



Üriner İnkontinanstaki Konservatif Tedavi Yaklaşımları

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GİRİŞ

Üriner inkontinans, sosyal ya da hijyenik bir problem haline gelen ve objektif olarak gösterilebilen istemsiz idrar kaybı olarak tanımlanır (1). Toplumdaki insidansı yüksek olan bu problemin, hayati risk oluşturmaya bile fiziksel ve sosyal faaliyetleri kısıtlayarak, yaşam kalitesi üzerinde olumsuz etkileri mevcuttur (2).

Urge inkontinans, detrüsr kasının aşırı aktivitesinden kaynaklanırken; stres inkontinans, üretral sfinkterin zayıflaması sonrası artan intraabdominal basınçla şiddetlenen idrar sızıntısıdır (3).

Kadınlardaki stres inkontinansın tedavisinde günümüzde uygulanan en sık tedavi orta üretra askı cerrahileridir; ancak bu yöntemler beraberinde birtakım komplikasyonları da getirebilmektedir.

Urge inkontinansın tedavisinde kullanılan antikolinergik ilaçlar her zaman tolere edilememekle beraber; hastalar tarafından yan etkilere bağlı tedavinin bırakılmasına sıkça rastlanılır.

Özetle, inkontinans tedavisinde kullanılan cerrahi ve medikal tedaviler beraberinde birtakım riskler ve yan etkiler getirir. Tedavi önerileri üriner inkontinansın tipine göre değişir; ancak her tipte tedavi, hastalığa yönelik sonuçlardan ziyade öncelikle hastalığın yaşam kalitesini iyileştirmesine odaklanır. Bu nedenle, tedavi yöntemleri hastanın tercihine göre seçilmelidir (4). Semptomları ile

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