



SENIOR HEALTH

Urinary Tract Infections

HOW TO RECOGNIZE THEM

Urinary tract infections (UTIs) are caused by microscopic agents that enter the urinary tract. If left unchecked, kidney damage and even death can result. After age 55, men are just as likely as women to develop urinary tract infections because of enlarged prostates.

SYMPTOMS OF UTIs

painful, burning or itching sensations during urination

strong or frequent urge to urinate

urinating only a small amount

cloudy, bloody or strong-smelling urine

soreness in your lower abdomen, back or sides

fever, chills and vomiting

WAYS TO PREVENT UTIs

- ▶ Avoid long periods without urinating.
- ▶ Empty your bladder at least every three hours during the day.
- ▶ Drink a minimum of eight glasses of water each day.
- ▶ Empty your bladder before and after intercourse.
- ▶ Women should wipe from front to back.

DIAGNOSIS AND TREATMENT

An early diagnosis helps keep the problem from becoming serious and offers the best chance for successful treatment. Antibiotics and drinking plenty of water are often the prescribed treatments. There's also evidence to suggest that drinking cranberry juice, in addition to water, may help fight a UTI.