


The background features a dark teal color with several water droplets of varying sizes scattered across the surface. In the upper center, there is a blurred image of a green cup or bowl. The overall aesthetic is clean and clinical.

URINARY TRACT INFECTIONS



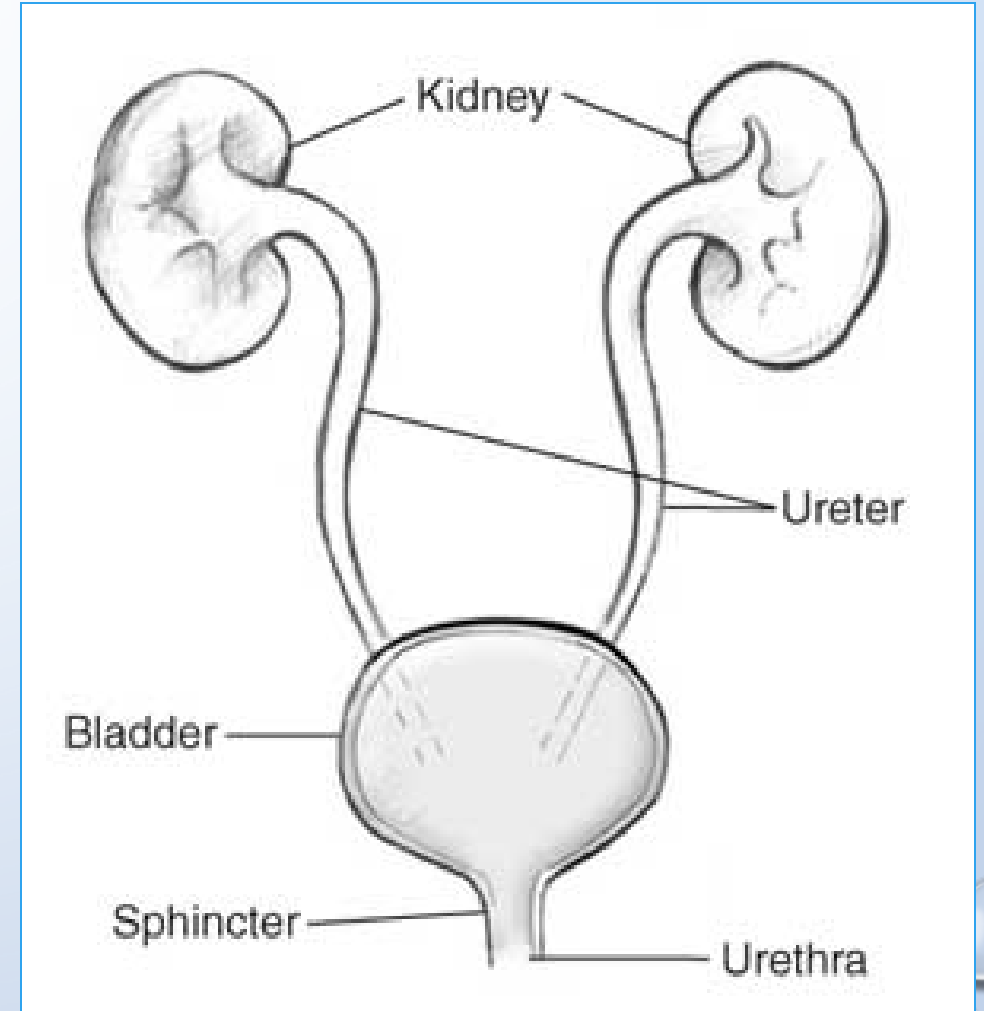
URINARY TRACT INFECTIONS (UTIs)

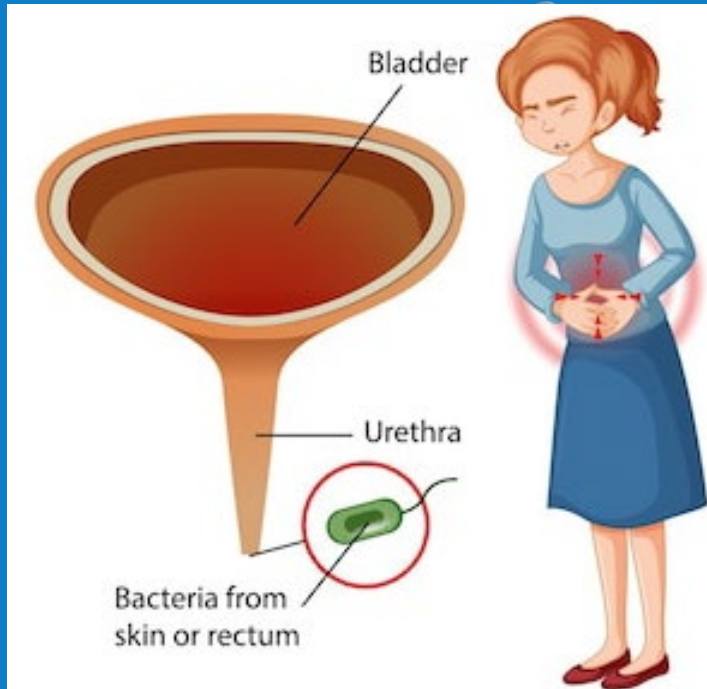
**Urinary tract infections, or UTIs,
are relatively common.**

