



**IF YOU HAVE BLADDER CONTROL PROBLEMS,  
ASK FOR HELP YOU DON'T HAVE TO PUT UP  
WITH IT**

You are not alone. Over 4.8 million Australians have bladder control problems.

Bladder control problems can affect women and men of all ages.

If you do nothing, it won't go away.

Bladder control problems can be managed, treated and even cured.

Help is available. You can regain control.

**DO YOU HAVE A BLADDER CONTROL  
PROBLEM?**

Do you leak or wet yourself when you cough, laugh or sneeze?

Do you leak or wet yourself when you lift something heavy?

Do you leak or wet yourself when you play sport?

Do you have to rush to use the toilet?

Do you sometimes not make it to the toilet in time?

Are you often nervous because you think you might lose control of your bladder?

Do you wake up more than twice during the night to go to the toilet?

Do you plan your day around where the nearest toilet is?

Do you sometimes feel your bladder is not quite empty?

Do you leak or wet yourself when you change from sitting or lying down to standing up?

**JEKK GĦANDEK PROBLEMI TAL-  
KONTROLL TAL-BUŻŻIEQA TAL-AWRINA,  
ITLOB L-GĦAJNUNA M'GĦANDEKX  
GĦALFEJN TOQGHOD TISSAPORTI**

M'intix waħdek. Aktar minn 4.8 miljuni Awstraljani għandhom problemi tal-kontroll tal-bużżieqa tal-awrina.

Il-problemi tal-kontroll tal-bużżieqa tal-awrina jistgħu jolqtu nisa u rġiel ta' kull età.

Jekk ma tagħmel xejn, mhux ser tmur weħidha.

Il-problemi tal-kontroll tal-bużżieqa tal-awrina jistgħu jiġu mmaniġġjati, kkurati u anki mfejqa.

Hemm għajnuna. Tista' terġa' tikseb il-kontroll.

**GĦANDEK PROBLEMA TAL-KONTROLL  
TAL-BUŻŻIEQA TAL-AWRINA?**

Int tqattar ammonti żgħar ta' awrina jew tpixxi taħtek meta tisgħol, tidhaq jew tagħtas?

Int tqattar ammonti żgħar ta' awrina jew tpixxi taħtek meta terfa' xi haġa tqila?

Int tqattar ammonti żgħar ta' awrina jew tpixxi taħtek meta tilgħab xi sport?

Int ikollok tiġri biex tuża t-tojlit?

Jiġri li xi kultant ma jirnexxilekx tasal sat-tojlit fil-ħin?

Int spiss tkun nervuż għax taħseb li tista' titlef il-kontroll tal-bużżieqa tal-awrina tiegħek?

Int tqum aktar minn darbtejn matul il-lejl biex tmur it-tojlit?

Int tippjana l-ġurnata tiegħek skont fejn ikun hemm l-eqreb tojlit?

Xi kultant tħoss li l-bużżieqa tal-awrina tiegħek mhix vojta għal kollox?

Int tqattar ammonti żgħar ta' awrina jew tpixxi taħtek meta tibdel il-pożizzjoni minn bilqegħda jew mumdud u tqum bilwieqfa?





## 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.

## ITLOB L-GĦAJNUNA

Hemm nersis ikkwalifikati jekk iċċempel lin-National Continence Helpline fuq 1800 33 00 66\* (mit-Tnejn sal-Ġimgħa, bejn it-8.00am to 8.00pm AEST (Ħin Standard tal-Lvant tal-Awstralja)) mingħajr ħlas:

- Informazzjoni;
- Pariri; u
- Fuljetti.

Jekk ikollok diffikulta' biex titkellem jew biex tifhem bl-Ingliż jista' jkollok aċċess għall-Helpline permezz tat-Telephone Interpreter Service fuq 13 14 50 b'xejn. It-telefon ikun imwieġeb bl-Ingliż, għalhekk għid liema lingwa titkellem u stenna fuq it-telefon. Tkun ikkonnettjat/a ma' interpretu li jitkellem il-lingwa tiegħek. Għid lill-interpretu li tixtieq li iċċempel lin-National Continence Helpline fuq 1800 33 00 66. Stenna fuq it-telefon biex tkun ikkonnettjat/a u l-interpretu jgħinek biex titkellem ma' ners li tagħti pariri dwar il-kontinenza. It-telefonati kollha huma konfidenzjali.

Żur [bladderbowel.gov.au](http://bladderbowel.gov.au) jew [continence.org.au/other-languages](http://continence.org.au/other-languages)

\* Telefonati minn fuq telefonijiet mowbajl ikunu oċarġjati r-rati li japplikaw.