျိးထံတၢ်ဖိလၢကတီၤန့ၢ်တဂၤအအိၣ်န့ၣ်လီၤ. တဘၣ်ပုၤကျိးထံတၢ်ဖိတဂၤလၢကကိးန့ၢ်န့ၢ် **National Continence Helpline** ဝဲ 1800 33 00 66တက့ၢ်.အိၣ်ခိးကန့ၣ်လီၤတဲစိတတုၤတၢ်ဆဲးကျိးန့ၢ်န့ၢ်ဟံတစုဒီးပုၤကျိးထံတၢ်ဖိကမၤစၢန့ၢ်လၢနကကတီၤဘၣ်တၢ်ဒီးန့ၢ်စံမ့ၣ်လၢကဟ့ၣ်ကူၣ်န့ၢ်ဘၣ်ယးတၢ်ကီၢ်ဆဲၣ်တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးတဂၤန့ၣ်လီၤ. လီၤတဲစိတၢ်ဆဲးကျိးအပူၤတဖၣ်ခဲလၢတၢ်ဟံအီၤလၢတၢ်ခူသ့ၣ်န့ၣ်လီၤ.

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

* တၢ်ဆဲးကျိးခိဖျိလီၤတဲစိစတဖၣ်တၢ်ယုအပုၤဒ်တၢ်ဟံပနီၣ်အိးအသိးန့ၣ်လီၤ.

