

Dichthalten ist keine Glücksache

04.06.2026, Dr. med. Raphael Röthlisberger FMH Urologie, Schwerpunkt Neuro-Urologie

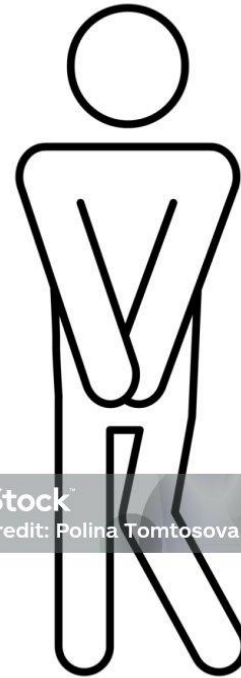
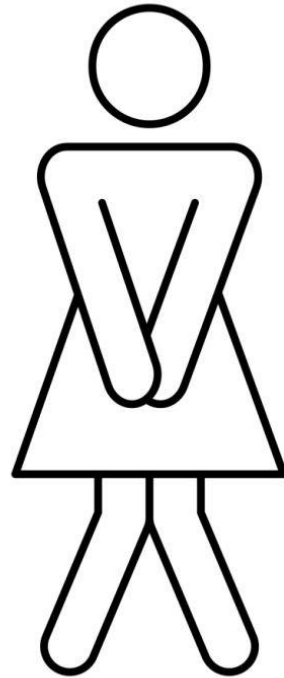


Mythen Blasenfunktionsstörung

Betrifft nur
Frauen

Man muss operieren

Ist halt so



Da schaut der Frauenarzt

Betrifft nur ältere
Menschen

Gehört im Alter dazu

iStock
Credit: Polina Tomtosova

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Mythen Urologe

**Keine Frau braucht den
Urologen**

Männerarzt



Prostatakrebs

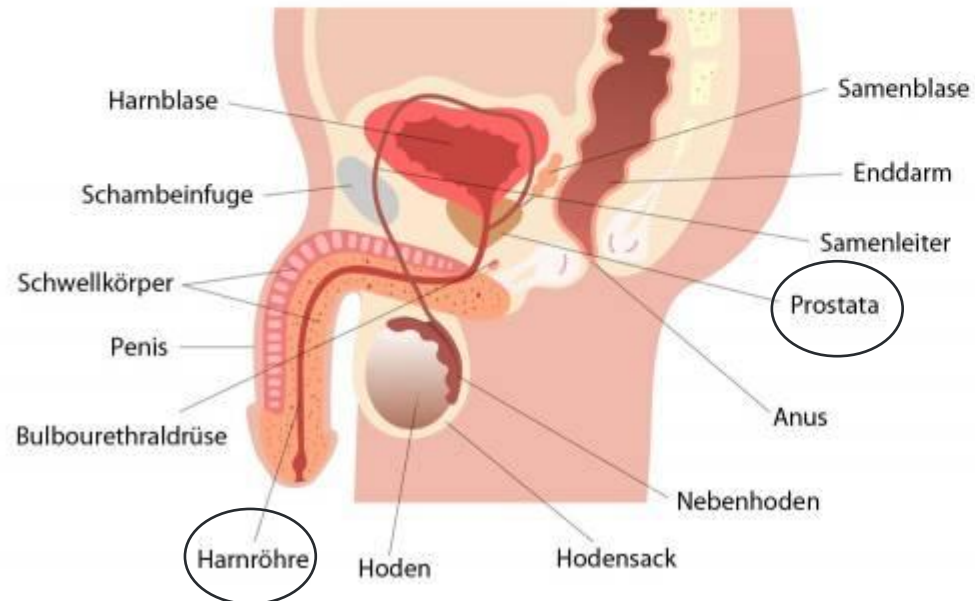
Nur für alte Patienten



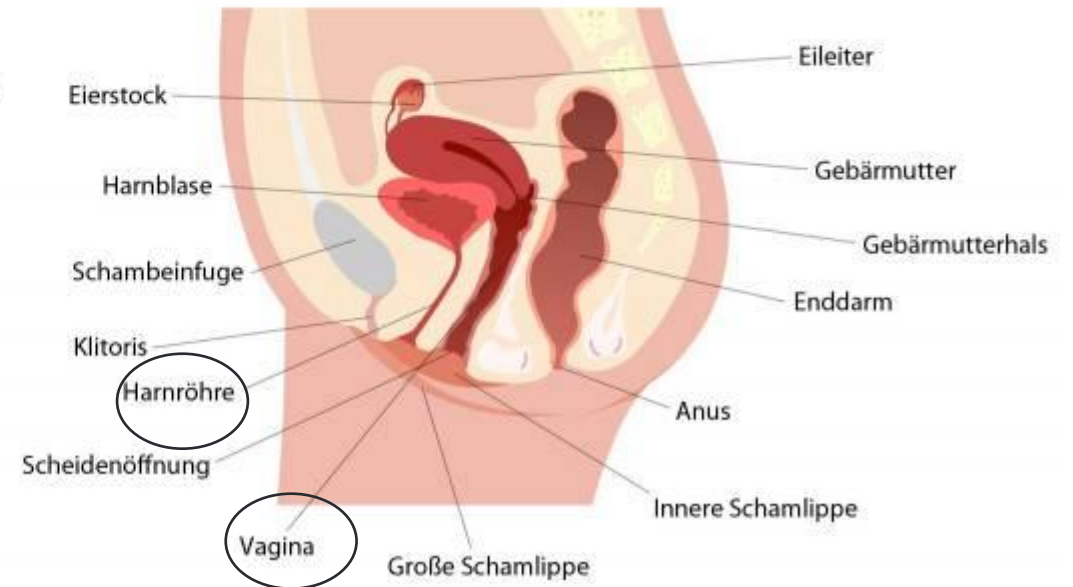
Urologe

Harnsystem bei Mann und Frau

Männliches Harnsystem



Weibliches Harnsystem

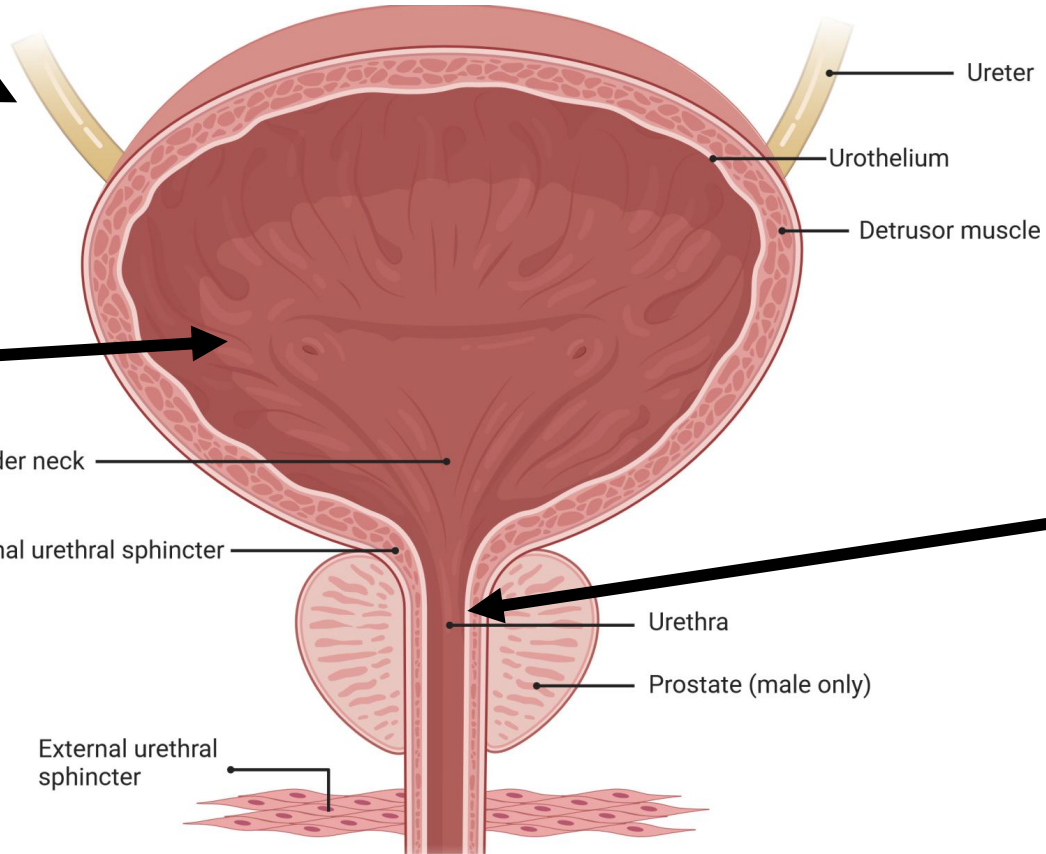
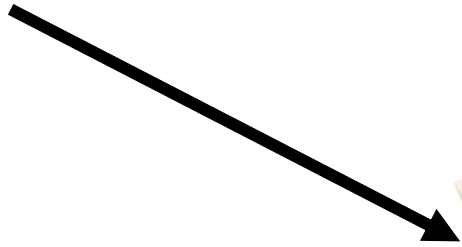


