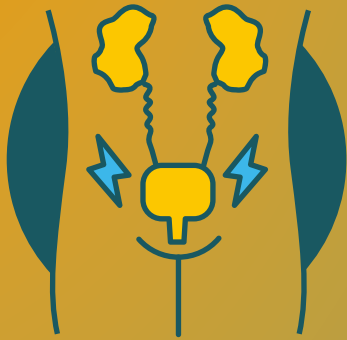




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# URINARY TRACT INFECTIONS

## What is a Urinary Tract Infection (UTI)?

UTIs are common infections that happen when bacteria, usually from the skin or rectum, enter the urethra, and infect the urinary tract. The infections can affect several parts of the urinary tract, but the most common type is a bladder infection (cystitis).

Kidney infection (pyelonephritis) is another type of UTI. They're less common, but more serious than bladder infections. An estimated 50 % of women report having had a UTI at some point in their lives.

## Risk Factors

Some people are at higher risk of getting a UTI. UTIs are more common in women and girls because their urethras are shorter and closer to the rectum, which makes it easier for bacteria to enter the urinary tract.

## Other factors that can increase the risk of UTIs:

- A previous UTI
- Sexual activity, and especially a new sexual partner
- Changes in the bacteria that live inside the vagina (vaginal flora), for example caused by menopause or use of spermicides
- Pregnancy
- Age (older adults and young children are more likely to get UTIs)
- Structural problems in the urinary tract, such as prostate enlargement.
- Poor hygiene, particularly in children who are potty-training
- Prolonged use of catheters

## Symptoms of a bladder infection can include:

- Pain or burning while urinating
- Frequent urination
- Feeling the need to urinate despite having an empty bladder
- Bloody urine
- Pressure or cramping in the groin or lower abdomen



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## Symptoms of a kidney infection can include:

- Fever
- Chills
- Lower back pain or pain in the side of your back
- Nausea or vomiting

Younger children with UTI usually have a high fever and pain when urinating. However, most children with fever do not have a UTI.

## Treatment

Your doctor will determine if you have a UTI by asking about symptoms, doing a physical examination, and ordering urine tests, if needed. UTIs are usually simply treated with antibiotics.

Urinary Tract Infections and Intrauterine Devices.

There is some risk of PID (pelvic inflammatory disease) linked to IUD use. PID is the inflammation of a woman's pelvic organs (uterus, fallopian tubes, ovaries and cervix) due to infection, but the risk is very low after the first 20 days of insertion.

PID is usually sexually transmitted. You have a higher risk of getting PID if you or your partner have sex with multiple partners. Pelvic infection can also be caused by bacteria getting into the uterus during insertion. Most infection develops within 3 weeks of insertion. Infection (due to the IUD) after 3 weeks is rare. If you get an infection after this time, it is most likely because you have been exposed to STD's during sex, or your partner has not been treated for a previous infection.

## References

Stacey, D. (2019, July 14). IUD Risks and Complications. Retrieved from <https://www.verywellhealth.com/iud-risks-and-complications-906766>

Urinary Tract Infection (uti) and Cystitis (bladder Infection) in Females <https://emedicine.medscape.com/article/233101-overview>