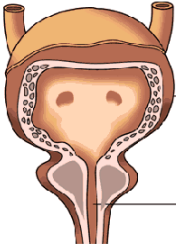


Cystitis

What is it?

- **Cystitis** – inflammation of the urinary bladder, usually when a woman wipes forward instead of backwards after using the bathroom; infected by bacteria, (Prevention- Keep the genital area clean, wipe from front to back)
- **Traumatic Cystitis**- most common in the female, due to bruising of the bladder, usually by sexual intercourse; usually followed by bacterial cystitis (coliform bacteria transferred from the bowel to the urethra into the bladder)
- **Inrerstitial Cystitis/IC**- injury to the bladder with constant irritation, usually without infection, cause is unknown, usually misdiagnosed with UTI/Urinary Tract Infection
- **Radiation Cystitis**- often occurs when undergoing radiation therapy for the treatment of cancer



Signs and Symptoms:

- **Symptoms**- pressure in the lower pelvis, foul or strong urine odor, blood in the urine, abnormal urine color, painful urination, frequent urination, need to urinate at night

Facts:

- **Most Often**- affects women, but can affect either sex and all age groups
- **Sexually Active Women**- most common cause if from Staphylococcus Saprophyticus and E. Coli, sexual intercourse may increase the risk of cystitis because bacteria may get into the bladder through the urethra during sexual activity
 - **Bacteria**- in the bladder is normally removed through urination
- **Cystitis**- Rare in Males
- **More than 85% of Cases**- are caused by E. Coli/Escherichia Coli, a bacterium that is found in the lower gastrointestinal tract



What can I do?

- **See your Health Care Provider**- urinalysis, urine culture, catheterized urine specimen
- **See a Registered Dietitian**- drink cranberry juice, cranberry extract tablets