Aufgabe?





Harnleiter



Sammelbecken



Auslasssystem





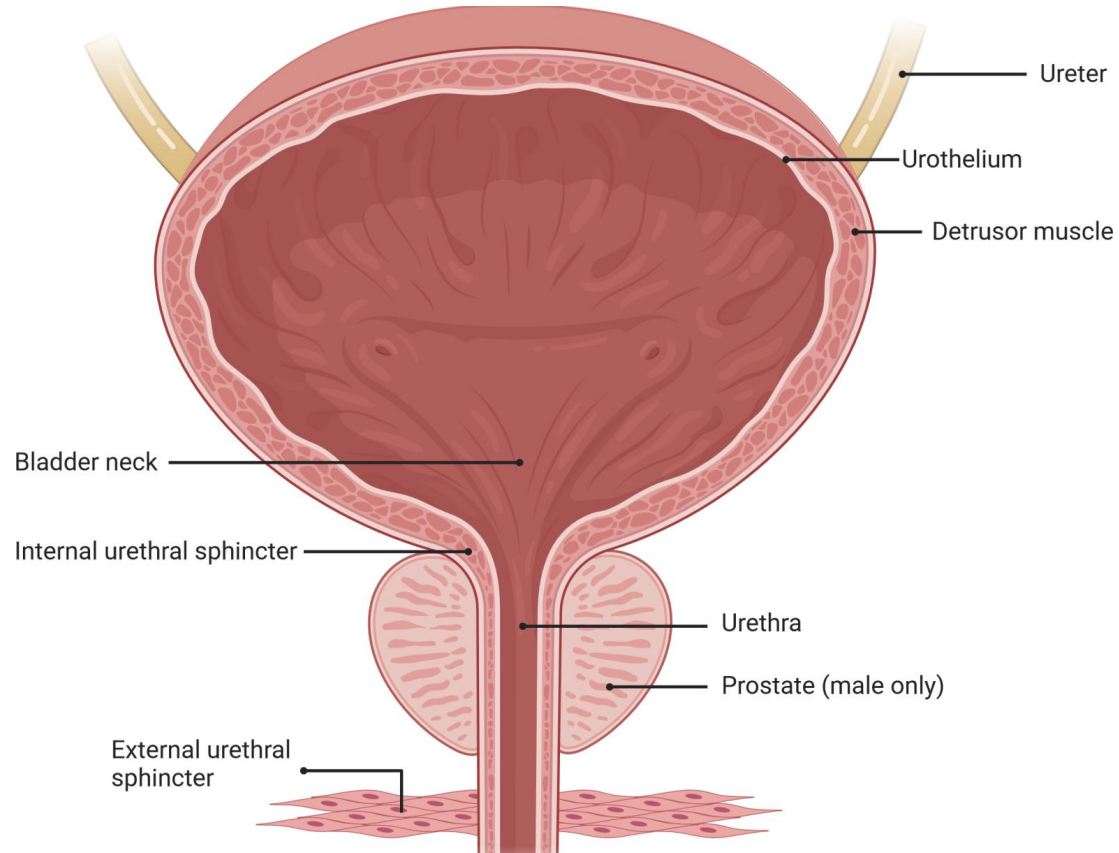
Unterer Harntrakt

Detrusor

Internal Sphincter

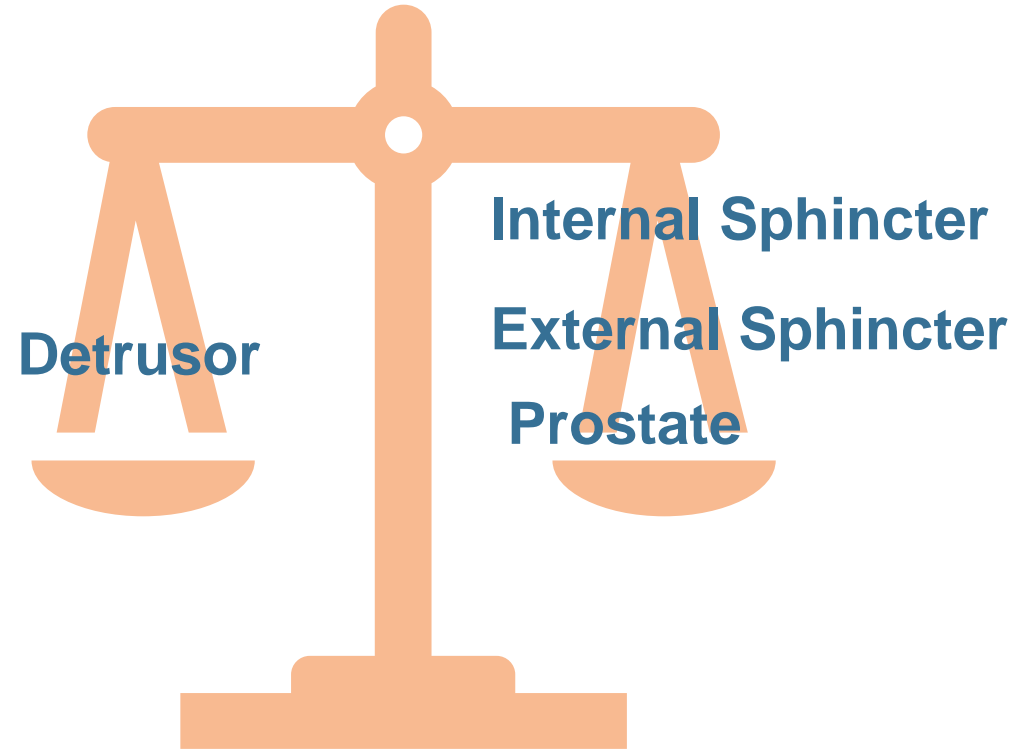
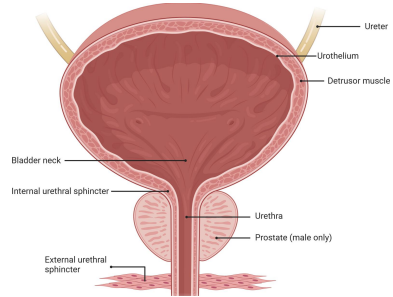
External Sphincter

