

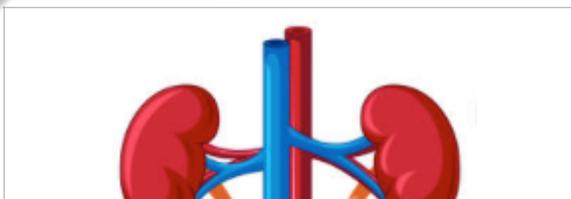
UTIs are uncomfortable but are rarely dangerous or life-threatening.

Urinary Tract Infection

Urinary tract infections (UTIs) are very common in women. About 40 percent of women will experience a UTI at least once in their lifetime.

The Urinary System

The role of the urinary system is to remove waste from your body. It is made up of the kidneys, ureters, bladder, and



UTI Symptoms

Burning with urination and the frequent **Urgency** need to urinate are common symptoms.

Pressure in the lower pelvic area.

Cloudy urine, or **Blood** in the urine.

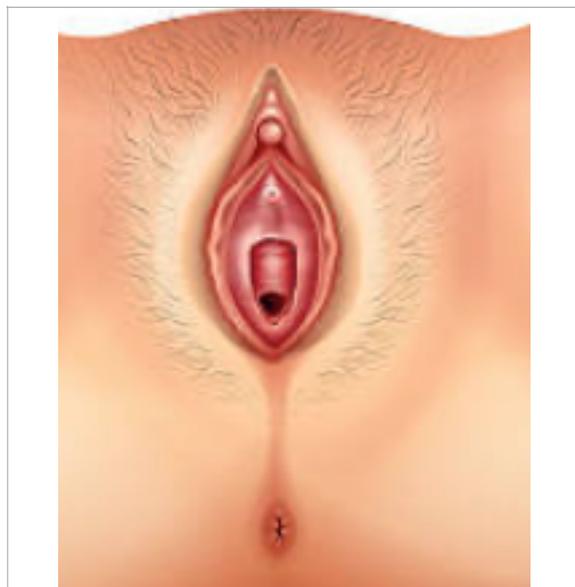
Fever With a severe infection or if the infection involves the kidney (pyelonephritis), women may experience fever and chills, pain in the back.

Nausea and Vomiting.

Serious **Sepsis and Death** possible in presence of Comorbidity.



About UTIS



Women are at higher risk for UTIs because the urethral opening is located near the anus. The female urethra is about two inches long, so bacteria from the colon and vagina are sometimes able to enter the urinary tract. The good news is that UTIs are rarely serious in healthy women and can easily be treated.

Some women are at a higher risk for UTIs:

- Sexually active women.
- Pregnant women.
- **Menopausal women**-After menopause the level of **Estrogen** drops in a woman's body. This results in changes to the vaginal pH. This can change the types of bacteria that live in the vagina to those more likely to cause UTIs.
- Women with **diabetes** or other health conditions that decrease their body's ability to fight infection.

UTI Diagnosis

- Your Doctor will first **ask about** your symptoms.
- Then, to **confirm** the diagnosis, a urine test is usually done.
- Your urine is tested for components like blood, bacterial byproducts and cells that indicate infection. This test can be done quickly in the Lab, and then a **urine culture** may be performed to determine the type of bacteria present as well as the best antibiotic to use.
- Other parameters like blood for CBC, Creatinine, Blood sugar, CRP and **Ultrasonography** may be advised in severe cases and comorbidity

UTI Treatment

- An uncomplicated UTI is usually treated with oral antibiotic pills.
- The specific antibiotic and length of treatment will depend on the type of bacteria found to be causing the infection, as well as your medical history.
- Women usually feel better within 24 hours of starting the antibiotic. However, it is important for you to finish taking all of the medicine. If you stop taking the antibiotics, the infection may return.
- If you are pregnant, diabetic, recently had surgery, or have a kidney infection, you may need to take an antibiotic for seven to 14 days.
- Urine culture results are usually available in 2 to 3 days. If those results show that the antibiotic **you have been** taking is ineffective against your infection, your provider may change the antibiotic. Sometimes, the antibiotics alone **may not be enough or the infection may have spread** since your urine test was **done**.
- Call your health care provider if your symptoms do not get better, if you have a fever or chills, or if you experience increasing pain in your back and pelvic area.
- Indoor admission and Intravenous antibiotics, Hydration are necessary in sepsis and pyelonephritis

Prevention

Using vaginal low-dose Estrogen.

Consuming Probiotics, Vit C, Cranberry juice, Antioxidants

Low dose of an antibiotic after sex or daily for several months.

Regular Sitz Bath

Control of Comorbidity- Diabetes, Steroids, etc.

Regular Exercise

Spending Productive Time with Spouse and Family

Healthy Life Style

Recurrent UTIS

If you have three or more UTI s in a year, that is called having "Recurrent UTIs." This can be very frustrating.

Recurrent UTIs appear to run in families.

Chronic Prostatitis

Women who have recently had pelvic surgery.

used a catheter are also at risk.

Diabetes and Anti diabetic drugs Like

Using a Cervical diaphragm or spermicide

Genital Hygiene

Obesity

Inability to squat or Sit

Poor habits at Commode

Knee and Hip problem

Menopause

Sexually inactive

After a thorough pelvic exam to look for anatomic causes of UTIs, your provider may recommend additional evaluation with a urogynecologist or urologist.

You many need a cystoscopy, which is a procedure performed to find causes from Bladder, Prostate and Urethra