

# Urinary Tract Infection

## What Is It?

- **UTI/Urinary Tract Infection**-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



## Information:

- **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

