



Stress urinary incontinence 壓力性尿失禁(英文)

Foreword

Urinary incontinence occurs as women aged or after giving birth to a baby; if inner abdominal pressure increases like coughing, sneezing, and jumping, these women often suffer from urinary leaks.

Etiology

The cause of urinary incontinence is mainly attributed to hormones deficiency and perineum muscle injuries caused during laboring. Such an injury could later trigger genital muscle relaxation, so some women do suffer from urinary incontinence when abdominal suppression increases.

Clinical symptoms

1. When a women, in her standing posture, senses her vagina clogged with something; she might suffer from frequent micturition and urinary leaks.
2. If the condition is severe, patients could suffer from lower abdominal discomfort, back pain, and difficulty in emptying urine in the bladder. It might later cause bladder inflammation.

Treatment

1. Conservative treatment involves Kagel' s movement, Urodynamic studies examination, and reconstruction of birth canal.
2. Surgical treatment is about antieror and posteriorcolporrhaphy, and bladder suspension.

Plans after discharged from the hospital

- 1.Return to the hospital once there is dysuria or fever after being discharged from the hospital.

2. Daily intake 3000 ~ 4000 c.c. of water: water contained within food is required to have 150 c.c. for rice per bowl, 200 c.c. for rice porridge per bowl, and 250c.c. for soup per bowl.
3. Daily perineal cleaning: wash from perineum to anus when showering or after using toilets. Also keep it dry.
4. Work-out daily for at least 200 times of Kegel style, as explained below:
 - a. Method one
 - Practice urinating little by little in order to sense which parts of muscle participate these movements. Then contract and relax rapidly to achieve fast urinating or stop urinating.
 - Repeat it when washing dishes, waiting for the traffic signals, and standing in line to purchase things.
 - Frequency : 10 counts each time and gradually increased to 60 counts each time.
 - b. Method two
 - You have to count one to ten and at the same time, tighten up the bottom of your pelvic muscle and contract it; count one to ten again and gradually relax it completely.
 - Tighten up these muscles when you stand up, cough, stand still, walk around or sneeze.