

Can't Get Rid Of That Urinary Tract Infection: Why Does It Keep Coming Back? Ⓢ

(NAPSA)—The only thing worse than a painful infection is a painful infection that keeps coming back. Urinary tract infections can be among those infections that can reappear a few months after clearing up. Read on to find out how to best prevent and treat urinary tract infections.

One out of every five women will develop a urinary tract infection, or UTI, during her lifetime. Some women are more prone to UTIs than others. In fact, 20 percent of women who have a UTI will develop another, and 30 percent of those will have yet another.

Uncomplicated urinary tract infections (UTIs)—also called bladder infections or cystitis—typically occur when bacteria enter the urinary tract from the outside. Urine has antibacterial properties that prevent the growth of most bacteria, but certain factors can increase the chances that the bacteria will multiply into a full-blown infection. A few factors can increase the likelihood of developing an infection:

- Poor hygiene that may lead to growth of bacteria
- Inadequate fluid intake
- Conditions such as diabetes
- Frequent sexual intercourse
- Use of a diaphragm

When UTIs keep coming back, it is usually because the latest infection stems from a slightly different type of bacteria, indicating a separate infection. To learn more, speak to your doctor about possible reasons for recurrence.

Whether or not you are more prone to recurring UTIs, there are a few things you can do to decrease your chances of developing an infection. Follow these simple steps to keep bacteria at bay:

- 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

Even if you do follow this advice, it is not 100 percent guaranteed that you will not develop an uncomplicated UTI at some point during your life. Not everyone with an uncomplicated UTI has symptoms, but most people have at least one. These may include a frequent urge to urinate and a painful burning sensation when doing so. Additionally, your urine may be cloudy or discolored. It is also common to feel under the weather in general—tired, run-down—or to feel lower abdominal pain.

It is important to see a doctor if you have any of the symptoms of a UTI. Your doctor may also refer you to a urologist for further evaluation in order to rule out the presence of other conditions. Because an uncomplicated urinary tract infection is a bacterial infection, it can be easily cured in most cases with the right antibiotics. With an antibiotic such as Cipro® (ciprofloxacin HCl) Tablets, an uncomplicated UTI can be treated, but it is extremely important to take the full prescribed course of antibiotics as directed by your doctor. You may already be familiar with the name Cipro®, but you probably didn't know this antibiotic is used frequently to treat such a common condition.

Treatment with Cipro® may result in certain side effects that are usually mild, and may include nausea, diarrhea, vomiting and abdominal pain or discomfort, headache and rash. As with any prescription, tell your physician about any other 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.

So don't let a urinary tract infection ruin your fun; speak to your doctor or pharmacist for more information.