



WHAT IS OVERACTIVE BLADDER?

The bladder is a muscle which contracts to empty the bladder when it is full and you are ready to empty. An overactive bladder means the bladder contracts before it is full. It can sometimes contract when you are not ready. You might go to the toilet often and find it hard to hold on until you get there. At times you may leak urine on the way to the toilet.

WHAT CAUSES OVERACTIVE BLADDER?

Poor bladder control may be due to health problems, such as:

- stroke.
- having an enlarged prostate gland.
- Parkinson’s disease.

An overactive bladder can be due to poor bladder habits over a long time.

For some people the cause is unknown.

WHAT ARE NORMAL BLADDER HABITS?

It is normal to:

- empty your bladder when you get out of bed in the morning.
- empty your bladder about 4 to 6 times through the day.
- empty your bladder before you go to bed at night.

A healthy bladder holds about 1.5 to 2 cups of urine. This is equal to 300 – 400mls. Your bladder holds this much during the day. It holds more during the night, before you feel the need to pass urine.

This pattern may change in older people. Older people may make more urine at night. This means they may have to pass more urine through the night than they do in the day.

WAA MAXAY KAADI-HAYSTA KACSAN?

Kaadi-haystu waa muruq kaas oo urura si uu faaruqiso kaadi-haysta markay buuxsanto oo aad adiguna diyaar u noqoto inaad faaruqiso. Kaadi-haysta kacsan macnaheedu waa in kaadi-haystu ururto ka hor intayna ayna buuxsamin. Mararka qaarkood way ururtaa markii aadan diyaarka ahayn. Badanaa waxaad aadi kartaa musqusha waxaana kugu adag inaad isku celiso ilaa aad halkaas gaarto. Mararka qaarkood Waxaad sii dayn kartaa kaadida intaad u sii socoto musqusha.

MAXAA KEENAA KAADI-HAYSTA KACSAN?

Kontaroolka kaadi-haysta oo liita waxaa keeni kara dhibaatooyinka caafimaad, sida:

- Istaroogga.
- lahaanshaha qanjirka borosteytka oo balaarta.
- Cudurka Parkinson.

Kaadi-haysta kacsan waxaa keeni kara caadaysiga kaadi-haysta oo liita muddo dheer.

Tusaale ahaan dadka qaarkiis sababta keenta lama yaqaan.

WAA MAXAY CAADAYSIGA KAADI-HAYSTA CAADIGA AH?

Waa wax caadi ah inaad:

- faaruqiso kaadi-haystaada markaad ka toosto sariirta subaxdii.
- faaruqiso kaadi-haystaada 4 ilaa 6 jeer maalintii.
- faaruqiso kaadi-haystaada intaadan tegin sariirta habeenkii.

Kaadi-haysta caafimaadka qabta waxay qaadaa 1.5 ilaa 2 koob oo kaadi ah. Taas oo la mid ah 300 – 400ml. Kaadi-haystaada waxay intaas qaadaa inta lagu jiro maalintii. Waxay qaadaa intaas wax ka badan habeenkii, ka-hor intaadan dareemin baahida inaad kaadiso.

Qaabkaas wuu iska baddeli karaa dadka waaweyn. Dadka waaweyn waxay dhigaan kaadi badan habeenkii. Taas macnaheedu waa inay wax badan kaadshaan habeenkii oo ka badan intay kaadshaan maalintii.





OVERACTIVE BLADDER AND URGENCY

KAADI-HAYSTA KACSAN IYO DEGDEGGA

WHAT IS BLADDER TRAINING?

The aim of bladder training is to improve symptoms of overactive bladder. Bladder training teaches you how to hold more urine in your bladder without feelings of urgency. Visit your doctor, a continence nurse advisor or continence physiotherapist if you have some problems with bladder control. They could start you on a bladder training program. If you do nothing about your problem, it may get worse.

WHAT IS IN A BLADDER TRAINING PROGRAM?

