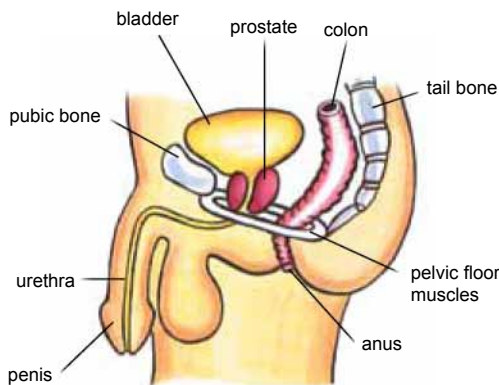




WHAT ARE THE PELVIC FLOOR MUSCLES?

The floor of the pelvis is made up of layers of muscle and other tissues. These layers stretch like a hammock from the tailbone at the back, to the pubic bone in front.

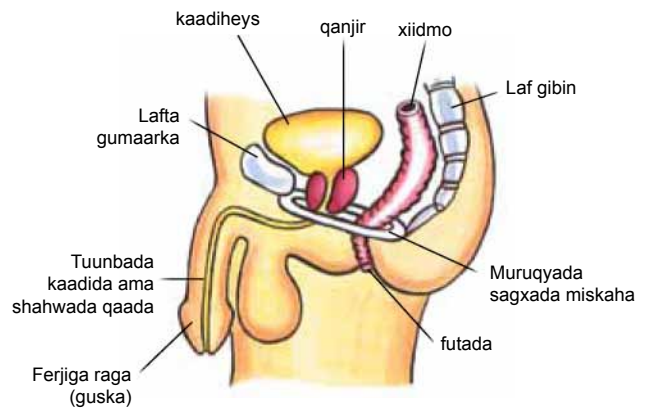
A man's pelvic floor muscles support his bladder and bowel (colon). The urine tube and the back passage pass through the pelvic floor muscles. Your pelvic floor muscles help you to control your bladder and bowel. They also help sexual function. It is vital to keep your pelvic floor muscles strong.



WAA MAXAY MURUQYADA SAGXADA MISIGTA?

Sagxada misigta waxay ka samaysan tahay laalaabyo muruqyo ah iyo unugyo kale. Laalaabyadaan waxay ku fidsan yihiin sida leexo ka bilowda dabagebinta xagga danbe ilaa lafta gumaarka ee hore.

Muruqyada sagxada misigta ee ragga waxay taageertaa kaadi heystiisa iyo caloosha (mindhicirkeeda). Tuubada kaadida iyo marinka danbe wuxuu sii maraa muruqyada sagxada misigta. Muruqyadaada sagxada miskaha waxay kaa caawinayaan inaad kontoroosho calooshaada iyo kaadi heystaada. Waxay sidoo kale kaa caawiyaan shaqada galmada. Waa muhiim inay muruqyadaada sagxada miskuhu xooggan yihiin.



WHY SHOULD I DO PELVIC FLOOR MUSCLE TRAINING?

Men of all ages need to have strong pelvic floor muscles.

Pelvic floor muscles can be made weaker by:

- surgery for bladder or bowel problems;
- constipation;
- being overweight;
- heavy lifting;
- coughing that goes on for a long time (such as smoker's cough, bronchitis or asthma); or
- not being fit.

Men with stress incontinence – that is, men who wet themselves when they cough, sneeze or are active – will find pelvic floor muscle training can help in getting over this problem.

WAA MAXAY SABABTA AAN U SAMEYNAYO TABABARKA MURUQYADA SAGXADA MISIGTA?

Ragga da'a kasta jiraa waxay u baahan yihiin inay leeyihiin muruqyada sagxada misigta oo xooggan.

Muruqyada sagxada misigta waxaa lagu daciifin karaa adoo:

- qaliinka dhibaataada caloosha ama kaadi heysta;
- caloosha oo ku fadhiisata;
- miisaankaaga oo bata;
- culeys qaadida;
- qufaca wakhtiga dheer socda (sida qufaca qofka sigaarka caba, borunkitada ama neef); ama
- In aadan jir ahaan dhisneyn.

Ragga qaba cadaadiska ku saabsan ceshad la'aanta kaadida iyo saxarada – taas waxaan ula jeedaa, ragga isqooya markay qoslaan, hindhisaan ama firfircoon – ayaa waxay ka heli doonaan tababarka muruqyada sagxada miskaha inuu ka caawin karo inay arintan ka adkaadaan.





Pelvic floor muscle training may also be of use for men who have an urgent need to pass urine more often (called urge incontinence).

Men who have problems with bowel control might find pelvic floor muscle training can help the muscle that closes the back passage. This muscle is one of the pelvic floor muscles.

WHERE ARE MY PELVIC FLOOR MUSCLES?

The first thing to do is to find out which muscles you need to train.

