Help is at hand for common health complaint

Despite one in four Australians over the age of 15 being affected by incontinence, community stigma and personal embarrassment remain the biggest barriers towards recovery and better management.

The Toowoomba Hospital’s Community Care Continence Clinical Nurse Consultant Janelle McQuillan encouraged those who were experiencing symptoms to reach out for help and support.

“If more people initiate discussions about bladder and bowel health, hopefully the stigma relating to incontinence will diminish over time,” she said.

To help start the conversation, the hospital’s Continence Advisory Service will host an informal, four-week program from Monday 15 August. The sessions will be held in the hospital’s Unara Conference room from 2pm to 4pm.

The Dry Up Program is aimed at assisting participants to better manage their bladder and bowel so that quality of life and independence can be maintained.

“This program is designed for older people who have difficulties with their bladder and bowel control,” Ms McQuillan said.

“Partners and carers are also invited to participate.”

For more information or to register contact Ms McQuillan from the Continence Advisory Service on 4616 6800 before 12 August.

Ends

Caption: Toowoomba Hospital’s Community Care Continence Clinical Nurse Consultant Janelle McQuillan is encouraging people who need support to manage continence issues to take part in the next Dry Up program.

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