

URINARY TRACT INFECTIONS (UTIs)

What you should know to help prevent them

RISK FACTORS



FEMALE ANATOMY

A woman has a shorter urethra than a man, which allows bacteria quicker access to the bladder

SEXUAL ACTIVITY

During intercourse, a significant amount of 'below-the-belt' bacteria from the vagina and rectum enters the urinary tract



BIRTH CONTROL

Diaphragms and some spermicidal agents may increase risk

MENOPAUSE

Reduced estrogen changes the urinary tract and makes it more vulnerable to UTI-causing bacteria



PREGNANCY

Hormonal changes and a growing uterus putting pressure on the bladder may cause UTIs



MEDICAL CONDITIONS

Diabetes, incontinence, obesity and other conditions can suppress the immune system and make it more difficult for the body to fight infection



CATHETERS

Catheters placed in the urethra for urine drainage may result in bacteria build-up and migration into the bladder

PREVENTION TIPS

STAY HYDRATED

Drink more fluids (water is a must) to help flush your urinary tract of UTI-causing bacteria



URINATE

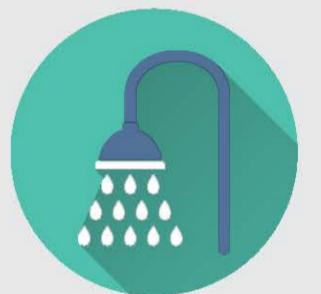
Pee frequently, especially before and after intercourse. When you have the urge to go, don't hold it!

WIPE FRONT TO BACK

Prevent bacteria from entering the urethra by always wiping from front to back

TAKE SHOWERS

Avoid prolonged baths and shower instead, whenever possible



WEAR COTTON UNDERWEAR/GARMENTS

Cotton fabric lets moisture escape while other fabrics can trap it and create a home for bacteria



AVOID PERFUMED PRODUCTS

Perfumed douches and vaginal lotions/creams should be avoided

GO NATURAL

Try a supplement with 36 mg PAC (proanthocyanidins) from cranberry concentrate for UTI prevention. Some probiotics and vaginal creams may also help to support vaginal and urinary tract health.