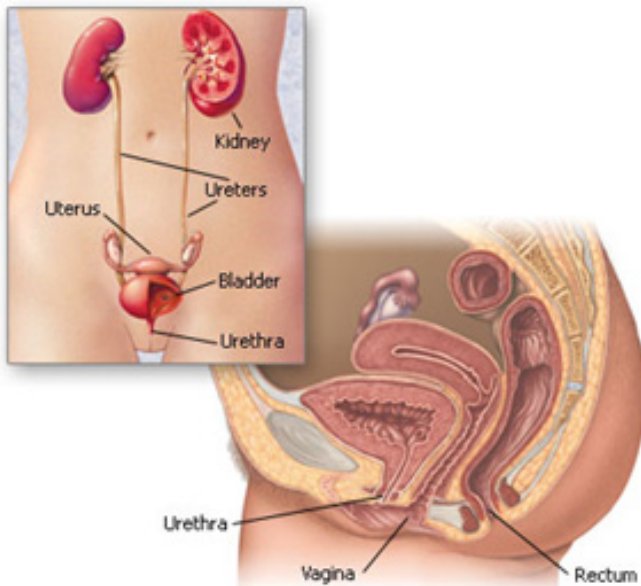


Suggestions for Reducing the Risk of Recurrent Urinary Tract Infections in Women

Urinary Tract Infection (UTI) is a common condition that affects both men and women.

Women are prone to UTIs more so than men because of their relatively short urethra.

Having a short urethra enables bacteria to invade the bladder, particularly bacteria from the anus and vagina.



Common signs and symptoms of UTIs include the following:

- Frequent urge to urinate
- Pain and discomfort with urination
- Burning feeling during urination
- Persistently cloudy looking urine
- Pressure in the pubic bone region
- Fever
- Nausea / Vomiting
- Confusion and abrupt changes in behavior in the elderly

Many women suffer from frequent UTIs and may find any of the following tips helpful for preventing infections in the future:

- ✓ After urination or defecation wipe front to back
- ✓ Keep the genitalia clean by cleansing daily with mild soap and water
- ✓ Void before and after intercourse
- ✓ Urinate when you feel the urge
- ✓ Avoid bubble baths
- ✓ Wear cotton underwear and avoid clothing that is tight in the groin area
- ✓ Use sanitary napkins instead of tampons and change frequently
- ✓ Maintain a balanced vaginal pH (estrogen balance) Note: You may need to discuss this with your gynecologist
- ✓ Drink at least 6 glasses of water a day
- ✓ Avoid bladder irritants such as caffeine, alcohol, and tobacco
- ✓ Take all antibiotics exactly as prescribed
- ✓ Eat plain yogurt or take a probiotic supplement regularly to promote normal bacterial flora
- ✓ Cranberry juice may be effective in treating and preventing UTIs due to chemicals called proanthocyanidins
Caution: High sugar content in most cranberry drink products may cause gastrointestinal upset and/or raise concerns about sugar Control

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