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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Facts You Should Know About Bladder Infection

By Heather Colman

Urinary tract infection (UTI) can be in any part of the urinary tract - The urethra, the bladder, the ureters and the kidneys. Of these, the most common infections occur in the bladder. Bladder infections are also known as cystitis, which literally means an inflammation of the bladder.

Risk Factors Some people are more likely than others to get bladder infections. Women tend to get them more often than men due to their urethra being shorter and closer to the anus. Among the women most likely to get bladder infections are women who are pregnant, going through menopause and using a diaphragm for birth control. Men who have prostate inflammation or enlargement will also be more likely to have bladder infections. Risk factors that apply to both men and women are; kidney stones, sexual intercourse with multiple partners, narrowed urethra, immobility such as recovering from hip fracture, not drinking enough fluids, bowel incontinence and catheterization. Elderly people and people with diabetes are also at higher risk of bladder infections.

Children can also be at risk for bladder infections. They are most common in boys before the first birthday and among uncircumcised boys. Girls are most likely to get bladder infections at around three years old when toilet training is usually in progress. Children under five years old who have bladder infections will need follow-up care to prevent later kidney damage.

Symptoms The symptoms of a bladder infection are varied. A person can have any or all of them. Young children may have only a fever or no symptoms at all. For adults, the symptoms can include; pressure in the lower pelvis, pain or burning with urination, frequent or urgent need to urinate, need to urinate at night, cloudy urine, blood in the urine, foul or strong urine odor, painful sexual intercourse, penis pain, flank pain, vomiting, fever and chills and mental changes or confusion.

Causes Bacteria entering the urethra cause bladder infections. The bacteria, more often than not, come from the anus. In some children, an abnormality in the anatomy of the urinary tract contributes to frequent infections.

Treatment Sometimes, a mild bladder infection will clear up on its own. Antibiotics are usually recommended, though, because there is a risk of the infection spreading to the kidneys. In order to

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protect their developing kidneys, children should be treated promptly with antibiotics. Elderly people should also be treated with antibiotics as soon as possible. If prompt treatment is not started, there is a greater chance of fatal complications.

There are many antibiotics that can be used to treat a bladder infection. They are: Nitrofurantoin, Cephalosporins, Sulfa drugs, Amoxicillin, Trimethoprim–sulfamethoxazole, Doxycycline and Quinolones.

The last two should not be used in children. Women who are not elderly usually only need three days of antibiotics. No matter how many doses are prescribed, the full course of antibiotics must be taken or the infection could return and be harder to clear up. A severe bladder infection may require hospitalization to re–hydrate and receive antibiotics intravenously.

Prevention Bladder infections can usually be prevented. By following these suggestions, bladder

infection can be prevented or the frequency reduced. Keep your genital area clean and wipe from front to back. Drink plenty of fluids and avoid fluids that irritate the bladder, like alcohol and caffeine. Drink cranberry juice unless you have a family history of kidney stones. Wear cotton or some other breathable cloth underwear. Do not douche or use similar feminine hygiene products. Urinate soon after sexual intercourse.

Disclaimer The information presented here should not be taken as medical advice. If you need more information, please consult a qualified physician.

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<http://www.bladder–infection–press.info>

Catheter – Is It Really Necessary?

By Hallidæ Thomason

Many people's worst nightmare is the day when they revert back to infancy in the ability to control their bodily functions namely defecating and urinating. The market for products that are designed to make life easier to live with incontinence of bowel or bladder is large and here to stay. This includes products like depends adult diapers and urinary catheter models that are in a very competitive market with one another.

Urinary catheters can be placed more permanently and suprapubically or they can be placed in a less permanent but still indwelling manner with the foley catheter. Yet another option is the on demand straight catheter which can even be used by the patient on themselves when they feel the urge or at

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scheduled times. These are more cleanly typically when referring to outward hygienic cleanliness and are certainly a lot more convenient than having to change diapers whenever one has urinated.

What most people don't realize is that the catheter adds to the mix of potential problems some very serious ones and possibly deadly complications that may far and away outweigh the surface benefits of catheterization. Infection, Infection, Infection!

The urinary catheter dramatically increases the risk of infection of the urinary tract ranging from simple and irritating bladder infections to more serious pyelonephritis or infection of the kidneys which have the tendency of turning into deadly bloodstream infections. It is a little known or at least acknowledged fact that sepsis with a UTI as the source infection is one of the most common killers of the elderly in the US. Often these infections have something to do with instrumentation secondary to urinary incontinence.

So how does the catheter cause all of these problems? Well it is the primary vehicle for the introduction of a bacteria into what is a sterile environment. Certain bacteria are well suited to inhabit the urogenital tract and will thrive if introduced into this environment. These bacteria will then ascend through the ureters up into the kidneys and into the blood stream, if the immune system is weakened (as it commonly is in the elderly) the infection will quickly spread in the body through blood and overwhelms the body's defenses causing the patient to quickly succumb.

The order of decreasing likeliness for this infection introduction is suprapubic with highest infection rates, foley is next, intermittent straight catheter, and then adult diapers is virtually infection free as far as increased risk is concerned. So though they may not be the most fashionable or the lowest maintenance they may be life saving options.

Hallidae Thomason found out about the danger associate with the urinary catheter the hard way and she wants to avoid this for other people. To learn more go to

<http://www.catheterhelp.info>



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