**They are often referred to as
bladder infections.**

THE URINARY SYSTEM

ITEM	LOCATION	FUNCTION
Kidneys	Upper abdomen, close to spine	Filter water soluble waste products from blood and urine.
Ureters	Tubes from kidney to bladder	Move fluid from the kidney to the bladder
Bladder	Hollow organ shaped like a balloon located in pelvis	Stores urine
Urethra	Tube from bladder to outside of body	Allows urine to pass from bladder to outside of body
Sphincters	Circular muscles located at point where urethra leaves the bladder	Keeps urine from leaking out of bladder





CAUSES OF INFECTION

- Urinary tract infections can occur when bacteria enter the urinary tract through the urethra.
- The bacteria then multiply in the bladder and can result in an infection.
- The bacteria that usually cause an infection come from the intestinal tract and live on the skin near the rectum or in the vagina in women.
- The most common organism is *E. coli*, but other bacteria can also cause infections.

RISK FACTORS

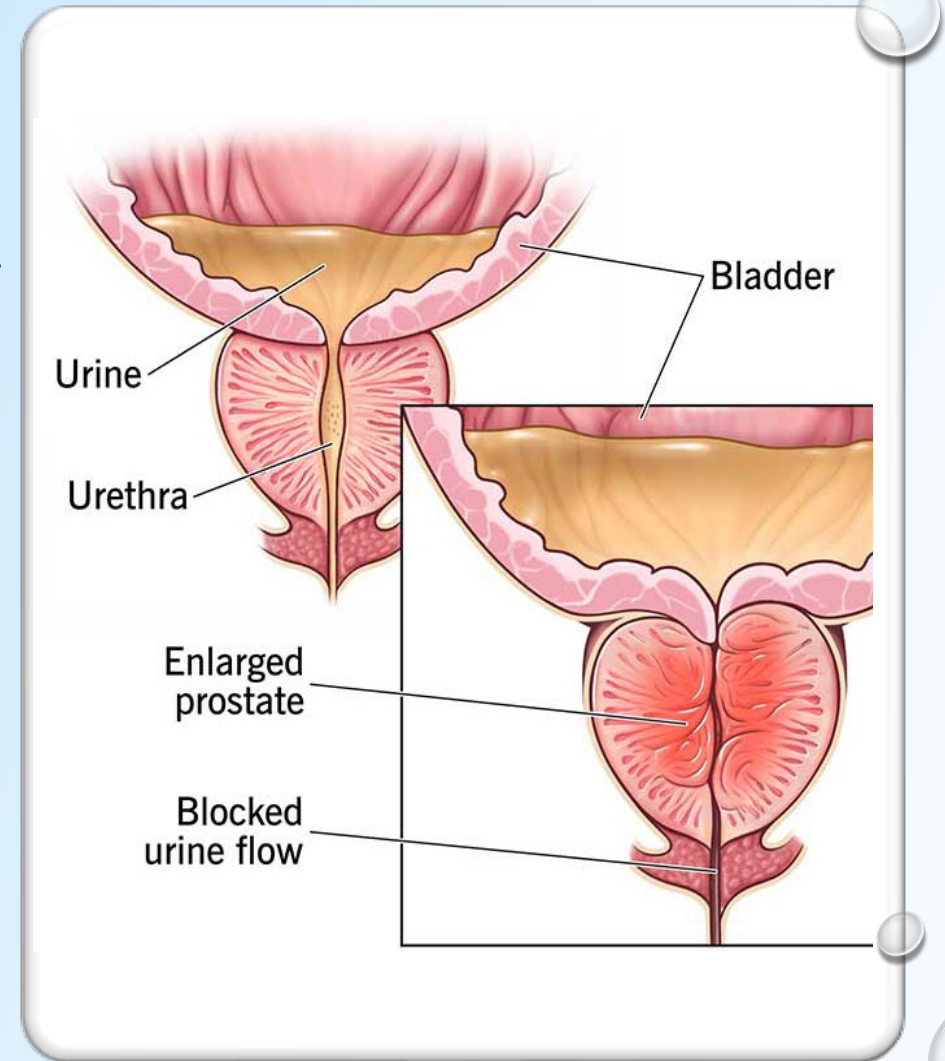
1. GENDER:

