

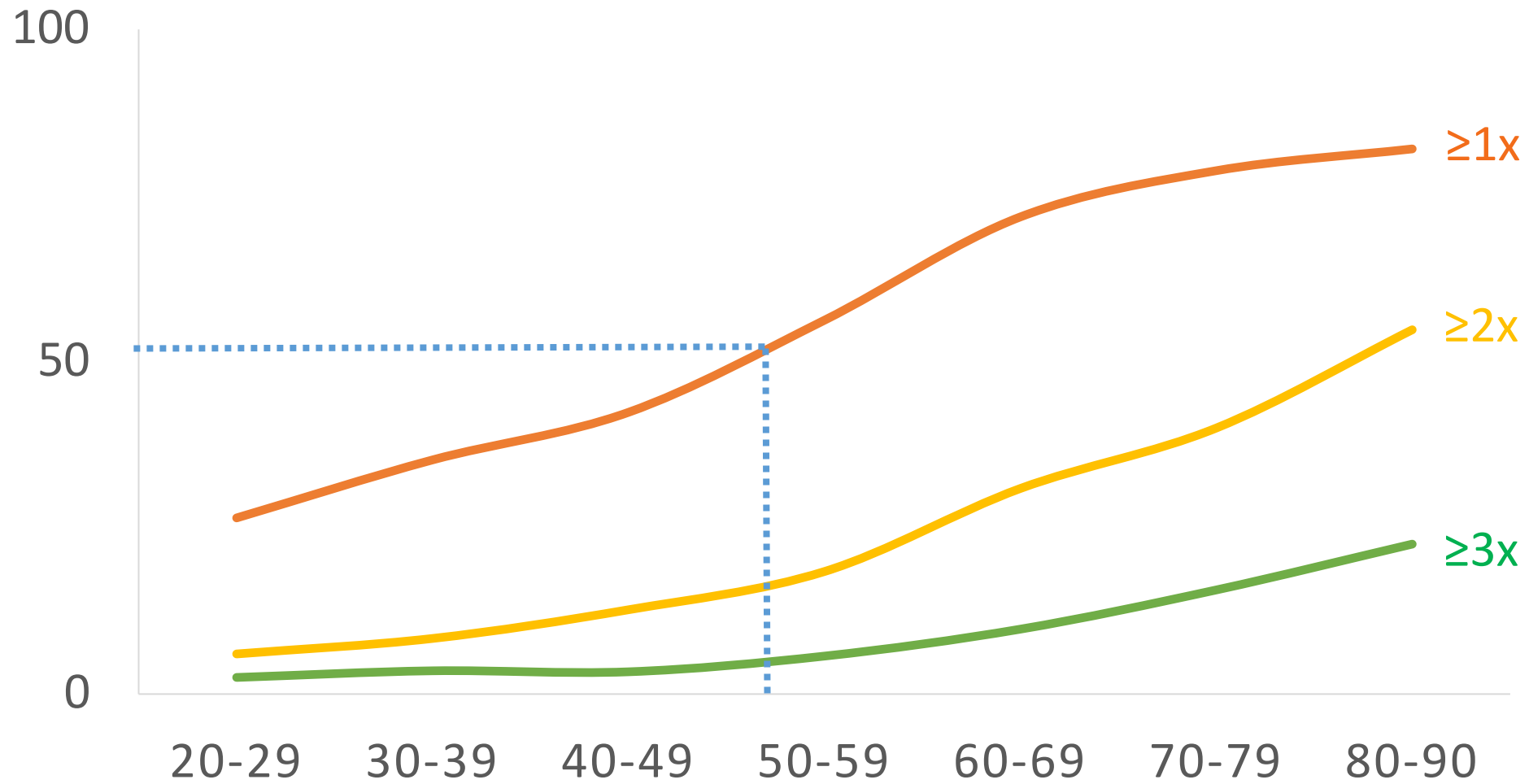
# To pee or not to pee: nycturie

An-Sofie Goessaert, uroloog, MD PhD  
[www.mijnuroloog.be](http://www.mijnuroloog.be)

Wie staat op om te plassen  
's nachts?

Zoja, zou je dit laten  
behandelen?

