



IS BED-WETTING A PROBLEM IN YOUNG ADULTS?

About two out of every 100 young adults wet the bed at night (also called **nocturnal enuresis**). It can be a problem for both young men and women, with most young adults who wet the bed having done so since they were a child. While some may have had help as a child, many young people may never have had help with this problem. They may think bed-wetting will get better with time, or that it can't be helped.

Some young people with night-time wetting may also have day-time bladder problems, such as passing urine more often and more urgently than normal, and urine leaks as they hurry to the toilet (also called **overactive bladder**).

Bed-wetting can make everyday life more difficult. Young adults may be embarrassed by this problem, and they may fear that people will find out. They can also have the expense and workload of extra washing. It can be tricky to stay away from home overnight or to share a bed or room with someone else. A big worry is what bed-wetting can mean for close personal relationships.

IS HELP AVAILABLE FOR BED-WETTING?

The good news is that you CAN get help. With careful review and treatment, bed-wetting can often be cured, even if past treatment did not help.

Even when it can't be cured, you can reduce symptoms and keep bedding dry.

WHAT CAUSES BED-WETTING IN YOUNG ADULTS?

Wetting the bed is caused by a mix of three things:

- the body making a large amount of urine through the night;
- a bladder that can only store a small amount of urine at night; and
- not being able to fully wake up from sleep.

In some young adults there is likely to also be some change in bladder function that stops normal filling and emptying of urine through the day.

IT-TPIXXIJA FIS-SODDA HI PROBLEMA FOST IŻ-ŻĠHAŻAĠH ADULTI?

Kwazi tnejn minn kull 100 żaġħżuġħ adult ipixxu fis-sodda bil-lejl (magħruf ukoll bħala **enuresis nocturna**). Tista' tkun problema kemm għal ġuvintur u kemm għal xebbiet, bil-biċċa l-kbira taż-żġhażagħ adulti li jpixxu fis-sodda jkunu ilhom jaġħmlu hekk minn meta kienu tfal. Waqt li wħud setgħu ngħataw xi għajjnuna meta kienu għadhom tfal, ħafna żġhażagħ setgħu qatt ma ngħataw għajjnuna dwar din il-problema. Huma jistgħu jaħsbu li t-tpixxija fis-sodda ser tmur għall-aħjar aktar ma jgħaddi ż-żmien, jew jaħsbu li m'hemmx tama.

Xi żġhażagħ li jbatu bil-problema tat-tpixxija bil-lejl jista' jkollhom ukoll problemi tal-bużżieqa tal-awrina matul il-ġurnata, bħal ngħidu aħna jgħaddu l-awrina aktar ta' spiss u aktar urġenti minn normal, u l-awrina tqattar hekk Kif ikunu qed jgħaġġlu biex imorru t-tojlit (magħruf ukoll bħala **bużżieqa tal-awrina attiva żżejjed**).

It-tpixxija fis-sodda tista' tagħmel il-ħajja ta' kuljum aktar diffiċli. Iż-żġhażagħ adulti jistgħu jistħu minħabba din il-problema, u jibżgħu li n-nies jindunaw. Huma jista' jkollhom ilaħħqu mal-ispiza u x-xogħol ta' ħasil ekstra. Jista' jkun diffiċli joqogħdu 'l bogħod mid-dar matul il-lejl jew jorqdu fl-istess sodda jew fl-istess kamra ma' ħaddieħor. Ikun ta' inkwiet kbir għalihom kif it-tpixxija fis-sodda jista' jaffettwa relazzjonijiet personali mill-qrib.

HEMM GĤAJNUNA GĤAT- TPIXXIJA FIS-SODDA?

L-aħbar it-tajba hija li TISTA' tikseb l-għajjnuna. Permezz ta' revizjoni u kura bir-reqqa, it-tpixxija fis-sodda spiss tista' tkun imfejqa, anki jekk fil-passat il-kura ma ħadmitx.

Anki meta ma tistax titfejjaq, int tista' tnaqqas is-sintomi u żżomm is-sodda niexfa.

X'JIKKAWŻA T-TPIXXIJA FIS-SODDA FOST IŻ-ŻĠHAŻAĠH ADULTI?

It-tpixxija fis-sodda hi riżultat ta' taħlita ta' tliet affarijiet:

- il-ġisem jaġħmel ammont kbir ta' awrina matul il-lejl;
- bużżieqa tal-awrina li tista' taħžen biss ammont żgħir ta' awrina matul il-lejl; u
- ma jkunx jista' jqum għal kollox mir-raqda.

F'xi żġhażagħ adulti x'aktarx ikun hemm ukoll xi bidla fil-funzjoni tal-bużżieqa tal-awrina li twaqqaf il-mili u tbattil normali tal-awrina matul il-ġurnata.





Worldwide research means that we now know more about the causes of bed-wetting, such as:

- bed-wetting can run in some families;
- some bladders can't hold very much urine through the day and this can cause problems at night;
- some bladders do not fully empty on the toilet, which means urine stays in the bladder;
- some kidneys make larger amounts of urine than normal through the night.

CAN THERE BE OTHER REASONS FOR BED-WETTING?

Some other things can make it hard to control bed-wetting, such as:

- constipation;
- infection in the kidney or bladder;
- drinking too many drinks with caffeine and/or alcohol;
- the use of some medications and illegal drugs; and
- allergies or enlarged adenoids and tonsils which block the nose or upper airways at night.

HOW CAN BED-WETTING BE HELPED?