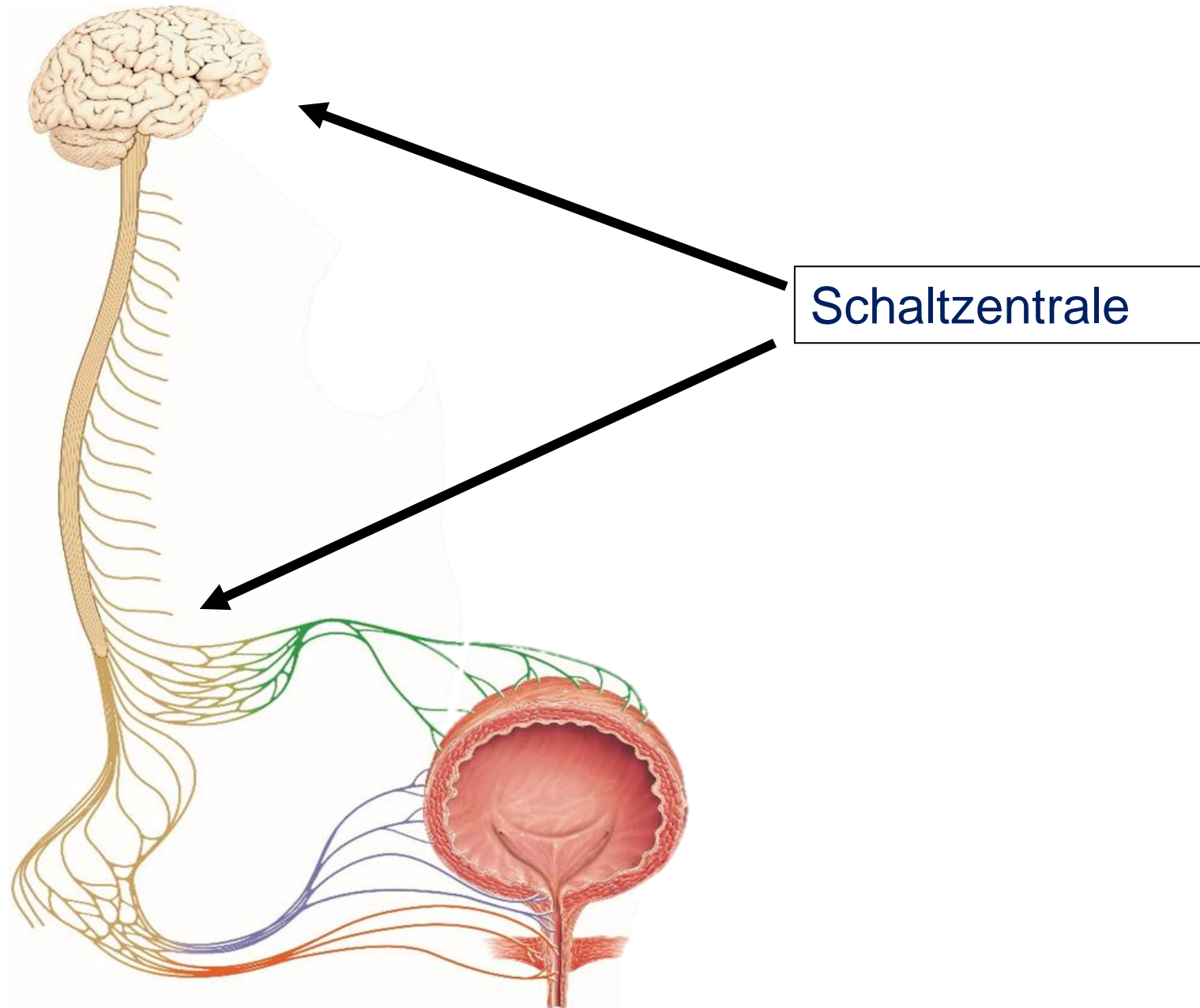
Prostate

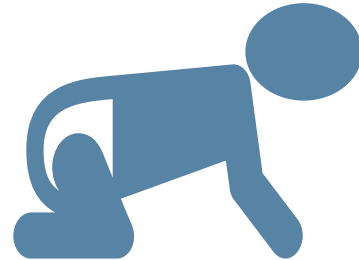
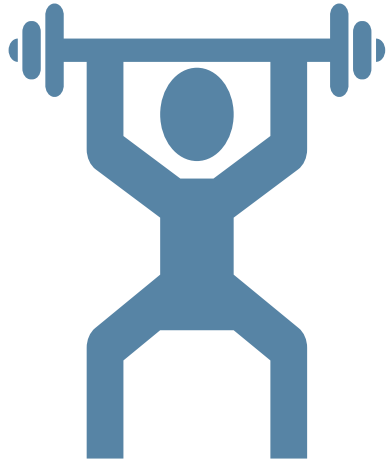
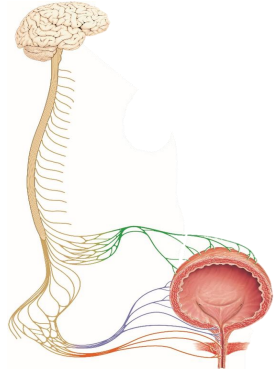


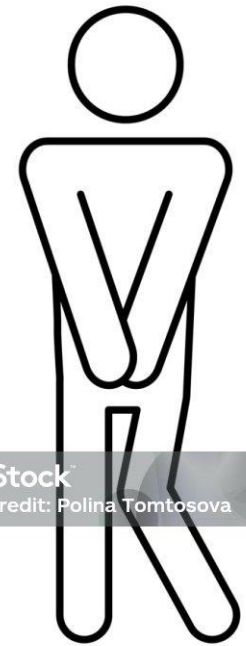
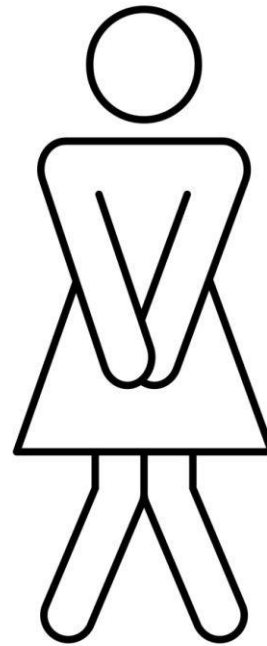
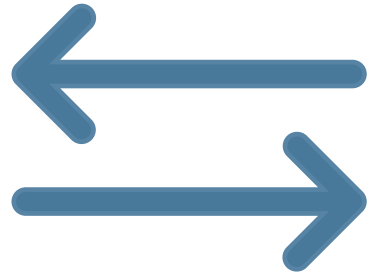
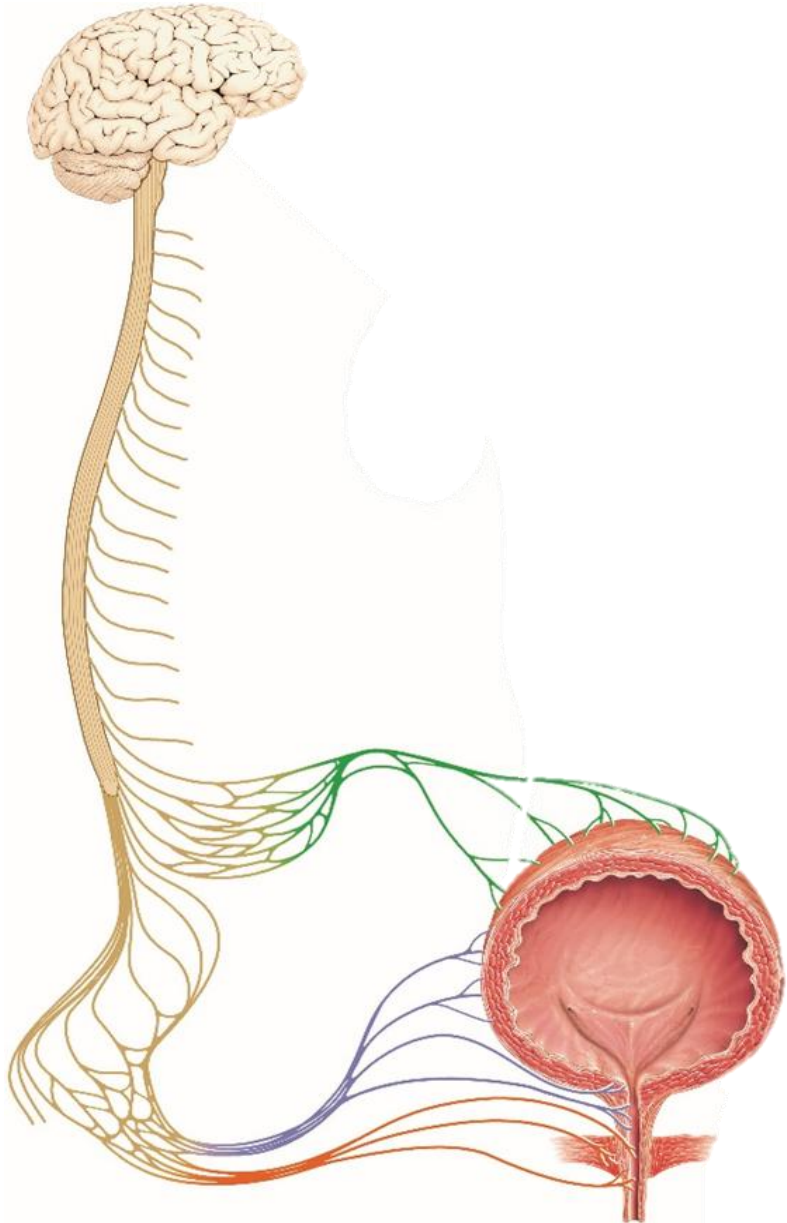


