



The prostate is a gland that only men have. It is about the size of a walnut and sits below the neck of the bladder, surrounding the bladder outlet (the urethra). The prostate makes a milky fluid, which is part of semen and feeds the sperm.

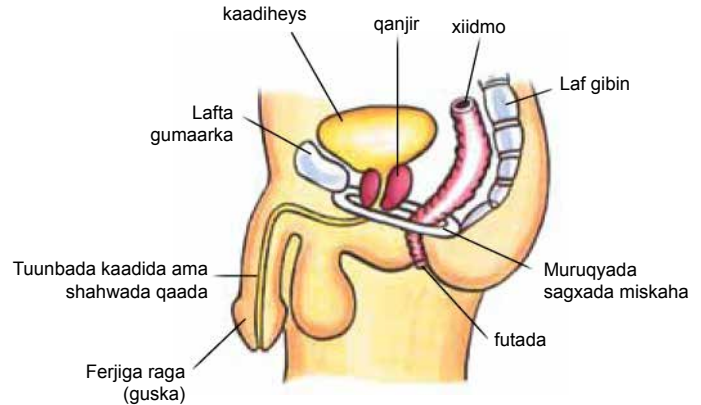
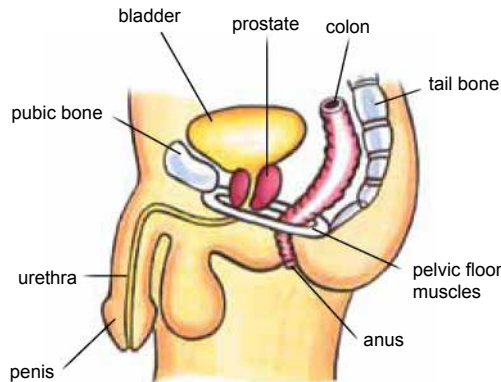
As men age, the prostate gland gets bigger. This happens over many years and for some men this can cause bladder problems.

Poor bladder control can also happen due to other health issues. Men with poor bladder control can be upset and embarrassed by this problem. If you have changes in your bladder control, or concerns about your prostate gland, talk to your doctor or continence advisor.

Prostate ku waa qanjir uu ragga oo kaliya leeyahay. Wuxuu qiyaastii xajmigiisu le'eeg yahay walnut ka /looska wuxuuna ku fadiyaa xagga hoosa ee kaadiheysta; oo ku wareegsan kaadiheysta (urethra). Prostate ku wuxuu sameeyaa dheecaan caanno oo kale ah, taas oo qayb ka ahi noqoto shahwada waxayna quudisaa biyaha ninka.

Isla marka raggu gaboobo, qanjirka prostate ka ayaa weynaada. Tani waxay dhacdaa sanno badan ragga qaarkiisna tani waxay sababi kartaa dhibaatooyinka kaadiheysta.

Kontoroolka xun ee kaadiheysta wuxuu sidoo kale dhici karaa arimo caafimaad oo kale awgood. Ragga leh kontoroolka xun ee kaadiheysta waxay noqon karaan kuwa ka xumaada uu yaxyax geliyo dhibkaani. Haddii aad qabto isbedelo ku yimaada kontoroolka kaadiheystaada, ama aad saluugsan tahay wax ku saabsan qanjirka prostate, la hadal dhakhtarkaaga ama la talliyahaaga kaadi ceshad la'aanta.



WHAT ARE SOME COMMON PROSTATE PROBLEMS?

- 1 **Prostatitis is swelling** and soreness of the prostate gland and may be due to a bladder infection. It is more common in young men.
- 2 **Benign Prostatic Hyperplasia (BPH) is when** the prostate gets gradually larger, usually starting in middle age. About one in four men will need surgery for this problem (BPH does not lead to cancer).
3. **Prostate Cancer is often found** before you have any warning signs. Your doctor may find it with a blood test (called a PSA) and a check of your prostate. It is the most common cancer in men, and you are more likely to get it as you age. However it is one of the most readily treated cancers.

WAA MAXAY QAAR KA MID AH DHIBAATOYINKA CAAMKA AH EE PROSTATE KA?

- 1 **Prostatitis** ku waa barrarka iyo xannuunka qanjirka prostate ka waxaana laga yaabaa inuu yahay sababtoo ah infekshinka kaadiheysta. Aad iyo aad ayuu ugu badan yahay ragga dhalinta yar.
- 2 **Prostatic Hyperplasia aan dhib lahayn (BPH) waa marka** prostate ku uu si tartiib ah u balaarto, badanaa bilowga da'da dhexe. Qiyaastii hal afartii nin waxay u baahan doonaan qaliin loogu talagalay dhibkaan (BPH ma keeno kansar).
3. **Kansarka Prostate ka waxaa badanaa la helaa** ka hor intaadan helin wax calaamado digniin ah. Waxaa laga yaabaa inuu dhakhtarkaagu ku helo baaritaanka dhiiga (ee loogu yeero PSA) oo uu baaro prostate kaaga. Waa kansarka ugu caamsan ee ragga, waxaana laga yaabaa inuu kugu dhaco markaad sii weynaatoba. Si kastaba ha ahaatee waa mid ka mid ah kansarada la daaweeyo.





