



Urinary Tract Infection (UTI)

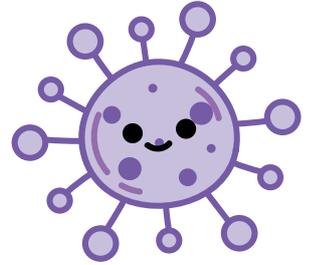


Causes of UTI

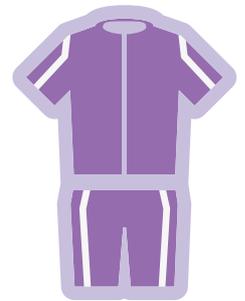
- Poor hygiene
- Using public toilet
- Certain medications



- Disease leading to growth of bacteria



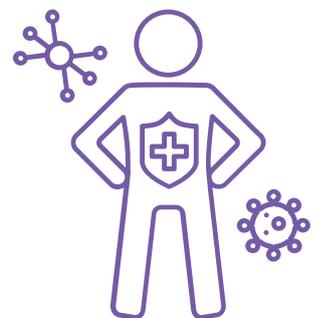
- Tight garments
- Dehydration
- Menopause



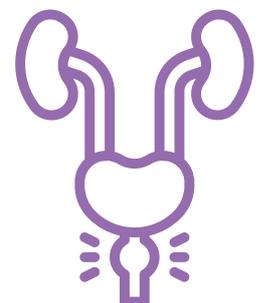
- Uncontrolled diabetes
- Not passing urine during urge



- An unsterile catheter
- Supressed immune system

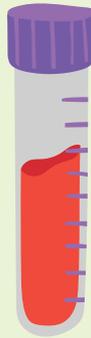


- Blockage in urinary system such as stone
- Enlarged prostate



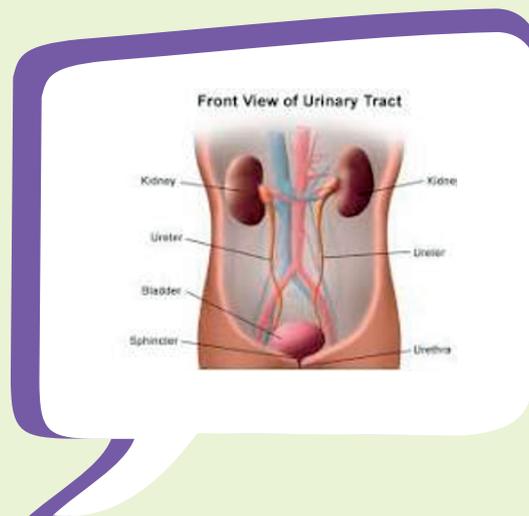
Symptoms

- Pain or burning when urinating
- Frequent urination with urinating in small amounts
- Bloody urine
- Foul smelling urine
- Pressure / cramping in lower abdomen
- Lower back pain
- Dribbling of urine
- Nausea or vomiting, fever with chills is a symptom of bladder infection



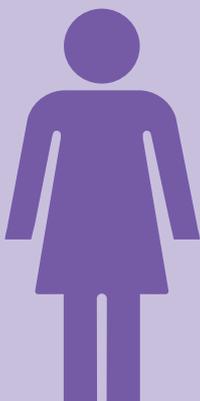
Complications

- Permanent kidney damage
- Sepsis
- Repeated UTIs



Risk Factors

- Previous UTI
- Hormonal changes
- Poor hygiene
- Age (older adults / younger children)
- Women are at an increased risk



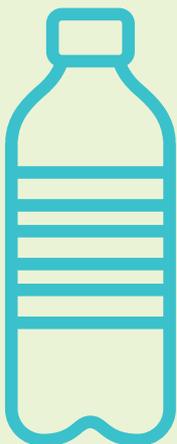
Treatment



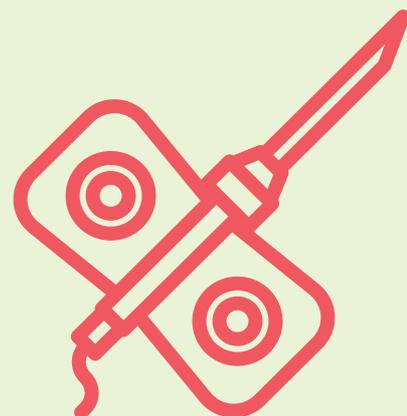
- Take full course of antibiotics
- Drinking lots of fluids
- Practice good hygiene



- Control your diabetes
- Avoid caffeinated beverages
- Try cranberry juice



- Alkalize your water
- For severe cases, admission is needed in hospital for IV antibiotics

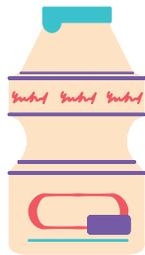


Prevention

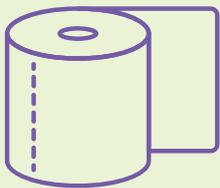
- Stay well hydrated
- Take showers instead of baths



- Practice good hygiene
- Take probiotics



- Do not hold your urine in
- Clean yourself front to back



- Wear loose clothing
- For children and adults wearing diapers, change diapers immediately when soiled with urine or stool

