

Urinaire incontinentie bij mannen

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Diagnose

- Anamnese en klinisch onderzoek:
 - Urge vs Stress-incontinentie
- Gevalideerde vragenlijsten
- Plasdagboek:
 - minstens 3 dagen
 - drankinname
 - micties
 - incontinentie episodes
 - aandrang
 - activiteit



Initial number

ICIQ-UI Short Form **CONFIDENTIAL** DAY MONTH YEAR Today's date

Many people leak urine some of the time. We are trying to find out how many people leak urine, and how much this bothers them. We would be grateful if you could answer the following questions, thinking about how you have been, on average, over the PAST FOUR WEEKS.

1 Please write in your date of birth: DAY MONTH YEAR

2 Are you (tick one): Female Male

3 How often do you leak urine? (Tick one box)

never	<input type="checkbox"/>	0
about once a week or less often	<input type="checkbox"/>	1
two or three times a week	<input type="checkbox"/>	2
about once a day	<input type="checkbox"/>	3
several times a day	<input type="checkbox"/>	4
all the time	<input type="checkbox"/>	5

4 We would like to know how much urine you think leaks.
How much urine do you usually leak (whether you wear protection or not)?
(Tick one box)

none	<input type="checkbox"/>	0
a small amount	<input type="checkbox"/>	2
a moderate amount	<input type="checkbox"/>	4
a large amount	<input type="checkbox"/>	6

5 Overall, how much does leaking urine interfere with your everyday life?
Please ring a number between 0 (not at all) and 10 (a great deal)

0	1	2	3	4	5	6	7	8	9	10
not at all										a great deal

ICIQ score: sum scores 3+4+5

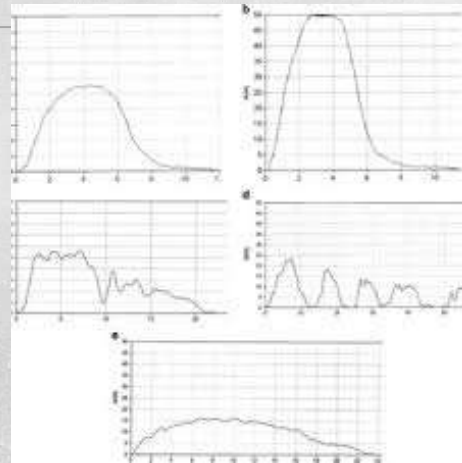
6 When does urine leak? (Please tick all that apply to you)

never – urine does not leak	<input type="checkbox"/>
leaks before you can get to the toilet	<input type="checkbox"/>
leaks when you cough or sneeze	<input type="checkbox"/>
leaks when you are asleep	<input type="checkbox"/>
leaks when you are physically active/exercising	<input type="checkbox"/>
leaks when you have finished urinating and are dressed	<input type="checkbox"/>
leaks for no obvious reason	<input type="checkbox"/>
leaks all the time	<input type="checkbox"/>

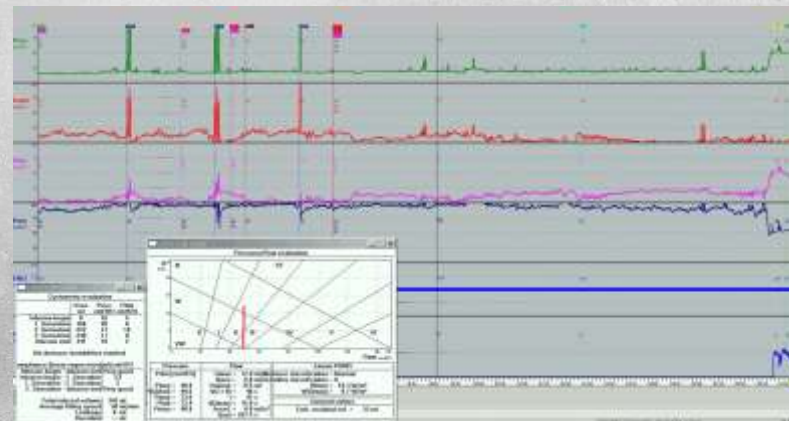
Thank you very much for answering these questions.
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Diagnose

