

UTI Mythbusters

MYTH: It might be painful, but a UTI will eventually go away

FACT: Your body will not cure itself of a UTI. If left untreated, UTIs can spread to the kidneys and cause more serious issues and even lead to hospitalization. If your healthcare provider confirms you have a UTI, you will be prescribed an antibiotic to treat the infection. After that, PREVENTING future UTIs should be a priority. Learn more about risk factors and prevention tips at www.nomoreUTIs.com.

MYTH: Sexual intercourse is the only way to get a UTI

FACT: While sex is the leading cause of UTIs, due to the fact that intercourse can help push bacteria into the urethra, having sex doesn't mean that you will get a UTI, and it is not the only risk factor. Pregnancy, menopause, some birth control and various medical conditions in women, men and children can cause UTIs.

MYTH: Eating cranberries or drinking cranberry juice prevents UTIs

FACT: Raw cranberries and bottled cranberry juice do not contain enough of the active ingredient found in cranberries, called proanthocyanidins or PAC for short, to help prevent UTIs. Research shows that 36 mg PAC from the juice concentrate is necessary to block infection-causing bacteria.

MYTH: Large doses of Vitamin C prevents UTIs

FACT: Vitamin C has many great benefits, including helping to boost your immune system. Large amounts of Vitamin C may slow the growth of certain bacteria, but does not kill bacteria by acidifying the urine.

MYTH: Taking a low-dose antibiotic every day is a good way to prevent UTIs

FACT: While low-dose antibiotics can be effective at preventing UTIs over the short term, they are not ideal for the long term. They may come with unwanted side effects and, over time, bacteria can become resistant to certain antibiotics. The World Health Organization (WHO) has identified antibiotic resistance as a global health issue that limits treatment for UTIs and other infections. Antibiotics should be used to treat an infection, but other options should be considered for ongoing prevention.

MYTH: Only people with bad hygiene get UTIs

FACT: This is not true. While poor hygiene can be a risk factor, there are many risk factors associated with UTIs. You can still fall victim to a UTI, even with excellent hygiene habits.