# NYCTURIE & LEEFTIJD



nycturie

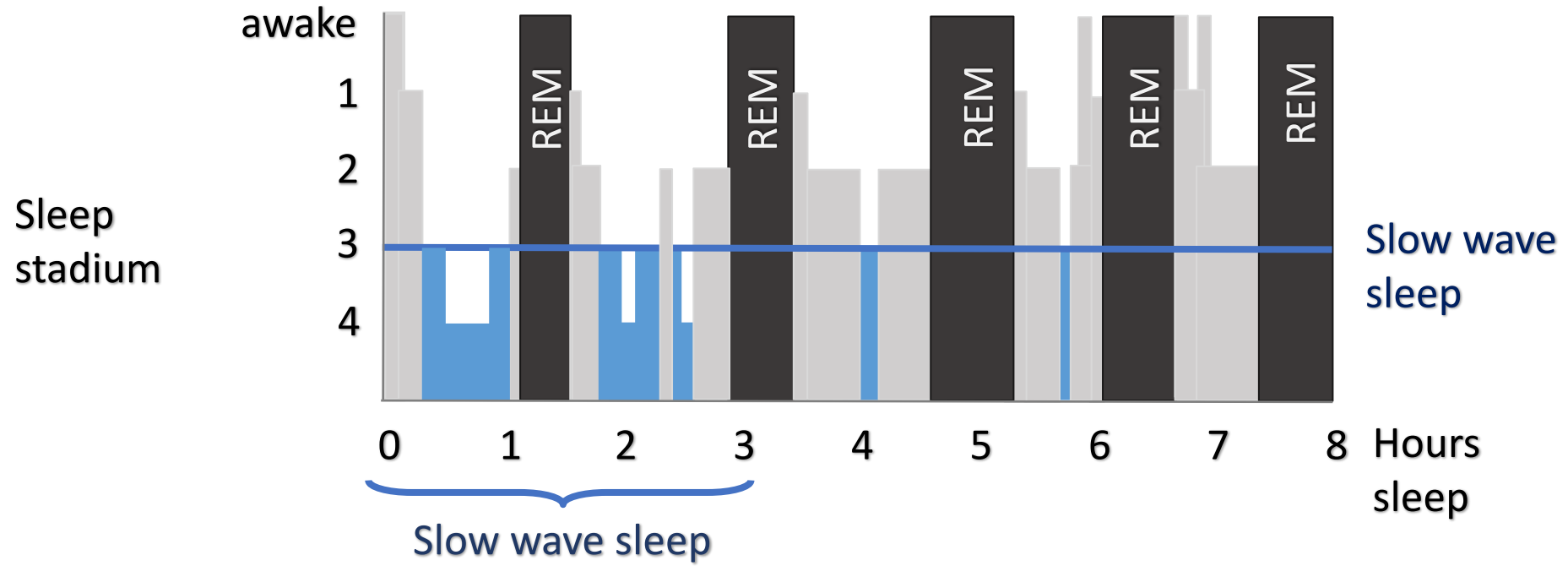
slaap fragmentatie

levenskwaliteit ↓

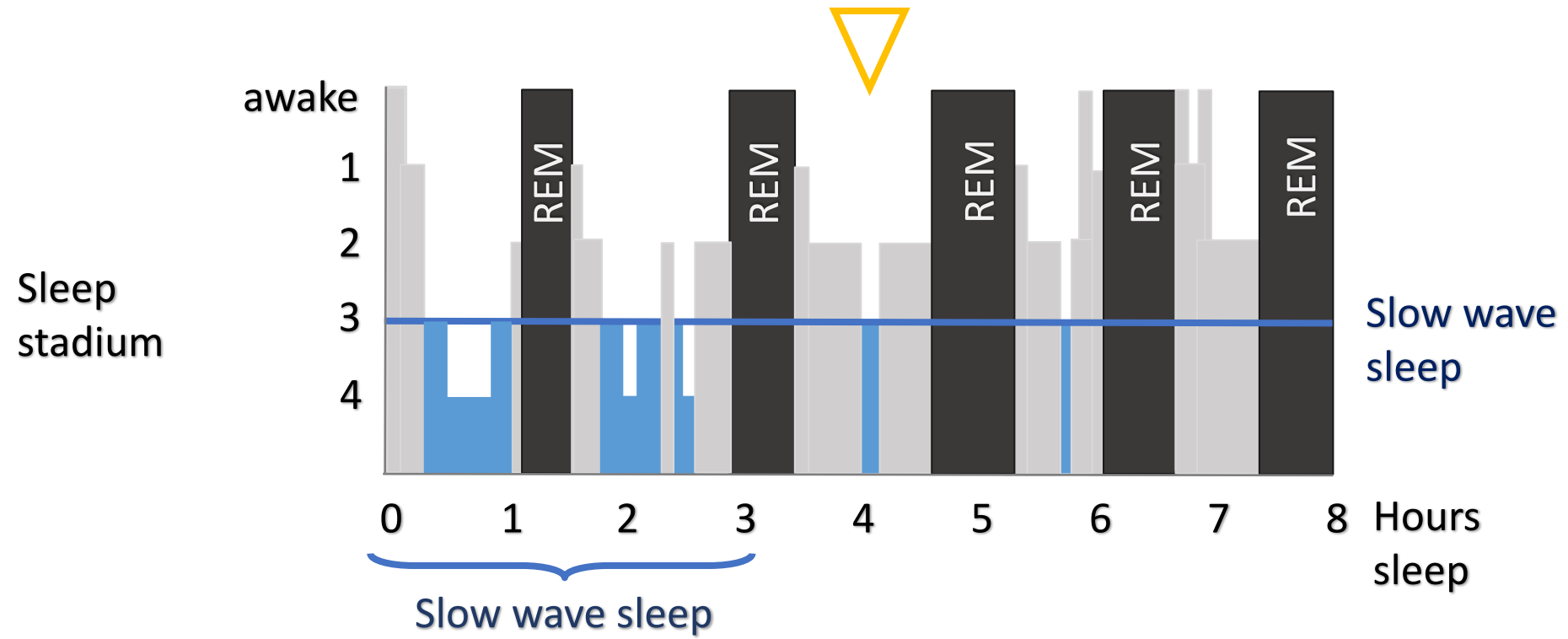
morbiditeit ↑

mortaliteit ↑

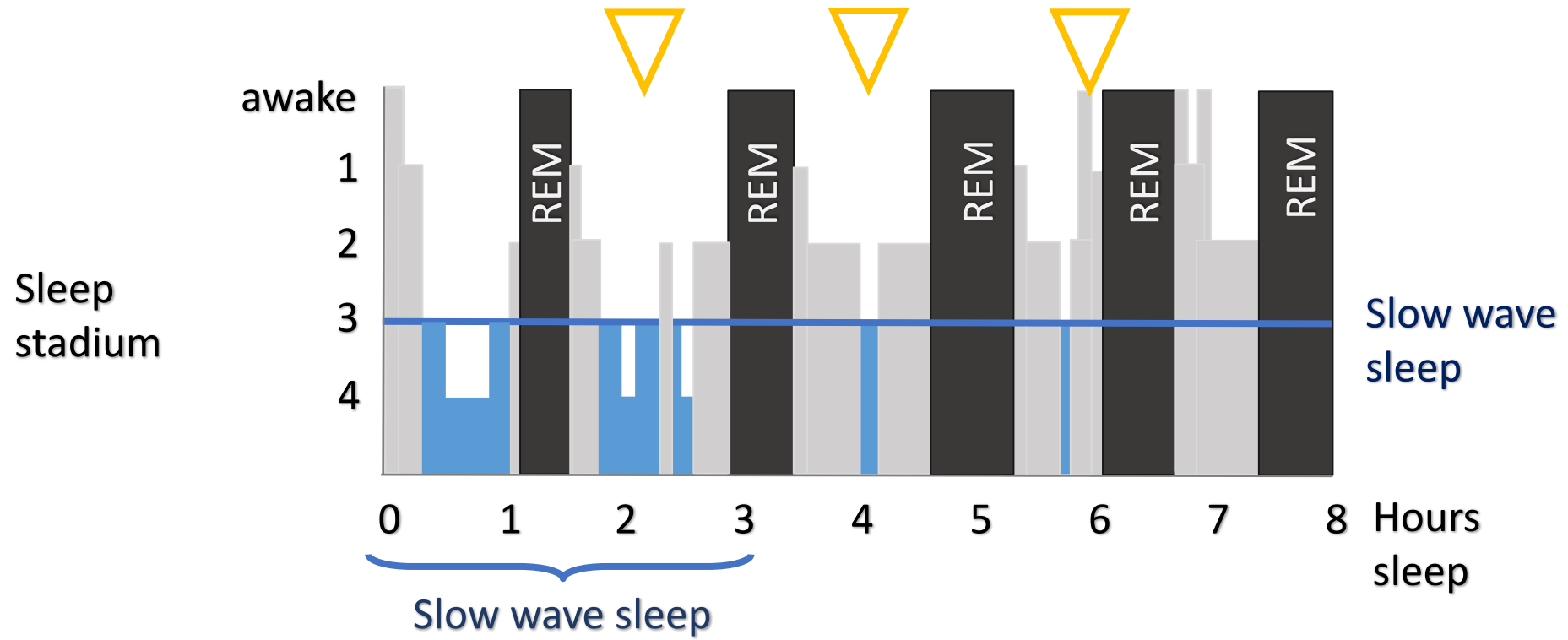
# | Slaap fragmentatie



# | Slaap fragmentatie

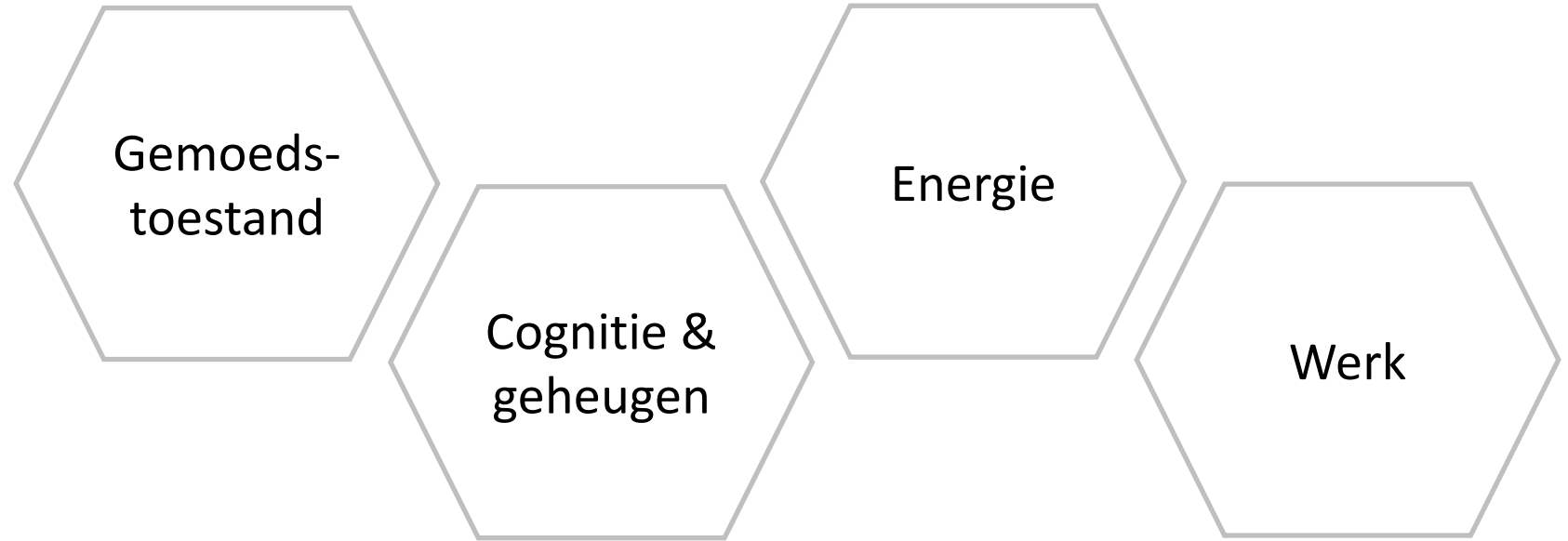


# | Slaap fragmentatie

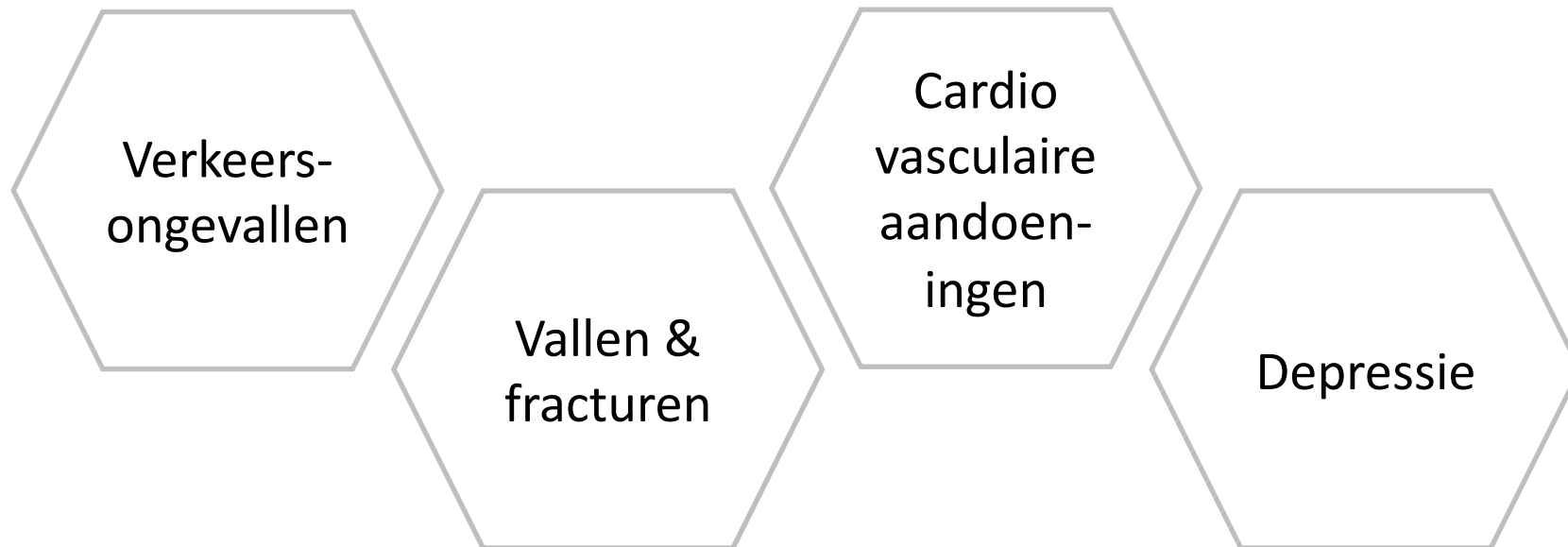




# | Levenskwaliteit



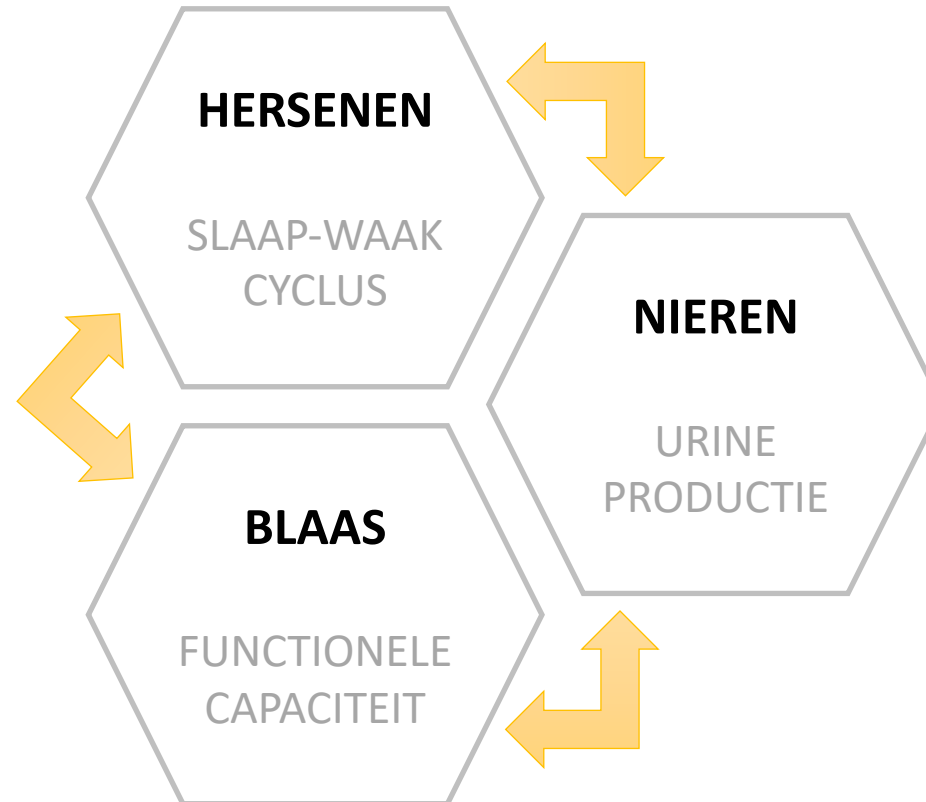
# | Morbiditeit



# ENURESIS NOCTURNA BIJ KINDEREN

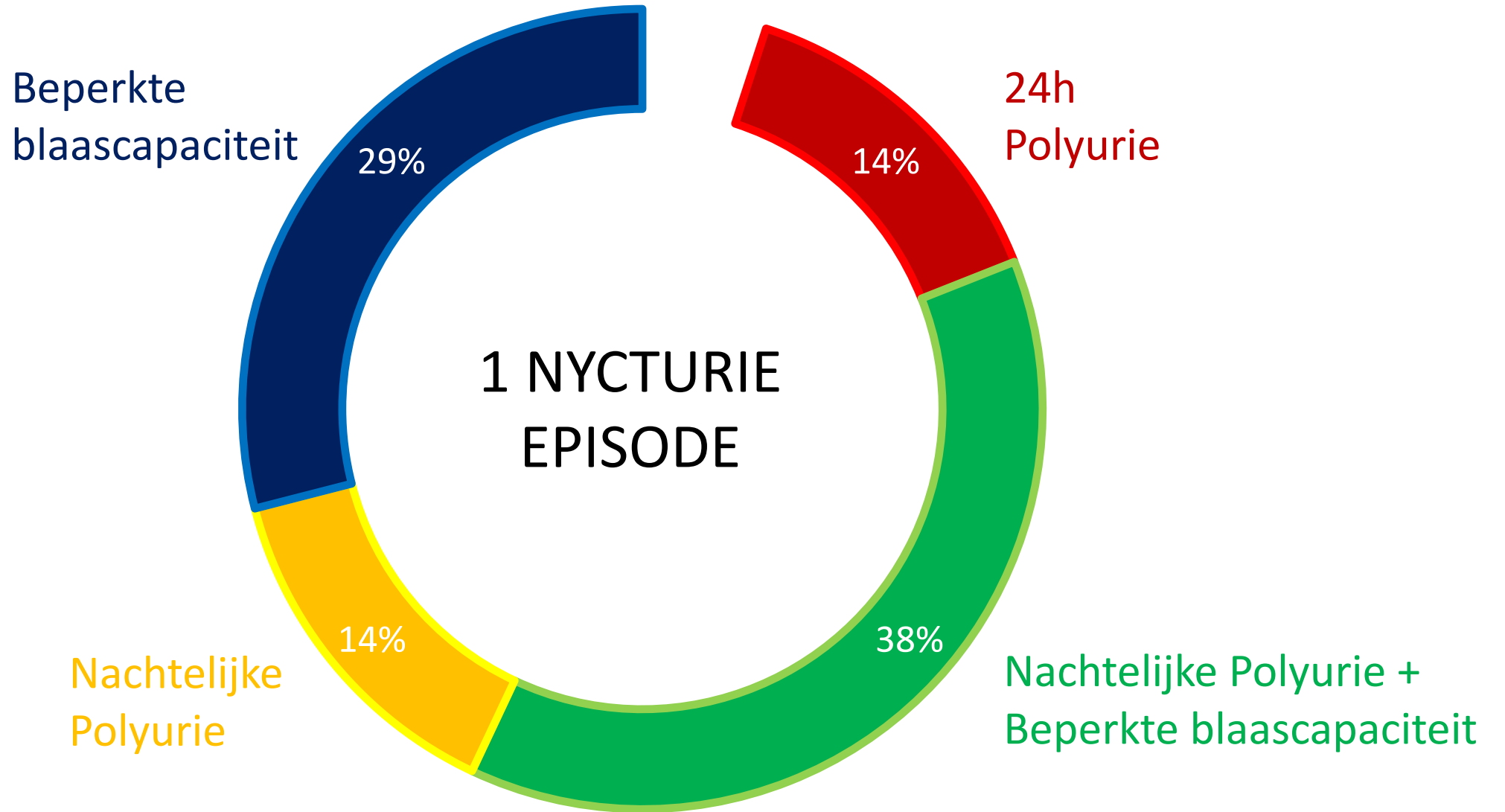


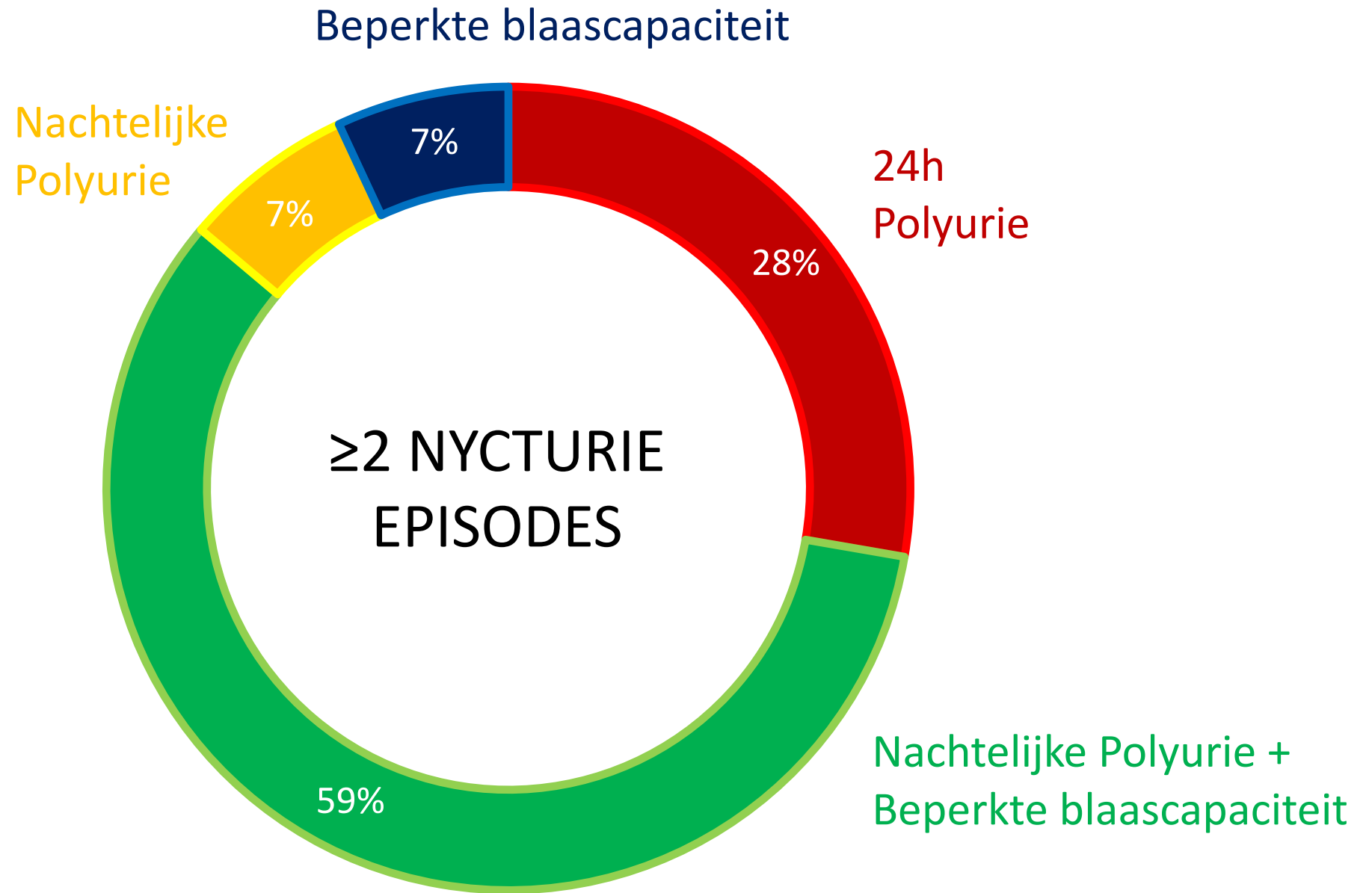
# NYCTURIE BIJ VOLWASSENEN



| Blaas >> Beperkte blaascapaciteit

| Nieren >> Nachtelijke polyurie / 24h polyurie





| Bij de meeste patiënten met nycturie is er een combinatie van beperkte blaascapaciteit én nachtelijke polyurie

>> er zijn meerdere oorzaken van nycturie

| Diagnose (nachtelijke) polyurie en/of beperkte blaascapaciteit?

>> plasdagboek



CHARACTERISTICS OF NOCTURICS <65?

