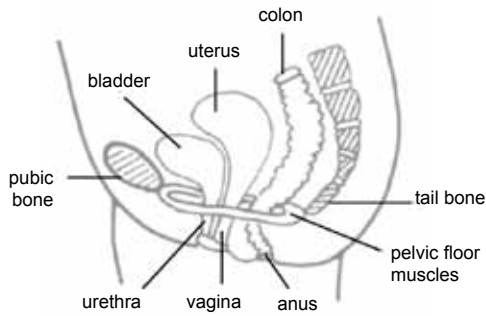




WHAT ARE THE PELVIC FLOOR MUSCLES?

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.

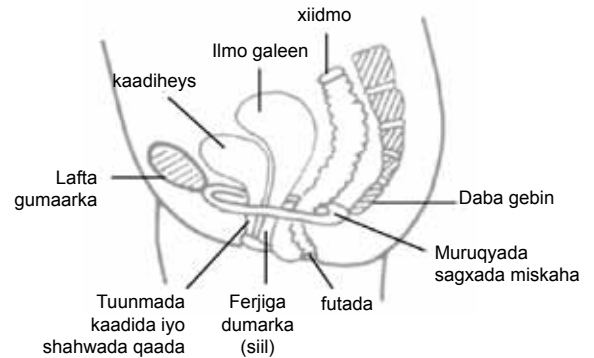
A woman's pelvic floor muscles support her bladder, womb (uterus) and bowel (colon). The urine tube (front passage), the vagina and the back passage all pass through the pelvic floor muscles. Your pelvic floor muscles help you to control your bladder and bowel. They also help sexual function. It is vital to keep your pelvic floor muscles strong.



WAA MAXAY MURUQYADA SAGXADA MISIGTU?

Sagxada miskaha waxay ka sameysan tahay muruqa iyo unugyada kale. Laalaabkan wuxuu u fidaa sida wax laadlaada laga bilaabo dabagebinta xagga danbe, ilaa lafta gumaarka ee xagga hore.

Muruqyada sagxada misigta ee dumarka waxay taageertaa kaadiheysteeda, ilmogaleenka (uterus) iyo caloosha (mindhicirka). Tuunbada kaadida (marinka hore), ferjiga iyo marinka danbe dhammaan waxay maraan muruqyada sagxada miskaha. Muruqyada sagxada misigta ayaa caawinaya inaad kontoroosho caloosha iyo kaadiheysta. Waxay sidii kale caawiyaan shaqada galmada. Waa muhiim inaad muruqyada sagxada miskahaagu ay xooggan yihiin.



WHY SHOULD I DO PELVIC FLOOR MUSCLE TRAINING?

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

Pelvic floor muscles can be made weaker by:

- not keeping them active;
- being pregnant and having babies;
- constipation;
- being overweight;
- heavy lifting;
- coughing that goes on for a long time (such as smoker's cough, bronchitis or asthma); and
- growing older.

Women with stress incontinence – that is, women 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 MURUQA SAGXADA MISKHAHA?

Dumarka da'a kasta waxay u baahan yihiin muruqyada sagxada lafaha miskaha oo xooggan.

Muruqyada sagxada lafaha miskaha waxaa lagu daciifin karaa iyadoo:

- aan laga dhigin kuwo firfircoon;
- aad uur yeelato carruurna aad dhasho;
- caloosha oo ku fadhida;
- miisaankaagu uu bato;
- aad culeys qaado;
- qufaca socda ilaa wakhti dheer (sida qufaca qofka sigaarka cabba, burinkiitada ama neef); iyo
- gaboobida.

Dumarka qaba cadaadiska ceshad la'aanta kaadida iyo saxarada – taas waxaan ula jeedaa, dumarka isqooya markay qufacaan, hindhisaan ama ay firfircoon yihiin – waxay ka heli doonaan tababarka muruqyada sagxada lafaha miskaha inay ka caawin karaan xalinta dhibkaan.





For pregnant women, pelvic floor muscle training will help the body cope with the growing weight of the baby. Healthy, fit muscles before the baby is born will mend more easily after the birth.

After the birth of your baby, you should begin pelvic floor muscle training as soon as you can. Always try to “brace” your pelvic floor muscles (squeeze up and hold) each time before you cough, sneeze or lift the baby. This is called having “the knack”.

