

認識尿失禁

Understanding of urinary incontinence

Definition of urinary incontinence

Medically, the condition when the conscious mind cannot control urine leakage is defined as urinary incontinence.

Most symptoms are light, but will create physical and psychology disturbances because of poor odor and frequent urination.

Causes of urinary incontinence

1. Physical causes of urinary incontinence:

Damages to urinary tract including muscle, structural weakness of the abdominal perineal muscle, nerve motor conduction disease, colorectal lesions, and changes in angle of the female urethra and bladder are all causes of urinary incontinence.

2. Psychological causes of urinary incontinence:.

When psychological symptoms of dependence, resistance, fear, and insecurity appear which affect the physiology, leading to urinary incontinence.

Classifications of urinary incontinence

1. Stress incontinence:

- About 80% of cases:
- When the abdomen exerts force, such as lifting heavy objects, coughing, sneezing, or laughing, urine involuntarily leaks out.
- After women's natural childbirth or after pelvic surgery, leading to pelvic muscle ligamentous laxity.
- Reduction of hormone postmenopausal for women leading to contraction of urethral mucosa and leaking urine.
- Male after excision of prostate due to prostate cancer.

2. Urge incontinence:

When patient cannot make it to toilet after sensing urinary urgency, and incontinence accompanies it, can be classified as overactive bladder.



3.Mixed incontinence:

This refers to combination of stress and urge incontinence.

4.Overflow incontinence:

When patients suffer neuropathy, Long-term holding back urine, prostatic hypertrophy, or the urine long term can not be emptied.

Bladder with poor contractile force, even if the bladder is full, there is no urination sense, causing overflow incontinence.

5.Temporary Incontinence:

Occurs mainly in the urinary tract infection, puerperal, & insanity.

6.Nerve incontinence:

Stroke, spinal cord injury, hysterectomy and rectal cancer surgery may possibly cause neurological incontinence.

7.Constant leakage incontinence:

Urinary tract fistula or urethral tissues severely damaged in patients leading to constant leaking of urine throughout the day.