

COLLEGE CORNER

College Prep 101: Learn About The Risks Of UTIs

(NAPSA)—Congratulations! You've made it through your high school years—aced exams, made it through the admissions process and packed your bags. You've said goodbye to your parents and have entered the next phase of your life. Wait! There's one more lesson: "below the belt" health. Learn about the risks of uncomplicated urinary tract infections (UTIs) and why, as a college woman, you may be at increased risk.

Infections of the urinary tract are common—especially among college-aged girls, as the activities generally associated with college life can make women more prone to the disease. Fortunately, there are simple precautions that can be taken, and effective treatments are available. So, if you've just headed off to college, read on to find out more about this common condition.

A UTI—also called a bladder infection or cystitis—is a bacterial infection of the urinary system. Healthy urine does not contain any bacteria. A UTI is caused when bacteria enter the urinary tract from outside the body and begin to multiply.

What are the symptoms?

- Burning sensation during/upon urination
- Feeling the need to urinate frequently
- Feeling the need to urinate but being unable to
- Having colored urine (cloudy, dark or blood-colored)

Usually bacteria do not enter the urinary system as urine has antibacterial assets, and the urinary system is designed to keep bacteria out. However, one out of five women will get a urinary infection during her lifetime. What increases a woman's chances of getting a UTI, and why are college women at risk?

College presents possibilities to develop a UTI, including lifestyle changes that could increase your risk of an

uncomplicated UTI:

- Inadequate fluid intake
- Frequent sexual intercourse
- Use of a diaphragm

Because UTIs are bacterial infections, the disease can be cured in most cases with a three-day course of antibiotics such as Cipro® (ciprofloxacin HCl) Tablets. However, untreated the bacteria can spread, and the condition can worsen. Moreover, the disease can become a serious condition if left untreated. So, be safe rather than sorry—see your doctor or health clinic if you suspect you have an uncomplicated UTI.

How to lower the risk of uncomplicated UTI:

- 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

Only a doctor can diagnose and provide proper treatment for an uncomplicated UTI. 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 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.