

❖ **URINARY TRACT INFECTIONS aka UTI's?**

As the name suggests it's when the urinary tract gets infected most often by the bacteria *E.Coli*. The infection causes symptoms such as;

- × Burning and pain on urinating
- × the feeling of 'urgency' to urinate
- × cramping feeling
- × Fever can occur if severe or getting worse.
- × May get 'flank pain' which is where your kidneys hurt (lower sides of your back)
- × Urine may look cloudy in colour
- × Nausea/vomiting/chills may occur
- × Any signs of blood should be checked out by your doctor ASAP

What are they commonly caused by?

The bacteria can infect the tract by various factors such as;

- × sexual intercourse
- × hygiene practices (wiping 'back to front' rather than from 'front to back')
- × having a weakened immune system.
- × Your anatomy; some people are more prone to it than others
- × Women get it more often than men

How can you treat a UTI?

It is important to drink plenty of water (at least 6-8 glasses) as this will help flush the kidneys out, prevent dehydration and dilute the urine so it doesn't 'burn' or 'sting' when you go.

If the symptoms are only mild and there is no fever then you may try to manage the symptoms over-the-counter. Some products can be used to reduce the symptoms and others acts as preventatives if you get them frequently;

<u>PRODUCT</u>	<u>USE</u>	<u>DIRECTIONS</u>	<u>COMMENTS</u>
<u>Urinary alkalinises</u> <u>Ural or Citravescent</u>	Neutralise the acid in the urine so that it reduces pain/burning on urinating	Dissolve 1-2 sachets in 200mL water four times a day	-Can be used in kids over 6 -Does not treat the infection, simply neutralises the acidity -should not be used whilst taking certain antibiotics as it can reduce how well it works - people with salt restrictions should be careful as there is a lot in these
<u>Anti-bacterial</u> <u>Hiprex</u>	This is an antibacterial to help treat the infection if mild. It can be used daily as a preventative if you suffer from them recurrently	Take 1 tablet twice a day if there is an infection. Take 1 daily for preventative means	-Cannot be used whilst taking Ural or Citravescent as these will reduce how well Hiprex will work
<u>Cranberry</u>	It works to acidify the urine and to prevent infections from occurring and to help treat the infection a bit faster than without them	Depending on the brands; there are various strengths available	Should be used mainly as a preventative, it may clear mild infections only
Ethical Nutrients Urinary tract support	Contains herbs traditionally used to cleanse and detox the urinary system	Take 5 tablets four times per day	Contains the herbs: Cherokee Rose 1.5g, China root 1.2g and Japanese Climbing Fern 832mg. used at the initial symptoms to help detox the system
Probiotics such as <u>Inner Health Plus</u>	Can put back the 'good bacteria' to fight off infections	1 tablet daily	-Good preventative by restoring the normal balance

When should I see the doctor?

UTI's should not be ignored as they can get worse very quickly. You should go to the doctor if;

- × It is getting worse and there is a fever
- × Elderly people; it can worsen quickly and can cause hallucinations if untreated
- × If there is any blood in the urine it should be looked at ASAP
- × Children under 6 years, it can get worse very quickly
- × If pregnant, it needs to be looked at ASAP so that it does not get worse too quickly