Unterer Harntrakt









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Credit: Polina Tomtosova

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Stress Inkontinenz

- Schliessmuskel
- Auslass nicht genügend verschlossen

Drang Inkontinenz

- Blasenmuskel zu aktiv
- Wahrnehmung der Blase verändert

Ich verliere Urin!



Ich verliere Urin!

Physiotherapie

Ist halt so

Medikamente

Blasenschrittmacher

Das geht vorbei

Frauenarzt

Operation

Urologie





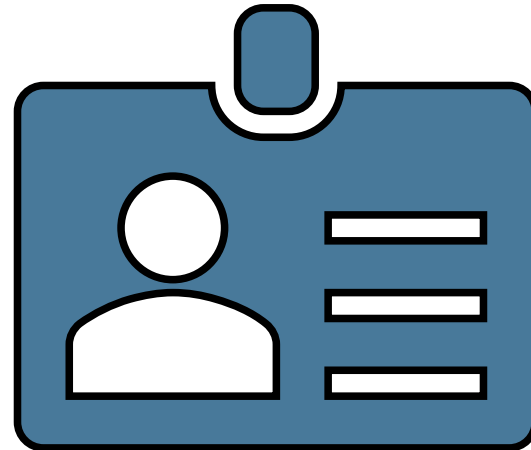
- Wann?
- Wie oft?
- Wie viel?
- Nachts?
- Gefühl?
- Urinfarbe?
- Andere Symptome?
- Medikamente?
- Operationen?
- Therapien?
- Andere Krankheiten?
- Soziale Situation?
- Finanzielle Lage?
- Lebensabschnitt?



Bild des Patienten

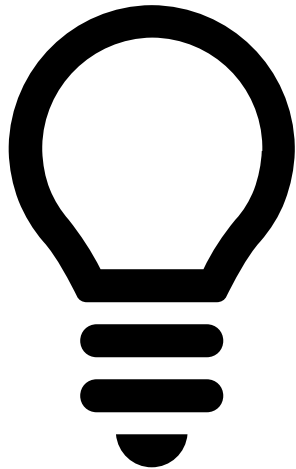
Mögliche Ursachen

Wo steht der Patient?

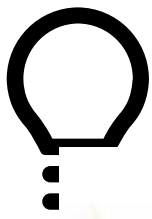


Was muss gemacht werden?

Was will der Patient?



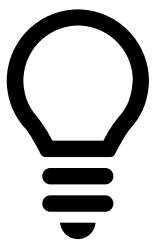
- Urinuntersuchung
- Blasentagebuch
- Harnstrahlmessung
- Blasenspiegelung
- Blasendruckmessung



