



Many women leak urine or wet themselves when they cough, sneeze or exercise (this is called stress incontinence). While there are many treatments to try first, some women need to have surgery for this problem.

WHAT CAUSES BLADDER CONTROL PROBLEMS?

Bladder control problems are mainly caused by damage to pelvic floor muscles and the tissues that support them.

The floor of the pelvis is made up of layers of muscle and other tissues. These layers stretch like a hammock around the bladder and vagina from the tailbone at the back to the pubic bone in front. The pelvic floor muscles do a number of things, such as:

- help to close off the bladder, the vagina (front passage) and the rectum (back passage); and
- help to hold the bladder, the uterus (womb) and bowel in their proper place.

You can find out more about the pelvic floor muscles in the leaflet "One in Three Women Who Ever Had a Baby Wet Themselves". Bladder control problems can start when the pelvic floor muscles are made weaker by:

- not keeping the muscles active;
- being pregnant and giving birth;
- constipation;
- being overweight;
- heavy lifting;
- coughing that goes on for a long time (such as smoker's cough or asthma); or
- growing older.

HOW CAN BLADDER CONTROL PROBLEMS BE TREATED?

The good news is that most women can control their bladder better by making their pelvic floor muscles stronger through training. The leaflet "Pelvic Floor Muscle Training for Women" tells you how. Your doctor, physiotherapist, or continence nurse advisor will also be able to help.

Dumar badan ayey ka daadataa kaadidu ama isqooya nafsadooda markay qufacaan, hindhisaan ama jimicsadaan (tan waxaa layiraahdaa ceshad kari waynta welwelka leh). Meesha ay jirto daaweyn badan oo marka hore laysku deyi karo, dumarka qaarkii waxay u baahan yihiin qaliin in lagaga sameeyo dhibkaan.

MAXAA SAB ABA KONTOROOKKA DHIBAATOYINKA KAADIHEYSTA?

Dhibaatooyina kontoroolka kaadiheysta waxaa badanaa sababa waxyeelada muruqyada sagxada miskaha iyo unugyada taageera iyaga.

Sagxada miskaha waxay ka sameyn san tahay duuduubka muruqyada iyo unugyada kale. Duuduubkaan way fidaan sida daldalan oo ku hareeraysan kaadiheysta iyo ferjiga laga bilaabo dabagebinta xagga danbe ilaa lafta gumaarka ee xagga hore. Muruqyada sagxada miskaha waxay qabtaan waxyaalo badan, sida:

- caawimaada si loo daboolo kaadiheysta, ferjiga (marinka hore) iyo galka (marinka danbe); iyo
- caawi si aad u heyso kaadiheysta, uterus (ilmogaleenka) iyo caloosha meeshooda caadiga ah.

Waxaad ogaan kartaa wax badan oo ku saabsan muruqyada sagxada miskaha ee warqada "hal saddexdii Dumar ahba ee weligoodba dhalay ilmo ayaa Isqooya". Dhibaatooyinka kontoroolka kaadiheysta waxay ka bilaabi karaan marka muruqyada sagxada miskaha ay daciifiyaan iyadoo:

- aan muruqyada aysan ahayn kuwo firfircoon;
- uur yeelashada iyo ilmo dhalida;
- caloosha oo fadhida;
- miisaankaaga oo badan;
- wax culus qaadida;
- qufuca socda wakhti dheer (sida qufaca sigaar cabaha ama neefta); ama
- Gaboobida.

SIDEE BAA LOO DAAWEYN KARAA DHIBAATADA KONTOROOKKA KAADIHEYSTA?

Warka fiicani wuxuu yahay in dumarka badidiisu ay si fiican u kantarooli karaan kaadiheystooda iyagoo ku xoojinaya muruqyada sagxada miskahooda tababar. Warqada ah "Tababarka Muruqyada Sagxada Miskaha ee loogu talagalay Dumarka" waxay kuu sheegaysaa sidii. Dhakhtarkaaga, fiisiyoteri yaqaan ama kalkaalisada la talliyaha ceshadka kaadida oo sidoo kale awoodi doona inay ku caawiso.





WHEN IS SURGERY NEEDED?

For a small number of women the more simple methods can fail to help with bladder control, and leaking urine can make day to day life difficult. In these cases surgery may be needed. Surgery should never be a first choice. All surgery has risks. You must discuss these risks with your surgeon.

WHAT SHOULD YOU ASK YOUR SURGEON?

Before agreeing to surgery, you should talk about it fully with your surgeon. Make a list of questions that you want to ask. These could cover:

- why this type of surgery has been chosen for you;
- how well will it work;
- what are the details of the surgery;
- what are the problems that could occur, both short and long term;
- what sort of scar will be left, what sort of pain will you have;
- how much time off work will you need to take;
- how much will it cost; and
- how long will the effects last?

GOORMA AYAA LOO BAAHAN YAHAY QALIINKA?

Dumar tiradoodu aad u yar tahay habka aadka u sahlan ayaa ku guuldareysan kara inuu ka caawiyo kontoroolka kaadiheysta, iyo kaadida da'aysa ayaa ka dhigi kara nololshooda mid dhib badan. Xaaladahan waxaa laga yaabaa in loo baahdo qaliin. Qaliinka waa inuusan weligiis noqon doorashada ugu horeysa. Dhammaan qaliimada waxay leeyihiin khataro. Waa inaad kala hadashaa khatarahan dhakhtarka qaliinkaaga.

MAXAAD WEYDIIN DOONTAA DHAKHTARKAAGA QALIINKA?

Ka hor intaadan ogolaan qaliinka, waa inaad si buuxda ugala hadasha dhakhtarkaaga qaliinka. Waxaad sameysaa liiska su'aalaha aad dooneysid inaad weydiiso. Kuwani waxay dabooli karaan:

- waa maxay sababta qaliinka noocan ah laguugu doortay;
- sida ugu wanaagsan ee uu u shaqeynayaa waa side;
- waa maxay faahfaahinta qaliinka;
- Waa maxay dhibaatooyinka dhacaa, labadaba wakhti gaaban iyo wakhti dheer;
- dakhar nooc ee ah ayey ka tegayaan, xannuun nooc ee ayaa ku qaban doona;
- wakhti intee le'eg ayaad u baahan doontaa inaad qaadata;
- ilaa intee ayey igu kaceysaa; iyo
- Saameyntu intee in le'eg ayey qaadanaysaa?



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.

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.