

Urinary Tract Infection – How to Prevent and Treat

Cases of urinary tract infection are a relatively common problem. It is not even unusual to find someone who has suffered from repeated episodes of this disease.

Therefore, it pays to understand what causes urinary tract infections, the most common symptoms, how to prevent it and certainly the appropriate treatment.



What causes a urinary tract infection?



A urinary tract infection is the result of the proliferation of harmful bacteria in the urinary tract. The disease affects the urethra, bladder, and kidneys. It may be caused, among other factors, by lack of hygiene in the genital area, contamination through sexual intercourse or even by spending long periods of time without urinating.

What are the symptoms?



The most common symptoms of this kind of infection include burning when urinating, increased number of times going to the bathroom (including at night), pain in the pubic region, changes in the color of urine (even with the presence of blood) and fever.

Why are women more prone to cases of urinary tract infection?

It is estimated that in adults aged between 20 and 50, urinary tract infection is 50 times more common in women. This happens due to the female anatomy: the urethra canal is shorter in women, making it easier for bacteria to invade.



What are the options regarding the treatment?

Once the diagnosis is confirmed (through clinical and laboratory tests), the treatment is carried out by means of prescription of antibiotics. These medications get rid of the bacteria responsible for the infection. Additionally, analgesics and anti-inflammatories may also be indicated.



How to prevent this type of problem?



To prevent a urinary tract infection, it is important to be extra careful when it comes to intimate hygiene and preferably use water and neutral soap. Not retaining urine for long periods, urinating after sexual intercourse, wearing underwear made from light and comfortable fabric and drinking plenty of water are additional simple and effective measures that can prevent most cases.

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