

# Help For An Often Uncomfortable Condition: Urinary Tract Infection

(NAPSA)—A common medical condition affecting millions of American women may also be among the most treatable. Almost half of all women will experience a urinary tract infection (UTI) during their lifetime, and many will experience more than one UTI. About one in three women will experience a UTI requiring antibiotic treatment by the age of 24. Women are especially prone to UTIs and their risk increases with age.

Arming yourself with the facts may be the best approach to preventing UTIs. It is important to seek appropriate treatment for this common condition.

## What is a UTI?

A UTI is an infection in any of the parts of the urinary tract: the kidneys, ureters (carry urine from kidneys to the bladder), bladder or urethra (carries urine out of the bladder when a person urinates). Normally, the urinary tract protects itself against infection by flushing out bacteria during urination. However, bacteria can sometimes overpower these defenses, and the urinary tract becomes infected.

UTIs are defined as either being *uncomplicated* or *complicated* depending on the factors that trigger the infections. Uncomplicated infections typically occur in the bladder of otherwise healthy people.

Complicated UTIs often occur in people with weakened immune systems—for example, people with diabetes or another chronic illness. They may also be caused by difficulties such as kidney stones that interfere with urine flow or in people who need catheters (a thin, flexible tube inserted into the body, usually to remove a fluid such as urine from the bladder). Complicated UTIs

can occur anywhere in the urinary tract.

## Symptoms

Although not everyone suffers from the same symptoms, common UTI symptoms include:

- Frequent urge to urinate
- Pain or burning during urination
- Feeling the urge to urinate, but not being able to do so
- Cloudy, strong-smelling or bloody urine
- Discharge from the urethra
- Feeling tired
- Uncomfortable pressure above the pelvic bone

## Important Note

Contact your healthcare professional if you experience painful urination or an urgent need to urinate, if you notice cloudy or bloody urine, or any of the symptoms noted here. Seek immediate medical attention if you experience signs of kidney infection, which include fever, pain in the right or left lower back, nausea and/or vomiting.

## Treatments

Once it is determined that your symptoms have been caused by a bacterial infection, a doctor will often prescribe an antibiotic. Research has shown antibiotics are effective in treating UTIs, however an increasing number of organisms that cause UTIs do not respond to traditional therapies. Additionally, depending on a woman's age, different types of bacteria may cause a UTI and as a result require different types of antibiotics. Therefore, it is important to talk to your healthcare professional about finding an antibiotic that will work well against the particular bacterium that has caused the infection.

To efficaciously treat a UTI, an antibiotic such as LEVAQUIN® (levofloxacin) which kills a broad

range of bacteria, might be prescribed. It can eradicate the diverse types of bacteria increasingly responsible for these infections. LEVAQUIN is approved for treatment in adults with uncomplicated UTIs (mild to moderate) due to *Escherichia coli*, *Klebsiella pneumoniae*, or *Staphylococcus saprophyticus*. LEVAQUIN is also approved for treatment in adults with complicated UTIs (mild to moderate) due to *Enterococcus faecalis*, *Enterobacter cloacae*, *Escherichia coli*, *Klebsiella pneumoniae*, *Proteus mirabilis* or *Pseudomonas aeruginosa*.

Be sure to finish the entire course of any prescribed antibiotic to achieve the desired effect.

For more information, visit [www.levaquin.com/uti](http://www.levaquin.com/uti).

## Some Suggestions to Prevent UTIs

- Drink plenty of fluids, especially water
- Some healthcare professionals recommend drinking cranberry juice to help prevent UTIs from recurring
- After using the toilet, always wipe front to back to prevent bowel bacteria from entering the urethra (important for females)
- Urinate when you feel the urge to do so and do not resist the need to urinate
- Avoid using soaps, shampoos and bubble baths that contain fragrances or other chemicals that may irritate the urethra (important for females)
- Take showers instead of baths
- Wear cotton underwear

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## Important Safety Information

The most common drug-related adverse events in U.S. clinical trials were nausea (1.5%) and diarrhea (1.2%).

The safety and efficacy of levofloxacin in pediatric patients, adolescents (under 18), pregnant women, and nursing mothers have not been established. Levofloxacin is contraindicated in persons with a history of hypersensitivity to levofloxacin, quinolone antimicrobial agents, or any other components of this product. Serious and occasionally fatal hypersensitivity and/or anaphylactic reactions have been reported in patients receiving therapy with quinolones, including levofloxacin. These reactions may occur following the first dose. The drug should be discontinued at the first appearance of a skin rash or any other sign of hypersensitivity. As with other quinolones, levofloxacin should be used with caution in patients with known or suspected central nervous system disorders, peripheral neuropathy, or in patients who have a predisposition to seizures.

Antacids containing magnesium or aluminum, as well as sucralfate, metal cations such as iron, and multivitamin preparations with zinc, or Videx\* (didanosine) chewable/buffered tablets or the pediatric powder for oral solution, should be taken at least 2 hours before or 2 hours after levofloxacin administration.

For information on Warnings, Precautions, and additional Adverse Reactions that may occur, regardless of drug relationship, please see the full U.S. Prescribing Information available upon request or at [www.levaquin.com](http://www.levaquin.com) or [www.ortho-mcneil.com](http://www.ortho-mcneil.com).

\*Videx is a registered trademark of Bristol-Myers Squibb Company.