



# Urinary tract infections

Instructions for the health and well-being of immigrants



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## URINARY TRACT INFECTION = UTI

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- A common infection for women.
- About 50% of women have at least one UTI in their lifetime. Some may suffer from recurring infections.
- Usually, the infection is caused by bacteria that is usually harmless and lives in the gut but may enter the bladder through the urethra.
- The risk of UTIs drastically increases after menopause.

### Symptoms:

- Increased need to urinate
- Urge to urinate
- Burning sensation when urinating
- Blood in urine

### Prevention:

- Medication preventing infections if the infections are recurring.
- If the UTIs are related to sexual intercourse, it is advisable to urinate and take preventive medication immediately after intercourse.
- Estrogen cream after menopause
- Cranberry or cranberry-lingonberry juice (2 dl morning and evening).
- Remember to drink plenty of fluids.
- Avoid constipation.
- Be careful in cold temperatures

### References

- Tarnanen, K.; Wuorela, M.; Uhari, M. & Kukkonen-Harjula, K. Käypä hoito –suosituksen Virtsatieinfektio (VTI) potilasversio (Patient version of the Current Care Guideline for urinary tract infection (UTI)). Helsinki: Finnish Medical Society Duodecim, 2015). [www.kaypahoito.fi](http://www.kaypahoito.fi)
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