

女性尿失禁

Urinary Incontinence in Women

Urinary incontinence is a common problem for many women. The muscles and nerves that help to hold or release urine can get weak or have problems. It can be caused by childbirth, menopause, aging, nerve disease, stroke, surgery, injury, infection and medicines. It can also be a side effect of other health conditions, such as diabetes or cancer. Testing and treatment can help to improve your quality of life.

Signs of Incontinence

- Urine leaks after a cough, laugh, sneeze or physical activity
- The sound of water running or touching water causes an urge to urinate
- Sudden urge to go to the bathroom before leaking urine
- Not able to empty bladder when going to the bathroom
- Needing to empty bladder 8 or more times a day or more than 2 times at night

Tell your doctor if you have had:

- Kidney or bladder stones or calcium deposits. These can block the flow of urine from the bladder to urethra.
- Polyps or small growths in the vaginal area. They can press on the urethra and lead to incontinence.

尿失禁是眾多女性的常見問題。協助憋尿或排尿的肌肉和神經可能會變弱或出現問題。分娩、更年期、衰老、神經疾病、中風、手術、受傷、感染和藥物可能會引起該疾病。尿失禁也可能是其他疾病帶來的副作用，比如糖尿病或癌症。檢測治療有助於改善您的生活質量。

尿失禁症狀

- 咳嗽、大笑、打噴嚏或體育活動之後出現漏尿的情況
- 水流聲或接觸水會誘發小便衝動
- 漏尿前突然想上廁所
- 上廁所時不能排空膀胱
- 白天需要不少於八次才能排空膀胱白天或夜間需要不少於兩次

如果您存在以下情形，請告訴您的醫師：

- 腎臟或膀胱結石或鈣沉積。它們可能阻止尿液從膀胱流入尿道。
- 陰道區域長息肉或小的增生。它們可能壓迫尿道，導致尿失禁。

Types of Incontinence

- **Temporary:** Urine leaks are caused by a sudden change in health or medicine. It can be a medicine side effect, infection in the urinary tract or bladder, or other health reason that will go away with time or short-term treatment.
- **Stress:** Urine leaks repeatedly after a cough, laugh, sneeze or other physical activity. The muscles that control urine leak with stress or pressure. It may get worse the week before a menstrual period.
- **Urge:** The muscles and nerves around the bladder contract and release urine when it is not supposed to. Urine leaks happen when there is a sudden feeling or need to urinate. This can happen during sleep, after drinking water, or when you touch water or hear it running.
- **Mixed:** A person has both stress and urge incontinence.
- **Overflow:** The bladder gets too full and urine leaks. There may be a problem with the muscle around the bladder blocking the emptying of the bladder when going to the bathroom. Overflow is often caused by urine leaks from too much pressure on the bladder.
- **Overactive bladder:** The need to empty the bladder often, even when there may be very little urine stored.

尿失禁種類

- **暫時性:** 因健康或藥物方面的突然變化引發的尿漏。可能是藥物副作用、泌尿道或膀胱感染或者其他健康原因引發的，隨著時間或短期治療的結束而消失。
- **壓力性:** 咳嗽、大笑、打噴嚏或體育活動之後反復出現漏尿的情況。肌肉通過壓力控制尿液排出。月經前一周可能變得更糟。
- **急迫性:** 不應排尿時，膀胱周圍的肌肉和神經收縮並排出尿液。突然產生尿感或者需要排尿時就發生尿漏。可能在睡眠時、喝水之後或者接觸到水或聽到水流聲時發生這種情況。
- **混合性:** 某人同時具有壓力性和急迫性尿失禁。
- **溢流性:** 膀胱太滿，尿液溢出。如廁時，膀胱周圍肌肉可能存在問題，阻塞膀胱排空。尿液溢出通常是因為膀胱壓力過大而造成。
- **膀胱過度活動症:** 即使只有很少的尿液殘留，也需要經常排空膀胱。

Testing

If you have signs of incontinence, call your doctor. You will have a physical exam and be asked questions about how often and when leaks occur. You may have one or more of these tests:

- Pelvic exam: Checks for problems with the urethra, rectum and vagina.
- Urine test: Urine is checked for infection and the amount of urine passed when emptying the bladder is measured.
- Bladder tests: Pressure tests check the muscles and nerves. A thin tube or catheter may be used to collect urine during a bladder test.
- Ultrasound: Pictures of the organs and muscles in the lower abdomen are taken using sound waves.
- Cystoscopy: A thin tube with a camera on the end may be used to look into the urethra and bladder.