You may be asked to keep a bladder diary. You need to keep the diary for at least 3 days. It keeps track of how your bladder works through the day.

The bladder diary keeps track of:

- the time you go to the toilet.
- how much urine you pass each time.
- how strong you felt the urge to empty each time.

The bladder diary may look something like this:

Time	Amount passed	How strong was the urge to go?
6.30am	250mls	4
8.00am	150mls	3
9.00am	100mls	3
10.20am	150mls	1
12.15pm	100mls	1
1.25pm	200mls	3
2.30pm	200mls	3

How do I measure the amount of urine passed?

Put a container (like an ice cream container) in the toilet. Now sit on the toilet and relax with your feet on the floor. Pass urine into the container. Then tip the urine into a jug to measure it. Men may want to stand and pass urine directly into a measuring jug.

WAA MAXAY TABABARKA KAADI-HAYSTA?

Ujeeddada tababarka kaadi-haysta waa in la hagaajiyoo astaamaha kaadi-haysta kacsan. Tababarka kaadi-haystu wuxuu ku baraa sida kaadi-haystaada loogu hayo kaadida badan ayadoon la dareemayn wax degdeg ah. Booqo dhaqtarkaaga, la-taliyaha kalkaaliyaha kaadi-ceshan-waaga ama fiisiyo teerabiga kaadi-ceshan-waaga haddii aad ka qabto wax dhibaatooyin ah xagga kontaroolka kaadi-haysta. Waxay kugu bilaabayaan barnaamijka tababarka kaadi-haysta. Haddii aadan waxba qaban oo ku saabsan dhibaataada, way ka sii dari kartaa.

MAXAA KU JIRA BARNAAMIJKA TABABARKA KAADI-HAYSTA?

Waxaa lagu weydiisan karaa inaad samaysato xusuus-qorka kaadi-haysta. Waxaad u baahan tahay inaad haysato xusuus-qorkaas ugu yaraan 3 maalmood. Waxay kuu raad-raacaysaa siday kaadi-haystaadu u shaqayso maalintii.

Xusuus-qorka kaadi-haysta wuxuu raad-raac u yahay:

- waqtiga aad musqusha gasho.
- Intaad kaadi dhigto mar kasta.
- Sidaad dareentay siday u xoogan tahay rabitaanka inaad faaruqiso mar kasta.

Xusuus-qorka kaadi-haysta wuxuu u egyahay wax sidaan oo kale ah:

Waqtiga	Xaddiga la-kaadshey	Sidee uxooq badnayd rabitaanka in la kaasho?
6.30am	250mls	4
8.00am	150mls	3
9.00am	100mls	3
10.20am	150mls	1
12.15pm	100mls	1
1.25pm	200mls	3
2.30pm	200mls	3

Sidee baan u cabiraa xaddiga kaadida la shubay?

Dhig weelka (sida weelka ice-creamka) musqusha. Hadda ku fariiso musqusha oo raaxayso ayadoo cagahaagu saaran yihiin sagxadda musqusha. Ku kaadi weelka. Markaas ku shub kaadida jaagga si aad u cabirto. Ragu way istaagi karaan oo si toos ah ugu kaadshi karaan jaagga cabiraadda.





How do I measure urgency?

This chart shows how to use a number to describe the urge you felt.

0	No urgency.	I felt no need to empty. I emptied for other reasons.
1	Mild urgency.	I could put it off as long as needed. I had no fear of wetting myself.
2	Moderate urgency.	I could put it off for a short time. I had no fear of wetting myself.
3	Severe urgency.	I could not put it off. I had to rush to the toilet. I had fear I would wet myself.
4	Urge incontinence.	I leaked before I got to the toilet.

How do I measure leaking using a Pad Weight Test?

This test helps to work out how much urine you leak over a few days. To do this test you will need some accurate scales for weighing. You do this test by:

- weighing a dry pad in a plastic bag before you wear the pad,
- then weighing the wet pad in a plastic bag after you wear it, and
- taking the weight of the dry pad away from the weight of the wet pad.