- Urine-onderzoek
- Uroflow en echografie

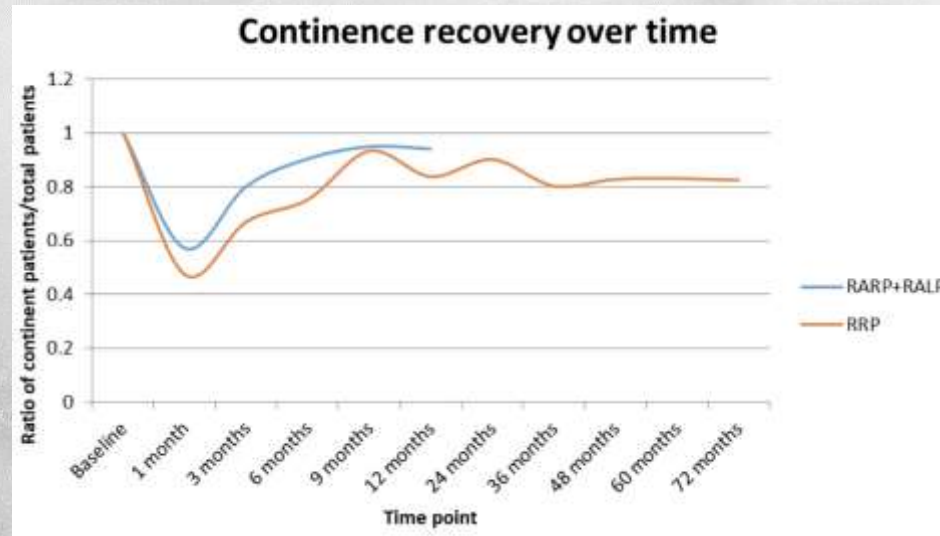


- Urodynamisch onderzoek
- Pad testing
- Cystoscopie

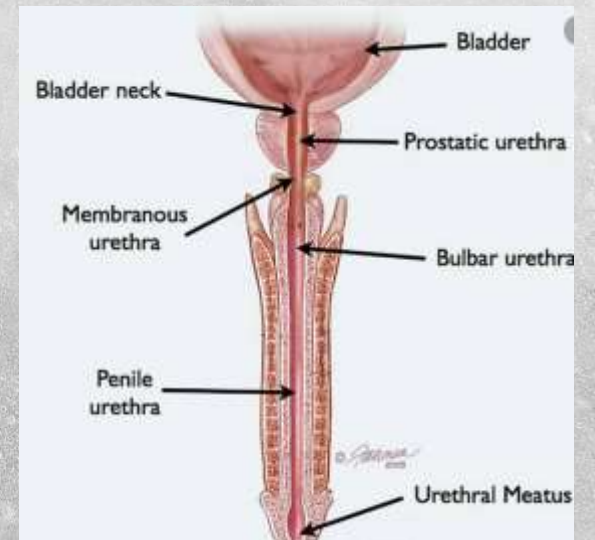


Urinaire stress-incontinentie na behandeling van prostaatacarinoma

- Definitie?
- Evolutie:
 - 94% na 1 jaar
 - 95% na 2 jaar



- Risicofactoren voor ontwikkelen van incontinentie na radicale prostatectomie:
 - leeftijd
 - grootte van de prostaat
 - lengte van de membraneuze urethra
 - non nerve sparing
 - radiotherapie
 - salvage behandeling



Climacturie

- 30% na radicale prostatectomie, radiotherapie of combinatie
- niet altijd geassocieerd met stress-incontinentie

- Risicofactoren:
 - tijd sedert ingreep
 - minder na robot geassisteerde radicale prostatectomie
 - TURP

- Behandeling:
 - Afwachten
 - Algemene maatregelen
 - Medicatie
 - Chirurgische mogelijkheden

Behandeling

- Conservatief:
 - Onderliggende aandoeningen
 - Incontinentie materiaal/penisklem/catheters
 - Algemene maatregelen



- Bekkenbodempkinesitherapie

Pelvic floor muscle training for post-prostatectomy UI	
Pelvic floor muscle training appears to speed the recovery of continence following radical prostatectomy.	1b
Pelvic floor muscle training does not cure UI in men post radical prostatectomy or transurethral prostatectomy.	1b
There is conflicting evidence on whether the addition of bladder training, ES or biofeedback increases the effectiveness of PFMT alone.	2
Pre-operative PFMT does not confer additional benefit to men undergoing radical prostatectomy.	1b



Male slings

- Male slings:
 - Voor milde tot matige stress-incontinentie
 - Verschillende types

