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- 註： 1. 各樂妍站的開放時間及服務收費詳情，請瀏覽樂妍站網頁。
2. 有意接受樂妍站服務的婦女請向地區康健中心/站查詢。
3. 有關各地區康健中心/站的聯絡地址及電話，可瀏覽地區康健中心網頁。

- Note: 1. Please visit the website of [WWS](http://www.wws.org.hk) for the opening hours and service charges of each [WWS](http://www.wws.org.hk).
2. Women who are interested in receiving [WWS](http://www.wws.org.hk)'s services can approach [DHC/Es](http://www.dhc.gov.hk) for enquiries.
3. Please visit the website of [DHC](http://www.dhc.gov.hk) for the addresses and telephone numbers of the [DHC/Es](http://www.dhc.gov.hk).



樂妍站網址
www.wws.org.hk



地區康健中心網址
www.dhc.gov.hk



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婦女小便失禁 WOMEN'S URINARY INCONTINENCE



什麼是小便失禁？

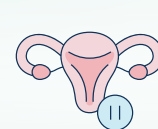
小便失禁是指無法控制排尿，導致尿液不自主地從尿道流出。這是一個常見的問題，在女性中尤為普遍。

常見類型

- 壓力（應力）性尿失禁：咳嗽、大笑、打噴嚏或運動時漏尿
- 急切性尿失禁：突然強烈的尿意難以控制
- 混合性尿失禁：同時具有壓力性和急切性尿失禁的症狀

成因

Causes of Urinary Incontinence



- 更年期後雌激素下降
Decreased oestrogen level after menopause



- 分娩後骨盆肌肉鬆弛
Relaxation of pelvic floor muscles after childbirth



- 膀胱過度活躍
Overactive bladder



- 年齡增長導致肌肉功能下降
Age-related decline in muscle function



- 肥胖、慢性咳嗽等增加腹壓的因素
Factors increasing abdominal pressure, such as obesity or chronic coughing

治療方法

針對不同的失禁成因及種類，有不同的治療方法，現歸納如下：

- 預防和自我管理
 - 保持適當體重
 - 每天飲用6-8杯水
 - 減少咖啡、酒精等利尿飲品
 - 預防便秘
 - 養成良好排尿習慣
- 膀胱訓練
 - 針對膀胱過動的病徵，以改善小便的模式
- 盆底肌肉運動
 - 針對治療壓力性失禁，強化盆底肌肉
- 藥物治療
 - 減少膀胱過動的情況
- 手術治療
 - 若果保守治療無法幫助患者改善病情或病情嚴重，可考慮進行手術根治尿失禁



尋求幫助 Seeking help

小便失禁是一個常見的健康問題，不是什麼羞恥的事。積極面對並採取適當的治療方法，情況都能得到改善。

Urinary incontinence is a common health issue and not something to be ashamed of. It can be improved with positive attitude and appropriate treatment.

What is urinary incontinence?

Urinary incontinence refers to the inability to control urination, resulting in involuntary urine leakage from the urethra. It is a common health issue, particularly prevalent among women.

Common types of urinary incontinence

- Stress Incontinence: Leakage occurs during activities like coughing, laughing, sneezing or exercising
- Urge Incontinence: A sudden and intense urge to urinate that is difficult to control
- Mixed Incontinence: Symptoms of both stress and urge incontinence

Treatment options

Different treatments are available depending on the type and cause of urinary incontinence:

- Prevention and self-management
 - Maintain a healthy weight
 - Drink 6 to 8 cups of water daily
 - Reduce intake of diuretic beverages like coffee and alcohol
 - Prevent constipation
 - Develop good voiding habits
- Bladder training
 - Helps manage symptoms of an overactive bladder by improving urination patterns
- Pelvic floor muscle exercises
 - Effective for stress incontinence by strengthening pelvic floor muscles
- Medication
 - Medications can help reduce overactive bladder symptoms
- Surgical treatments
 - Surgery may be considered for patients with severe problem who failed conservative management

如何鍛煉盆底肌肉

有多種有效方法可以增強您的盆底肌肉。首先，確保您的姿勢舒適，例如坐着或躺下。隨著您逐漸熟練，您可嘗試以不同的姿勢，例如站立或行走，進行鍛煉。

盆底肌肉鍛煉步驟

- 1 收緊肛門肌肉**
想像自己正在忍住放屁。集中注意力收緊肛門肌肉，但不要夾緊臀部。
- 2 收緊陰道肌肉**
向上和向內收縮陰道肌肉。在進行這項動作時避免吸氣收腹。
- 3 結合長時間和快速收縮**
交替進行長時間肌肉收縮和快速收縮，全面鍛煉盆底肌肉。
 - 長時間收縮
 - 收緊並持續：盡可能地收緊盆底肌肉並維持 10 秒。如果 10 秒過於困難，可以從較短的時間開始，逐漸增加。
 - 放鬆並呼吸：完全放鬆肌肉約 5 秒，同時正常呼吸。
 - 重複次數：目標是重複10次，每次收縮之間確保完全放鬆。放鬆與收縮同樣重要，有助於增強盆底力量。
 - 快速收縮
 - 快速收縮：收緊盆底肌肉並保持 1 秒。
 - 完全放鬆：完全放鬆肌肉，同時正常呼吸休息。
 - 重複次數：嘗試完成 10 次動作。

盆底肌肉鍛煉的頻率

每天進行 3 組鍛煉，每組 10 次長時間收縮和 10 次快速收縮。如果一開始感到吃力，可以由 1 組鍛煉起逐漸增加組數。

保持耐心與堅持

增強盆底肌肉需要時間，因此如果未立即看到效果，不要氣餒。可能需要數周才有改善。請記住，保持盆底肌肉強健是預防問題復發的終身習慣。



How to strengthen your pelvic floor muscles

There are several effective ways to strengthen your pelvic floor muscles. To begin, ensure you are in a comfortable position, such as sitting or lying down. As you gain confidence and practice, you can try these exercises in different positions, like standing or walking.

