



Urinary Tract Infections

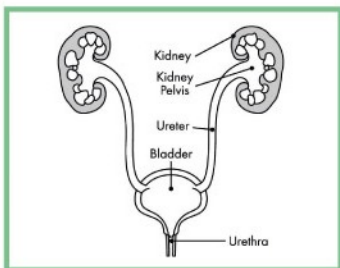
Did you know that..

- Globally one in five women will have at least one UTI in her lifetime. Nearly 20 percent of women who have a UTI will have another, and 30 percent of those will have yet another. Of this last group, 80 percent will have recurrences.
- About 80 to 90 percent of UTIs are caused by a single type of bacteria.
- UTIs can be treated effectively with medications called antibiotics.
- People who get repeated UTIs may need additional tests to check for other health problems.

This brochure answers the questions most often asked about UTIs. If you have more questions, speak to your doctor.

What is a urinary tract infection?

A UTI is what happens when bacteria (germs) get into the urinary tract and multiply. The result is redness, swelling and pain in the urinary tract (see diagram). Most UTIs stay in the bladder, the pouch-shaped organ where urine is stored before it passes out of the body. If a UTI is not treated promptly, the bacteria can travel up to the kidneys and cause a more serious type of infection, called pyelonephritis (pronounced pie-low-nef-right-iss).



Do men get UTIs?

Yes, though much less often than women. A UTI in a man is often caused by an enlarged prostate gland, which can block the flow of urine.

Do children get UTIs?

Yes, though less often than adults. Girls, especially between ages 4 and 8, are more likely to have UTIs than boys. Because it's easy to overlook symptoms of a UTI in children, parents should look for the following signs of a possible UTI :

- low fever
- irritability
- frequent urination
- pain or burning when urinating (younger children may cry when urinating)
- pain around the belly button
- strong odor to the urine and cloudy or blood-tinged urine
- new day or night wetting in a child who has been dry.

If the infection spreads to the kidneys, the child may also have:

- high fever
- back pain
- vomiting.

Children who have an unexplained fever for three days or other signs of a possible UTI should be checked by a doctor. Some infants and children who get UTIs may have an abnormality of their urinary tract that needs to be treated. The doctor may want to do some special tests, such as an ultrasound exam, to check for any problems in the child's urinary tract.

Do UTIs lead to kidney damage?

Not usually. In most cases, UTIs can be treated successfully without causing kidney damage. However, UTIs caused by problems like an enlarged prostate gland (in a man) or a kidney stone can lead to kidney damage if the problem is not corrected and the infection continues. UTIs in young children may sometimes cause kidney damage if not treated promptly. This damage may lead to poor kidney function and high blood pressure in the future.

How can I find out more about UTIs?

Your doctor can answer specific questions you or your family may have about UTIs, symptoms and medications. The doctor can order the tests needed to find out if you have a UTI and plan any other needed tests or treatment.

| Emergency Hotline : **10670** || Appointment : (02)-8401680 |

| Ambulance : 01714-090000 || Emergency : 01911-555555 |

| Central PABX : (02)-8401661 || Master Health Check : (02)-8401600 |