1. Sit or lie down with the muscles of your thighs and buttocks relaxed. It may be helpful to use a hand mirror to watch your pelvic floor muscles as they pull up.
2. Squeeze the ring of muscle around the back passage as if you are trying to stop passing wind. Now relax this muscle. Squeeze and let go a couple of times until you are sure you have found the right muscles. Try not to squeeze your buttocks.
3. When you go to the toilet to empty your bladder, try to stop the stream of urine, then start it again. Do this to learn which muscles are the right ones to use - but only once a week. Your bladder may not empty the way it should if you stop and start your stream more often than that.
4. Stand sideways in front of a mirror with no clothes on. As you pull in your pelvic floor muscles strongly and hold them, you should see your penis draw in and your scrotum lift up.

If you don't feel a distinct "squeeze and lift" of your pelvic floor muscles, or if you can't slow your stream of urine as talked about in Point 3, or you do not see any lift of your scrotum and penis as talked about in Point 4, ask for help from your doctor, physiotherapist, or continence nurse. They will help you to get your pelvic floor muscles working right. Men with very weak pelvic floor muscles can benefit from pelvic floor muscle training.

Tababarka muruqyada sagxada miskaha ayaa sidoo kale ragga u lahaan karaan faaiido ragga leh baahida degdega ah ee inay kaadshaan badanaa (oo loogu yeero degdega ceshad la'aanta).

Ragga qaba dhibaatooyinka kontoroolka kaadi heysta waxaa laga yaabaa inay u arkaan tababarka muruqyada sagxada miskaha inuu ka caawinayo muruqyada xira marinka danbe. Muruqan waa mid ka mid ah muruqyada sagxada misigta.

WAA MAXAY MURUQYADA SAGXADA MISIGTA?

Waxa ugu horeeya ee ah in la sameeyo waxaa weeye inaad ogaatid muruqyada aad u baahan tahay inaad tababarto.

1. Ku fariiso ama jiiiso muruqyada bowdooyinkaaga iyo dabadaada oo debecsan. Waxaa laga yaabaa inay aad kuu caawiso isticmaalka muraayada gacanta si aad u daawato muruqyadaada sagxada misigta isla markay kor u kacayaan.
2. Tuuji wareega muruqyada ku wareegsan marinka danbe sidii aad isku deyeeyso inaad joojiso dhuusada ku soo dhaafeysa. Hadda debci muruqan. Isku ururi ka dibna sii daa laba jeer ilaa aad ka hubto inaad heshay muruqyadii saxda ahaa. Iskuday in aadan isku ururin baridaada.
3. Markaad musqusha gasho si aad u faaruqiso kaadi heystaada, iskuday inaad joojiso socodka kaadida, ka dibna mar labaad dib u bilow. Sidaan same si aad u barato muruqyada ah kuwa saxda ah ee inaad isticmaasho – laakiinse hal mar oo kaliya toddobaadkii. Kaadi heystaada waxaa laga yaabaa in aanay u faaruqin sidaad rabto haddii aad joojiso haddana bilowdo socodka wax ka badan intaas.
4. U istaag dhinac dhinac muraayada horteeda adoon wax dhar ah gashaneyn. Islamarkaad u dhufato muruqyada sagxada misigtaada ee xooggan oo aad qabato, waa inaad aragtaa qoodhahaaga oo soo ururaya iyo galka xiniinyahaaga oo kor u laabanaya.

Haddii aadan dareemeynin ka duwanaan ururinta iyo kor u qaadida muruqyada sagxada misigta, ama haddii aadan gaabin karin socodka kaadidaada sidii lagaga hadlay qodobka saddexaad, ama ma arkeysid galka xiniinyahaaga oo kor u laabma iyo qoodhaha sidii aan uga hadalnay qodobka 4, caawimaad weydiiso dhakhtarkaaga, dabiici-ku-daaweyn, ama kalkaalisada xejisashada kaadida iyo saxarada. Waxay kaa caawinayaan inay ka dhigaan in muruqyadaada sagxada miskuhu ay si sax u shaqeeyaan. Raga leh muruqyada sagxada miskaha ee daciifka ah waxay ka faa'iidi karaan tababarka muruqa sagxada misigta.





HOW DO I DO PELVIC FLOOR MUSCLE TRAINING?

Now that you can feel the muscles working, you can:

- Squeeze and draw in the muscles around your urine tube and back passage at the same time. Lift them UP inside. You should have a sense of "lift" each time you squeeze your pelvic floor muscles. Try to hold them strong and tight as you count to 8. Now, let them go and relax. You should have a distinct feeling of "letting go".
- Repeat (squeeze and lift) and let go. It is best to rest for about 8 seconds in between each lift up of the muscles. If you can't hold for 8, just hold for as long as you can.
- Repeat this "squeeze and lift" as many times as you can, up to a limit of 8 to 12 squeezes.
- Try to do three sets of 8 to 12 squeezes each, with a rest in between.
- Do this whole training plan (three sets of 8 to 12 squeezes) every day while lying down, sitting or standing.

