

Urinary Incontinence and Pelvic Organ Prolapse (尿失禁/盆底器官脱垂)

Know Your Options 认识你的选择

Scarborough Health Fair 士嘉堡健康日
May 23, 2015 - 5月23日

Dr. Susan Jia 贾兆元医生 MD.CM., FRCSC

Fellow in Urogynecology and Pelvic Reconstructive Surgery
妇科泌尿科及生殖器脱垂重建手术专科
Mount Sinai Hospital 西奈山医院
University of Toronto 多伦多大学

1

Background 背景资料

- Urinary incontinence and pelvic organ prolapse are common in post menopausal women
- Although rarely life-threatening, they drastically impact the quality of life of a woman
- 尿失禁和盆腔器官脱垂常见于绝经后的妇女
- 虽然很少危及生命，他们能够极大地影响女性的生活质量

Background 背景资料

- 10-30% of women experience urinary incontinence
- 30% of women have been found to have pelvic floor prolapse
- 1 in 8 women will undergo surgery for incontinence or prolapse and 1 in 3 will require a second surgery
- 10-30% 女性有尿失禁
- 30% 女性有盆底脱垂
- 8名妇女中有1名将接受手术治疗失禁或脱垂 而3名妇女中有1名将需要做第二次手术

Urinary Incontinence: Common Types

尿失禁：常见类型



- Stress Incontinence: leakage with cough, sneeze, laugh, exercise or lifting
- Urge Incontinence: sudden sense to urinate followed by loss of urine
- Mixed Incontinence
- 压力性尿失禁: 咳嗽时, 打喷嚏, 大笑, 运动或举重
- 急迫性尿失禁: 突然感觉尿意跟着失禁
- 混合性尿失禁



Urinary Incontinence: Options

尿失禁：选择

- Conservative/ Non-invasive Treatment
- Medication: treats mainly urge incontinence
- Surgery: treats mainly stress incontinence
- 保守/无创治疗
- 药物治疗：主要治疗急迫性尿失禁
- 手术治疗：主要治疗压力性尿失禁

Conservative Treatment

保守/无创治疗

4 Must-Know Facts about Kegel Exercises

1 Commonly prescribed to improve many conditions.



2 How to lift pelvic floor and contract muscles.

3 They can be done at any location: at home, office, or in the car.

4 They have been proven effective in reducing urinary incontinence.



4 Must-Know Facts About Kegel Exercise

四个你对Kegel 练习必须知道的事实

- Commonly prescribing to improve many condition
- How to lift pelvic floor and contract muscle
- They can be done at any location, e.g. at home, office or in the car
- They have been proven effective in reducing urinary incontinence
- 常用于改善许多健康状况
- 要知道如何抬起盆底与肌肉收缩
- 您可以在任何地方做这练习，例如在家中，办公室或在车
- 它已被证明可以有效的减少尿失禁

7

Conservative Treatment

保守/无创治疗

- Life style changes
- 改变生活方式
- Weight loss
- 减肥
- Stop smoking
- 停止吸烟
- Diet: cut down coffee, tea, soft drinks, alcohol, drink less fluids prior to sleeping
- 饮食：减少咖啡，茶，汽水/可乐，酒，少在睡觉前喝流体
- Bladder training protocol
- 膀胱训练

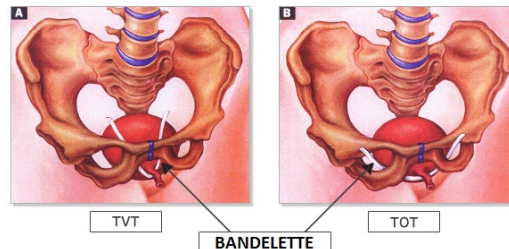
Medication 药物

- All medications work by relaxing the bladder muscle and decrease the frequency and urgency of urination
- Takes about 2-3 months for full effects
- Side-effects include dry mouth and constipation
- 所有的药物通过放松膀胱肌肉的作用来减少排尿次数和紧迫性
- 大约需要2-3个月全面见效
- 副作用包括口干和便秘



Surgery 手术

- Minimally invasive
- 90% success for treatment of stress urinary incontinence
- 微创
- 90%的成功治疗压力性尿失禁



Pelvic Organ Prolapse 盆底器官脱垂

- A condition when the muscles and ligaments supporting a woman's pelvic organs weaken, the pelvic organs can slip out of place
- There are different types of pelvic organ prolapse: uterus, bladder, bowel, etc.
- women develop pelvic organ prolapse after childbirth, a hysterectomy or menopause.
- 当肌肉和韧带支撑一个女人的骨盆器官减弱，盆腔里面的器官可以滑出盆腔
- 有不同类型的盆腔器官脱垂的：子宫，膀胱，肠等
- 盆腔器官脱垂可以在妇女分娩后，子宫切除术或绝经后发生。

Symptoms 症状

- Pelvic pressure
- Feeling as if something is falling out of your vagina
- Pulling pain in the groin area and lower back
- Constipation
- Difficulty urinating
- 盆腔里有压迫感
- 感觉好像有什么东西在你的阴道掉下来
- 在腹股沟区与后腰有牵拉疼痛
- 便秘
- 排尿困难

Prolapse: Treatment options

脱垂：治疗方案

- Kegel exercises
 - Pessaries- silicone dishes that lift the pelvic organs
 - Must be fitted by a health care professional
 - Requires ongoing care
- 做 Kegel 练习
 - 用盘托住盆腔器官
 - 必须由专业医务人员安装
 - 需要持续的照顾



Prolapse: Treatment options

脱垂：治疗方案

- Surgery
 - Repair of prolapsed bladder or rectum
 - Removal of the uterus
 - Lifting of the prolapsed vagina
 - Closure of the vagina
- 手术
 - 修复脱垂膀胱或直肠
 - 切除子宫
 - 提升脱垂阴道
 - 封闭阴道

Conclusion 结论

- Pelvic organ prolapse affects millions of women
- 11-19% percent of women will undergo surgery for prolapse or incontinence by age 80 to 85 years
- There are good options for treatment
- Bladder health is important to women's Health. Do not hesitate to communicate with your doctors
- 盆腔器官脱垂影响到数以百万计的妇女
- 11-19%的女性到80~85岁时将要接受手术治疗脱垂或尿失禁
- 有好的治疗选择
- 膀胱的健康是妇女保健重要的一部分，请大家多和医生沟通。

Helpful Websites 有帮助的网站

- <http://www.pelvicorganprolapsesupport.org/pop-info-chinese/>
- <http://www.mayoclinic.org/healthy-lifestyle/womens-health/in-depth/kegel-exercises/art-20045283>
- <http://www.nhs.uk/conditions/Prolapse-of-the-uterus/Pages/Introduction.aspx>