Research has led to new types of treatment. Since bed-wetting in young adults can be more complex than in children, you must talk to a health professional with special training in bladder problems, such as a doctor, physiotherapist or continence nurse advisor. When you see this health professional, the problem will be reviewed and a physical check and some tests will be done. One test may check your urine flow (by passing urine in private into a toilet). Another test can check if your bladder empties right out. You may also be asked to do a bladder diary at home.

Treatment will depend on what was found in the check, but could be:

- treatment of constipation and bladder infection;
- drugs or sprays to boost how much your bladder can hold, or to cut down how much urine is made through the night;

Ir-riċerka madwar id-dinja tfisser li issa nafu aktar dwar il-kawżi tat-tpixxija fis-sodda, bħal ngħidu aħna:

- it-tpixxija fis-sodda tista' tinteret f'xi familji;
- xi bżieġaq tal-awrina ma jistgħux iżommu wisq awrina matul il-ġurnata u dan jista' jikkawża problemi matul il-lejl;
- xi bżieġaq tal-awrina ma jibattlux għal kollox fit-tojlit, li jfisser li l-awrina tibqa' fil-bużżeġa tal-awrina;
- xi kliewi jagħmlu ammont akbar ta' awrina minn normal matul il-lejl.

JISTA' JKUN HEMM KAWŻI OĦRA TAT-TPIXXIIJA FIS-SODDA?

Hemm xi fatturi oħra li jistgħu jagħmluha aktar diffiċli biex tikkontrolla t-tpixxija fis-sodda bħal ngħidu aħna:

- kostipazzjoni;
- infezzjoni fil-kliewi jew fil-bużżeġa tal-awrina;
- tixrob wisq aktar milli suppost xarbiet bil-kafeina u/ jew alkoħol;
- l-użu ta' mediċini u drogi illegali; u
- allergiji jew adenojdi u tonsilli mkabbra li jimblokkaw l-immieħer jew l-passaġġi ta' fuq tal-arja bil-lejl.

KIF TISTA' TIĠI KKURATA T-TPIXXIIJA FIS-SODDA?

Ir-riċerka wasslet għal tipi ġodda ta' kura. Peress li t-tpixxija fis-sodda fost iż-żgħażaġħ adulti tista' tkun aktar komplessa milli fost it-tfal, int trid titkellem ma' professjonist tas-saħħa li għandu taħriġ speċjali fil-kontroll tal-bużżeġa tal-awrina, bħal ngħidu aħna tabib, fizjoterapista jew konsulent ners tal-kontinenza. Meta tmur tara dan il-professjonista tas-saħħa, il-problema ser tkun reveduta u jsir eżami fiziku u xi testijiet oħra. Eżami wieħed jista' jiċċekkja l-fluss tal-awrina tiegħek (billi tgħaddi l-awrina fit-tojlit fil-privat). Eżami ieħor ser jiċċekkja jekk il-bużżeġa tal-awrina tiegħek titbattalx għal kollox. Int tista' tiġi mitlub żżomm djarju tal-bużżeġa tal-awrina d-dar.

Il-kura ser tiddependi minn x'jinstab minn l-eżami, imma tista' tkun:

- kura għall-kostipazzjoni u infezzjoni tal-bużżeġa tal-awrina;
- mediċini jew sprejjiet biex ikabbru kemm il-bużżeġa tal-awrina tista' iżzomm, jew biex tnaqqas kemm issir awrina matul il-lejl;





- training to control how well the bladder stores and empties urine;
- use of an alarm that goes off when the bed becomes wet. This can be useful for young adults as well as children but may not be the first thing tried;
- a mix of some of the above treatments; and
- use of continence products to protect bedding and skin, reduce odour and increase comfort while treatment is underway.

Treatment can take a few months to work. If you only take the drugs or use the alarm now and then, it may not work at all. Some of the things that can increase the chance of becoming dry are:

- wanting to improve;
- having your treatment supervised; and
- putting in a big effort to make changes where you have been asked to.

When bed-wetting does not get better, it isn't your fault in this case, you should see a specialist doctor who will do a more thorough review.

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.

- taħriġ biex tikkontrolla kemm il-bużżieqa tal-awrina tiegħek taħżen u tballat sewwa awrina;
- l-użu tal-allarm li jiġi attivat meta s-sodda tixxarrab. Dan jista' jkun utli fil-każ taż-żgħażaġh adulti u anki għat-fjal imma tista' ma tkunx l-ewwel haġa li tiġi ppruvata;
- taħlita ta' xi wħud mill-mezzi ta' kura li semmejna hawn fuq; u
- l-użu ta' prodotti tal-kontinenza biex jipproteġu l-lożor u l-ġilda, jnaqqsu r-riħa u jżidu l-komfort waqt li tkun qed tingħata l-kura.

Il-kura tista' tieħu ftit xhur qabel ma taħdem. Jekk int tieħu biss mediċini jew tuża allarm xi kultant biss, għandha mnejn ma taħdem xejn affattu. Xi affarijiet li jistgħu jżidu l-probabilità li ssir niexef huma:

- tkun trid ittejjeb il-kondizzjoni tiegħek;
- ikollok il-kura tiegħek taħt superviżjoni; u
- tagħmel sforz kbir biex tagħmel tibdiliet fejn ġejt mitlub tagħmel dan.

Mhux tort tiegħek meta t-tpixxija fis-sodda ma tiġix għall-aħjar. f'dan il-każ, għandek tara tabib speċjalista li jerġa' jeżaminak b'mod iktar rett.

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 jew continence.org.au/other-languages

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