		PLASSEN:			AANDRANG	URINEVERLIES		DRINKEN:		
		TIJDSTIP	HOEVEEL? (ML)	SITUATIE?	DUID AAN	DUID AAN	SITUATIE?	TIJDSTIP?	HOEVEEL? (ML)	SOORT DRANK?
DAG		6U10	220ML	OPSTAAN	<input type="radio"/> STERK <input checked="" type="radio"/> MIDDELMATIG <input type="radio"/> ZWAK	<input type="radio"/> VEEL <input type="radio"/> MIDDELMATIG <input type="radio"/> WEINIG	NVT	7U20	200ML	KOFFIE
					<input type="radio"/> STERK <input type="radio"/> MIDDELMATIG <input type="radio"/> ZWAK	<input type="radio"/> VEEL <input type="radio"/> MIDDELMATIG <input type="radio"/> WEINIG				
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<b>TIJDSTIP SLAPEN:</b> ..... ....					<b>TIJDSTIP OPSTAAN DAG 2:</b> ..... ..			<b>VOLUME EERSTE OCHTENDPLAS DAG 2 (HOORT BIJ NACHT):</b> .....		

| Diagnosis onderliggend mechanisme nachtelijke polyurie?

>> renaAl function profiel (8 urine stalen gedurende 24h)

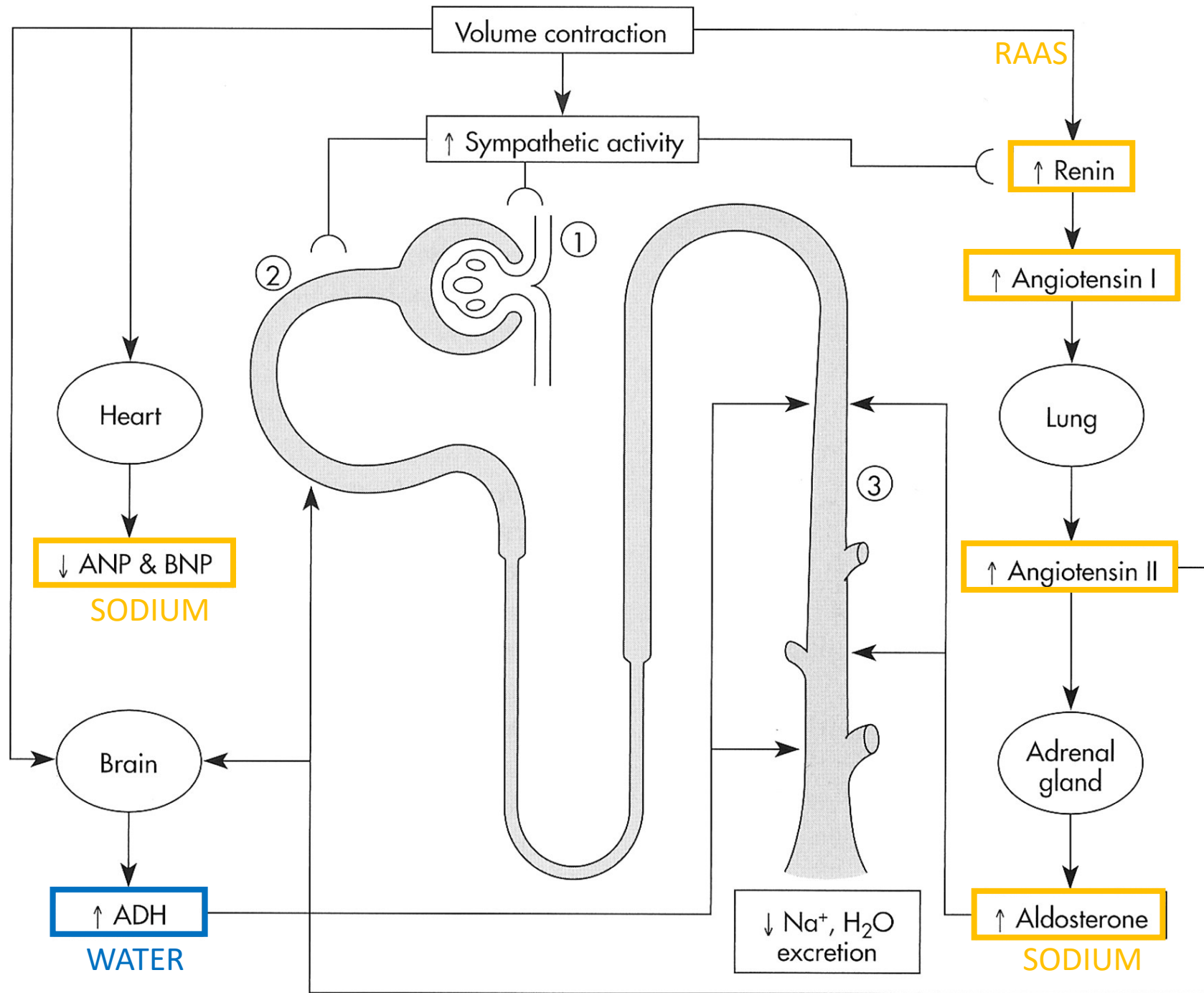
| Nachtelijke polyurie bij volwassenen kan veroorzaakt zijn door:

