

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.

对许多女性来说，尿失禁是一个常见问题。帮助憋尿或排尿的肌肉和神经可能变弱或出现问题。分娩、绝经、年龄增长、神经疾病、卒中、手术、受伤、感染和用药都可能导致尿失禁。也可能是其他健康问题，如糖尿病或癌症，的副作用。检测和治疗有助于提高您的生活质量。

尿失禁症状

- 咳嗽、大笑、喷嚏或运动后漏尿
- 水声或接触水导致尿急
- 漏尿前突然有如厕冲动
- 如厕时无法排空膀胱
- 每天需要排尿8次或以上，或每晚需要排尿超过2次。

如有以下情况，请告知医生：

- 肾脏或膀胱结石或钙沉积。这些情况可能堵塞从膀胱至尿道的尿流。
- 阴道息肉或者小增生。这可压迫尿道，导致尿失禁。

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.

尿失禁类型

- **暂时型:** 健康状况或用药的突然变化导致漏尿。可能是药物副作用、尿路或膀胱感染或其他会随时间或经过短期治疗而消失的健康原因。
- **压力型性:** 咳嗽、大笑、打喷嚏或运动后反复漏尿控制漏尿的肌肉受到压力或压迫。经期前一周可能恶化。
- **急迫型:** 膀胱周围的肌肉和神经不合时宜地收缩和排尿。突然感到或者需要排尿时，出现漏尿。这种情况可能在睡觉时、饮水后或接触水或听见水流声时发生。
- **混合型:** 患者同时具有压力型和急迫型尿失禁。
- **溢流型:** 膀胱太满而漏尿。可能是膀胱周围的肌肉出现问题，在如厕时阻止膀胱排空。溢流是因为膀胱承受太多压力发生漏尿导致的。
- **膀胱过度活动症:** 膀胱需要经常排空，即使存尿极少。

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.

检测

如出现尿失禁症状，请联系医生。您将接受体检，被询问关于漏尿频率和时间的问题。您可能需要以下一种或多种检测：

- 盆腔检查：检查尿道、直肠和阴道的问题。
- 尿检：检查尿液，确定是否有感染，并测量排空膀胱时的尿量。
- 膀胱检测：肌肉和神经的压力测试。膀胱检测时可能使用细管或导管收集尿液。
- 超声波：通过超声波，对下腹的器官和肌肉进行成像。
- 膀胱镜：可以使用末端带相机的细管检查尿道和膀胱。

治疗

基于体检和其他检测，您可能接受以下一种或几种治疗：

- 凯格尔运动，即盆底肌锻炼：它们可增强控制尿流的肌肉。要找到这些肌肉，可以试着在尿中段停止排尿。夹紧肌肉1-2秒，然后放松。这些就是凯格尔运动所增强的肌肉。排空膀胱后，做此运动。
 1. 收紧肌肉。夹紧肌肉5-10秒钟。如果您只能夹紧肌肉1-2秒，可随时间推移逐渐增加夹紧的时间。

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. 然后放松肌肉。
 3. 重复10-20次，每日至少3次。
- 随着时间推移，你会发现肌肉力量增加。如果凯格尔运动没有改善您的状况，请告知医生。
- 电刺激：使用少量无痛电脉冲帮助膀胱的肌肉和神经放松。
 - 生物反馈：根据设备提供的测量数据，学习控制膀胱肌肉。
 - 药物：使用的药物可能不同。向医生和药剂师咨询关于药物的风险和益处。
 - 行为矫正：有些行为可加重漏尿情况。降低漏尿频率方式：如体重过则减重减、减少咖啡因摄入和停止吸烟。
 - 膀胱再训练项目：用数周或数月时间学习控制尿流。使用日志记录尿急和漏尿。
 - 子宫托：将一个环置于阴道内，向膀胱口施压。压力有助于控制漏尿。可代替手术。
 - 注射：向膀胱口周围的组织注射一种物质，包裹住膀胱口。当身体慢慢吸收该物质后，可能需再次注射。

- **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.

- **手术:** 如果其他治疗不起作用, 可选择手术。手术类型可能是门诊手术, 也可能是腹部大手术。

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

如果有任何疑问或担心, 请咨询医生或护士。