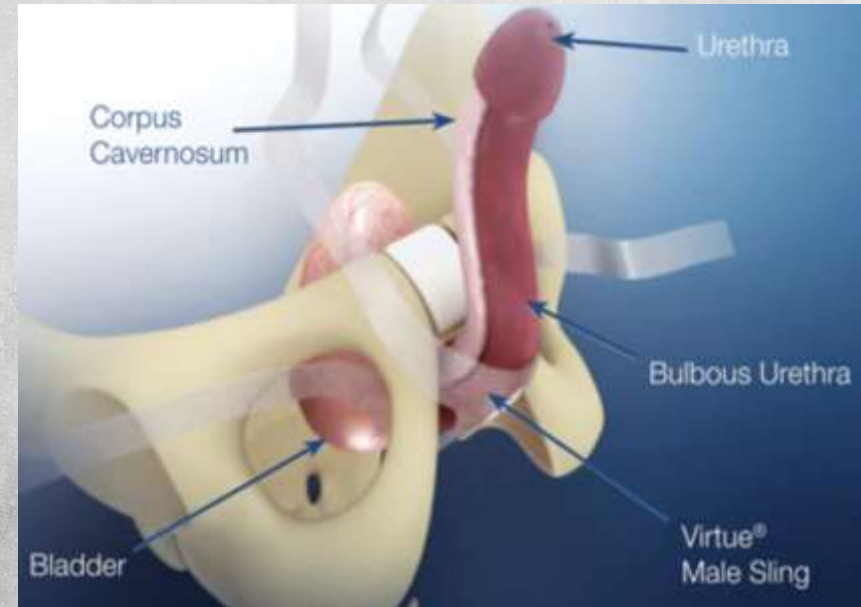
AdVance™ XP
Male Sling System



MALE SLING

Virtue Sling

Coloplast Virtue® sling



Male Slings

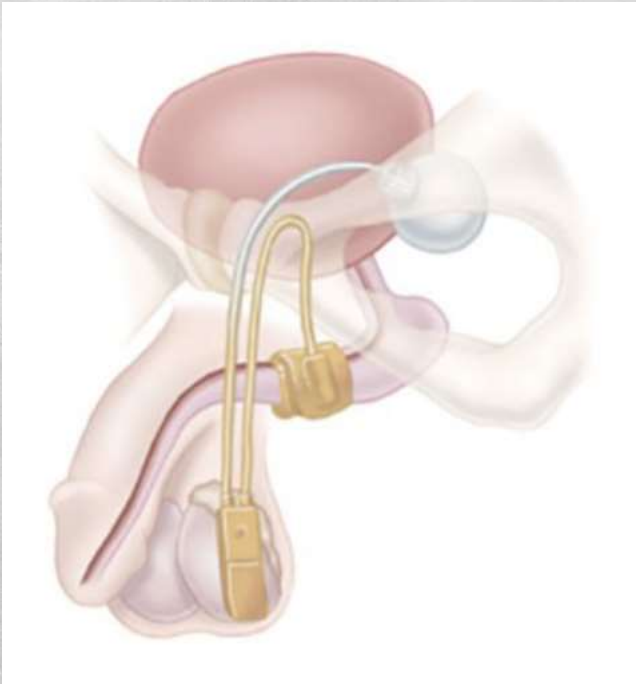
- Resultaten:
 - Subjectief volledig verdwijnen van de incontinentie: 49.5% (8.6-73.7%) volgens EAU en 62% (34-91%) volgens AUA
 - Postoperatief dysfunctioneel plassen: 1.3-5.7%
 - Minder goede resultaten na radiotherapie
 - Hoge blaasdruk/ beperkte blaascapaciteit: minder goede resultaten
 - EAU Guidelines:

There is limited short-term evidence that fixed male slings cure or improve post-prostatectomy incontinence in patients with mild-to-moderate incontinence.

Male Slings

- Complicaties:
 - Urinaire retentie: meestal < 1 week
 - Pijn en paresthesie <12 weken
 - Erosie: zeldzaam

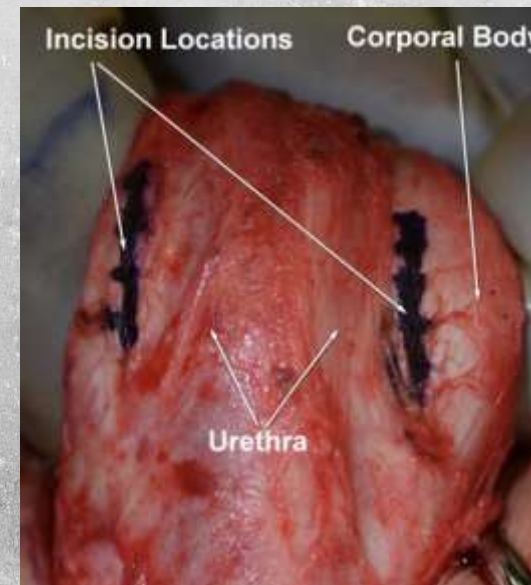
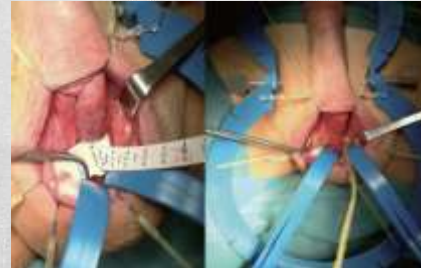
Artificiële sfincter



