

# HOW DO YOU KNOW IF YOU NEED TO SEE A DOCTOR ?

## If you have:

\*Smelly, cloudy or bloody  
urine

\*Fever

\*Nausea or vomiting

\*Excessive tiredness

\*Loss of appetite, confusion,  
sleepiness

\*Mood swings, visual  
disturbances

\*Seizures, irritability

\*Changed continence  
patterns

\*Loss of movement or  
changing sensation in legs

\*Impotence or difficulty  
ejaculating

\*Back or groin pain

## It can be a sign of:

\*Urinary Tract Infection (UTI)

\*UTI or pressure sore  
infection

\*UTI or shunt problem

\*Any of the above!

\*UTI or shunt problem

\*shunt problem

\*UTI or shunt problem

\*UTI or shunt problem

\*spinal cord tethering

\*spinal cord tethering

\*UTI, spinal cord tethering

ANY UNTREATED PRESSURE SORE CAN CAUSE COMPLICATIONS

# IT'S UP TO YOU!

*Taking responsibility  
for your own health.*



# SBH

Spina Bifida  
Hydrocephalus Qld

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## Turning 18 brings so many changes...

...you leave school and your whole routine is different. You may keep up with old friends or make new ones. You might be thinking about studying, getting a job or leaving home. Usually people expect you to do more for yourself - if you've been waiting for that all your life it's really exciting, but for some young people it's scary. Growing up is different for every person - for some it's an adventure and for others it's all just too hard.

But one thing will happen for sure - the Spina Bifida Children's Clinics will tell you that you are too old to keep attending.



## You have to find other medical services



## Why bother?

Because things can still go wrong—even if you are feeling healthy... and they can be very serious!

Urinary tract infections can damage your kidneys and make you very sick.

Pressure areas DON'T go away if you ignore them, contrary to popular opinion! They can cause blood poisoning and can lead to months in hospital if they get out of control, or they may be fatal.

Shunt blockages can make you very ill and are sometimes fatal.

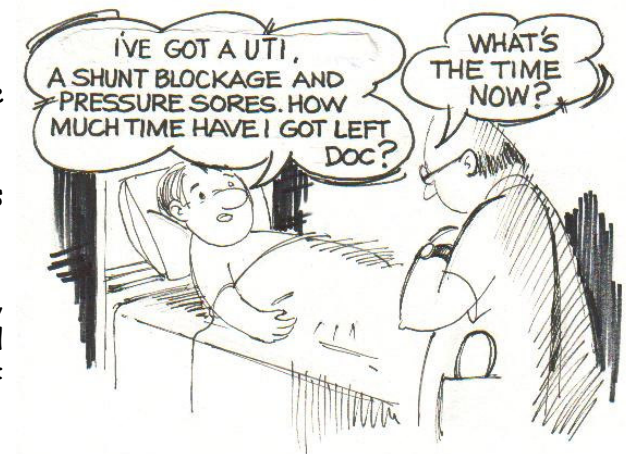
Your spine and spinal cord may change over time. Tethering can occur at any age and can damage your mobility and sexual function.

## What should I do and where should I go?

-Sit down with your old doctor and ask them to explain Spina Bifida to you, so you know more about your own body and what it needs.

-Medically there are 3 choices:

- The PA Spinal Unit has a clinic for adults with Spina Bifida. To make an appointment ring Sr. Sandra Harding at the Clinic on:  
3240 2641
- You can see your GP. If you choose this the SBH Qld has a manual written by doctors for GP's which you can give to your doctor.
- You can see specialists privately.



If you haven't been to the doctor for a while, on the back of this brochure is a handy list of situations when you SHOULD see a doctor: