

A common problem for some women - Urinary Tract Infections



What causes urinary tract infections?

In most cases urinary tract infections are caused by bacteria. Any part of an urinary tract can become infected. The urinary tract includes the kidneys, ureters, bladder and urethra.

Main signs of urinary tract infections:

- feeling like you need to void more often
- feeling the urge to void but not being able to
- a burning when you void
- a bloody urine
- leaking

Why do women have urinary tract infections more often than men?

The urethra is located near the anus (back passage) in women body. Bacteria from the anus and rectum can travel up the urethra and cause infections. Wiping from the back to the front after a bowel movement can bring bacteria from the anus to the urethra.

In addition, having sex may also cause urinary tract infections in women because bacteria can be pushed into the urethra. Using a diaphragm can lead to infections because diaphragms push against the urethra and make it harder to fully empty the bladder. The urine that stays in the bladder is more likely to collect bacteria and cause infections.

Pregnant women seem to get infections of the kidneys more often than other women.

Pregnancy may make it easier for infections to happen because carrying a baby puts pressure on the urethras and because pregnancy causes changes in hormones.

How is urinary tract infections treated?

Usually your doctor will prescribe an antibiotic for you if you have an infection. Drinking extra fluids and in particular cranberry juice can also help.

If you have infections often, your doctor may suggest a therapeutic treatment in specialized health centers, for example [in Marienbad in the Czech Republic](#), in order to prevent the infections from coming back.

How much of a concern are urinary tract infections?

Urinary tract infections can be painful. But fortunately today's medicines and therapies keep urinary tract infections from becoming a **serious threat to the health**.

In case you have urinary tract infections often, you have to take some steps to help prevent them.

In addition to some [therapeutic stays](#) you have to follow some simple recommendations in your day to day life:

- wipe from front to back after bowel movements.
- don't hold your urine
- void after having sex to help wash away bacteria.
- use enough lubrication during sex

Article link: <https://varywww.spa-resorts.cz/eng/kaleidoskop/urinary-tract-infections-1184.html>