



Start the Continence Conversation

In 2023, there were over 7.2 million Australians aged 15 and over affected by incontinence to some degree – an estimated 2.4 million men and 4.8 million women.¹

Are your patients one of the 7.2 million?

Can you spot the signs and symptoms to start the continence conversation?

■ Ask yourself...

Do any of the following apply?

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| ☐ dementia? | ☐ expecting a baby? |
| ☐ stroke? | ☐ want to start a family? |
| ☐ prostate cancer? | ☐ menopause? |
| ☐ arthritis? | ☐ bedwetting? |
| ☐ chronic heart failure? | ☐ constipated? |
| ☐ Parkinson's disease? | ☐ trouble toilet training their child? |
| ☐ diabetes? | ☐ mental health challenges? |
| ☐ bowel surgery? | ☐ urinary tract infections? |
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There are so many things that can affect bladder and bowel health. If you have ticked any of the above boxes, then you should be speaking with your patient about continence.

Continence Health Australia is your partner in bladder and bowel health. We have several resources to help you support your patients, as well as a national helpline staffed by Nurse Continence Specialists.

Call **1800 33 00 66** to get help,
or scan the QR codes overleaf to access some of our fact sheets.



A guide to Continence
Products and Aids



Arthritis and bladder
and bowel



Bladder control
problem?



Chronic heart failure
and bladder and bowel



Constipation and bladder
and bowel control



Dementia and bladder
and bowel control



Diabetes and bladder
and bowel control



Easy guide to toilet
training



Expecting a baby?



Help to pay for your
continence products



Improving bowel function
after bowel surgery



Looking after your skin
if you have incontinence



Menopause and
bladder and bowel



Mental health and
bladder and bowel



One in three women
who ever had a baby
wet themselves



Parkinsons disease
and bladder and bowel



Prostate and bladder
problems



Stroke and bladder
and bowel



Urinary tract infection

For all other
issues, call
1800 33 00 66
to get help.