

**Wangaratta**

45-47 Mackay Street Central,  
Wangaratta, 3677  
E: info@gatewayhealth.org.au  
P: (03) 5723 2000  
F: (03) 5722 2313

**Wodonga**

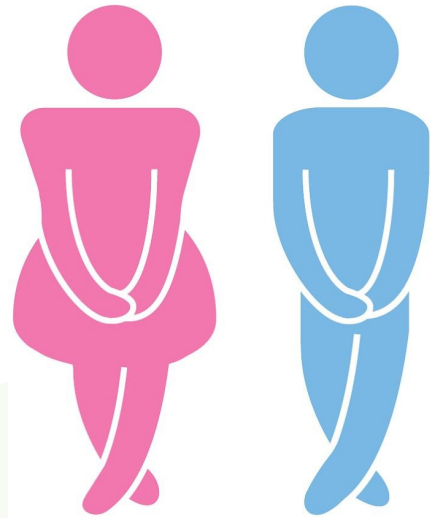
155 High Street  
Wodonga, 3690  
E: info@gatewayhealth.org.au  
P: (02) 6022 8888 Freecall: 1800 657 573  
F: (02) 6024 5792

## Do you know someone who needs help with their bladder?

### Bladder Health Program:

This program provides information to help you understand your bladder issues and can assist with bladder health.

It is conducted by health professionals in a small relaxed informal group setting. There are 3 sessions that run once a week for 2 ½ hours with light refreshments provided. The Program is a safe place to have discussions. It is suitable for men and women, people with bladder issues and their carers. Programs are conducted in the Alpine, Benalla Rural City, Mansfield and the Rural city of Wangaratta Shires.



### Topics discussed include:

- Different types of incontinence (bladder and bowel control)
- The importance of fluid intake
- How a high fibre diet can help
- Medicines and you
- Falls prevention tips
- Products available to assist
- Pelvic floor muscle exercises



## Your checklist:

- Do you sometimes feel that you have not completely emptied your bladder?
- Do you have to rush to use the toilet?
- Are you frequently nervous because you think you might lose control of your bladder?
- Do you wake up twice or more during the night to go to the toilet?
- Do you plan your daily routine around where the nearest toilet is?
- Do you leak when you laugh or sneeze, play sport or lift something heavy?
- Do you leak when you change from a seated or lying position to a standing position?

Did you answer “yes” to any of these questions? This may indicate that you have a bladder issue and you should talk to a health professional.

## To contact us:

**0357 232 082**

## Additional information

National Continence Helpline

1800 330 066

[www.continence.org.au](http://www.continence.org.au)

[www.gatewayhealth.org.au](http://www.gatewayhealth.org.au)

[www.facebook.com/gatewayhealth1](https://www.facebook.com/gatewayhealth1)

This program was developed in conjunction with The Australian Government, The Queensland Government, Queensland Health and HACC (Home and Community Care)

Your Checklist” (adapted) provided courtesy of Continence Foundation Australia.