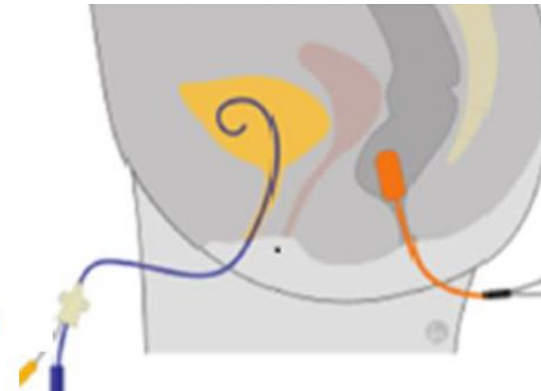
Abklärung



- A
-
- B
-
- C
-
- D
-
- h.de
- E
-



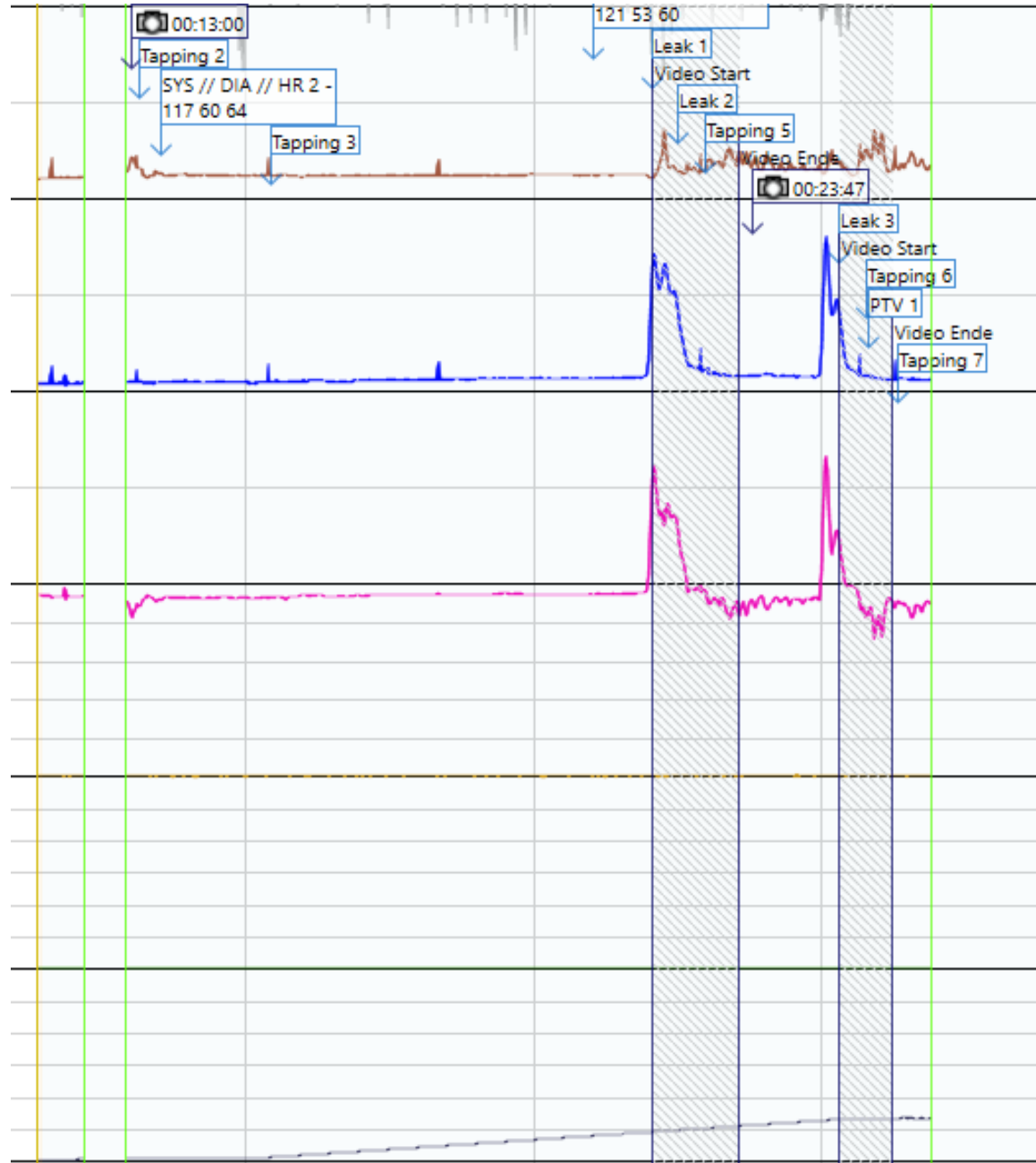
Blasenkatheter

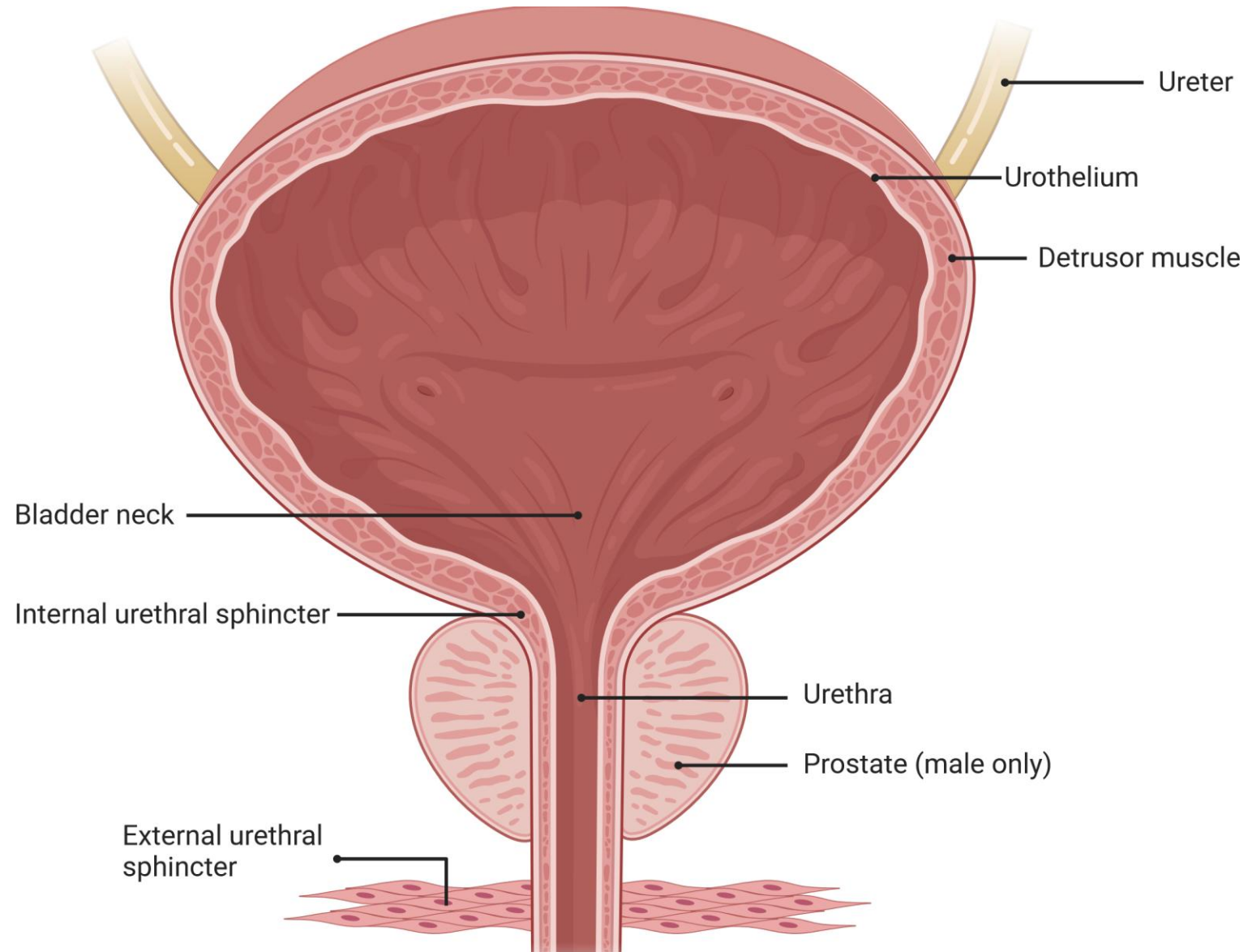


Rektalkatheter



Abklärung









Verhaltenstherapie

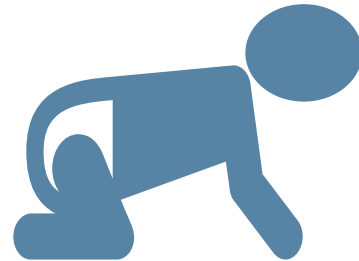
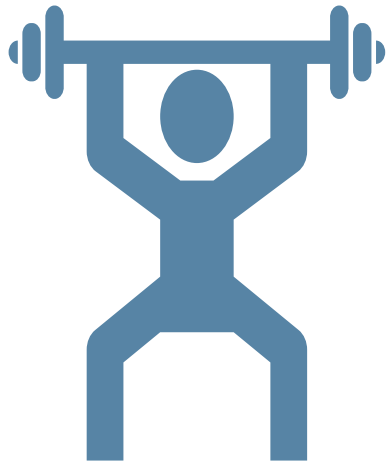
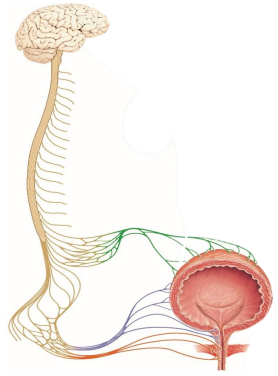
- Verständnis
- Physiotherapie
- Sport
- Gewichtskontrolle