As women grow older, the pelvic floor muscles need to stay strong because hormone changes after menopause can affect bladder control. As well as this, the pelvic floor muscles change and may get weak. A pelvic floor muscle training plan can help to lessen the effects of menopause on pelvic support and bladder control.

Pelvic floor muscle training may also help women who have the urgent need to pass urine more often (called urge incontinence).

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, buttocks and stomach relaxed.
- 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 sitting on 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.

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, ask for help from your doctor, physiotherapist, or continence nurse. They will help you to get your pelvic floor muscles working right.

Women with very weak pelvic floor muscles can benefit from pelvic floor muscle training.

Dumarka uurka leh, tababarka muruqyada sagxada lafaha miskaha waxay ka caawin doonaan jirka inuu la qabsado miisaanka koraya ee ilmaha, muruqyada dhisan ee caafimaadka qaba ka hor intuuusan ilmaha yari dhalan ayaa u kabmaya si sahala dhalmada ka dib.

Ilmahaaga dhalashadiisa ka dib, waa inaad bilowdaa tababarka muruqyada sagxada miskaha sida ugu dhakhsaha badan ee aad awoodo. Had iyo jeer iskuday “taageer” muruqyada sagxada miskahaaga (kor isugu ururi oo kor u qabo) wakhti kasta ka hor intaadan qufucin, hindhisin ama ilmo qaadin. Tan waxaa loogu yeeraa “awood u yeelasho”.

Isla markay dumarku gaboobaan, muruqyada sagxada miskuhu waxay u baahan yihiin inay xoog yeeshaan sababtoo ah hormoonka ayaa isbedelaya ka dibna ma dhaleysnimada ayaa waxyeelaysa kontoroolka kaadiheysta. Sidoo kale, muruqyada sagxada miskaha ayaa isbedelaya waxaana laga yaabaa inay daciifto. Qorshaha tababarka muruqyada sagxada miskaha ayaa ka caawin karta inay yareyso saameynta dhalmodeynta taageerada miskaha iyo kontoroolka kaadiheysta.

Tababarka muruqyada sagxada miskaha waxaa sidoo kale laga yaabaa inay caawiyaan dumarka sida degdega ah ugu baahan inay u kaadshaan badanaa (oo la yiraahdo ceshad la'aanta kaadida iyo saxarada degdega ah).

MEEYE MURUQYADEYDA SAGXADA MISKUHU?

Waxa ugu horeeya ee ah in la sameeyaa waxaa weeye inaad ogaatid muruqyadaad u baahan tahay inaad tababarto.

- 1. Fadhiiso ama jifso iyadoo muruqyada bowdyahaaga, barida iyo caloosha ay debecsan yihiin.
- 2. Isku ururi muruqyada ku wareegsan marinka danbe sidii aad isku deyeeyso inaad joojiso dhuuso kaa imanaysa. Hadda debci muruqan. Isku ururi ka dibna siidaa laba jeer ilaa aad ka hubto inaad heshay muruqyadii saxda ahaa. Iskuday in aadan isu ururin dabadaada.
- 3. Markaad fadhido musqusha si aad u faaruqiso kaadiheystaada, iskudey inaad joojiso socodka kaadida, kadibna mar labaad bilow. Sidaan same si aad u baratid muruqyada saxda ah ee aad isticmaaleysid – laakiinse hal mar toddobaadkii oo kaliya. Waxaa laga yaabaa inay kaadiheystaadu aysan u faaruqin sidii la rabay haddii aad joojisid oo aad bilowdid socodka si ka badan sidaas.

Haddii aadan dareemeynin inay kuu cadahay “isu ururi oo kor u qaad” muruqyada sagxadaada miskaha, ama haddii aadan gaabin karin socodka kaadidaada sidii looga hadlay Qodobka 3aad, dhakhtarkaaga caawimaad weydiiso, fiisiyoteriba, ama kalkaalisada ceshadka kaadida iyo saxarada. Waxay kaa caawin doonaan sidii ay si sax ah kuugu shaqeyn lahaayeen muruqyada sagxada miskahaagu.