FEMALES:

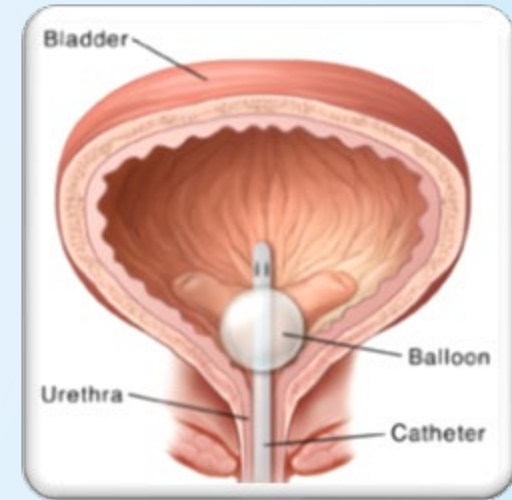
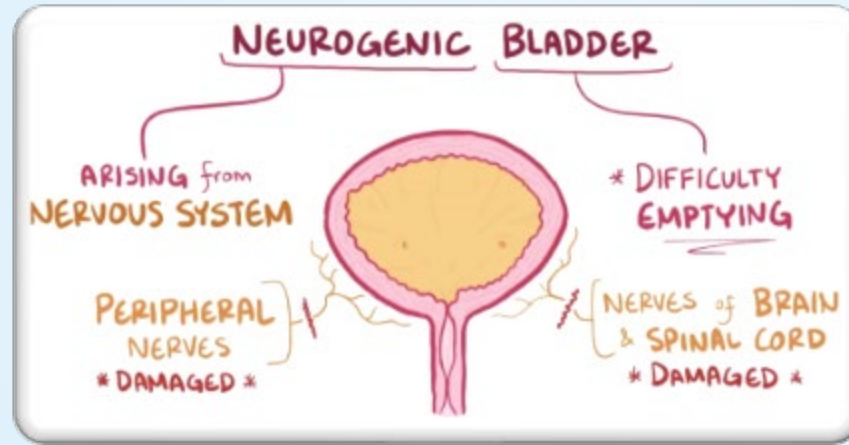
- More prone to UTIs due to the urethra being shorter.
- The urethral opening is also closer to the anus and can come into contact with bacteria more readily.
- After menopause, the lack of estrogen increases the risk for infections.
- Increased sexual activity also increases the risk for infections.

MALES

- With aging, there is often enlargement of the prostate gland which can obstruct urine flow. When the bladder does not completely empty, bacteria are not flushed out and can multiply to cause an infection.
- If uncircumcised, bacteria live closer to the opening of the urethra which increases the risk for infections.



RISK FACTORS, continued



2. URINARY TRACT ABNORMALITIES:

- Neurological abnormalities such as a neurogenic bladder leads to increased risk for UTIs as the bladder doesn't empty correctly.
- Anatomical variations that block flow of urine and don't allow the bladder to fully empty, can cause an increase in infections.
- Requiring a catheter to empty the bladder leads to infections, especially if the catheter is left in the bladder for multiple days.

3. SUPPRESSED IMMUNE SYSTEM:

- Diabetes and other diseases can impair the immune system and increase the risk of infection. The immune system is the body's defense against bacteria and developing infections.

SYMPTOMS



Urinary Urgency



Urinary Frequency



Burning Sensation
During Urination



Pelvic Pain

- Fever, often with chills
- Feeling unwell
- Nausea and vomiting
- Low abdomen or back pain
- Cloudy, pink, or brown urine
- Strong-smelling urine

PREVENTION

STEPS CAN BE TAKEN TO
REDUCE THE RISK OF
URINARY TRACT INFECTIONS.





Drinks lots of water



Eat a healthy diet



Get plenty of sleep

PREVENTING UTIs

BLADDER IRRITANTS:

Certain foods can irritate the bladder and increase the risk for infection.

When someone has frequent UTIs, these foods should be avoided.

Dairy



Acidic foods



Coffee & tea



Tomato based products



Alcohol



Carbonated drinks



Citrus



Chocolate



Spicy foods



URINARY TRACT INFECTIONS

THANK YOU
JEAN JUSTAD, MD
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