

#### Wangaratta

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F: (02) 6024 5792

## Continence Nurse Advisory Service

### Do you have problems with bladder or bowel control?

Over one million Australians have difficulty controlling their bladder or bowel at some time in their lives.

Usually these problems can be improved or even cured.

There is always something that can be done to make things more manageable.

Professional help is available from Continence Nurse Advisors and Physiotherapists for clients of all ages.

### Continence Services at Gateway Health

The Gateway Health Continence Nurse Advisory Service includes Continence Nurse Advisors, a Continence Clinical Nurse Consultant and Bladder Health Self Management program. The services are offered across the Central Hume area, including

- Rural City of Wangaratta (including rural areas)
- Benalla Shire
- Mansfield Shire
- Ovens Valley
- King Valley

The Continence Nurse Advisory Service provides home and clinic based services to frail aged people, people with disability and their carers as well as children with a disability between the ages of 5-15 years.

For further information on services and how to refer please see over the page

## Continence Nurse Advisory Services offer:

- Management and advice for problems with bladder and bowel control :
  - Pelvic floor exercises
  - Bladder training
  - Bowel programs
- Catheter management including intermittent self catheterisation
- Product information and advice on appropriate and cost effective continence aids and appliances
- Provision of education to interested community groups.

## For a confidential consultation contact :

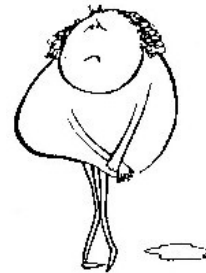
Gateway Health – Continence Nurse Advisory Service today on:

**Phone: 03 5723 2070**

**Fax: 03 5722 2313**

Contact can be made directly to our centre, or through your GP or Health Worker.

Remember ....  
You are not alone.



Gateway health is part of the North East Continence Service which includes:

- Albury Wodonga Health  
Phone: (02) 6051 7400
- Wangaratta Continence Clinic at Northeast Health Wangaratta  
Phone: (03) 5722 0333
- National Continence Helpline - 8 am to 8 pm, 7 days a week.  
Free call: 1800 33 00 66

This service is jointly funded by the Victorian and Australian Governments through the HACC Program