While doing pelvic floor muscle training:

- keep breathing;
- only squeeze and lift;
- do NOT tighten your buttocks; and
- keep your thighs relaxed.

DO YOUR PELVIC FLOOR MUSCLE TRAINING WELL

Fewer good squeezes are better than a lot of half hearted ones! If you are not sure that you are doing the squeezes right, or if you do not see a change in symptoms after 3 months, ask for help from your doctor, physiotherapist, or continence nurse.

MAKE THE TRAINING PART OF YOUR DAILY LIFE

Once you have learnt how to do pelvic floor muscle squeezes, you should do them. Every day is best. You should give each set your full focus. Make a regular time to do your pelvic floor muscle squeezes. This might be after going to the toilet, when having a drink, or when lying in bed.

SIDEE BAAN U SAMEEYAA TABABARKA MURUQA SAGXADA MISIGTA?

Hadda maadaama aad dareemeysu muruqyada shaqeynaya, waxaad awoodaa:

- Cadaadi oo isku ururi muruqyada ku hareereysan tuubada kaadida iyo marinka danbe isku mar. Kor uga qaar gudaha. Waa inaad yeelataa dareen ah "qaaditaan" mar kasta oo aad cadaadisid muruqyada sagxada misigta. Iskuday inaad u qabato si xooggan oo dhuujisan ilaa intaad ka tirineysid 8. Hadda, siidaa ka dibna naso. Waa inaad yeelataa dareen duwan oo ah "siideyn".
- Ku celi (cadaadi oo qaad) ka dibna sii daa. Waxaa wanaagsan inaad nasato ilaa 8 ilbiriqsi inta u dhaxeysa qaaditaanka kasta ee muruqyada. Haddii aadan heyn karin 8, hey ilaa intaad awoodo.
- Ku celi tan "cadaadi oo kor u qaad" inta ugu badan ee aad awoodo, ilaa xadka ah 8 ilaa 12 cadaadinood.
- Iskudey inaad sameysu siyaalahan ah 8 ilaa 12 cadaadinood mar kasta, oo ay u dhaxeysu nasasho.
- Samee qorshaha tababarka oo dhan (saddex jeer oo midiiba tahay 8 ilaa 12 cadaadis) maalin kasta markaad jiifto, istaagida ama fadhiga.

Markaad sameysnaysid tababarka muruqyada sagxada miskaha:

- sii neefso;
- cadaadi oo qaad kaliya;
- ha ADKAYNIN dabadaada; iyo
- Debcu bowdyahaaga.

SI FIICAN U SAMEE TABABARKA MURUQYADA SAGXADA

Cadaadin yar ayaa ka fiican kuwo aad u badan! Haddii aadan hubin inaad sameynayso cadaadiska si sax ah, ama haddii aadan arkin wax astaamo isbedel ah 3 bilood, dhakhtarkaaga caawimaad weydiiso, fiisiyo terabit, ama kalkaalisada ceshadka kaadida iyo saxarada.

KA DHIG TABABARKA QAYB KA MID AH NOLOL MAALMEEDKAAGA

Mar haddii aad baratay sida loo sameeyo cadaadinta muruqyada sagaxada miskaha, waa inaad sameysaa. Maalin kastaa ayaa ugu fiican. Waa inaad siisaa dareenkaaga oo dhan. Samee wakhti joogta ah oo aad sameysu cadaadiska muruqyada sagxada misigta. Tan waxaa ku fiicnaan lahaa aadida musqusha, markaad wax cabeyso, ama markaad sariirta jiifto.





Other things you can do to help your pelvic floor muscles:

- Share the lifting of heavy loads.
- Eat fruit and vegetables and drink 1.5 - 2 litres of fluid per day.
- Don't strain when using your bowels.
- Ask your doctor about hay fever, asthma and bronchitis to ease sneezing and coughing.
- Keep your weight within the right range for your height and age.

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.

Waxyaalaha kale ee aad qaban kartid si aad u caawisid muruqyada sagxada misigta:

- La qaybso qaadida xamuulka culus cid kale.
- Cun furut iyo khudaar cabna 1.5 – 2 litir oo cabitaana ah maalintii.
- Ha is adkeynin markaad isticmaaleysid calooshaada.
- Dhakhtartkaaga weydii wixii ku saabsan sanboorka, si ay u dibcaan neef iyo borunkiitadu Hindhisida iyo qufacu.
- Culeyskaagu ha ahaado inta saxda ah Inta uu u dhaxeynayo da'dada iyo dhererka.

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 ama continence.org.au/other-languages

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