



SHE SAID!



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Who Has It Worse with UTIs?

Women are more likely to develop urinary tract infections (UTIs). Some get several a year. But, while less common, UTIs in men are typically more complicated.

- A UTI is an infection in your kidneys, bladder, ureters (tube from kidney to bladder) or urethra (tube from bladder to outside the body).
- Most UTIs are caused by *E. coli* and other bacteria from the bowel.
- Symptoms include:
 - Burning when you urinate
 - Frequent or intense urge to urinate, even if little comes out
 - Pain in your lower back or abdomen
 - Cloudy, dark, bloody or strange-smelling urine
 - Fever or chills



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FACT: Men get more complicated UTIs

In men, most UTIs are due to something that blocks urination.

Kidney stones and enlarged prostate are common causes.

Acute bacterial prostatitis — a prostate infection — is another common cause. It can be life threatening if not treated right away.



FACT: Women get more UTIs

Women have a more than 50 percent chance of getting a UTI at some point.

Their urethra is shorter than men's and is closer to the anus, where stool comes out.

It's also close to the vagina, which can collect bacteria during sex.

Bacteria from the anus or vagina have easy access to a woman's urinary tract.

In men, the urethra opening is at the end of the penis — farther away from the anus. And secretions from the prostate gland kill bacteria.

Men at higher risk include those who:

- Struggle with kidney stones
- Have an enlarged prostate
- Are diabetic
- Have low immunity
- Are uncircumcised
- Participate in anal intercourse



Women at higher risk include those who:

- Are pregnant (when there's more pressure on the urinary tract)
- Are post-menopausal (when hormones that protect the vagina have depleted)
- Have pelvic organ prolapse, which makes it harder to empty the bladder
- Use certain forms of birth control, such as diaphragms or spermicide
- Are diabetic
- Have low immunity

How men can prevent UTIs

- Don't hold urine for too long. Bacteria grow in it.
- Drink water to flush your kidneys.
- Practice good hygiene.
- Urinate after sex to flush bacteria from the urethra.
- If diabetic, control your blood sugar. Bacteria thrive on it.
- Take probiotics.



How women can prevent UTIs

Follow the same tips as men, plus:

- After using the toilet, wipe from front to back. Keep bacteria away from your urethra.
- Talk to your doctor about birth control options. Using lubricated condoms may lead to fewer UTIs.
- Keep your vagina healthy. Don't douche. After menopause, consider taking vaginal estrogen.

Men or women: Who has it worse?

While complexity, frequency, risk factors and prevention tips vary by gender, UTIs are...

equally miserable for everyone.

For men or women, most UTIs aren't serious and don't cause other problems if you seek medical care right away.



Think you have a UTI?

See your doctor for an exam and urine test. If you have a UTI, antibiotics can take care of it. Drink lots of fluids and urinate frequently to heal faster. You'll also need to take care of any underlying issues that led to the infection.



The truth about cranberry juice

Does drinking cranberry juice really help UTIs go away? Few studies show any proof. Cranberry juice may stop bacteria from clinging to your bladder wall. However, because it is acidic, it also will aggravate your urge to urinate.

Drink it if you want. But know this: Cranberry juice doesn't work on UTIs as well as antibiotics.

SOURCES

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