HOW DO I KNOW IF I HAVE A PROSTATE PROBLEM?

If you have one or more of these issues, you may have a prostate problem:

- trouble starting the flow of urine;
- slow urine stream once started;
- needing to pass urine more often through the day or night;
- leaking after passing urine, or between visits to the toilet;
- needing to pass urine again soon after going to the toilet;
- feeling an urgent need to pass urine;
- burning or pain when passing urine;
- blood in urine; and
- feeling that the bladder is not fully empty after going to the toilet.

Some of these problems may not be due to the prostate. For instance, some medicines may cause the bladder to store up urine. Your doctor or continence advisor can help you find the cause of your problem.

HOW CAN MY PROSTATE CAUSE BLADDER PROBLEMS

Blocking of the urethra (the urine tube): As the prostate grows larger, it may block the bladder outlet and stop the bladder from emptying. In some cases, urine may get stored up until it starts to leak out. If this happens, see a doctor straight away.

An overactive bladder can be caused by the bladder working extra hard to get past a blockage. An overactive bladder can tighten without your control, causing an urgent need to pass urine. After surgery to ease the blockage you may still have an urgent need to pass urine, and it could get worse for a few weeks, until the bladder goes back to normal.

SIDEE BAAN KU OGAANAYAA INAAN QABO DHIBAATADA PROSTATE KA?

Haddii aad qabto mid ama wax ka badan oo arimahaan ah, waxaa laga yaabaa inaad qabto dhibaatada prostate ka:

- dhibka ah bilaabida kaadida;
- socodka kaadida oo gaabinaya mar haddii aad bilowdo;
- u baahnaanta inaad kaadido marmar badan maalintii ama habeenkii;
- ka daadashada kaadida ka dib markaad kaadido, ama inta u dhaxeysa wakhtiyadaad musqusha tagto;
- u baahnida inaad mar labaad kaadido isla markiiba markaad musqusha ka soo baxday;
- dareemida rabitaan aad ah oo ah inaad kaadiso;
- gubashada ama xannuunka markaad kaadshayso;
- kaadida oo dhiig ku jiro; iyo
- dareemida inaan kaadiheystu aysan si buuxda u fuuruqin ka dib markaad musqusha tagto.

Dhibaatooyinkan qaarkood waxaa laga yaabaa inaysan noqon prostate ka awgii. Tusaale, daawooyinka qaarkood ayaa laga yaabaa inay sababaan in kaadiheystu keydiso kaadi. Dhakhtarkaaga ama la talliyaha ceshadka kaadida ayaa kaa caawin kara inaad hesho waxa sababaya dhibkaaga.

SIDEE BUU U SABABI KARAA DHIBAATOYINKAYGA KAADIHEYSTU PROSTATE KAYGU?

Daboolida urethra (tuunbada kaadida): Isla marka prostate ku uu balaartaba, waxaa laga yaabaa inuu xiro kaadiheysta oo uu ka joojiyo kaadiheystu inay faaruqdo. Xaaladaha qaarkood, kaadida waxaa laga yaabaa in la keydiyo ilaa ay bilowdo inay daadato. Haddii tani dhacdo, isla markiiba dhakhtar arag.

Kaadiheysta firfircoonida saa'iidka leh waxaa sababi kara kaadiheysta oo si xad dhaaf ah u shaqeysa si ay u dhaafto meel xiran. Kaadiheysta firfircoonida saa'iidka leh way isdhuujin kartaa kontoroolkaaga la'aantiis, iyadoo sababeysa baahi degdeg ah oo ah inaad kaadido. Qaliinka ka dib si loo debciyo meeshaan xiran waxaa laga yaabaa inaad weli leedahay rabitaan degdeg ah si aad u kaadido, waxaana laga yaabaa inay sii xumaato dhawr toddobaad ka dib, ilaa ay kaadiheystu caadi ku noqoto.





Surgery for prostate problems can damage the muscle and nerves of the bladder outlet in a few cases. This can cause poor bladder control. If it occurs it is almost always short-lived, though major surgery for prostate cancer can lead to long term bladder control problems.

HOW CAN POOR BLADDER CONTROL BE TREATED?

