

Title: Urinary Tract Infections

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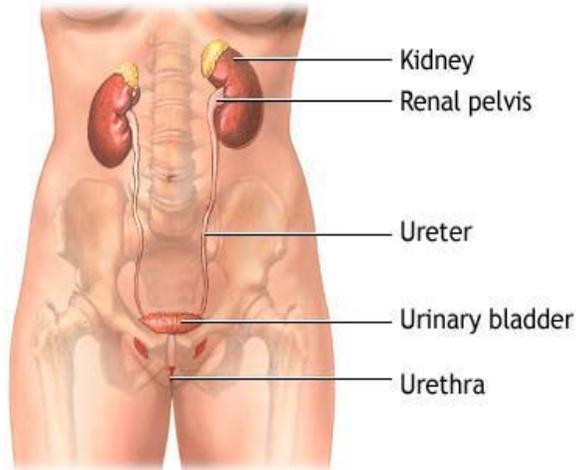
Abstract: The most common cause of pain with urination is a urinary tract infection. 3% of all office visits in primary care relate to painful urination and 50-60% of all women in their lifetime will have at least 1 UTI. UTIs are usually easily treated, however because of the possibility of pyelonephritis it is important for patients to understand the warning signs of infections of the urinary system.

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advice and recommendations of your personal health care provider. The information provided may no longer be up to date since it has not been reviewed since the date of creation. The information provided should not be used to diagnose a health problem or disease, or as a means of determining treatment. In the event of a medical emergency, immediately contact a doctor or call 911.

What is a urinary tract infection?

Commonly called “a bladder infection” a urinary tract infection or UTI is an infection of the urinary system in the body. This infection can be located in the urethra (tube between bladder and the outside of the body), in the bladder (organ where urine collects), all the way up to the kidneys (organs that produce the urine). The latter involving the kidneys is called an upper tract infection and can cause serious illness.



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What causes UTIs?

Nearly all UTIs are caused by bacteria that naturally occur in the body. Of those bacteria, one called E. Coli is responsible for 80-90% of UTIs in adults. Mutations of this bacteria allow it to attach itself within the urinary system and multiply

How would someone know if they have a UTI?

The most common symptoms are an urge to urinate frequently, including at night, pain with urination, and an uncomfortable feeling below the belly button (suprapubic area). Fever or low back pain could be a sign of a more serious kidney infection.

Should I see a doctor?

Yes, if you have any of the symptoms listed below see a doctor. Your doctor will obtain a urine sample from you to determine if your symptoms are because you have a UTI

If left untreated, a UTI could lead to a serious infection of the kidneys called pyelonephritis



What is the treatment for a UTI?

Your doctor will prescribe a short course of antibiotics to take by mouth.

Who is at risk for UTIs?

UTIs are much more common in women than men. Roughly 50-60% of women will have at least one UTI in their lifetime. Being sexually active also increases the risk. Often women will have several UTIs in their lifetime.



Can I prevent UTIs?

Cranberry juice has been used as a home remedy for UTIs, unfortunately there is not strong evidence to support this treatment. Other prevention tips such as drinking lots of fluids and good hygiene should be observed, but unfortunately have not been shown to prevent UTIs in scientific studies. So it is important to see your doctor if you have symptoms of a urinary tract infection



For more information go to:

<http://www.nlm.nih.gov/medlineplus/urinarytractinfections.html>