This will show how much you have leaked because each gram equals one ml.

Like this:

Wet pad	400g.
Dry pad	150g.
Weight Difference	250g.
Amount leaked =	250mls.

Sidee baan u cabiraa degdegga?

Shaxdaan waxay muujinaysaa sida loo adeegsado tiro si ay u sifayso degdegga aad dareemayso.

0	Wax degdeg ah majiro	Ma dareemayo baahi inaan kaadiyo. Waxaan u faaruqiyeey sababo kale dartood.
1	Degdeg caadi ah.	Waan joojin karaa intii aan doono. Waxba cabsi kama qabo inaan isku kaadsho.
2	Degdeg Meel-dhexaad ah.	Waxaan joojin karaa muddo gaaban. Waxba cabsi kama qabo inaan isku kaasho.
3	Degdeg daran.	Maba joojin karo. Waa inaan ku cararo musqusha. Waxaan ka cabsanayaa inaan isku kaadsho.
4	Kaadi-ceshan-waa dhaqso ah.	Waan sii daayey ka hor intaan gaarin musqusha.

Sidee baan u cabiraa sii-daynta anoo adeegsanaya Baarista Miisaanka Baadka?

Baaristan waxay gacan ka gaysataa si loo ogaado intay le'eg tahay kaadida aad sii daysey dhowr maalmood. Si loo sameeyo baaristan waxaad u baahan tahay heerarka miisaanka oo saxda ah. Baaristan waxaad ku samayn kartaa:

- adoo ku miisaama baadka oo qalalan Kiishka balaastiga ah ka hor intaan xiran baadka,
- ka dibna ku miisaama baadka qoyan Kiishka balaastiga ah ka dib markaad xirato, iyo
- markaana ka jara miisaanka baadka qalalan kan miisaanka baadka qoyan.

Tani waxay muujinaysaa intaad sii daysey sababtoo ah garaamkii kasta wuxuu la mid yahay hal ml.

Sidan oo kale waxyaalaha qaarkood :

Baad qoyan	400g.
Baad qalalan	150g.
Faraqa miisaanka	250g.
Xaddiga la-siidaayey =	250mls.





WHO CAN HELP WITH YOUR BLADDER TRAINING PROGRAM?

A doctor, continence nurse advisor or continence physiotherapist can get the best results for you. They will work out a program to suit you.

Some of these continence health professionals may be in a private practice clinic. Others work in clinics in your local community health service. They also work in public hospital clinics. The National Continence Helpline 1800 33 00 66 can help you find your local continence clinic.

HOW LONG WILL IT TAKE?

Most bladder training programs take about 3 months. You may have regular meetings with your continence nurse advisor or continence physiotherapist. They will teach you ways to hold on for longer. This will mean you can hold more urine in your bladder.

SOME HELPFUL THINGS YOU WILL LEARN FROM THE PROGRAM

Pelvic Floor Muscle Training

The continence physiotherapist or continence nurse advisor will teach you how to use your pelvic floor muscles. These muscles support your bladder and urethra. The urethra is the tube that carries urine from the bladder to the outside. Strong pelvic floor muscles help to hold back the strong urge to pass urine. This will help you hold on until you reach the toilet.

Good Bladder Habits

It is normal to consume between 1.5 – 2 litres of fluid per day unless your doctor says this is not okay. This way your bladder will slowly learn to stretch to hold more urine. You need to keep track of how much you drink each day. To do this you will need to know how much your cup or mug holds. Cups can hold from 120 to 180mls whereas mugs can hold 280 to 300mls or more.

KUMAA KUGU CAAWIN KARA BARNAAMIJKA TABABARKA KAADI-HAYSTA?

Dhaqtarka, la-taliyaha kaalkaaliyaha ah ee kaadi-ceshan-waaga ama fiisiyo-teerabiga kaadi-ceshan-waaga ayaa ku siin kara natiijoyinka ugu fiican. Waxay kaala shaqayn karaan barnaamij adiga kugu habboon.

