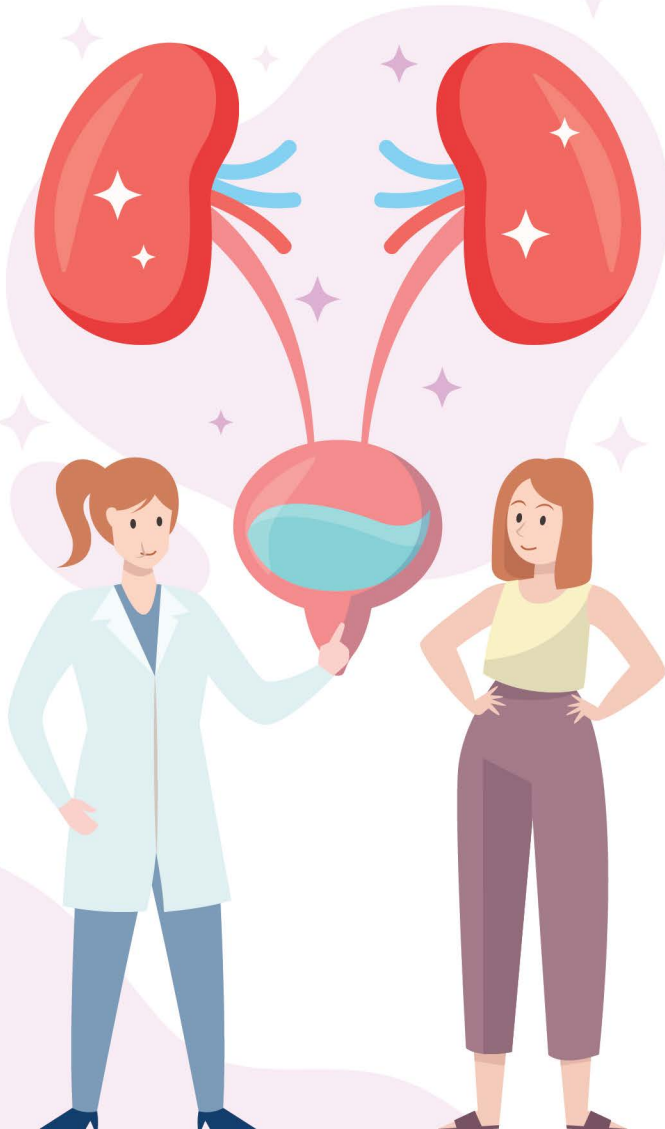




# 認識尿失禁

## Urinary Incontinence



## 種類或成因

### Types or Causes

#### 壓力性尿失禁 Stress Urinary Incontinence

腹腔受壓致膀胱壓力上升，加上盆地肌肉鬆弛導致尿道口控制能力減弱，繼而尿失禁。常發生於曾經分娩、肥胖或者長期咳嗽的中年女士身上。

Occurs when increased abdominal pressure leads to elevated bladder pressure, combined with relaxation of the pelvic muscles. This weakens the control over the urethral opening, resulting in involuntary leakage of urine. It is commonly seen in middle-aged women, who have given birth, are overweight, or have a history of chronic coughing.

#### 急迫性尿失禁 Urge Urinary Incontinence

由於膀胱過敏感，難以控制小便的頻率。常發生在患膀胱過度活躍症、經常飲用利尿的飲品（如酒精或咖啡）的人士身上。

Caused by an overactive bladder, which makes it difficult to control the frequency of urination. This condition often occurs in individuals with overactive bladder syndrome or those who frequently consume diuretic beverages, such as alcohol or coffee.

#### 混合性尿失禁 Mixed Urinary Incontinence

同時出現壓力性和急迫性尿失禁的症狀。  
Presents symptoms of both stress and urge incontinence simultaneously.

#### 功能性尿失禁 Functional Urinary Incontinence

有正常的小便意識和排尿功能，但因行動不便、認知障礙等原因以致不能及時上廁所。常發生在老年人身上。

Occurs in individuals who have normal awareness of the need to urinate and the ability to do so, but are unable to reach the bathroom in time due to mobility issues, cognitive impairments, or other barriers. This is often seen in elderly individuals.