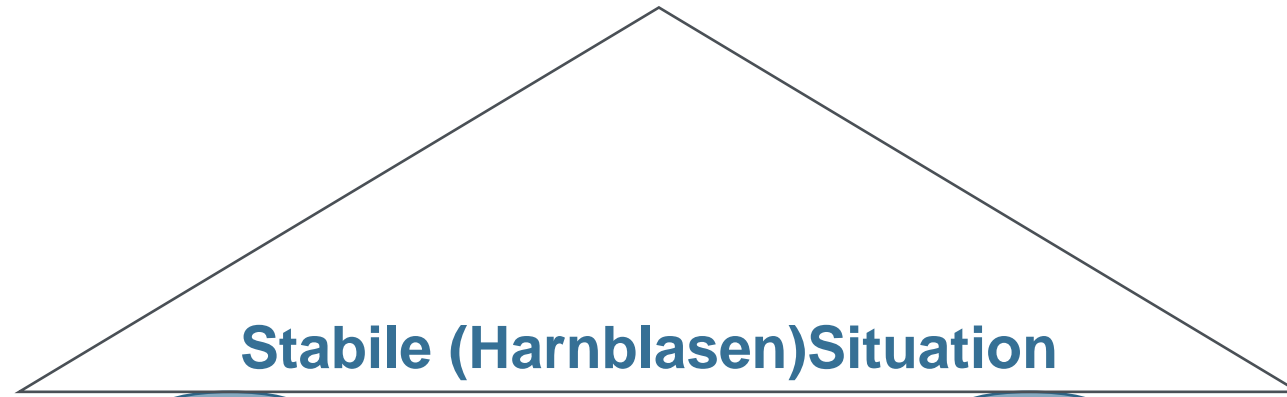
Medikamente

- Blase beruhigend
- Blase dämpfend
- Auslass öffnend

Operationen

- Blasenschrittmacher
- Blasenersatz
- Blasenband





Stabile (Harnblasen)Situation

Lebensqualität

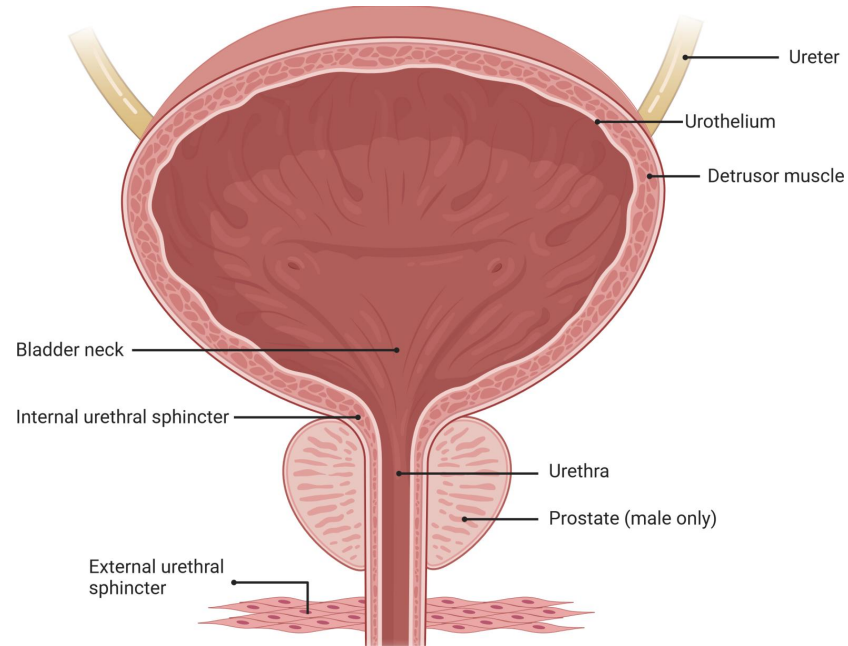
Keine Gefahrensituation



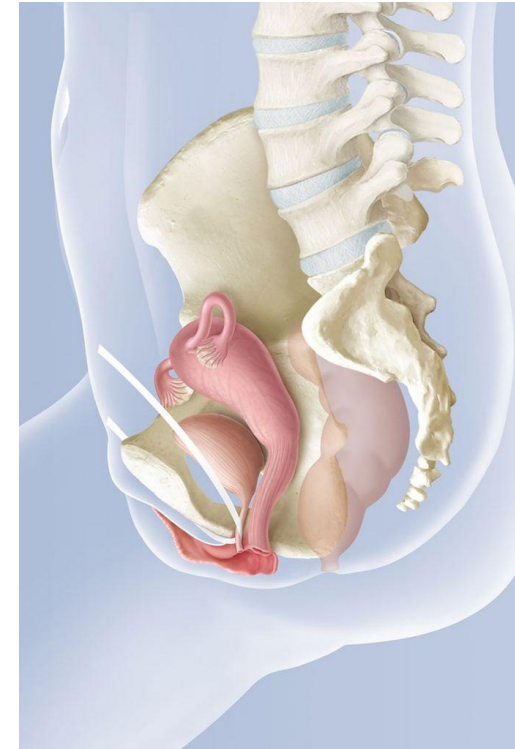
Verhaltenstherapie



Medikamente

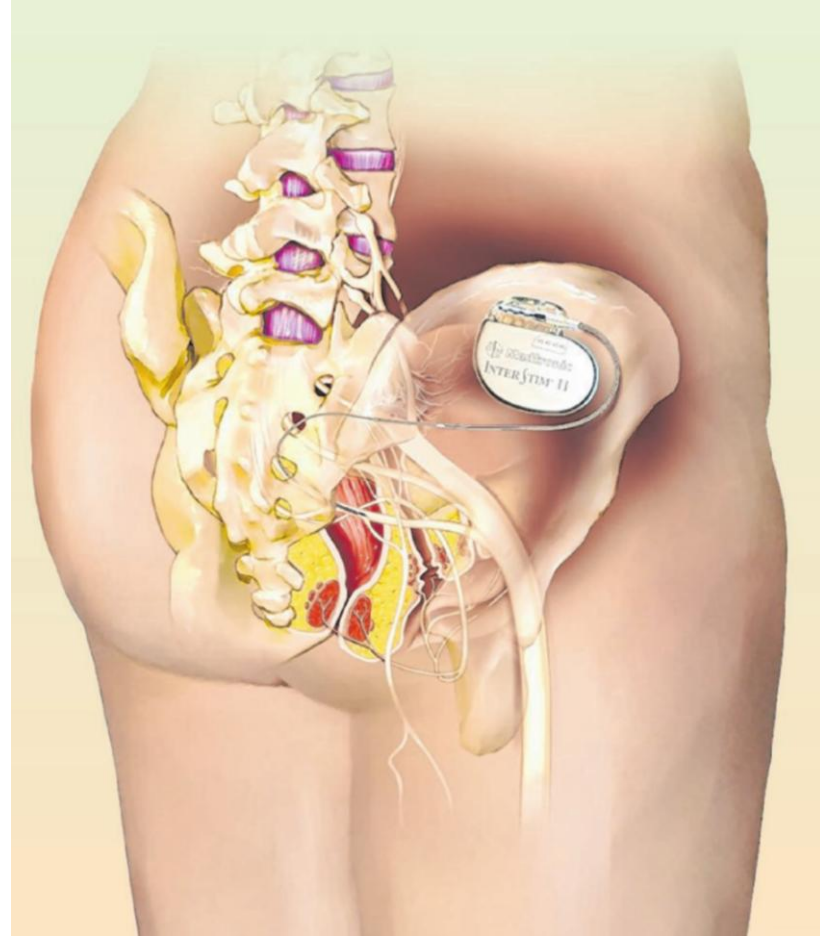
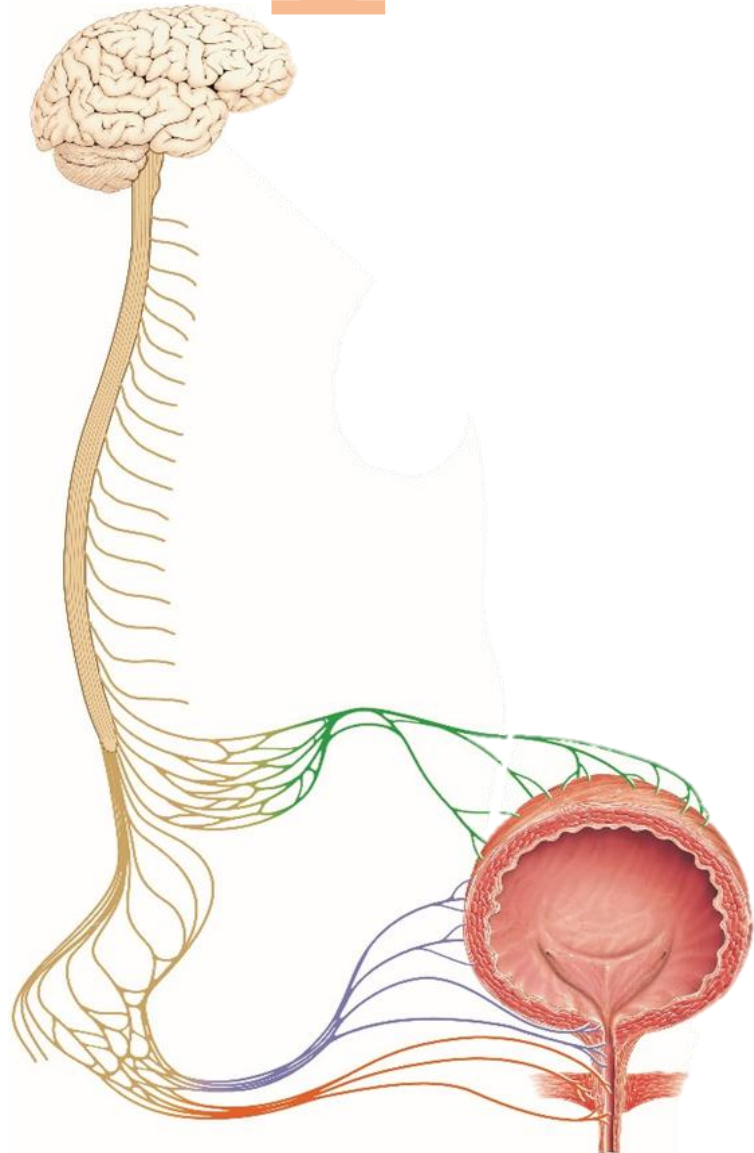