┆ Water diurese ~ ADH deficiëntie

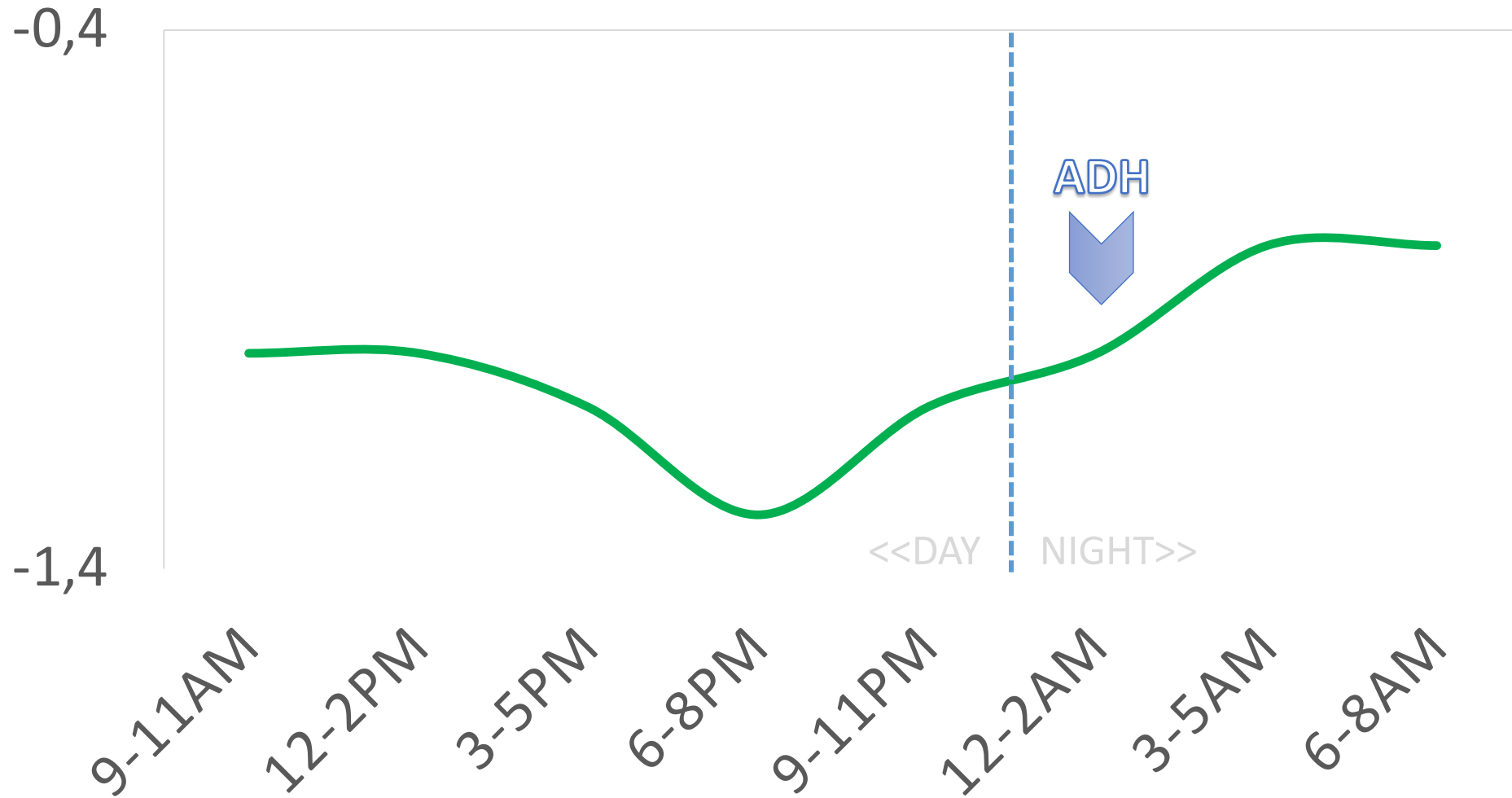
>> vrij water klaring

┆ Zout diurese ~ RAAS deficiëntie

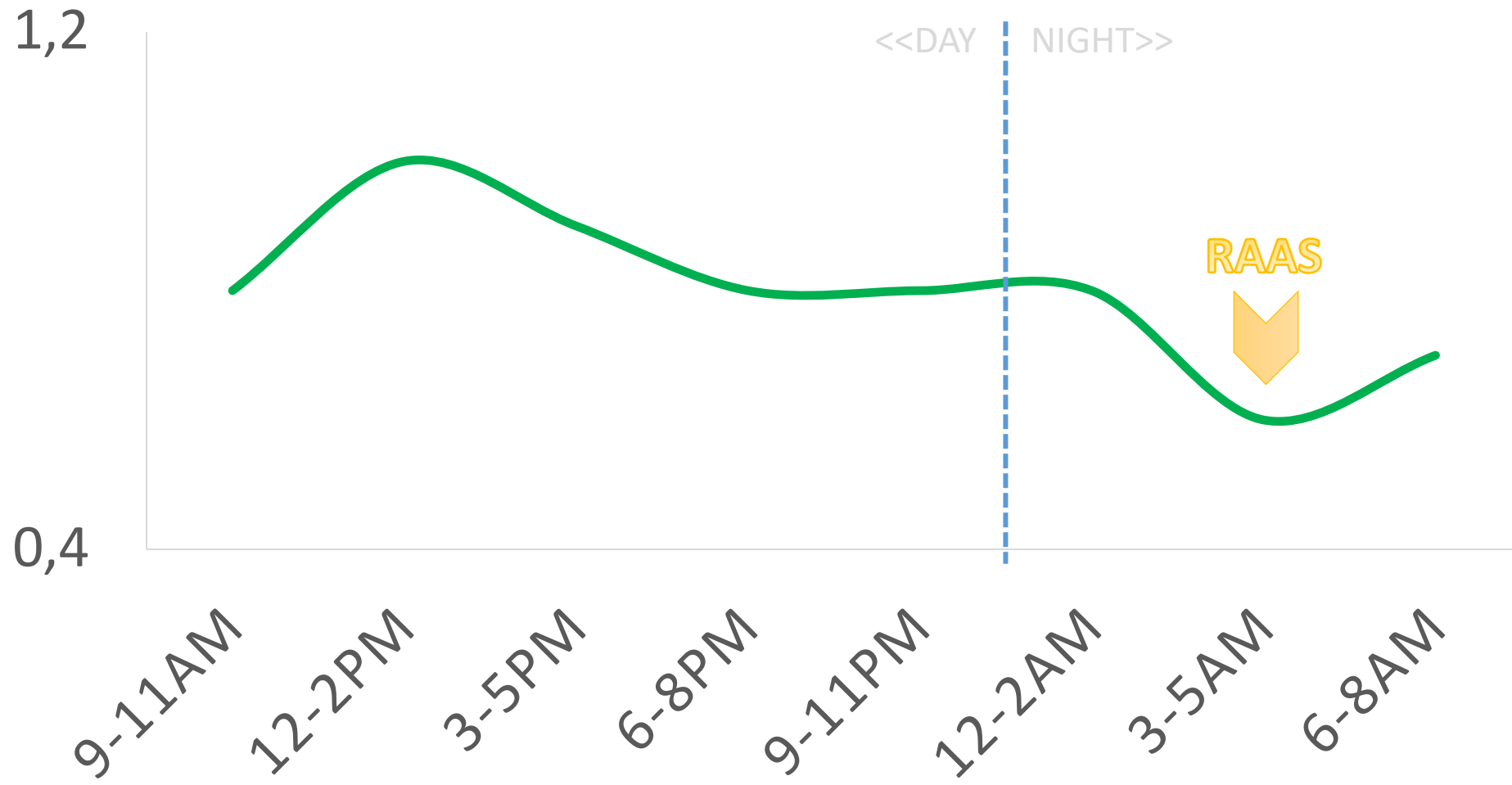
>> zout klaring



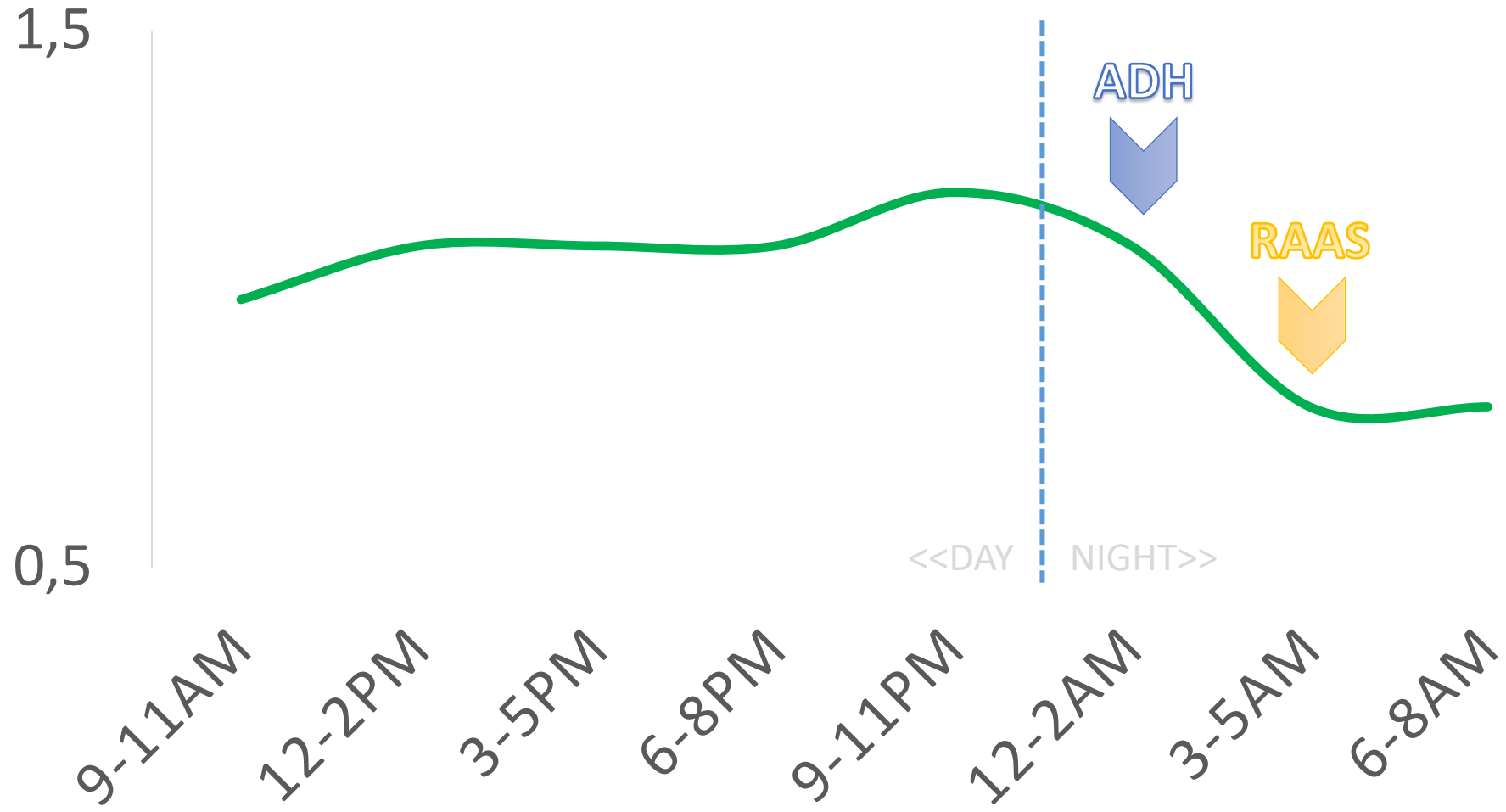
# FREE WATER CLEARANCE



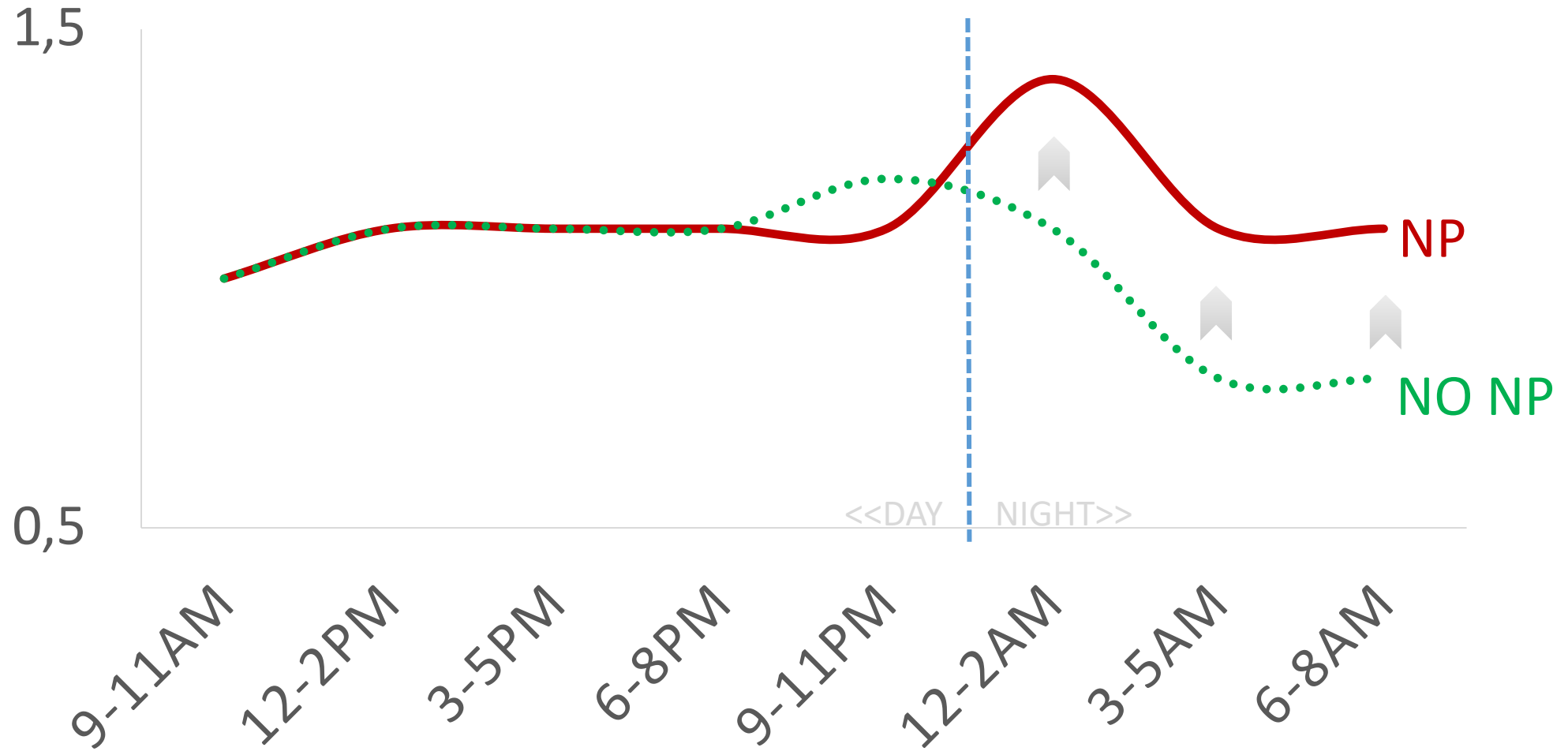