First, your doctor or continence advisor will want to look for the causes of your poor bladder control, such as prostate disease, infection, diabetes or some medicines.

There are a few ways that poor bladder control due to prostate disease can be treated.

1. Check up with your doctor

After a talk with your doctor, you may feel that you do not need any treatment. Poor bladder control can get better with time, or with simple changes to your daily habits (See the leaflet "Good Bladder Habits for Everyone").

2. Medicines

There are a number of medicines that can help with bladder control. Ask your doctor about these.

3. Prostate Surgery

If your prostate is the problem, then surgery can remove all or part of the gland. The type of surgery will depend on the size of the prostate gland.

4. Bladder Training

A program of bladder training can help the bladder to hold more urine without leaks or urgent feelings, even for those with an overactive bladder.

5. Pelvic Floor Muscle Training

Pelvic floor muscle training builds up the muscles that control how well the bladder and bowel work. Learn how to train your muscles before surgery and start as soon as you can after surgery (See the leaflet "Pelvic Floor Muscle Training for Men").

Qaliinka dhibaatooyinka prostate waxay wax yeeli karaan muruqyada iyo neerfayaasha dusha kaadiheysta xaallado yar gudahood. Tani waxay sababi kartaa kontoroolka xun ee kaadiheysta. Haddii ay dhacdo had iyo jeer waa wax wakhti gaaban qaata, inkastoo qaliinka weyn ee kansarka prostate ka uu keeni karo dhibaatooyinka kontoroolka kaadida oo wakhti dheer qaata.

SIDEE BAA LOO DAAWEYN KARAA KAADIHEYSTA KONTOROLKA XUN?

Marka koowaad, dhakhtarkaaga ama la taliyaha ceshadka kaadida ayaa dooni doona inuu raadiyo waxyaalaha sababay kontoroolka xun ee kaadiheysta, sida cudurka prostate, infekshinka, sonkorta ama waxoogaa daawooyin ah.

Waxaa jira siyaalo yar oo kaadiheysta kontoroolka xun cudurka prostate ka awgiis waa la daaweyn karaa.

1. Dhakhtarkaaga ka jeegaree

Ka dib markaad la hadashay dhakhtarkaaga, waxaa laga yaabaa inaad dareento inaad u bbaahneyn wax daaweyn ah. Kontoroolka xun ee kaadiheysta wuxuu ku fiicnaan karaa wakhti ka dib, ama isbedelo sahlan oo lagu sameeyey caadda maalmeedkaaga (eeg warqada ah "Caaddada Kaadiheysta Wanaagsan ee Qofwalba").

2. Daawooyinka

Waxaa jira tiro daawooyin ah oo kaa caawin kara kontoroolka kaadiheysta. Weydii dhakhtarkaaga wax kuwan ku saabsan.

3. Qaliinka Prostate

Haddii prostate kaagu uu dhibka yahay, ka dib qaliin ayaa kaa goyn kara dhammaan ama qaybta qanjirka. Nooca qaliinku wuxuu ku xirnaan doonaa xajmiga qanjirka prostate ka.

4. Tababarka Kaadiheysta

Barnaamijka tababarka kaadiheysta wuxuu caawin karaa kaadiheysta inuu hayo kaadi badan isagoon daadin ama dareen degdeg ah la iman, xitaa kuwa leh kaadiheysta firfircoonida badan.

5. Tababarka Muruqa Sagxada Miskaha

Tababarka muruqa sagxada miskuhu wuxuu dhisayaa muruqyada kontoroola sida u wanaagsan ee ay u shaqeyso kaadiheysta iyo caloosha. Barro sidii aad u tababari lahayd muruqyadaada ka hor qaliinka una bilow sida ugu dhakhsaha badan qaliinka ka dib (eeg warqada "Tababarka Muruqyada Sagxada Miskaha ee Ragga").





6. Continence Products

There is a wide range of continence products to help cope with urine leaks (See the leaflet “Continence Products”).

Make sure you know enough about what the problem is, what treatments there are, how well they work, and what might go wrong, so that you can choose the treatment that is best for you, with your doctor’s help.

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.

6. Alaabta ceshadka Kaadida

Waxaa jira alaab badan oo kala duwan ee ceshadka kaadiheysta si ay kaaga caawiso la qabsiga daadashada kaadida (eeg warqada “Alaabta ceshadka Kaadida”).

Hubi inaad in ku filan laqaano wax ku saabsan waxa dhibku yahay, iyo daawooyinka la heli karo, sida ugu wanaagsan ee ay u shaqeeyaan iyo waxa khaldami kara, si aad u doorato daaweynta kuugu fiican iyadoo dhakhtarkaagu ku caawinayo.

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.