Dumarka leh muruqyada sagxada miskaha oo daciifa ayaa ka faa'iidi kara tababarka muruqyada sagxada miskaha.





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 back passage and your vagina 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) each 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 often. Every day is best. You should give each set of squeezes 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 MURUQYADA SAGXADA MISKAHA?

Hadda maadaama aad daremeyso inay muruqyadu shaqeynayaan, waxaad awoodaa:

- Isu ururi oo soo jiid muruqyada ku hareeraysan marinkaaga danbe iyo ferjigaaga isku mar. KOR uga qaad gudaha. Waa inaad yeelataa dareen ah "qaadis" wakhti kasta oo aad isu ururiso muruqyada sagxada miskahaaga. Iskudey inaad u qabato si xooggan oo dhujjisan ilaa intaad ka tirinayso 8. Hadda, siidaa oo nasano. Waa inaad leedahay dareen cad oo ah "siideyn".
- Ku celi "isu ururi oo kor u qaad" siidaana. Waxaa wanaagsan inaad nasato ilaa 8 ilbiriqsi qiyaastii inta u dhaxeyso markasta oo aad muruqyada kor u qaadid. Haddii aadan heyn Karin ilaa 8, hay ilaa inta ugu badan ee aad awoodid.
- Tan ku celi "isu ururi oo kor u qaad" ilaa inta ugu badan ee aad awoodid, ilaa xad dhan 8 ilaa 12 isu ururinoood.
- Iskuday inaad sameyso siyaalahan ah 8 ilaa 12 isu ururinoood kiiba, iyadoo nasasho u dhaxeyso.
- Samee qorshahan tababarka oo dhan (saddexdood oo ah 8 ilaa 12 isu ururinoood) maalin kasta adoo jiifa, fadhiya ama taagan.

Markaad sameynaysid tababarka muruqyada sagxada miskaha:

- neefsashada sii wad;
- isu ururi oo kor u qaad oo kaliya;
- HA dhujjin baridaada; kana
- dhig bowdyahaaga kuwo debecsan.

U SAMEE TABABARKAAGA MURUQYADA SAGXADA MISKAHA SI WANAAGSAN

Isu ururin wanaagsan oo yar ayaa ka fiican kuwo aan fiicneyn! Haddii aadan hubin inaad u sameynaysid isu ururinta si sax ah, ama haddii aadan ku arkin wax isbedel ah astaamaha 3 bilood ka dib, caawimaad weydiiso dhakhtarkaaga, dabiici-ku-dawayn, ama kalkaalisada ceshadka kaadida iyo saxarada.

KA DHIG TABABARKAAGA QAYB KA MID AH NOLOL MAALMEEDKAAGA KA MID AH

Mar haddii aad baratid sidaad u sameyn lahayd isu ururinta muruqyada sagxada miskaha, waa inaad badanaa sameysaa. Maalin kasta ayaa ugu fiican. Waa inaad siisaa isu ururin kasta dareenkaaga oo dhan. Samee wakhti joogta ah oo aad sameyso isu ururinta muruqyadaada sagxada miskaha. Tan waxaa laga yaabaa inay noqoto ka dib markaad musqusha qasho, markaad biyo cabbaysid, ama markaad sariirta jiiftid.





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

- Use “the knack” - that is, always try to “brace” your pelvic floor muscles (by squeezing up and holding) each time before you cough, sneeze or lift anything.
- 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 sameyn kartid si aad u caawisid muruqyada sagxada miskahaaga:

- Isticmaal “awooda” – taasi waa had iyo jeer isku day “taageerid” muruqyada sagxada miskahaaga (adoo isu ururinaya kor oo qabanaya) wakhti kasta ka hor intaadan qufucin, hindhisin ama aadan waxba qaadin.
- La wadaag dad kale qaadida xamuulka culus.
- Cun furut iyo khudaar cabna 1.5 – 2 litir oo cabitaana ah maalintii.
- Ha caddaadin markaad isticmaalaysid calooshaada.
- Weydii dhakhtarkaaga waxyaalaha ku saabsan sanboorka, neefta iyo burunkitada si ay u debciso hindhisada iyo qufaca.
- Ku hey miisaankaaga ilaa xadka saxda ah ee da'daada iyo dherarkaaga.

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 Kalkaalasada 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.

