

## MEDIA RELEASE

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### Help is at hand for rarely discussed yet common health complaint

DARLING Downs Hospital and Health Service's Home and Community Care (HACC) Continence Nurse advisors Janelle McQuillan and Julie Westaway co-ordinate the Dry Up program for residents wanting more information about bladder and bowel problems.

"Incontinence is a widespread yet rarely discussed health issue with 4.8 million Australians of all ages suffering urinary or faecal incontinence," Ms McQuillan said.

"The stigma associated with incontinence means many people do not discuss their problems with anyone, including health or fitness professionals."

Ms McQuillan said it was a common myth that incontinence was a natural part of aging or having children.

"This myth leads to people putting up with the issue and not seeking help," she said.

"The first step towards recovery or better management is to raise the issue with a health professional."

The next round of the Dry Up Program will commence on Monday, 16 February from 2pm to 4pm.

Over a series of six presentations, attendees learn more about how to successfully self-manage their bladder and bowel problems, enabling them to live healthier lifestyles and maintain their independence.

Presentation topics include improving bladder and bowel health by adopting good eating habits, how regular exercise can help and keeping your pelvic floor toned.

The free program is held in the Jacaranda Room, Grand Central Shopping Centre. Participants can invite a family member, carer or friend to accompany and support them.

Registrations are essential. For more information or to register contact Janelle McQuillan or Julie Westaway on 4616 6800.

### Ends

**MEDIA:** Contact Darling Downs Hospital and Health Service Media Team 4699 8547, 0438 702 328 or [DDHHS\\_media@health.qld.gov.au](mailto:DDHHS_media@health.qld.gov.au)