
health hints



Treating Urinary Tract Pain

(NAPSA)—Researchers have found a way to combine prescription and nonprescription medication to solve a painful and often embarrassing problem.

Urinary Tract Infections (UTIs) are a painful condition that affect one out of every five women and account for an estimated 10 million doctor visits every year.

The infections are caused by bacteria growing in the urinary tract. Normally, urine and the urinary tract are sterile—that is, they contain no bacteria. However, in females it can be easy for bacteria commonly found near the bladder to be transferred to the urethra and then travel up to contaminate urine and inflame the bladder—that is where a UTI can start.

If left untreated, UTIs can spread into the kidneys and lead to more serious health problems.

While the types of bacteria that cause UTIs can vary, the symptoms are always the same: pain, burning, pressure and a frequent urge to urinate.

Because UTIs are caused by bacteria, antibiotics are usually prescribed to treat the condition. Taking the full dose of prescribed medication generally cures the infection, but the symptoms often take longer to disappear.

The Road To Urinary Tract Health

Doctors say following a few steps can help reduce a woman's chance of contracting a urinary tract infection (UTI).

- Drink plenty of water.
- Drink plenty of cranberry juice or take Vitamin C; the acid helps to inhibit the growth of certain bacteria associated with UTIs.
- Take showers instead of baths.
- Talk to a pharmacist or healthcare provider about UTIs.



To help treat UTI symptoms, many people take an over-the-counter medication such as Proidium® for the fast, temporary relief of urinary tract discomfort. While such medications are not meant to cure UTIs, they can help make waiting for an infection to clear up a less painful experience.

If UTI symptoms are severe or persist for more than two days, call your doctor promptly.

For more information on Proidium, consult your healthcare provider. To receive a free booklet on UTI infections, write: Requa, Inc.: P.O. Box 2384; Bridgeport, CT. 06608.