

Pregnancy, childbirth and menopause. Three of dozens of reasons why you might wet your pants today.

Do you have a leaky bladder?

Or wet your pants when you sneeze, cough, lift something heavy, laugh or exercise?

Do you plan your day around the nearest toilet or often need to go in a hurry?

Do you dribble after you've been to the toilet?

Or suffer from constipation or have a bowel problem?

Or are you tired of washing clothing or bedding?

Bladder or bowel problem? Treat it. Beat it.

For a confidential consultation with a trained nurse call **1300 787 055**.

www.continenceandyou.org.au



Government of **Western Australia**
Department of **Health**

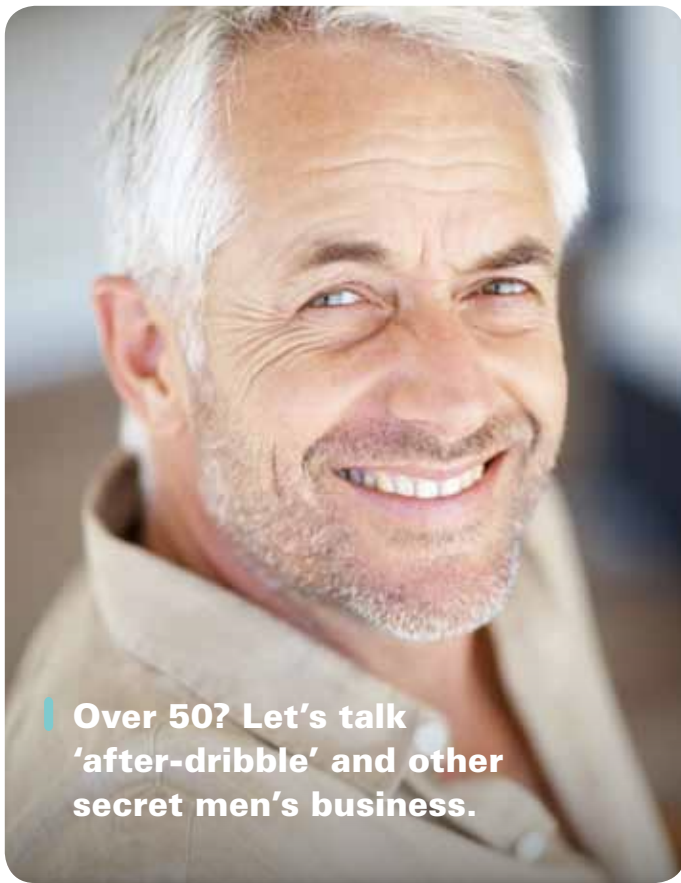


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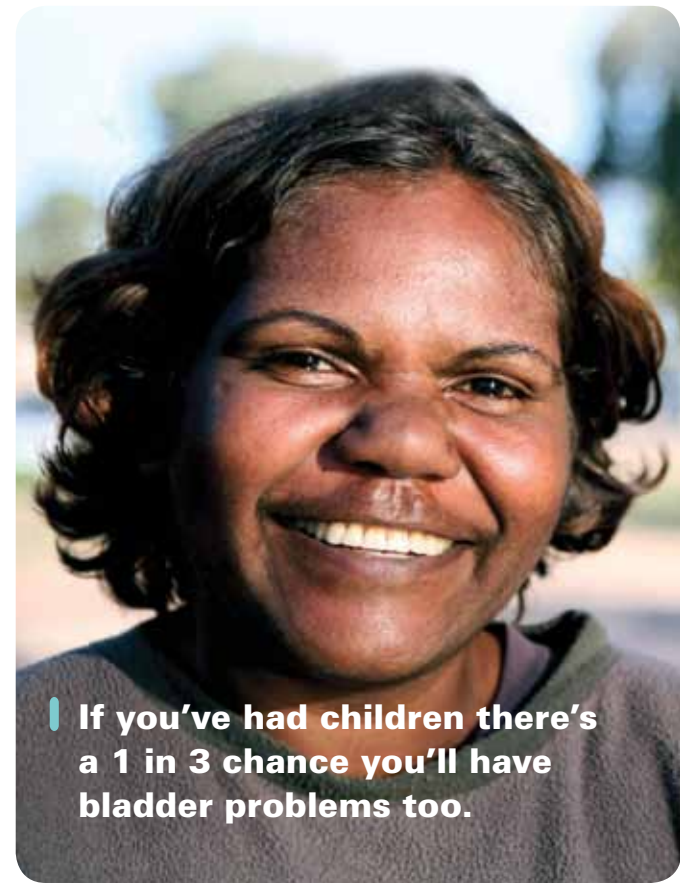


To find out more contact
Continence Management Advice Service
1300 787 055 or www.continenceandyou.org.au





Over 50? Let's talk 'after-dribble' and other secret men's business.



If you've had children there's a 1 in 3 chance you'll have bladder problems too.

Who we are.

CMAS (Continence Management Advice Service) is a well established service funded by the West Australian Government. We support clients through personalised management strategies including continence management plans, appropriate routines, bladder training, dietary suggestions, counselling and advice.

Who can access CMAS?

If you are aged over 16 years and are a holder of a Health Care Card or Pensioner Concession Card you may be able to access CMAS for free. For the cost of a local call you can contact us on 1300 787 055. An appointment will be made for a private consultation with one of our nurses who specialise in the management of bladder and bowel problems.

Let's talk about it.

In Australia bladder problems affect more than 1 in 3 women and over 1 in 10 men. Bowel problems are also very common. Yet only one third of people who have symptoms seek help from a health professional. Be sure to get advice early as occasional symptoms often progress. Something can be done. Our trained nurses understand and are here to help.

Where is CMAS available?

This service is available through a number of Silver Chain clinics within Western Australia. If you live in the country and are a long way from a clinic you may be able to have your assessment with a nurse over the telephone at no cost to you. Home visits are available in special circumstances should you be unable to travel to a clinic for health reasons.

What if I need pads?

If your case is more advanced you may qualify for free pads or products up to the value of \$480 per year, delivered to your home. We can discuss what's available and help you make the best choice. If you are already receiving products or are eligible for another scheme, you may also be able to receive an additional allowance each year for free pads or products through CMAS.

Make an appointment for a confidential consultation with one of our nurses.