# SODIUM CLEARANCE



# DIURESIS RATE

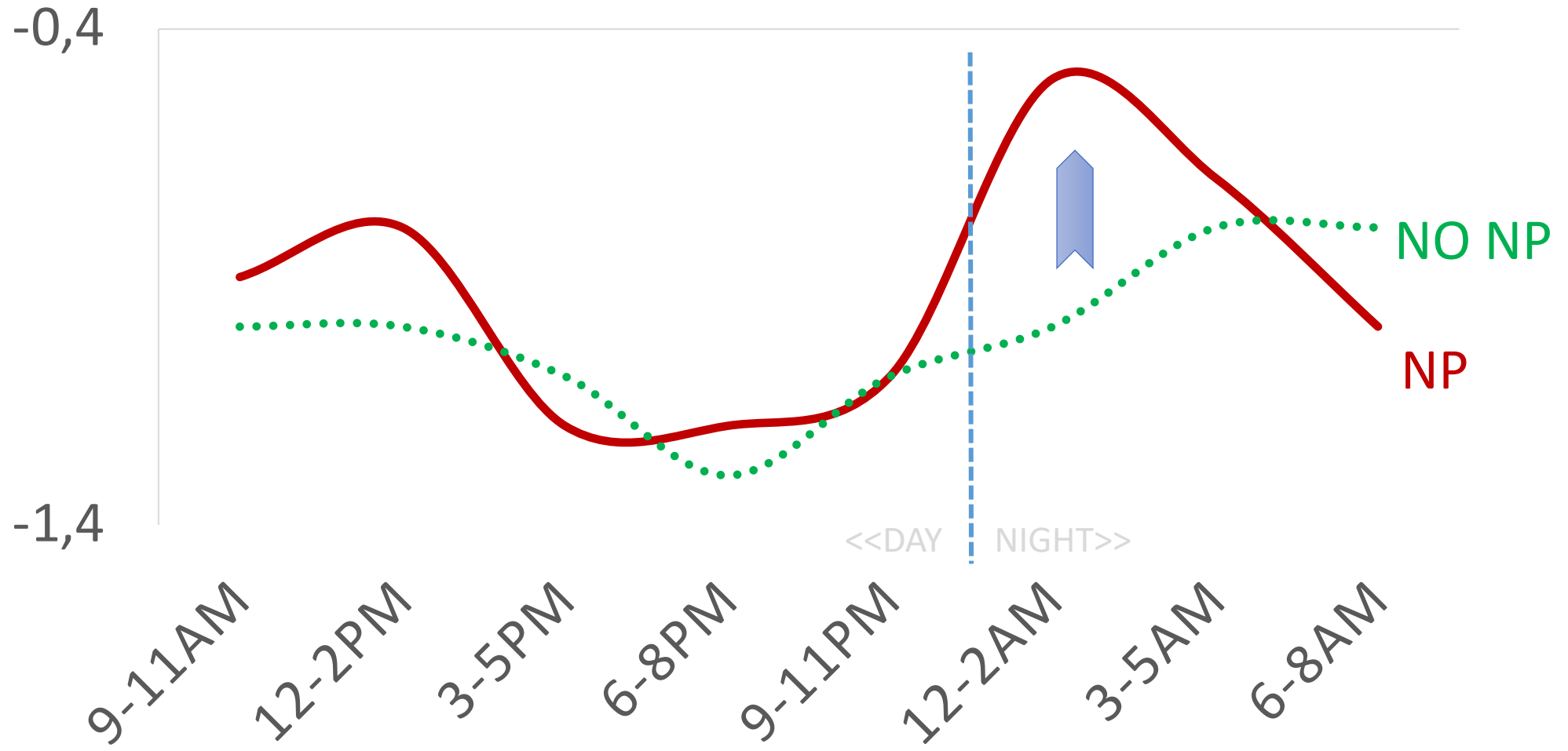


# DIURESIS RATE

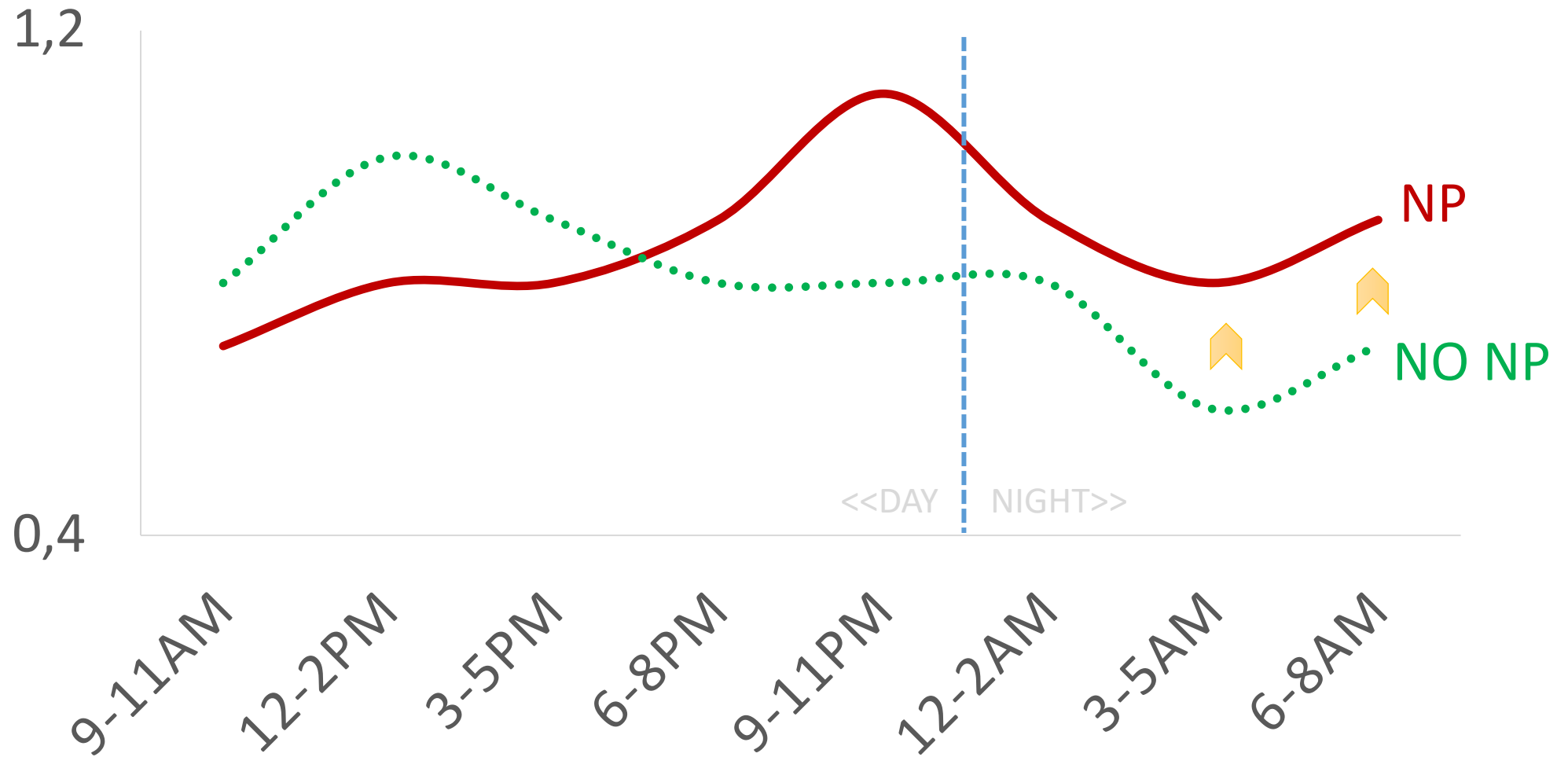




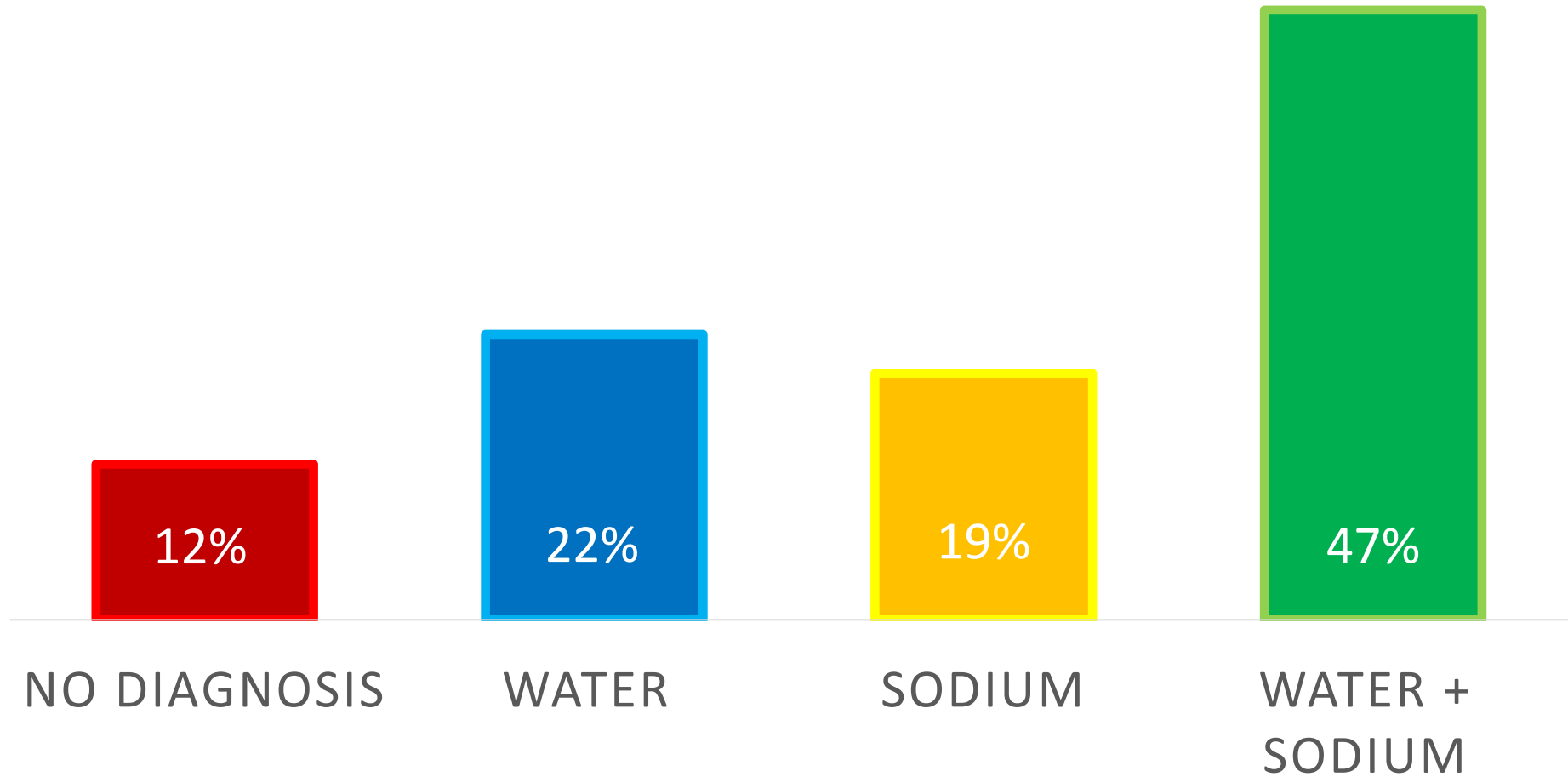
# FREE WATER CLEARANCE



# SODIUM CLEARANCE



# PATHOPHYSIOLOGY DISTRIBUTION



| Nachtelijke polyurie bij volwassenen is veroorzaakt door:

└ Water diurese

>> begin van de nacht

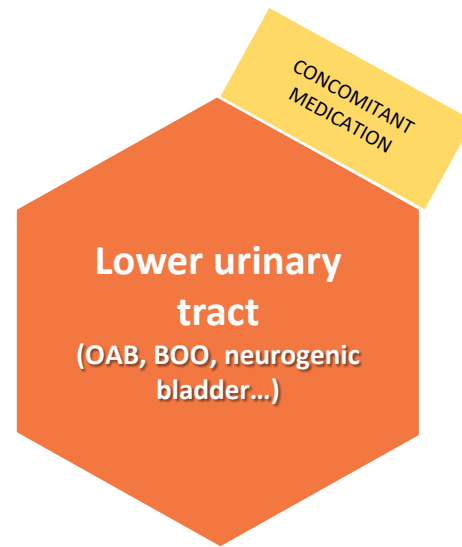
└ Zout diurese

>> einde van de nacht

er zijn meerdere oorzaken  
van nachtelijke polyurie

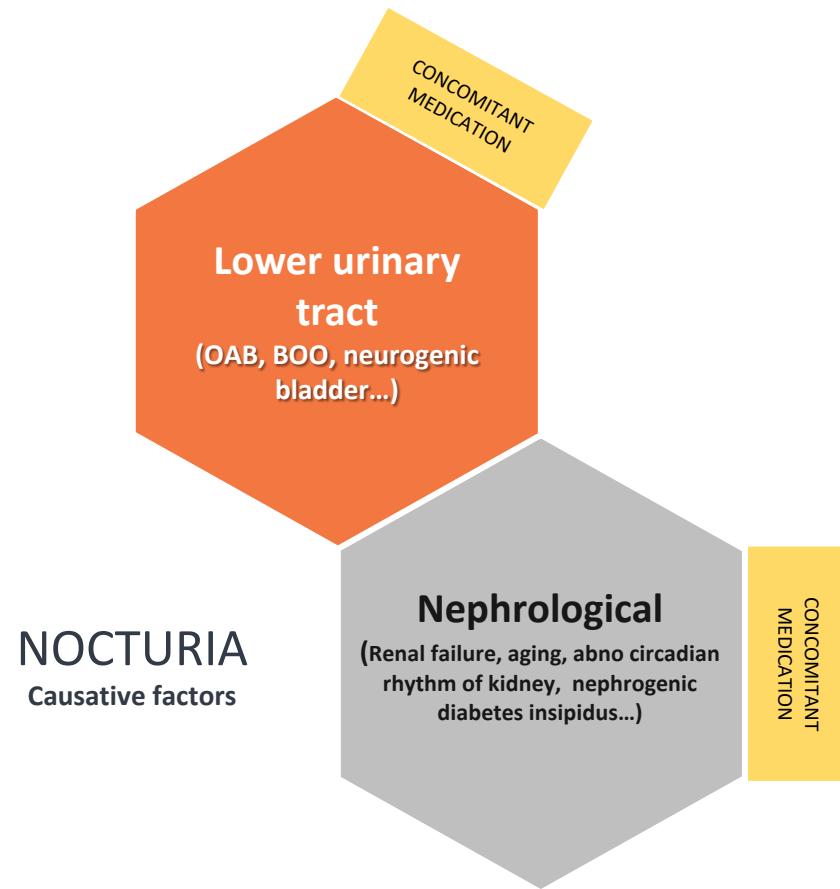
# NOCTURIA

**Causative factors**

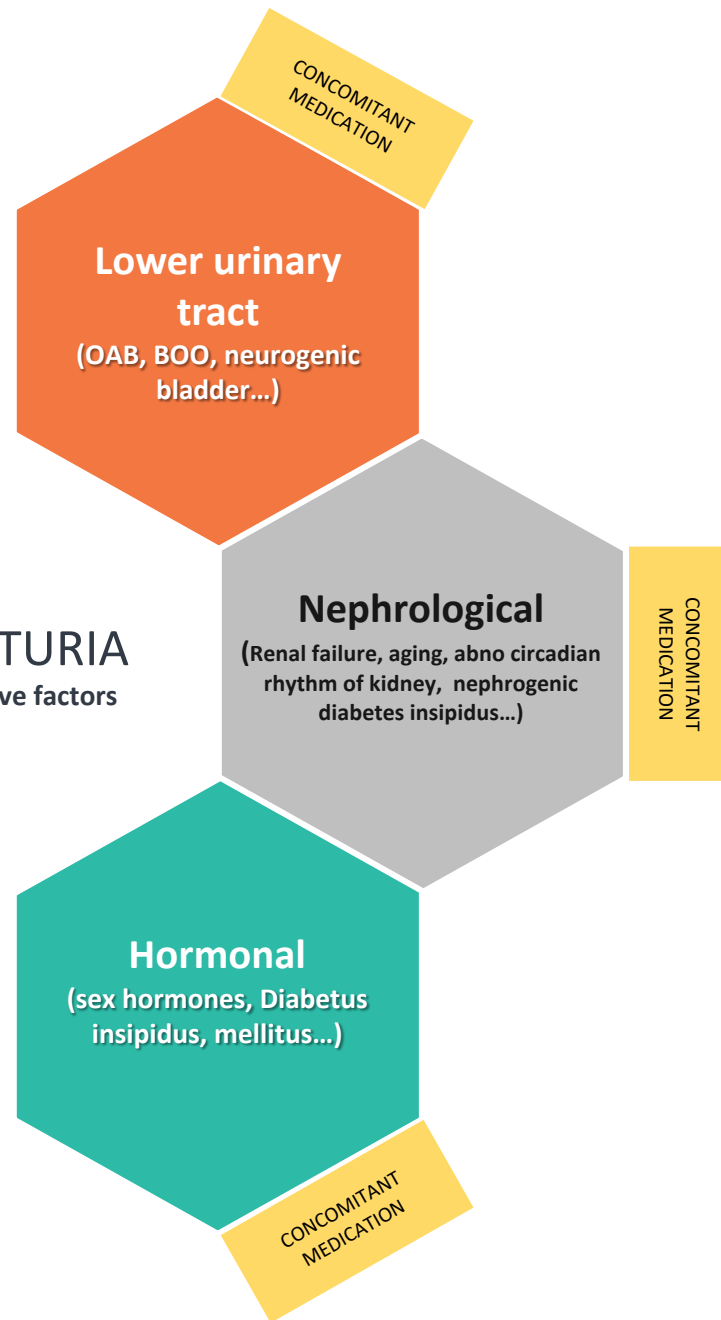


## NOCTURIA

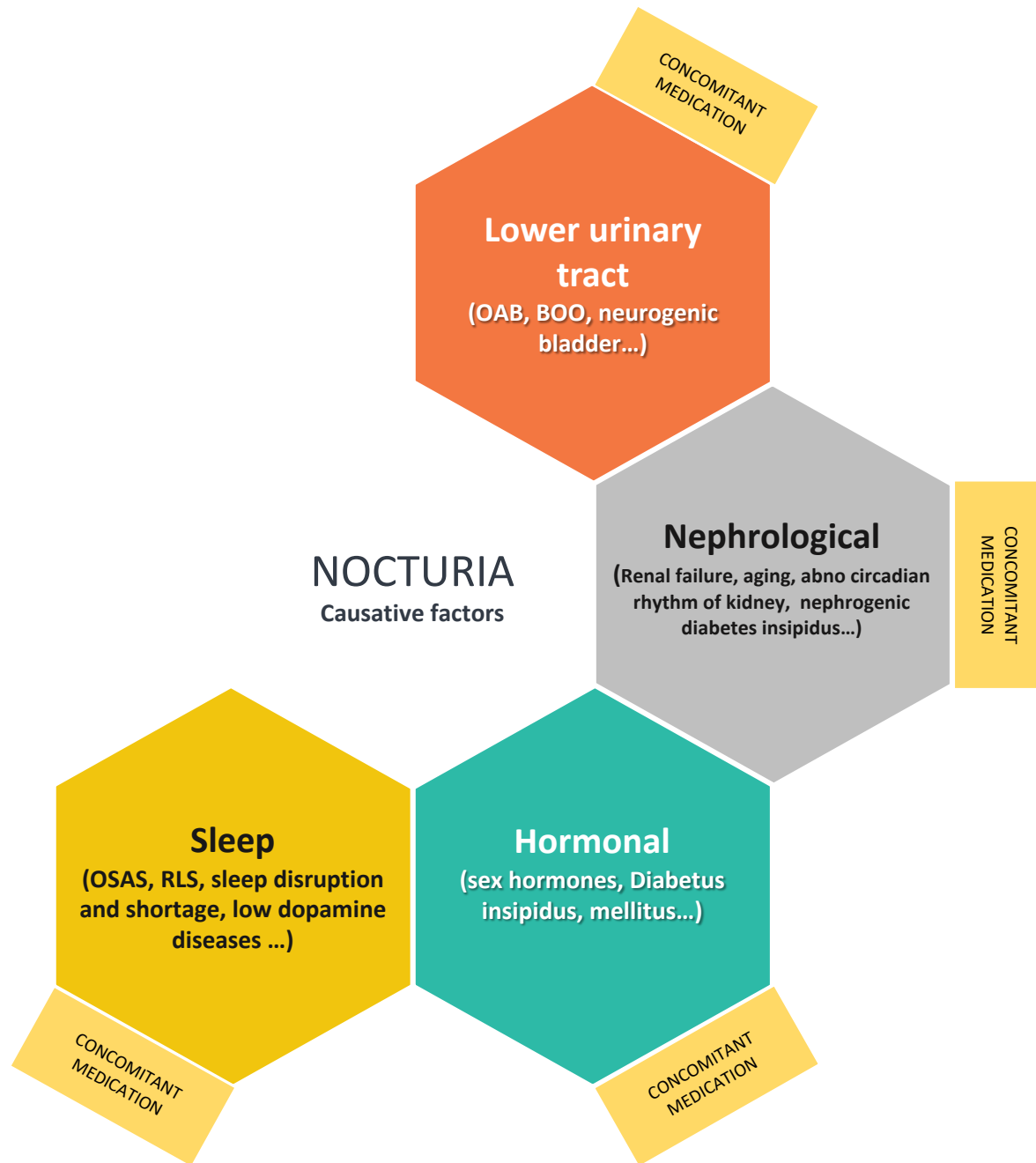
Causative factors

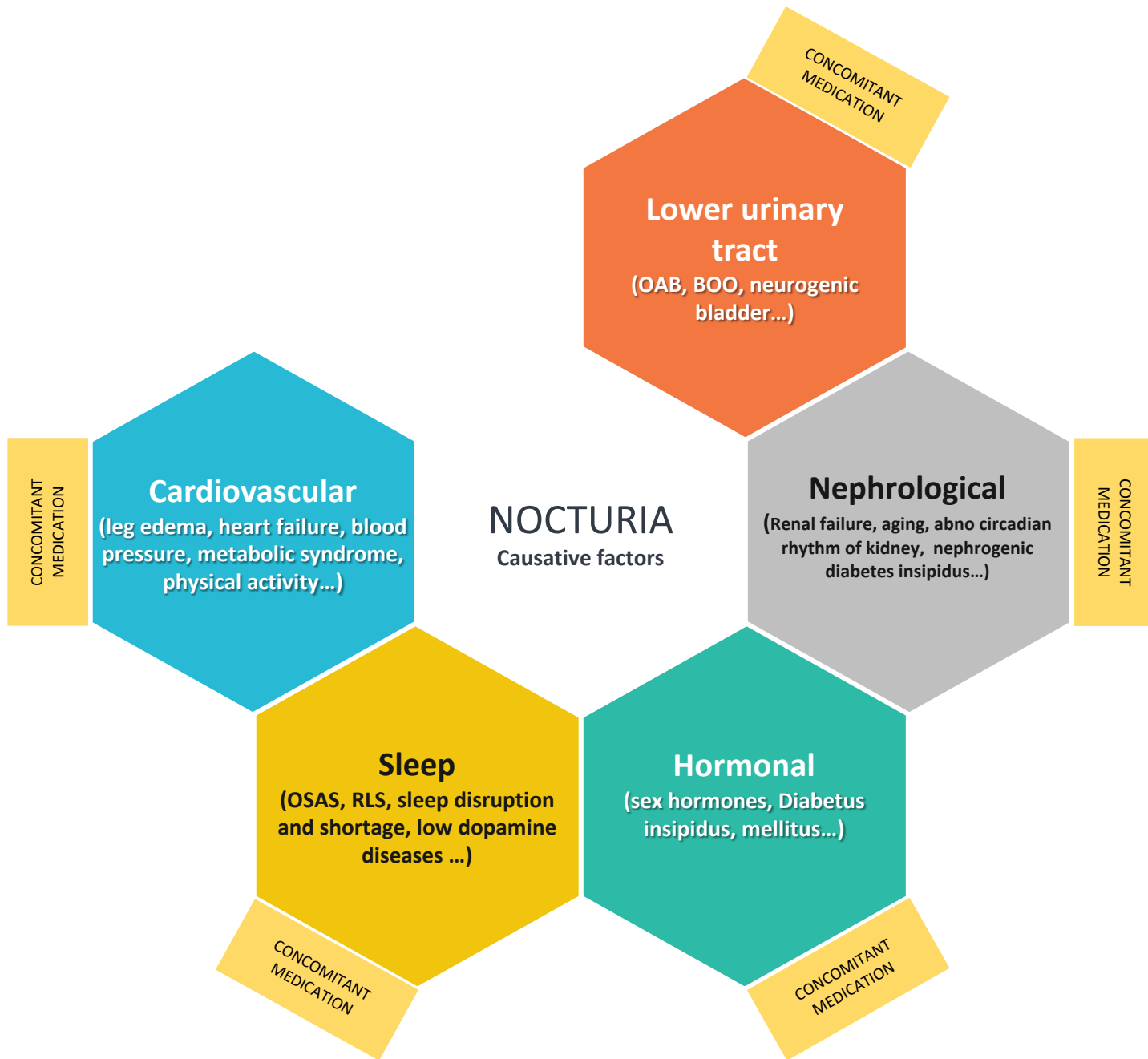


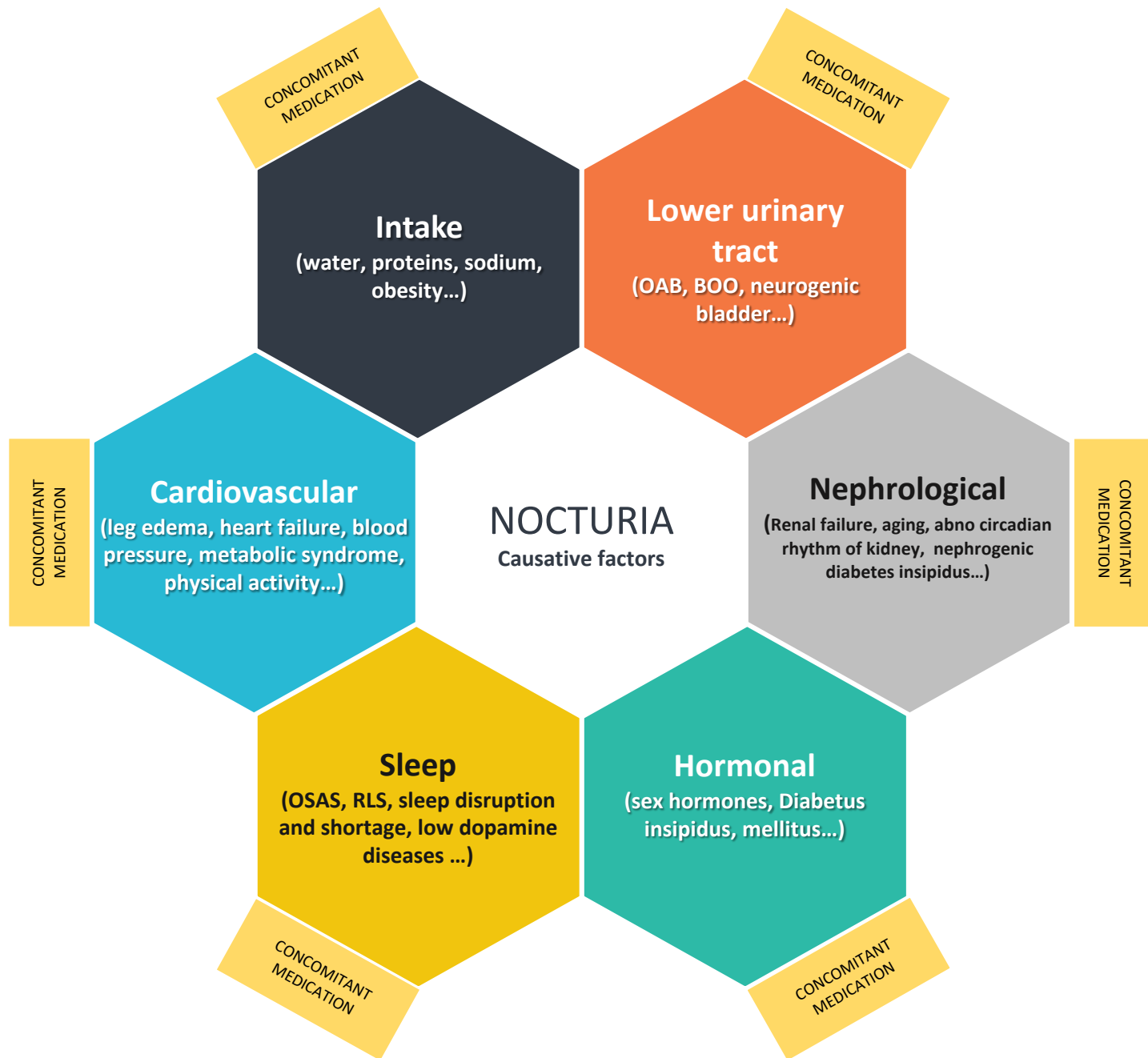
**NOCTURIA**  
Causative factors

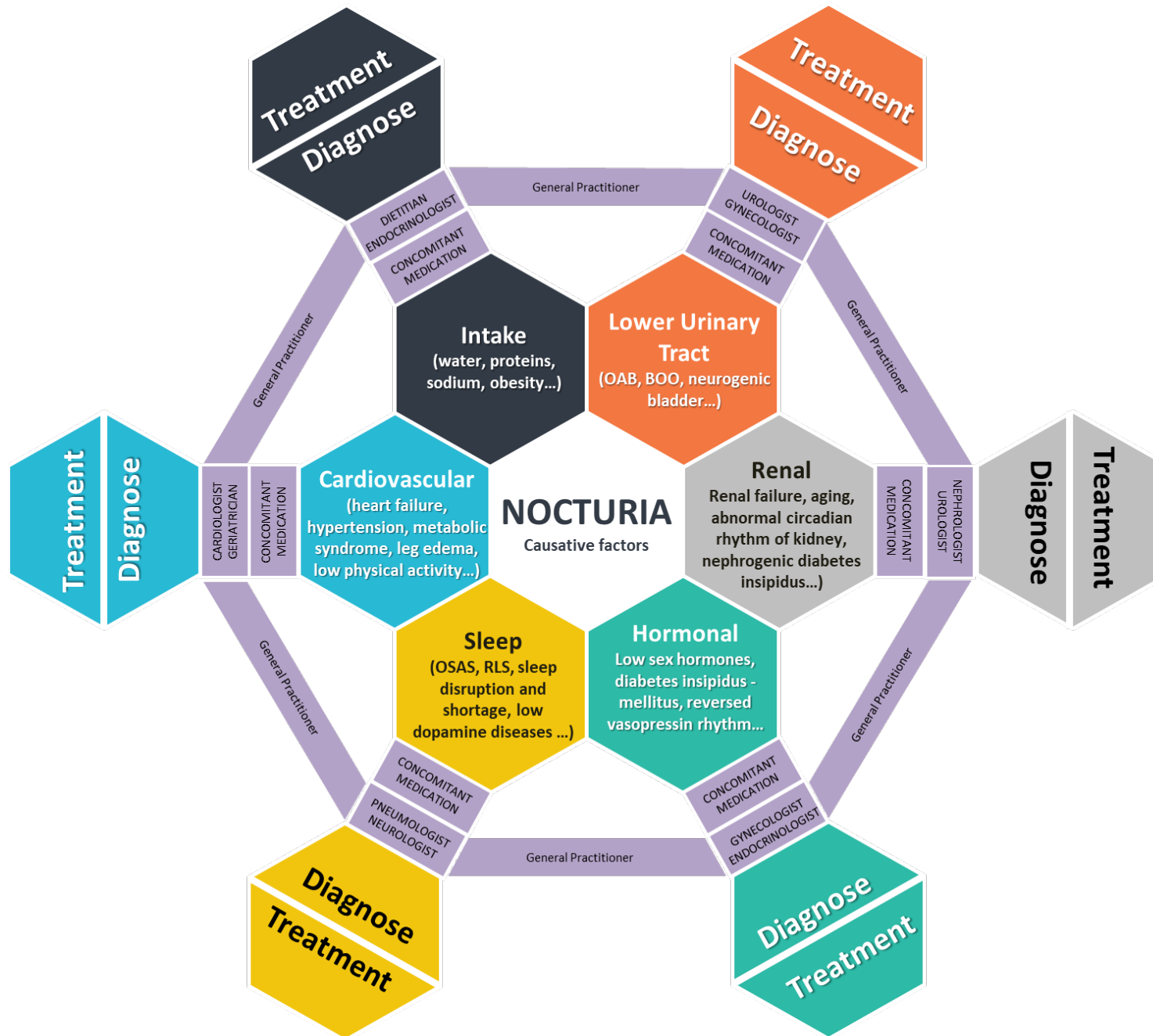












# Casus



# PHIL BETTER SOON Phil Collins rushed to hospital after gashing his head in horror fall forcing him to cancel London shows

The 66-year-old musician was taken to a London hospital after the accident

EXCLUSIVE

By Hannah Lyons Senior Bizarre Reporter

## The Mercury News

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Entertainment

# Comeback: Phil Collins takes nasty fall in bathroom, suffers "head gash"

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## Phil Collins is recovering well and 'doing good' after toilet fall, says daughter Lily at Okja premiere



Claire Rutter for Metro.co.uk Friday 9 Jun 2017 8:57 am



182

Home > Celebrity news > Phil Collins, 66, rushed to HOSPITAL after fall on the way to the toilet - as he's forced to postpone remaining London shows at the Royal Albert Hall

## Phil Collins, 66, rushed to HOSPITAL after fall on the way to the toilet - as he's forced to postpone remaining London shows at the Royal Albert Hall

PHIL Collins has been rushed to hospital after a horror fall on his way to the bathroom.

By Nicole Douglas  
Thursday, June 08, 2017



### Phil Collins F Air Tonight' c School Conc

5/30/2014 by Marc Schneider





## AGAINST ALL ODDBINS Phil Collins reveals he's back on the booze – despite saying alcohol was killing him

Rock superstar, 66, had quit drinking for three years after being hospitalised in 2012

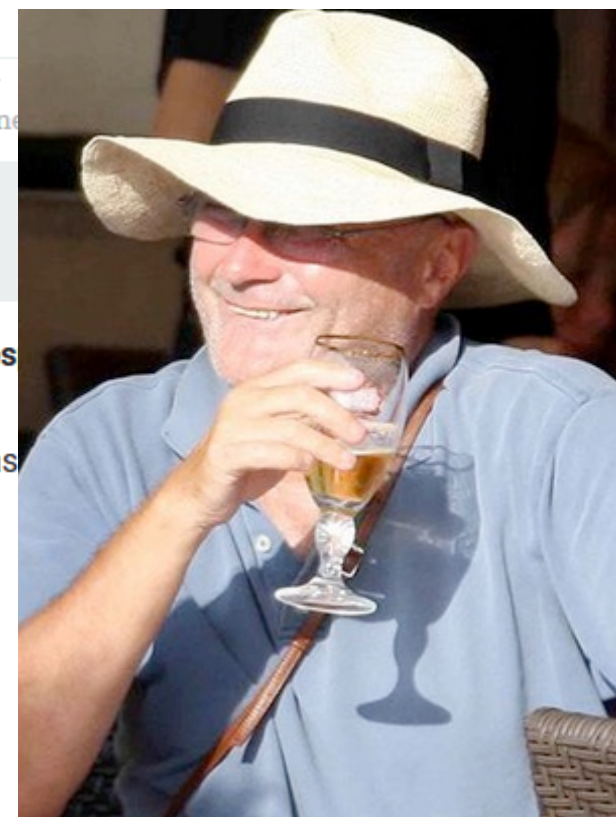
**EXCLUSIVE**

By Simon Boyle, Associate Bizarre Editor  
1st June 2017, 9:54 pm | Updated: 2nd June



**PHIL Collins** has revealed he is drinking again despite saying alcohol was killing him.

The rock legend, 66, makes a comeback tonight as





# Frail Phil Collins hobbles around Miami with a walking stick as he continues his recovery from major back surgery last year

By JOANNA CRAWLEY FOR MAILONLINE

PUBLISHED: 10:04 BST, 26 January 2016 | UPDATED: 06:00 BST, 27 January 2016



 **128**  
View comments

Phil Collins is relying on the use of a walking stick after undergoing major surgery on his back last autumn.

The 64-year-old singer was spotted hobbling around his home city of Miami last week, using the stick.

The star opened up about his emergency surgery in an interview with **Rolling Stone** in October, admitting doctors 'had to take my back apart.'

**Scroll down for video**



© Brett Kaffee/Thibault Monier, PacificCoastNews

Walking aid: Phil Collins, 64, was spotted hobbling around his home city of Miami last week, using a walking stick following major surgery on his back last October

## Phil Collins Uses Hyperbaric Chamber for **Diabetic** Foot Abscess

January 30, 2017



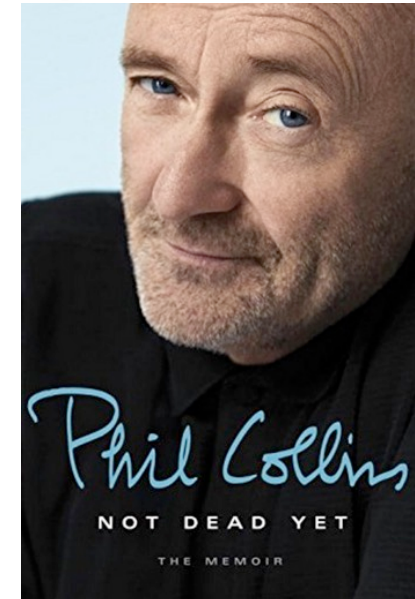