Operationen



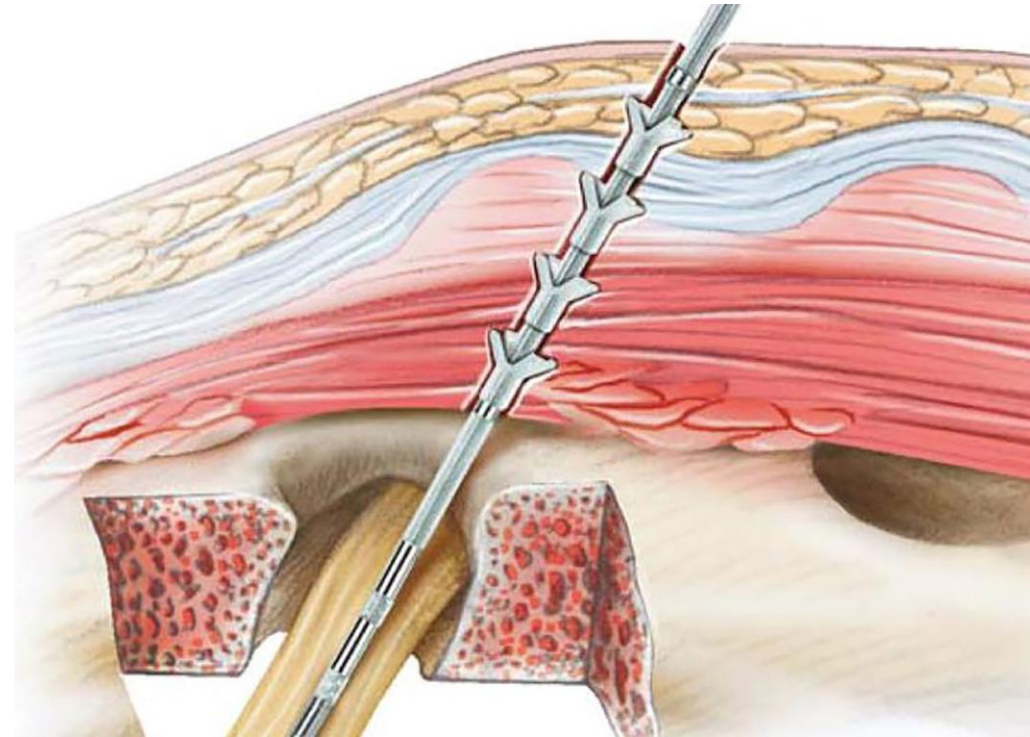
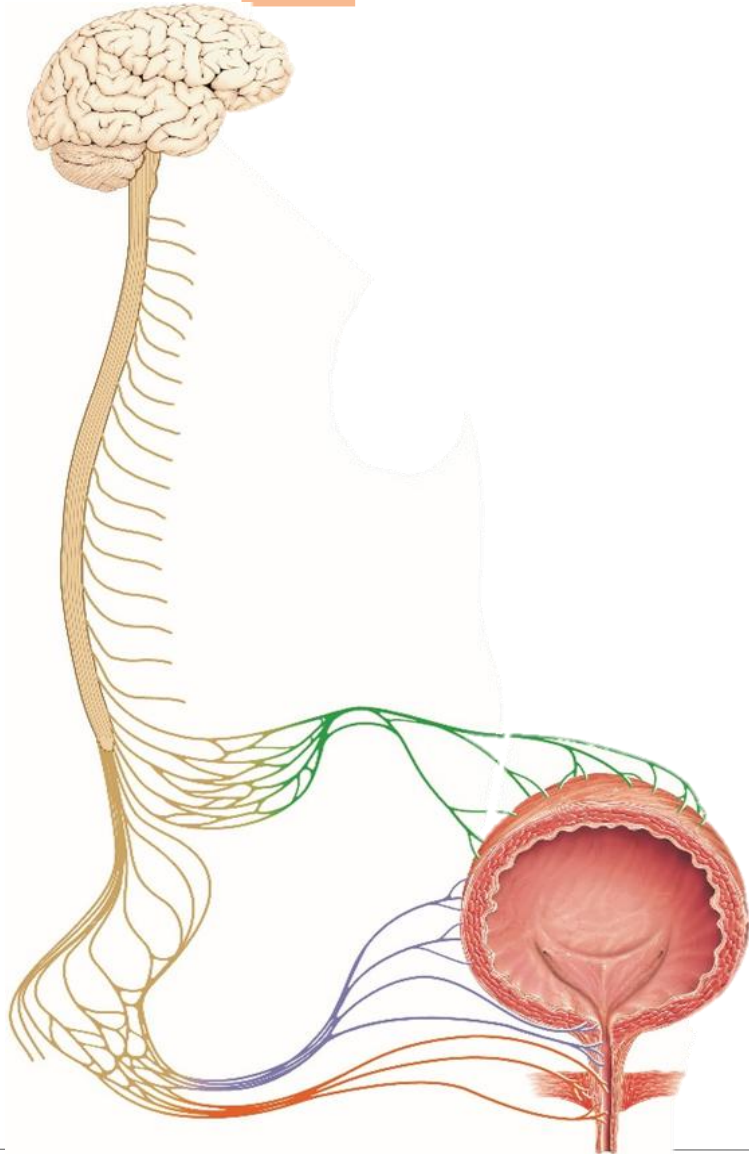