#### 滿溢性尿失禁 Overflow Urinary Incontinence

一些患有神經萎縮疾病、脊椎神經疾病以及糖尿病人士因膀胱不夠活躍，以致小便在膀胱積聚無法排清。

Typically occurs when the bladder is underactive, causing urine to accumulate without being fully expelled. This condition can be seen in individuals with neurodegenerative diseases, spinal cord disorders, or diabetes.

## 影響

### Impacts

#### 心理健康 Mental Health

擔心意外漏尿，導致對社交場合感到焦慮或抑鬱。  
Urinary incontinence can lead to anxiety or depression, as individuals may worry about the possibility of accidental leakage in social situations.



#### 社交限制 Social Limitations

因為尿失禁而避免參加社交活動，影響人際關係。  
Many people may avoid social activities due to urinary incontinence, which can negatively impact their interpersonal relationships.



#### 身體健康 Physical Health

長期的尿液接觸可能導致皮膚刺激或感染，如尿布疹。

Prolonged exposure to urine can cause skin irritation or infections, such as diaper rash.



#### 日常生活 Daily Life

需要購買尿失禁護理產品或尋求醫療幫助，或會增加經濟壓力。尿失禁亦可能使日常活動變得困難，影響工作和家庭生活。

The need to purchase incontinence products or seek medical assistance can increase financial strain. Additionally, urinary incontinence may complicate everyday tasks, impacting work and family life.



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## 檢查與診斷

### Evaluation and Diagnosis



#### 醫學評估 Medical Evaluation

醫生會詢問病歷、症狀及生活習慣。

The doctor will inquire about the patient's medical history, symptoms, and lifestyle habits.



#### 膀胱日記 Bladder Diary

記錄排尿頻率和尿量，幫助醫生了解情況。

Patients may be asked to keep a record of their urination frequency and volume, which helps the doctor understand the situation better.



#### 影像學檢查 Imaging Check-up

進行會陰超聲波檢查以評估盆腔器官的狀況。

A perineal ultrasound may be performed to assess the condition of the pelvic organs.



#### 尿液檢查 Urinalysis

檢查尿液中的感染或其他異常。

A urine test will be conducted to check for infections or other abnormalities.



#### 尿動力測試 Urodynamic Testing

評估尿道及膀胱內的壓力變化。

Evaluates changes in pressure within urethra and bladder.



如果您經歷頻繁的尿失禁或發現其影響到您的日常生活，建議及時就醫。醫療專業人士可以幫助診斷病因並提供適當的治療選擇。

If you experience frequent urinary incontinence or find that it affects your daily life, it is advisable to seek medical attention promptly. Healthcare professionals can help diagnose the underlying causes and provide appropriate treatment options.

## 治療選擇

### Treatment Options

#### 生活方式改變 Lifestyle Modifications

##### 減少咖啡因與酒精攝取 Reduce Caffeine and Alcohol Intake

這些物質可能刺激膀胱，增加尿急感。

These substances can irritate the bladder and increase the sensation of urgency.



##### 增加食物纖維，避免因便秘帶來腹壓 Increase Dietary Fiber to Avoid Abdominal Pressure Caused by Constipation

##### 體重控制 Weight Control

##### 骨盆肌肉訓練 Pelvic Floor Muscle Training

定期進行凱格爾運動以增加骨盆肌及對括約肌的控制。

Regular Kegel Exercises can strengthen the pelvic floor muscles, and improve control over the sphincter.



#### 醫療介入 Medical Interventions

##### 行為治療 Behavioral Therapy

膀胱訓練增強膀胱控制能力並改善排尿模式。

Bladder training aims to enhance bladder control and improve urination patterns.

##### 藥物治療/ 外科手術 Medication/ Surgery Intervention

視乎患者的尿失禁類型和程度，醫生將建議藥物治療或進行手術。

Depending on the type and severity of the patient's urinary incontinence, the doctor will recommend medication or surgery intervention.