Qaar ka mid ah xirfad-yaqaanada caafimaadka kaadi-ceshan-waaga waxaa laga heli karaa kilinikada caafimaadka gaarka ah. Qaar kale ayaa ka shaqeeya kilinikada ku yaala adeegga caafimaadka bulshada degaankaaga. Waxay kaloo ka shaqeeyaan kilinikada isbitaalka dadweynaha. Khadka Kaadi-ceshan-waaga Qaran oo ah 1800 33 00 66 ayaa kugu caawin kara inaad hesho kilinikada kaadi-ceshan-waaga degaankaaga.

INTEE BAY QAADANAYSAA?

Badiba barnaanijyada tababarka kaadi-haysta waxay qaataan 3 bilood. Waxaad kulan joogto ah la yeelan kartaa la-taliyahaaga kaalkaaliyaha ee kaadi-ceshan-waaga ama fiisiyo-teerabiga kaadi-ceshan-waaga. Waxay ku bari doonaan siyaabaha laysugu celiyo kaadida muddo dheer. Taas macnaheedu waa inaad ku hayn karto kaadi badan kaadi-haystaada.

WAXYAALAHA QAARKOOD OO AAD KA BARAN KARTO BARNAAMIJKA

Tababarka Muruqyada Miskaha

Fiisiyo-teerabiga kaadi-ceshan-waaga ama la-taliyaha kaalkaaliyaha ee kaadi-ceshan-waaga ayaa ku bari doona sida loo adeegsado muruqyada miskaha. Muruqyadaas waxay hayaan kaadi-haystaada ama kaadi-mareenka. Kaadi-mareenku waa tuubada ka soo-qaada kaadida kaadi-haysta oo dibadda usoo saarta. Muruqyada miskaha oo xooggan waxay gacan ka gaystaan inay celiyaan rabitaanka xooggan oo in la kaadsho ah. Taasi waxay kugu caawinaysaa inaad kaadida isku celiso ilaa intaad ka gaarayso musqusha.

Caadaysiga Kaadi-haysta Fiican

Waa wax caadi ah in la isticmaalo inta u dhaxaysa 1.5-2 litir oo dureero ah maalintiiba in dhaqtarkaagu yiraahdo sidaas Okay maahan mooyee. Sidaasbaa kaadi-haystaadu ayey tartiibtartiib ku baran doontaa inaad hayso kaadi badan. Waxaad u baahan tahay inaad raadraacdo intaad cabto maalin kasta. Si aad sidaas u samayso waxaad u baahan doontaa inaad ogaato inta uu qaado koobkaaga ama qalaxaagu. Koobabku waxay qaadaan laga bilaabo 120 ilaa 180ml halka qalaxu ka qaado 280 ilaa 300ml ama ka badanba.





Avoid drinking fizzy drinks or drinks with caffeine. These can upset the bladder and make it harder for you to hold on. There is some caffeine in chocolate, tea and coffee. There is more caffeine in cola and sports drinks. It is best to avoid drinking these.

You will learn which drinks to choose so your bladder will not be upset.

Good Bowel Habits

You will also learn how constipation and straining to pass a bowel motion can stretch your pelvic floor muscles. Avoid constipation as this also causes poor bladder control. Eat at least 2 pieces of fruit and 5 serves of vegetables daily. Eat high fibre bread as well.

WILL THERE BE SETBACKS?

Do not be worried by small day to day changes in your bladder control. These are normal. Anyone on a bladder training program can have setbacks, when your symptoms may seem worse. This may happen when:

- you have a bladder infection (see your doctor right away).
- you are tired or run down.
- you are worried or stressed.
- the weather is wet, windy or cold.
- you are ill (such as a cold or the flu).
- you are a menstruating woman.

If set-backs do happen, do not lose heart. Stay positive and keep trying.

