

URINARY TRACT INFECTIONS

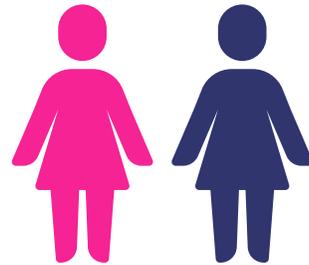
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1 in 2 women

will develop a UTI in their lifetime!



Pregnancy
Spermicide use
Multiple sexual partners
Menopause

Diabetes
Kidney stones
Immunocompromised
Bladder/urine catheter

Risk Factors



Common Symptoms



Frequent painful peeing



Strawberry red urine

Daily cranberry pills (36g)



Prophylactic antibiotic use

Replace spermicide with another contraceptive



Vaginal estrogen use after menopause

Preventing UTIs



REFERENCES:

1. Epp A, Larochelle A. No. 250-Recurrent Urinary Tract Infection. J Obstet Gynaecol Can. 2017 Oct; 39(10):e422-0431
2. Foxman B, Cronenwett AE, Spino C, Berger MB, Morgan DM. Cranberry juice capsules and urinary tract infection after surgery: results of a randomized trial. Am J Obstet Gynecol. 2015 Aug; 213(2):194.e1-8.