

Understand Your Risk For Urinary Tract Infections As You Age Gracefully ®

(NAPSA)—You're over 50 and experiencing post-menopausal symptoms, such as hot flashes, irritability and mood swings. On top of that, you are at higher risk for developing an uncomplicated urinary tract infection (UTI). Read on to find out why and how to prevent this potentially serious condition.

Menopause and post-menopause are a natural part of aging for every woman. It is within four or five years of the last period or during post-menopause that women are at a very high risk of getting a urinary tract infection. This is a result of changes that may occur during that time such as a drop in estrogen levels.

An uncomplicated urinary tract infection, or UTI, is a bacterial infection of the urinary system that will affect more than 20 percent of all women and an even higher percentage of women during their postmenopausal years.

Uncomplicated UTIs usually occur when bacteria enter the urinary tract from the outside, typically through the urethra. They can be uncomfortable, even painful and when left untreated, can lead to complications such as kidney infection.

Uncomplicated UTIs are not only a concern for a woman in her post-menopausal years. Women of all ages can get an uncomplicated UTI which can be caused by poor hygiene, inadequate intake of fluids such as water, and conditions such as diabetes.

Because uncomplicated UTIs are bacterial infections, they can be treated with antibiotics like Cipro® (ciprofloxacin HCl) Tablets. You should visit your doctor if you believe you have a urinary tract infection, as only she can diagnose and prescribe treatment for this common condition. The symptoms of an uncomplicated UTI include:

- Burning sensation when you urinate
- Feeling the need to urinate frequently

- Feeling the need to urinate but being unable
- Urine with an unusual or strong odor
- Colored urine (cloudy, dark or blood colored)

Despite the fact that the urinary tract system is designed to prevent bacteria from entering, certain factors can decrease its ability to ward off the bacteria. Although uncomplicated UTIs are curable with the use of antibiotics in most cases, here are some useful tips you can use to protect yourself and prevent an uncomplicated UTI from interrupting your golden years:

- Make sure to drink plenty of fluids so that your urine appears clear during the day
- Follow good daily hygiene such as washing your genital area every day
- Urinate frequently and to completion, especially after intercourse
- Don't use feminine hygiene products containing deodorant

If you believe you have an uncomplicated UTI, don't worry, treatment is available. See your doctor to properly treat the infection. Your doctor may also refer you to a urologist for further evaluation in order to rule out the presence of other conditions.

Treatment with Cipro® may result in certain side effects which are usually mild, including nausea, diarrhea, vomiting and abdominal pain or discomfort, headache and rash. As with any prescription, tell your physician about any medications you may be taking. Remember, your doctor or healthcare provider is the single best source of information regarding you and your health. Consult your doctor if you have any questions about your health, medication, or any symptoms you may be having.

For more information about Cipro® or for full prescribing information, go to www.CiproUSA.com.