Operationen



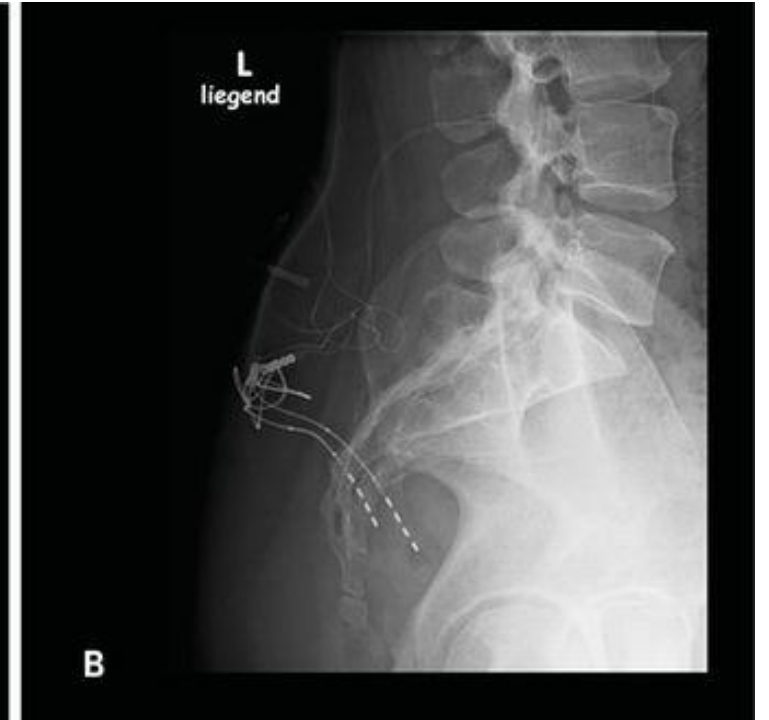


Operationen



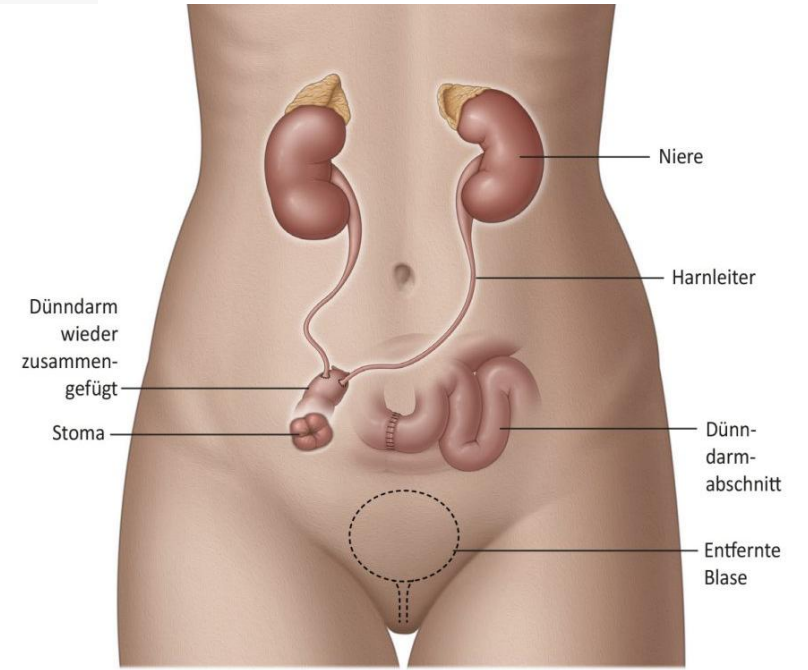
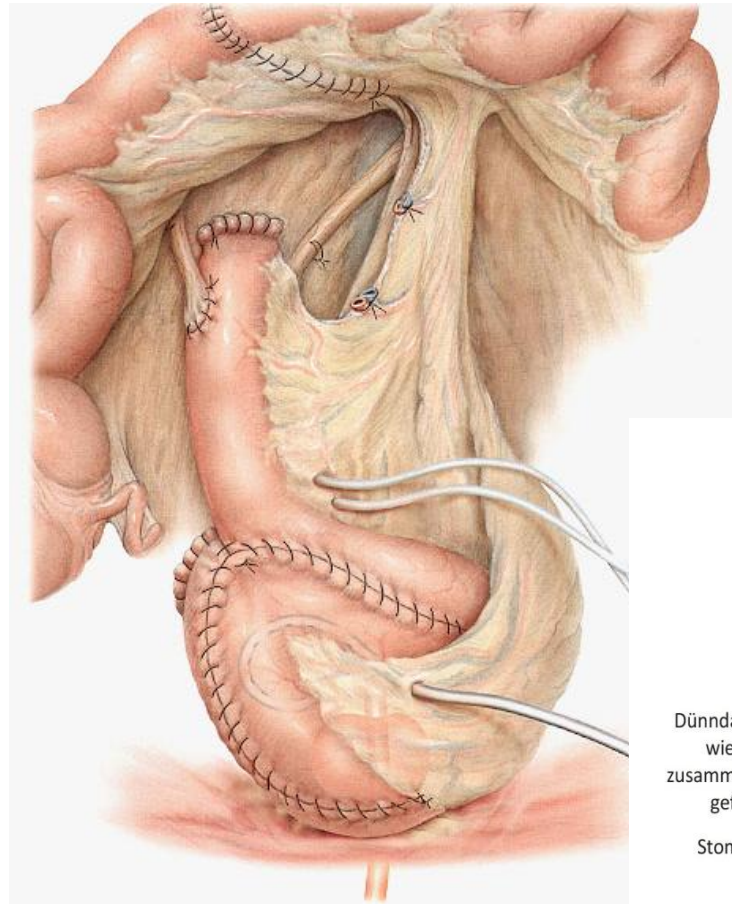
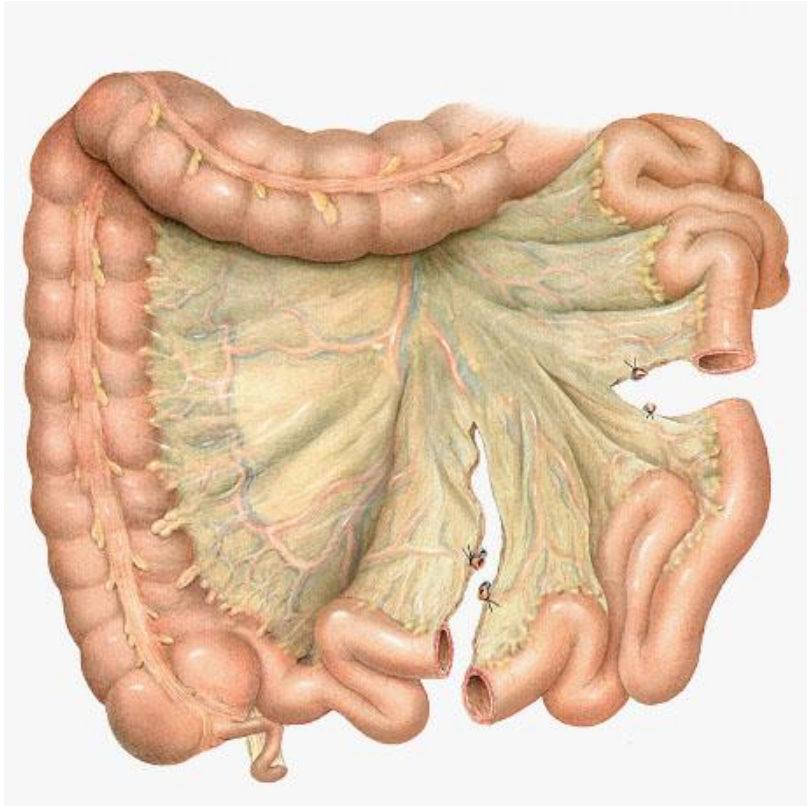


Operationen





Operationen



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Vielen Dank für die Aufmerksamkeit.

