

RECURRENT URINARY TRACT INFECTIONS

- Recurrent urinary tract infections (UTIs) are much more common in females. They peak during early childhood, during the sexually active age, and then again, in later life. Bacteria from the vagina and rectum can enter the bladder through the urethra during sexual intercourse, or as a result of poor hygiene. Many factors determine if a symptomatic infection will result:
 - The amount and type of bacteria introduced
 - The ability of the bladder to resist infection
 - The ability to empty the bladder of urine
 - Frequency and amount of urine produced
 - Anatomic abnormalities

- Obviously, there are many different causes. Therefore, there are just as many treatments for recurrent urinary tract infections. After a complete evaluation and treatment, prevention must be individualized in each case. Therefore, we may then suggest some or all of the following recommendations for treatment and prevention of urinary tract infections. These recommendations have both a scientific basis, and/or we learned through years of treating patients with UTI's.
 - Vitamin C 1000mg- Two 500mg pills a day
 - Cranberry Juice- Two large glasses a day
 - Increased fluid intake and frequency of voiding, which will help wash out bacteria
 - Urinate before and after sexual activity
 - After voiding, wipe from front to back (This is good perineal hygiene)
 - Use cotton panties
 - Use incontinence pads, not sanitary napkins, if you have leakage
 - A culture and sensitivity test of urine may need to be done if an infection is present
 - Antibiotics are required for acute urinary tract infections
 - Antibiotics or antibacterial medication may be given prophylactically at night or following sexual activity, to help prevent recurrent infections.
 - Alcohol, spicy foods or caffeine may increase symptoms of urinary tract infections