After experiencing a bit of a revival in the popular culture recently, Phil Collins has been working hard at getting the word out about homelessness by lending his weight to the [Young & Homeless appeal](#) with [Centrepoint](#).

What does this have to do with Hyperbaric medicine you ask? Well in Collin's interview on the Young & Homeless appeal in *The Independent* recently, he explained that the reason for his last minute absence at the Centrepoint Christmas gala, was due to an abscess on his foot that he'd developed from suffering with Type 2 Diabetes. Luckily for Collins, who lives in Miami for the majority of the year, his consultant put him straight into a hyperbaric chamber for a weeks worth of HBOT sessions, and the abscess quickly healed.

340 PHIL COLLINS

One night, pumped full of opiates and completely wired (up), I try to rip the whole lot out. Alarms ring and in rush the nurses. I'm given a stern telling-off. Little wonder—it seems these cables and wires are keeping me going; they're literally plugging me into life's back-up generator.

Eventually I'm discharged and I start to have something like a relatively normal life. I'm on various medications—for hypertension, my pancreas, my heart. And against all medical advice, non-medical advice and sanity, I start to drink again—slowly. Slowly *at*



# Casus II



# Casus II



# Sleep Apnea Killed Carrie Fisher. Could It Kill You Too?



**Tara Haelle**, CONTRIBUTOR

*I offer straight talk on science, medicine, health and vaccines.* [FULL BIO](#) ▾

Opinions expressed by Forbes Contributors are their own.

Carrie Fisher didn't die from just one cause, but sleep apnea was a major contributor.

included at calcium and didn't specify medical issues. She smoked, which is a coronary artery



# INDEPENDENT

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## Carrie Fisher's death triggered by sleep apnoea and other factors

The Star Wars actress 'ultimately' died of drug addiction and mental illness, her daughter says

[Chris Baynes](#) | Saturday 17 June 2017 09:04 BST | [10](#) comments



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Fisher said in interviews that she was told she had a form of bipolar disorder at age 24, but didn't "accept" the diagnosis until her late 20s, after she had survived a drug overdose and **alcohol** addiction.

She chronicled her mental health struggles in several books, including her best-seller "Postcards from the Edge." She was unsuccessfully treated with numerous drugs, including **Lithium**, until she underwent electroconvulsive therapy for **depression**.

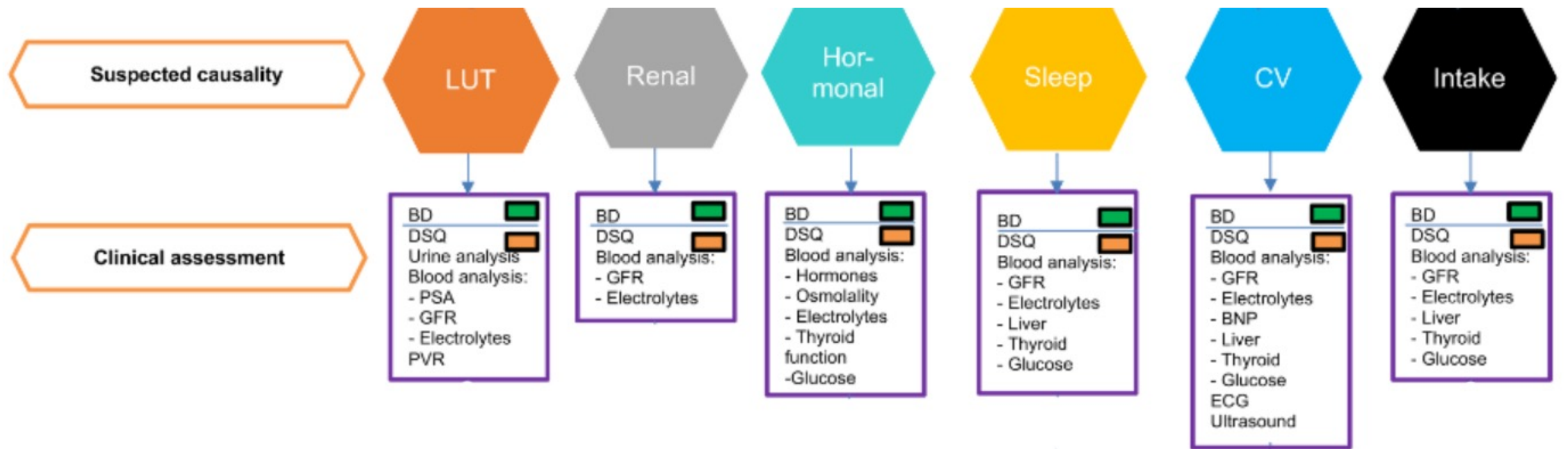
# Medical history and symptoms

- Lower urinary tract symptoms
- Hematuria, dysuria
- Gynaecological symptoms, e.g. prolapse, hot flushes
- Cardiovascular symptoms, peripheral edema
- Respiratory symptoms, e.g. dyspnea
- Sleep disorders, snoring, restless legs syndrome,...
- Neurological disorders, e.g. MS, Parkinsons disease
- Psychiatric disorders, e.g. anxiety, depression
- Drinking and eating habits (quantity and type)
- Diuretics, other types of medication that influences diuresis

# Clinical examination

- Abdomen (bladder, liver)
- Prostate
- Prolapse, vaginal atrophy
- Peripheral edema
- Cardiovascular
- Respiratory
- Length and weight

