

MEDIA RELEASE

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Register now for the Dry Up program at the Toowoomba Hospital

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

Toowoomba Hospital's Community Care Continence Clinical Nurse Consultant Janelle McQuillan encourages all people who are experiencing symptoms to reach out for help and support.

"There is a common myth that incontinence is a natural part of ageing or having children," Ms McQuillan said.

"This isn't correct and can often lead to many people putting up with the issue and not seeking help.

"However, if more people initiate discussions about bladder and bowel health, hopefully the stigma relating to incontinence will diminish over time. The first step towards recovery or better management is raising the issue with a health professional."

To aid local people to become better informed and to help them manage their symptoms, the hospital's Continence Advisory Service will host a four-week Dry Up Program from Monday April 4 at the Unara conference rooms at the Toowoomba Hospital. The weekly sessions will be held from 2pm to 4pm.

"This self-help program has been developed to help people living in the community manage their bladder and bowel so that quality of life and independence can be maintained," Ms McQuillan said.

Each week participants will cover a number of topics which will help improve bladder and bowel health. Participants can also invite a family member, carer or friend to accompany and support them.

"The Dry Up program is informal and people will be able to ask questions, gain advice and talk with health professionals," Ms McQuillan said.

Anyone interested in registering for the free program can contact Janelle McQuillan or Bernie Mortlock from the Continence Advisory Service on 4616 6800.

Ends

Caption: Janelle McQuillan and Bernie Mortlock from the Toowoomba Hospital's Continence Advisory Service encourage residents who are experiencing continence symptoms to register for the free Dry Up program.

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