Steps for pelvic floor exercises

- 1 Engage the back passage**
Imagine you are stopping yourself from passing wind. Focus on tightening the muscles without clenching your buttocks.
- 2 Activate vaginal muscles**
Squeeze your vaginal muscles upward and inward. Avoid pulling in your stomach while performing this action.
- 3 Combine long and short squeezes**
Alternate between holding the contraction for longer periods and performing quick squeezes to engage the muscles fully.
 - Long squeezes
 - Squeeze and hold: Contract your pelvic floor muscles tightly and hold for up to 10 seconds. If it is difficult for you, start with a shorter duration and gradually build up.
 - Relax and breathe: Fully relax the muscles for about 5 seconds while breathing normally.
 - Repetitions: Aim for 10 repetitions, ensuring full relaxation between each squeeze. Relaxation is just as important as the contraction for strengthening the pelvic floor.
 - Short squeezes
 - Quick contractions: Tighten your pelvic floor muscles and hold for one second.
 - Relax fully: Let go completely, breathing normally as you rest between contractions.
 - Repetitions: Try to complete up to 10 "lift and let go" contractions.

Frequency of pelvic floor exercises

Perform 10 long squeezes and 10 short squeezes three times per day. If you feel difficult at first, start with one time per day and gradually work your way up to this routine.

Be patient and persistent

Improving pelvic floor strength takes time, so don't be discouraged if you do not notice immediate changes. It may take several weeks before you see significant improvement. Remember, maintaining strong pelvic floor muscles is a lifelong habit to prevent relapse of the problem!

膀胱訓練

膀胱訓練常用於治療尿頻、急切性尿失禁及膀胱過度活躍症，目的是透過訓練膀胱的伸張力和控制力，逐步增加膀胱容量，改善排尿習慣和減少失禁情況。

訓練方法與步驟

- 1 開首 3 天需記錄每日排尿次數、尿量及失禁情況。**
- 2 延長排尿間隔**
 - 當感覺尿意時，嘗試忍小便並分散注意力（如計數、看電視等），同時可配合快速收緊骨盆底肌肉來減輕尿意。
 - 初期目標是延長排尿時間 5 分鐘，成功後逐步增加至 10 分鐘、30 分鐘，最終達到 2-3 小時才排尿。
- 3 調整飲水習慣**
 - 每天均勻飲水約 1500-2000 毫升，避免短時間大量飲水。
 - 睡前 2-3 小時減少飲水量。
 - 避免刺激性飲品，如濃茶、咖啡、奶茶、汽水、酒精。
- 4 改變如廁習慣**
 - 戒除以防萬一而頻繁上廁所的習慣。

膀胱訓練成功

- 排尿次數減少至每日 6-8 次。
- 每次排尿量增加至約 200-300 毫升。
- 小便失禁次數減少甚至消失。

配合盆底肌肉運動

- 膀胱訓練常與盆底肌肉運動結合，強化尿道周圍肌肉，進一步減少尿失禁。
- 骨盆底肌肉訓練有助改善急切性及壓力性尿失禁，需持續練習數週至數月方見成效。

請注意 Important notes

膀胱訓練需在專業泌尿科護士指導下進行。訓練過程中如尿頻、尿失禁無改善，應及時求醫。Bladder training should be carried out under the guidance of a specialist nurse or continence advisor.

If you do not notice improvement in urinary frequency or incontinence during the training process, consult your healthcare provider promptly.

Bladder training

Bladder training is commonly used to treat urinary frequency, urgency incontinence and overactive bladder. The goal is to gradually increase bladder's capacity and improve bladder control, in order to develop healthier urination habits and reduce episodes of incontinence.

How to perform bladder training

- 1 Keep a bladder diary**
 - For the first three days, record the number of times you urinate each day, the amount of urine passed and any episodes of incontinence.
- 2 Gradually extend the time between urinations**
 - When you feel the urge to urinate, try to delay going to the toilet by distracting yourself (such as counting, watching TV or reading) and by quickly tightening your pelvic floor muscles to suppress the urge.
 - Start by extending the interval between urinations by 5 minutes. Once you are comfortable, gradually increase this interval to 10 minutes, then 30 minutes and eventually to 2–3 hours between urinations.
- 3 Adjust your fluid intake**
 - Drink about 1,500–2,000 mL of fluid evenly throughout the day, avoiding drinking large amounts in a short period.
 - Reduce fluid intake 2–3 hours before bedtime.
 - Avoid bladder irritants such as strong tea, coffee, milk tea, soft drinks and alcohol.
- 4 Change your toilet habits**
 - Avoid going to the toilet “just in case”.

Signs of successful bladder training

- Urination frequency decreases to 6–8 times per day.
- The amount of urine passed each time increases to about 200–300 mL or more.
- Episodes of incontinence become less frequent or may disappear altogether.

Combining bladder training with pelvic floor exercises

- Bladder training is often combined with pelvic floor muscle exercises, which strengthen the muscles around the urethra and further reduce incontinence.
- Regular pelvic floor exercises can help improve both urgency and stress incontinence, but may take several weeks or months to show results.