Treatments

Based on the physical exam and testing, you may have one or more of these treatments:

- Kegel exercises, also known as pelvic floor exercises: They strengthen the muscles that control urine flow. To find these muscles, try to stop your urine midstream. Squeeze the muscles for just a second or two and then release. These are the muscles Kegels strengthen. Do these exercises after you have emptied your bladder.
1. Tighten the muscles. Hold the muscles for 5 or 10 seconds. If you can only keep the muscles tight for 1 or 2 seconds, work up to holding them longer over time.

檢測

如果您存在尿失禁症狀，請致電您的醫師。您將接受一次體檢，醫師會詢問尿漏發生頻率及時間。您可能接受一次或多次檢查：

- 盆腔檢查：檢查尿道、直腸和陰道是否存在問題。
- 尿檢：檢查尿液是否存在感染並測量排空膀胱時排出的尿量。
- 膀胱檢查：壓力測試檢查肌肉和神經。膀胱檢查中採用細管或導管收集尿液。
- 超聲波檢查：用超聲波拍攝下腹部的器官和肌肉圖片。
- 膀胱鏡檢查：用一根末端裝有攝像頭的細管觀察尿道和膀胱。

治療

依據體檢和檢查結果，您可能需要接受一項或多項治療：

- 凱格爾運動，也稱為盆底運動：可以加強控制尿液流動的肌肉。為了找到這些肌肉，試著在排尿中途停止排尿。擠壓肌肉一兩秒，然後放開。這些就是凱格爾運動需要鍛煉的肌肉。排空膀胱後繼續做這些運動。
1. 收緊肌肉。收緊肌肉5秒或者10秒。如果您僅能收緊肌肉1秒或2秒，那麼您需要經常鍛煉逐步加長時間。

2. Then relax the muscles.
3. Repeat 10 to 20 times, at least 3 times a day.

You will notice more strength over time. Tell your doctor if Kegels do not help your condition.

- Electrical stimulation: A small non-painful electric pulse is used to help calm the nerves and muscles of the bladder.
- Biofeedback: You learn to control the muscles of your bladder based on measurements from devices.
- Medicines: Different drugs may be used. Talk to your doctor and pharmacist about any risks and benefits of the medicines.
- Behavior modification: Some behaviors can make the urine leaks more of a problem. Reduce the frequency of leakage by losing weight if overweight, taking in less caffeine, and stopping smoking.
- Bladder retraining program: You learn to control the flow of urine over several weeks or months. A journal is used to record urges and leaks.
- Pessary: A ring is placed into the vagina to put pressure on the opening of the bladder. The pressure helps control urine leaks. It may be used instead of surgery.
- Injections: The tissues around the bladder opening are injected with a substance that surrounds the opening to the bladder. This may need to be done again because the body slowly absorbs the substance.

2. 隨後放鬆肌肉。
3. 每天至少 3 次，每次重複10到20次。

隨時間推移，您會感覺更有力量。如果凱格爾對您的病情沒有幫助，請告訴您的醫師。

- 電刺激：採用了一個小小的無痛電脈沖，用於放鬆膀胱的神經和肌肉。
- 生理反饋：您要學會依據設備測量數據來控制膀胱肌肉。
- 藥物：可以使用不同的藥物。請諮詢您的醫師和藥劑師了解各種藥物可能存在的風險和益處。
- 行為矯正：某些行為會使尿漏更為嚴重。如果體重超標，可以通過減肥、減少攝入咖啡因以及戒煙來降低尿漏頻率。
- 膀胱再訓練計劃：您需要在幾周或幾月內學會控制尿液的流動。需要用日誌記錄排尿衝動和尿漏的情況。
- 子宮托：將一個環植入陰道中，對膀胱開口施加壓力。壓力有助於控制尿漏。這可以用來替代手術。
- 注射：在膀胱周圍組織注入某種物質，該物質環繞于膀胱開口處。因為身體會慢慢吸收該物質，所以可能需要再次注射。

- Surgery: If other treatments have not worked, surgery may be an option. The type of surgery can vary from an outpatient procedure to major abdominal surgery.
- 外科手術：如果其他治療無效，可以考慮外科手術。手術類型從門診小手術到腹部大手術，大小不一。

Talk to your doctor or nurse if you have any questions or concerns.

若您有任何疑問或擔憂，請諮詢您的醫生或護士。