

## 婦女尿失禁

婦女尿失禁是指尿液不自主地漏出。這是一種非常普遍的問題，有百分之十五至二十的四十歲或以上婦女受其影響。雖然，尿失禁會引致尷尬及不方便；但婦女只須接受適當的護理及治療，大部份患者的生活質素便能得到顯著的改善。因此，婦女如發現有尿失禁時，就必須及時就醫或到本中心，以尋求適當的幫助及指導。

## 尿失禁的種類

婦女尿失禁主要分為應力性尿失禁和急切性尿失禁兩類：

**應力性尿失禁：**當咳嗽、打噴嚏、大笑、走動或進行一般體力勞動時，尿液會不自主地漏出。此現象常見於曾經生育、接受骨盆腔手術或更年期後的婦女，她們因骨盆腔底部肌肉鬆弛，腹部及膀胱的壓力增加時，便會造成尿失禁現象。

**急切性尿失禁：**患者有強烈的尿意，但在到達洗手間前，尿液已不自主地漏出。大部份患者皆由於膀胱肌肉過份敏感而引致的。

此外，有部份患者同時出現應力性尿失禁和急切性尿失禁的症狀，而成爲混合性尿失禁。

## 診斷及檢查

由於不同種類的尿失禁均有不同的治療方法，因此若要提高治療效果，正確的診斷是很重要的。

一份詳細的病歷資料及尿流動力測試結果正能幫助分辨尿失禁的種類。當診症時，醫生會詳細詢問患者相關的病歷資料，包括排尿習慣、尿失禁的情況等。

## 尿流動力測試

尿流動力測試是用來評估患者的膀胱及尿道功能。這是一項無痛、無須留院的檢查，約一小時完成。檢查時，需在患者的尿道及肛門分別放入一條導管，以量度膀胱內的壓力。

## 治療

因應診斷結果，醫生會爲患者提供最適合的治療方法：

1. 急切性尿失禁：這是由於膀胱肌肉過份收縮而引致的。若要改善，便要改良生活習慣（Time voiding）、訓練膀胱肌肉或用藥物治療。
2. 應力性尿失禁：可透過藥物、骨盆底肌肉運動或手術而得以改善。如婦女缺乏雌激素，便可

給予適量荷爾蒙補充劑以作治療。當保守療法失敗，患者便要考慮接受手術。目前最新的手術方法爲無張力中段尿道懸吊術（Tension-free Vaginal Tape），簡稱TVT。

## 無張力中段尿道懸吊術 (Tension-free Vaginal Tape)

無張力中段尿道懸吊術，乃採用微創手術方法進行。其優點如下：

1. 簡單：手術時間短，約三十分鐘便可完成。
2. 與傳統手術比較：康復快，併發症較少，痛楚微、傷口小。
3. 安全：手術時可採用局部麻醉。
4. 效果：治療成功率達百分之八十五至九十。

養和醫院婦女理遺尿中心是由一組有經驗的婦科醫生、泌尿科醫生、理遺科專科護士、物理治療師及營養師聯合主理。本中心能爲婦女尿失禁患者提供全面的檢查、治療及專業指導。如有任何疑問，歡迎致電查詢。

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# 婦女理遺尿中心 Female Continence Centre



養和醫院

HONG KONG SANATORIUM & HOSPITAL

## Female Continence Centre

**Female urinary incontinence** is the involuntary loss of urine. It is a common condition in women, affecting about 15 to 20% of those aged 40 years and above. For those with this condition, it can be embarrassing and inconvenient. With proper medical care and treatment, however, the majority of these women can vastly improve their quality of life. Therefore, if you are suffering from urinary incontinence, seek advice from your doctor or come to Our Female Continence Centre.

## Urinary Incontinence

There are two major types: Stress Urinary Incontinence and Urge urinary incontinence.

**Stress Urinary Incontinence** is the involuntary loss of urine that occurs while coughing, sneezing, laughing, running or exercising. It is most often caused by a weakness in the pelvic floor muscles resulting from childbirth, pelvic surgery or menopause.

**Urge Urinary Incontinence** is the uncontrolled loss of urine when there is a strong desire to urinate. This is caused by overactive bladder muscles.

These two conditions can be mixed and proper diagnosis is mandatory.

## Diagnosis

In order to maximise success of treatment, a correct diagnosis of the type of urinary incontinence is very important, as each type is managed differently.

A detailed history taking and testing with urodynamics will be done to separate out these two types. Your doctor will obtain a detailed medical history including voiding pattern, urinary symptoms and conditions that lead to urinary leakage.

## Urodynamics

The urodynamics test looks at the function of the bladder and urethra. The study is an out-patient procedure. During the examination, small catheters are placed in the bladder and rectum to record the bladder pressures. It usually takes about an hour and is painless.



## Treatment

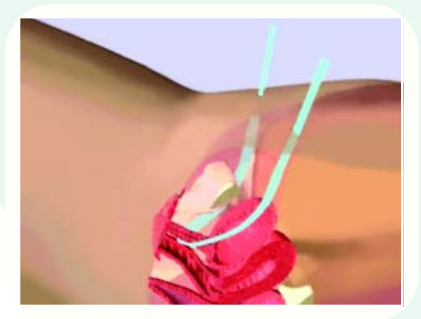
After diagnosis, a treatment plan can be tailored to the type of incontinence.

- 1) Urge incontinence: inappropriate bladder contractions that lead to urge incontinence can be improved by **time voiding, bladder training and medications.**
- 2) Stress urinary incontinence can be improved by medications, pelvic floor exercises or surgery. In women with oestrogen deficiency, hormone replacement therapy can also help. When conservative treatment fails, surgery can be performed. A recent advance in surgery is Tension-free Vaginal Tape Implantation (TVT).

## Tension-free Vaginal Tape (TVT)

**Tension-free Vaginal Tape (TVT)** is a minimally invasive surgical treatment for women with stress incontinence. The main benefits of the TVT procedure are:

1. Simple: This minimally invasive procedure can be completed within 30 minutes.
2. Shorter recovery time, fewer complications, less pain and a much smaller scar as compared to other current surgical treatments.



3. Safe: can be performed under local or regional anesthesia.
4. Effective: 85-90% success rate in treating stress incontinence.

Our Female Continence Centre provides consultation and diagnosis for women with incontinence problems by a dedicated and experienced team of gynaecologists, urologists, continence care nurses, physiotherapists, and dietitians.

If you are interested or have any enquiries, please contact us at :

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