

Bölüm 11

KADIN ÜRİNER İNKONTİNANSININ DEĞERLENDİRİLMESİ

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İşeme; santral ve periferik nöronal yapılarının olgunlaşması sonrasında istemli olarak gerçekleştirilen bir boşaltım olayıdır. Diğer visseral organların işlevi istemsiz kontrol edilirken, işeme istemli kontrolü sinir sistemi gelişimi ile oluşmaya başlar ve öğrenilen davranışa bağlıdır.

İdrarın birikmesi ve aralıklı olarak atılması, mesane ve mesane boynu, üretra ve üretra sfinkterik yapıların düz ve çizgili kasları arasındaki koordinasyonla gerçekleşir. Bu organlar arasındaki koordinasyona beyin, omurilik ve periferik gangliyonlarda bulunan karmaşık bir nöral kontrol aracılık eder.

KONTİNANSTA SORUMLU ANATOMİK YAPILAR

Mesane

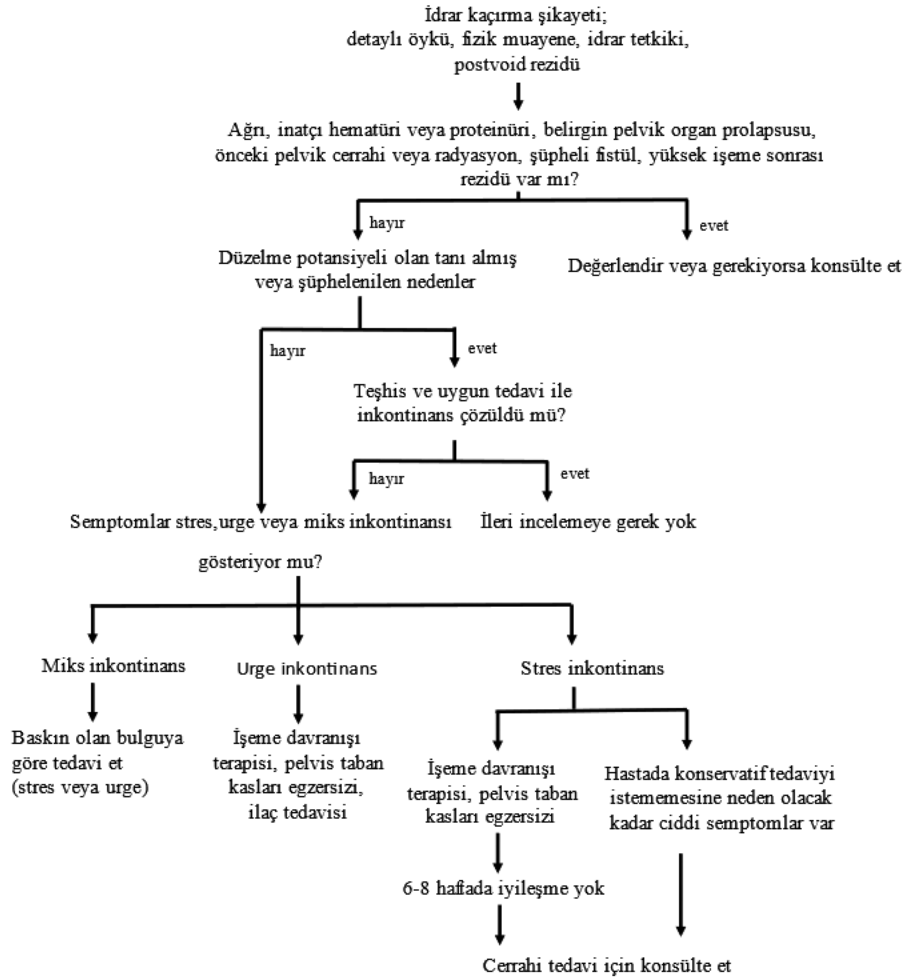
Mesanenin görevi idrar depolanmasını ve zamanı geldiğinde boşalmasını sağlamaktır. Genişleme ve güçlü şekilde kasılma özelliğine sahiptir, mesane kasıldığında idrar mesaneden üretraya geçmektedir.

Mesane 3 tabakadan oluşur. Dışta bağdokusu tabakası, kan ve lenf damarlarını ve sinirleri içerir ve peritonla kaplıdır. Düz kas ve elastik lifleri içeren orta tabakadaki düz kas detrüsör kasıdır ve kasılarak mesanenin boşalmasını sağlar. İç tabaka mukoza tabakasıdır ve çok katlı transisyonel epitel ile döşelidir.

Mesane, Şekil 1'de görüldüğü gibi korpus ve trigon olarak iki anatomik kısma ayrılır. Korpus; idrarın depolanması ve miksiyon esnasında gereken detrüsör kasılmasından sorumludur. Trigon ise;

1. Dolum aşamasında idrarın kaçışını önlemek,
2. Miksiyon esnasında aşağı doğru şekil değiştirerek idrarın boşaltımını kolaylaştırmak,
3. Miksiyon esnasında vezikoureteral reflüye engel olmaktan sorumludur.

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Şekil 6. Üriner İnkontinans Yönetim Algoritması

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