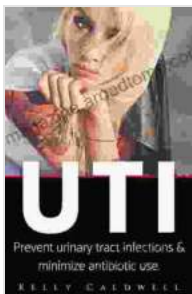


# Uti Prevent Urinary Tract Infections Reduce Antibiotic Use

Urinary tract infections (UTIs) are a common problem, especially for women. They can be painful, uncomfortable, and even lead to serious health problems if left untreated. Antibiotics are the usual treatment for UTIs, but they can have side effects and contribute to antibiotic resistance. There are a number of things you can do to prevent UTIs, including drinking plenty of fluids so you can urinate frequently. If you do get a UTI, there are a number of natural remedies that can help, such as cranberry juice and vitamin C. Consult your doctor for the best course of treatment for a UTI.

## What are UTIs?

UTIs are infections of the urinary tract, which includes the kidneys, ureters, bladder, and urethra. They are most commonly caused by bacteria that enter the urethra and travel up the urinary tract. UTIs can affect people of all ages, but they are more common in women than in men. There are a number of risk factors for UTIs, including: being female, having a history of UTIs, using a diaphragm or cervical cap for birth control, and having a weakened immune system.



## UTI: Prevent Urinary Tract Infections & Reduce Antibiotic Use by Kelly Caldwell

★★★★★ 5 out of 5

Language : English  
File size : 2218 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled

Word Wise : Enabled  
Print length : 24 pages  
Lending : Enabled



## Symptoms of UTIs

The symptoms of a UTI can vary depending on the severity of the infection. Common symptoms include:

- A burning sensation when urinating
- Frequent urination
- Urgency to urinate
- Cloudy or foul-smelling urine
- Pelvic pain
- Nausea
- Vomiting
- Fever
- Chills

## Diagnosis of UTIs

Your doctor can diagnose a UTI based on your symptoms and a physical exam. They may also Free Download a urine test to confirm the diagnosis. A urine test can also show the type of bacteria that is causing the infection.

## Treatment of UTIs

The usual treatment for UTIs is antibiotics. Antibiotics work by killing the bacteria that cause the infection. The type of antibiotic that your doctor prescribes will depend on the type of bacteria that is causing the infection. Antibiotics are usually taken for 3 to 7 days.

## **Prevention of UTIs**

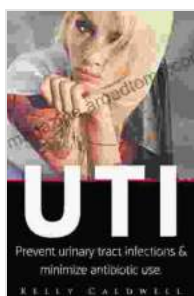
There are a number of things you can do to prevent UTIs, including:

- Drink plenty of fluids. Drinking plenty of fluids helps to flush out the bacteria that can cause UTIs. Aim to drink eight glasses of water per day.
- Urinate frequently. Holding your urine in can give bacteria a chance to grow and multiply. Urinate every few hours, even if you don't feel the urge to go.
- Wipe from front to back. Wiping from back to front can spread bacteria from your anus to your urethra.
- Change your underwear regularly. Wearing dirty underwear can increase your risk of developing a UTI.
- Avoid using harsh soaps or douches. Harsh soaps and douches can irritate the urethra and make it more susceptible to infection.
- Consider taking cranberry supplements. Cranberry supplements have been shown to help prevent UTIs. Cranberry contains a substance called proanthocyanidins, which can prevent bacteria from adhering to the walls of the urinary tract.

## **Natural Remedies for UTIs**

If you do get a UTI, there are a number of natural remedies that can help, including:

- Cranberry juice. Cranberry juice is a natural diuretic, which means that it helps to flush out the bacteria that cause UTIs. Cranberry juice also contains proanthocyanidins, which can prevent bacteria from adhering to the walls of the urinary tract.
- Vitamin C. Vitamin C is a natural antibiotic that can help to kill the bacteria that cause UTIs. Vitamin C also helps to strengthen the immune system.
- Garlic. Garlic is a natural antibiotic and antifungal that can help to kill the bacteria that cause UTIs. Garlic also helps to boost the immune system.
- Manuka honey. Manuka honey is a natural antibiotic that can help to kill the bacteria that cause UTIs. Manuka honey also helps to soothe the inflammation caused by UTIs.



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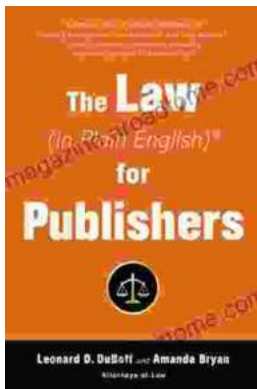
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