



**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?

**DHIBAATOYINKA XAKAMAYNTA KAADI  
HAYSTA?**

Keli kuma tihid. Dad ka badan 4.8 milyan oo Australiyaan ah ayaa qaba dhibaatooyinka xakamaynta kaadi haysta.

Dhibaatooyinka xakamaynta kaadi haysta waxay saameyn karaan dumarka iyo raga dhammaan da'a kasta jira.

Haddii aadan waxba ka qaban. Iskama tegi doonto iskeed.

Dhibaatooyinka xakamaynta kaadi haysta waa la maareyn karaa, la daaweyn karaa oo xitaa la bogsiin karaa.

Caawimaad waa la heli karaa. Waxaad dib u soo celin kartaa xakamayntadii.

**MA LEEDAHAY DHIBKA XAKAMAYNTA KAADI  
HAYSTA?**

Wax ma kaa yimaadaan mase qoysaa nafsadaada, markaad qufacdo, qososho ama hindhisto?

Wax miyey kaa yimaadaan ama qoysaa nafsadaada markaad wax culus qaadid?

Wax ma kaa yimaadaan ama qoysaa nafsadaada markaad ciyaartid cayaaraha?

Ma ku carartaa si aad u isticmaashid musqusha?

Mar marka qaarkood ma dhacdaa in aadan musuqusha gaadhsiin?

Badanaa qof welwelsan ma tahay sababtoo ah waxay kula tahay inaad lumisay xakamayntii kaadi haystaada?

Ma toostaa wax ka badan laba jeer habeenkii si aad musqusha u gashid?

Ma ku qorsheysaa maalintaada agagaarka meesha musqusha ugu dhow?

Ma u maleynaysaa marmarka qaarkood inaysan kaadi heystaadu madhneyn?

Wax ma kaa yimaadaan ama isqoysaa markaad iska bedeshid fadhi ama jiifid oo aad istaagto?





## 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.

## RAADI CAAWIMO

Waxaa la helli karaa kalkaaliso caafimaad oo aqoon leh haddii aad wacdo Khadka caawimada Celinta Saxarada Qaranka tel: 1800 33 00 66\* (Isniinta ilaa Jimcaha, inta u dhexaysa 8.00 subaxii ilaa 8.00 fiidkii Waqtiga Bariga Australia) lacag la'aan.

- Macluumaad;
- Talo; iyo
- Xaashiyaha.

Haddii aad dhibaato ku qabto ku hadalka afka Ingiriiska ama fahamka waxaad raadsan kartaa Khadka Caawimada ee Adeega Afcelinta Telefoonka oo ah 13 14 50. Telefoonka waxaa lagaga jawaabi doonaa Ingiriis, sidaas darteed magacaw afka aad ku hadasho kuna sug telefoonka. Waxaa lagugu xiri doona mutarjum ku hadla afkaaga. U sheeg mutarjumka inaad doonayso inaad Khadka Caawimada Celinta Saxarada Qaranka oo ah 1800 33 00 66. Ku sug telefoonka in lagugu xiri waxaana ku caawimi doona mutarjum si aad ula hadasho Lataliyaha Kalkaalisada caafimaadka. Dhamaan wicidu waa qarsoodi.

Booqo websaytka [bladderbowel.gov.au](http://bladderbowel.gov.au) ama [continence.org.au/other-languages](http://continence.org.au/other-languages)

\* Telefoonada laga soo diro telefoonka waxaa la iska qaada qiima aad sarreeya.

