

Taking Control of your Health Series: Urinary Tract Infections

A **Urinary Tract Infection (UTI)** occurs when germs infect the system that carries urine out of your body — the kidneys, bladder and the tubes that connect them. Bladder infections are common and usually not serious if treated promptly. But, if the infection spreads to the kidneys, it can cause a more serious illness. Diabetes or other chronic diseases that affect the immune system may decrease your resistance to infection.



Call your doctor if you have these symptoms, which may indicate UTI in adults

Frequent and intense urge to urinate a painful, burning feeling during urination

Feeling tired, shaky and weak

Muscle aches

Only small amounts of urine passed, despite strong urge to urinate

Cloudy, dark or bloody urine or urine that has a foul smell

Pain in the back or side below the ribs

Abdominal pain

Nausea and vomiting

Fever may indicate kidney or prostate infection

You can help keep UTI at bay with a few preventive measures and home remedies!

Add these tips to your health and hygiene routine:

- ▶ **Drink 10-14 glasses of water daily** to protect yourself from urinary infection. Drinking so much water flushes out bacteria and other microorganisms which contaminate the urinary tract.
- ▶ **Do not suppress the urge to urinate**, as it may have dire consequences on your health leading to a fully-developed urinary tract infection.
- ▶ **Always wipe yourself from front to back**, as this stops the entry of the bacteria from the anus into the vagina or urethra. After having a bath or bowel movement, follow this simple rule.
- ▶ **Take showers instead of bubble baths** to prevent entrance of bacteria into the urethra, which causes UTI.
- ▶ **Wash your genital area before and after sexual intercourse.** Also urinate before and after intercourse. This avoids the transference of bacteria from one partner to another.
- ▶ **Douching and scented sprays can cause infection** and irritation of the vaginal area. These do not help alleviate the UTI problem.
- ▶ **Drink a good amount of cranberry juice**, as it is one of the most simple and natural ways to treat UTI. It prevents as well as heals the infection, due to its medicinal properties.
- ▶ **Avoid bladder irritants** like citrus, tomatoes, aged cheese, chocolate, spicy food, caffeine, alcohol and nicotine.
- ▶ **At the onset of UTI symptoms**, consume Vitamin C supplements. It increases the acidity level of urine, which helps decrease the bacteria present in the urinary tract.
- ▶ **Avoid tight underwear** as it creates an ideal environment for undesirable bacteria to breed. For best hygiene practice, wear 100% cotton undergarments.

For more information on UTI and other common preventable health complications, contact your health care provider or your local partner for better health:



TRINITY COUNTY
HEALTH INITIATIVE
because nothing is more important than your health

936-642-1746

SAVE *the* DATE

SATURDAY • OCTOBER 12, 2013
REGIONAL HEALTH



Get to know your medical community!

Representatives from the following Industries/Companies will be available for consultation:

Hospice • Alzheimer's • Assisted Living • Long Term Care • Home Healthcare • Skilled Nursing

Law Enforcement
Gun Safety, Boat Safety
Home Safety & Security
Finger Printing

Flu and Pneumonia
Vaccines
will be available!

Blood Pressure
Screening & Oxygen
Saturation Testing

Have questions about
prescriptions?
Ask your
local Pharmacist!

Nutrition Consultations
Will be Available to
those who want them!

Fire & Rescue will be on
hand to talk about
Fire Safety



10 AM 'til 2 PM

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