Urinary Tract Infection

What Is It?

- <u>UTI/Urinary Tract Infection</u>-the urge to go to the bathroom when you just went, burning or pain during urination
- Cystitis-infection of the bladder
- **Urethritis**-infection of the urethra
- Other Infections are vaginitis and irritable bladder disorder

What are the symptoms?

- Frequent- and urgent need to urinate
- Painful-urination
- Blood in the urine
- Lower- back or abdominal pain
- Urine- cloudy, reddish in color, unusual odor
- Severe Infection chills or fever



- 7 million visits to the Doctor yearly
- Affects women- (8 times more likely to get) more than men and children
- Men- the prostate gland produces secretions that slow bacteria growth
- Avoid tub baths
- Always- wipe back and not forward due to germs
- Normally the bladder cleanses itself of bacteria
- 80 to 90% of UTI's- are caused from E Coli bacteria, present in the rectum

What Can I Do?

- See your Health Care Provider immediately
- **Drink** plenty of water and cranberry juice
- See a Registered Dietitian on line or in person
- **Do Not** hold urine