<https://www.youtube.com/watch?v=ouV5WVYWUqE>

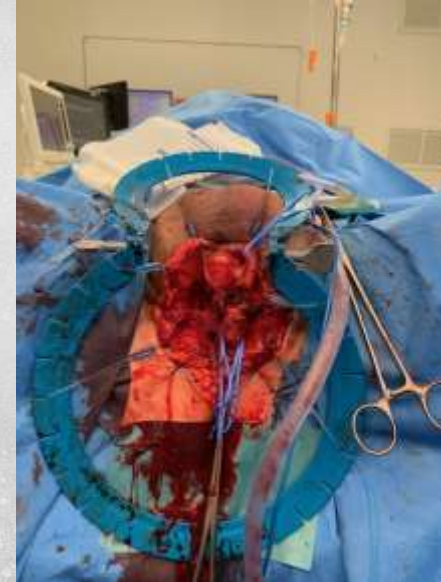
Artificiële sfincter

- Technische mogelijkheden:
 - Transscrotaal vs. Perineaal
 - Dubbele cuff
 - Transcorporele implantatie



Artificiële sfincter

- Risico's:
 - Erosie
 - Slecht/niet functioneren door mechanisch probleem
 - Infectie: 1-5%
 - Persistierende stress-incontinentie
 - Pre-operatief: mogelijkheden patiënt?
- Resultaten:
 - tot 80% succes
 - 92% tevreden
 - Failure: 24% na 5 jaar, 50% na 10 jaar

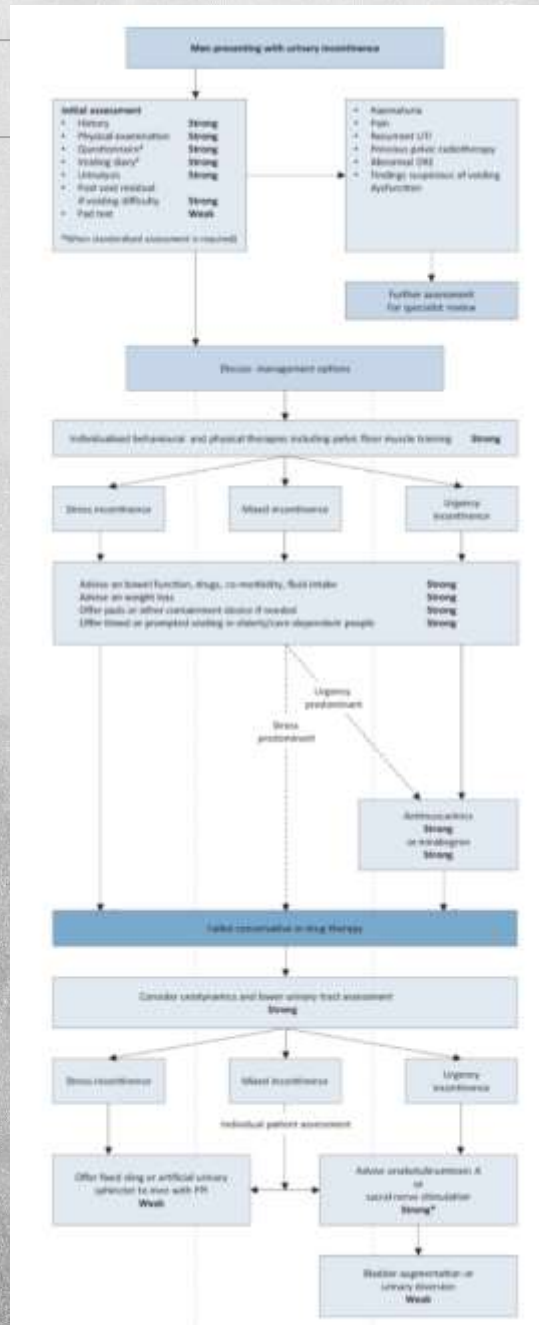


Therapieresistente urinaire incontinentie (onherstelbare sfincter insufficiëntie)

- Brickerderivatie (incontinent stoma)
- Continent sondeerbaar stoma: Mitrofanoff (Monti, appendix)
- Sluiten blaashals en suprapubische sonde
- Cystectomie in geval van 'hostile bladder'



Flow Chart





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