Iska ilaalinta cabitaanada fisiga ah ama cabitaanada kafeynka leh tan waxay kicin kartaa kaadi-haysta. Waxayna kugu adkaynaysaa inaad isku celiso. Xoogaa kafeyn ah ayaa ku jira jokulaataha, shaaha iyo kafeega. Kaafayn badan ayaa ku jira Koka Koolaha iyo cabitaanada cayaaraha. Waxaa fiican in layska ilaaliyo cabitaanadaas.

Waxaad baran doontaa cabbitaannada la doorto si kaadi-haystaadu aysan u noqon mid ku xanuunaysa.

Caadaysiga Mindhicirka Fiican

Waxaad kaloo baran doontaa sida calool fadhigu iyo majiiridda in saxarada lays-soodhaafiyo ay u fidin karto muruqyada miskahaaga. Iska ilaali calool fadhiga maaddaama ay keeni karto kontaroolka liita ee kaadi-haysta. Cun ugu yaraan 2 xabo oo furuud ah iyo 5 adeeg oo qudaar ah maalintii. Waxaad kaloo cuntaa rootiga leh buunshaha.

MA JIRI DOONAAN WAX DHIBAATOYIN AH?

Waxba ha ka walwalin isbaddellada yaryar oo ka jira kontaroolka kaadi-haystaada. Kuwaasi waa caadi. Qof kasta oo ku jira barnaamijka tababarka kaadi-haysta wuxuu la kulmi karaa dhibaatooyin, markii astaamahaagu ka sii daraan. Taasi waxay dhici kartaa markii:

- aad qabto cudur kaadi-haysta (u-tag si toos ah dhaqtarkaaga).
- aad daalan tahay ama caajisan tahay.
- aad walwalsan tahay oo walaacsan tahay.
- cimiladu ay qoyan tahay, oo dabayl ama qabow jiro.
- aad xanuunsan tahay (sida dureyga ama fuluuga).
- aad tahay haween xaydka qabta.

Haddii wax dhibaato ah ay dhacaan, waxba ha qalbi jabin. Caadi iska-dhig siina wad isku dayga.



SEEK HELP

You are not alone. Poor bladder and bowel control can be cured or better managed with the right treatment. If you do nothing, it might get worse.

Phone expert advisors on the National Continence Helpline for free:

- advice;
- resources; and
- information about local services

1800 33 00 66 *
(8am – 8pm Monday to Friday AEST)

To arrange for an interpreter through the Telephone Interpreter Service (TIS), phone 13 14 50 Monday to Friday and ask for the National Continence Helpline. Information in other languages is also available from continence.org.au/other-languages

For more information:

- continence.org.au
- pelvicfloorfirst.org.au
- bladderbowel.gov.au

* Calls from mobiles are charged at applicable rates.

RAADSO CAAWIMAAD

Keli kuma tihid arintan. Kaadi-haysta iyo mindhicirka liita waxaa si fiican loogu daaweyn karaa ama si fiican loogu maamuli karaa daaweynta saxdaa. Haddii aadan waxba qaban, way ka sii dari karaan.

Ka wac la-taliyeyaasha khibrada leh Khadka Kaadiceshin-waaga Qaran (National Continence Helpline) oo lacag la'aan ah:

- talooyinka;
- macluumaadka, iyo
- macluumaadka ku saabsan adeegyada degaanka

1800 33 00 66 *
(8am - 8pm Isniinta ilaa Jumcaha AEST)

Si loo diyaariyo turjumaan ayadoo la marayo Adeegga Turjumaanka Taleefanka (TIS), ka wac 13 14 50 Isniinta ilaa Jumcaha Waxaad weydiisataa Khadka Kaadiceshin-waaga Qaran (National Continence Helpline). Macluumaadka luqadaha kale waxaa kaloo laga heli karaa continence.org.au/other-languages

Wixii macluumaad dheeraad ah:

- continence.org.au
- pelvicfloorfirst.org.au
- bladderbowel.gov.au

* Wicitaannada ka socda moobaylada waxaa laga qaadaa qarashka qiyaasaha ku habboon.