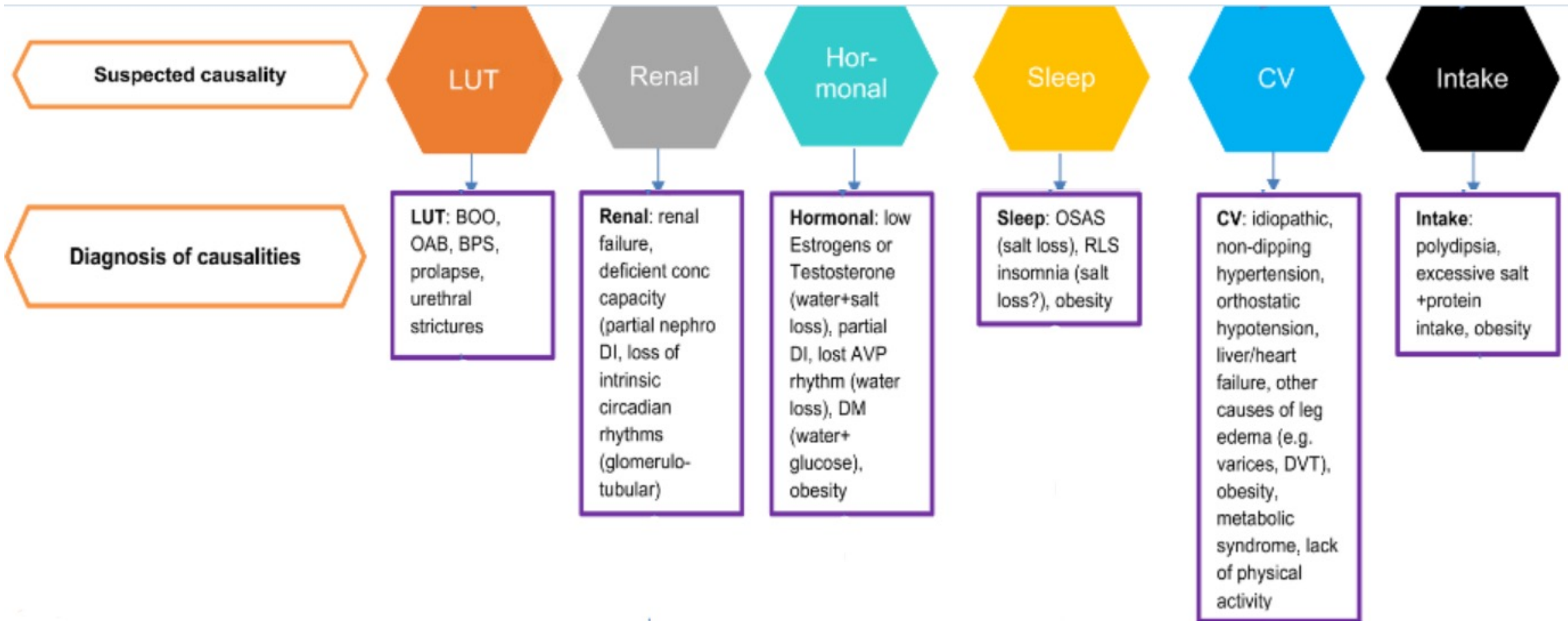


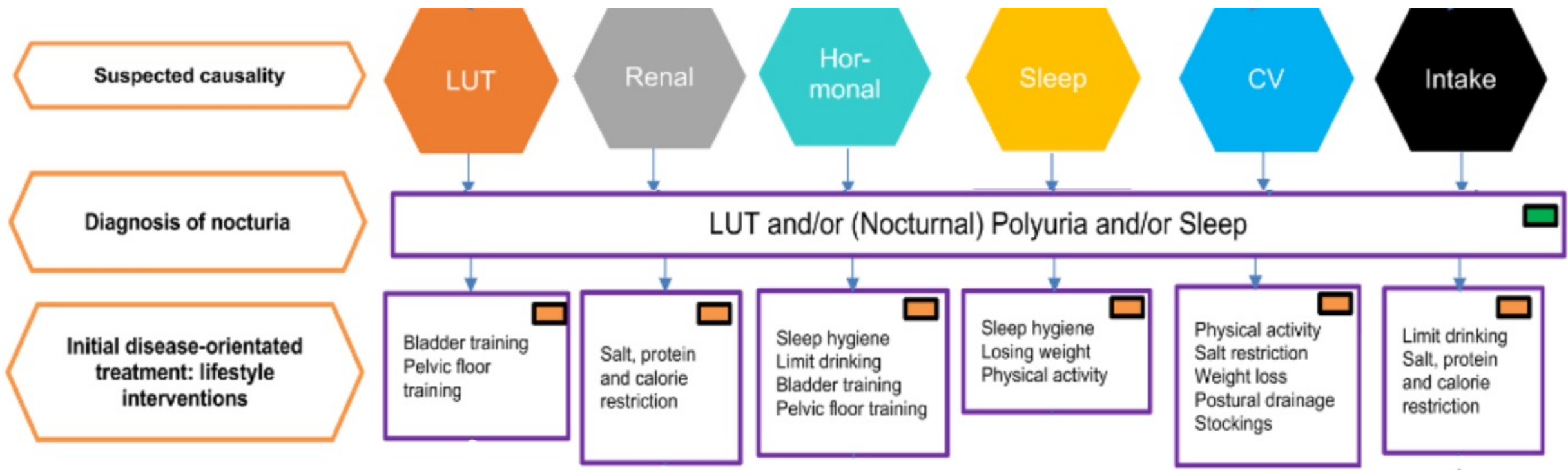


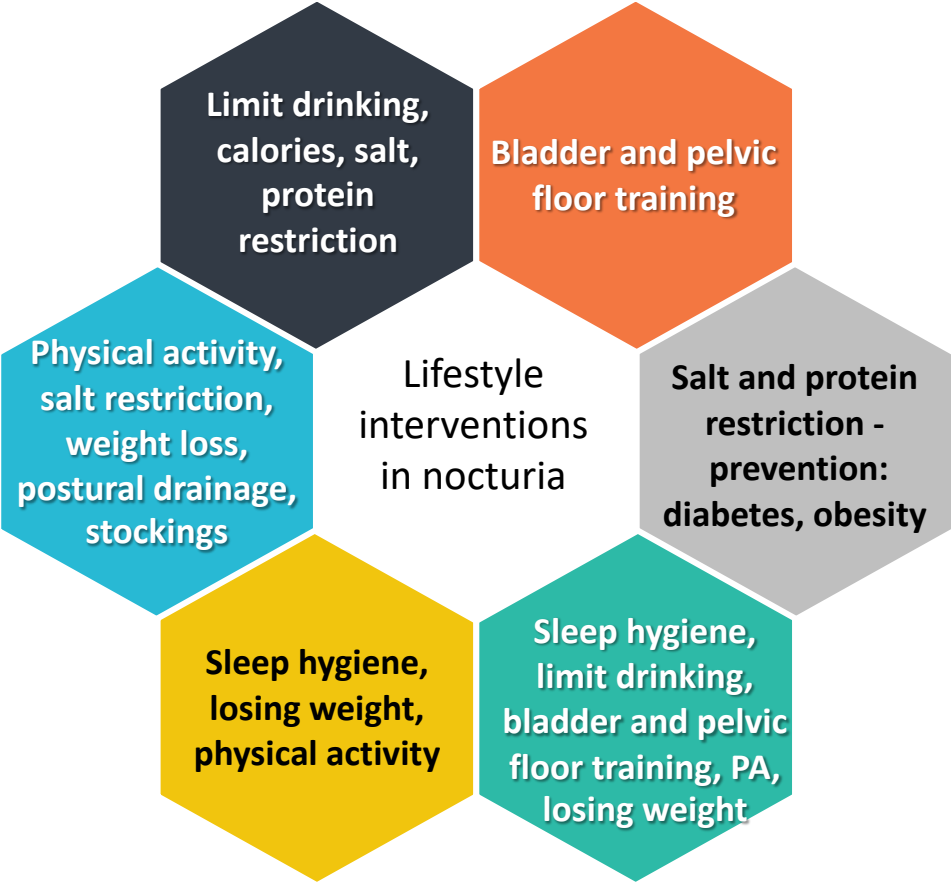
# Disease specific questionnaires

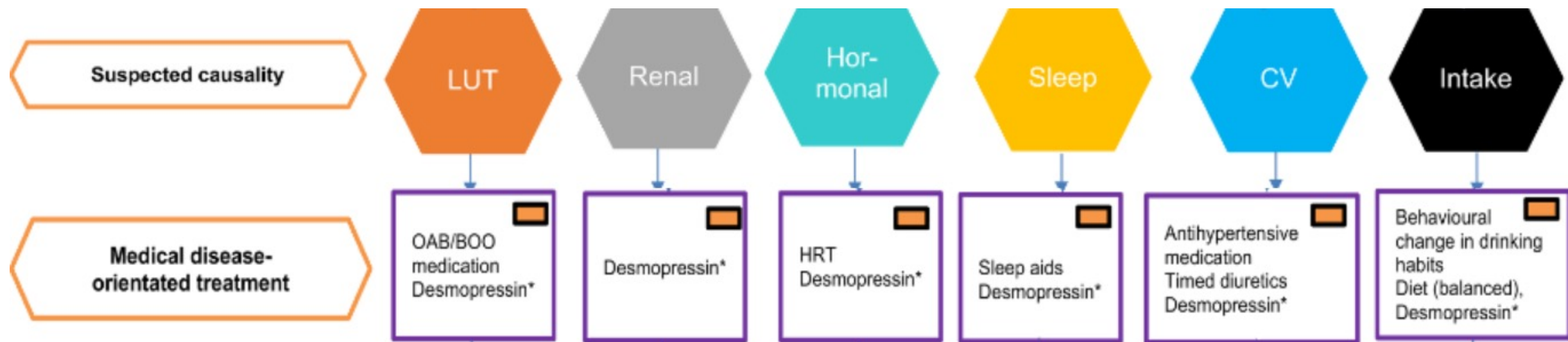
Place an "X" beside each statement to indicate whether or not it is true for you.

		True	False
<b>CARDIO / METABOLIC</b>	My ankles, feet or legs swell during the day.	<input type="checkbox"/>	<input type="checkbox"/>
	I take fluid tablets (e.g. Lasix).	<input type="checkbox"/>	<input type="checkbox"/>
	I have kidney disease.	<input type="checkbox"/>	<input type="checkbox"/>
	I take tablets to control my blood pressure.	<input type="checkbox"/>	<input type="checkbox"/>
	I often get dizzy when standing up.	<input type="checkbox"/>	<input type="checkbox"/>
	I have high blood sugar OR diabetes.	<input type="checkbox"/>	<input type="checkbox"/>
	My blood sugar levels are difficult to keep stable.	<input type="checkbox"/>	<input type="checkbox"/>
<b>SLEEP</b>	I have 5 hours or less sleep per night.	<input type="checkbox"/>	<input type="checkbox"/>
	I would describe my sleep quality as bad.	<input type="checkbox"/>	<input type="checkbox"/>
	It takes me longer than 30 minutes to fall asleep at night.	<input type="checkbox"/>	<input type="checkbox"/>
	I have difficulty staying asleep at night because of my bladder.	<input type="checkbox"/>	<input type="checkbox"/>
	I often experience pain at night.	<input type="checkbox"/>	<input type="checkbox"/>
	I have been told I snore loudly OR stop breathing at night.	<input type="checkbox"/>	<input type="checkbox"/>
<b>URINARY TRACT</b>	I need to get up to pass urine within 3 hours of going to sleep.	<input type="checkbox"/>	<input type="checkbox"/>
	I experience a sudden urge to urinate on most days.	<input type="checkbox"/>	<input type="checkbox"/>
	I have a bladder urgency accident once a week or more.	<input type="checkbox"/>	<input type="checkbox"/>
	I often need to strain or push to start urinating.	<input type="checkbox"/>	<input type="checkbox"/>
	I have an enlarged prostate gland (Males Only).	<input type="checkbox"/>	<input type="checkbox"/>
<b>WELLBEING</b>	In general, I would say that my health is not good.	<input type="checkbox"/>	<input type="checkbox"/>
	I have trouble staying awake while driving, eating or during social activities.	<input type="checkbox"/>	<input type="checkbox"/>
	I have had a fall in the last 3 months.	<input type="checkbox"/>	<input type="checkbox"/>
	I don't look forward to things with as much enjoyment as I used to.	<input type="checkbox"/>	<input type="checkbox"/>









# Nycturie: behandelen of niet?

JA

NEE

| INDIEN NYCTURIE PLOTS OPTREEDT

| INDIEN JE 2 OF MEER KEER OPSTAAT OM TE  
PLASSEN 'S NACHTS

| INDIEN JE 1 KEER OPSTAAT OM TE PLASSEN  
'S NACHTS

| INDIEN JE WEET WAAROM EN HET STOORT  
JE NIET

# Nycturie: behandelen of niet?

JA



| MAAR MEESTAL ZIJN ER MEERDERE ONDERLIGGENDE FACTOREN

| NOOD AAN MULTIDISCIPLINAIRE AANPAK



# Plas Praat

Even naar het toilet,  
maar snel terug online ;)

Plas Praat is een platform voor patiënten,  
hulpverleners & eender wie met vragen  
over plassen, plasproblemen en wat je er  
aan kan doen.

Volg ons:  



Bedankt voor uw aandacht!

An-Sofie Goessaert, uroloog, MD PhD  
[www.mijnuroloog.be](http://www.mijnuroloog.be)

Dr. A. Goessaert  
uroloog

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