

Urinary Tract Infection (UTI)

Overview

The term urinary tract infection (UTI) describes an infection that begins in the urinary system. UTIs can be painful and annoying. They can also become a serious health problem if the infection spreads to the kidneys.

Women are most at risk of developing a UTI. In fact, one in five women will develop one during their lifetime and many will have more than one. Young girls as well as men also are at risk of developing a UTI.

The urinary system is composed of the kidneys, ureters, bladder and urethra. All play a different role in removing waste from the body. The kidneys are a pair of bean-shaped organs in your upper-posterior abdomen, filter waste from the blood. Tubes called ureters carry urine from the kidneys to the bladder, where it is stored until it exits the body through the urethra. All of these components can become infected but most infections involve the lower tract: the urethra and the bladder.

Signs and Symptoms

Not everyone with a UTI develops signs and symptoms, but most people have some. They can include:

- Strong, persistent urge to urinate
- Burning sensation when urinating
- Passing frequent, small amounts of urine
- Blood in the urine (hematuria) or cloudy, strong-smelling urine

Each type of UTI may result in more specific signs and symptoms in addition to the signs and symptoms listed above, you may experience the following:

Acute pyelonephritis. Infection of your kidneys may cause flank pain, high fever, shaking chills and nausea or vomiting.

Cystitis. Inflammation or infection of your bladder may result in pressure in the lower abdomen and strong-smelling urine.

Urethritis. Inflammation or infection of the urethra may lead to pus in your urine. In men, urethritis may cause penile discharge.

Causes

Urinary tract infections typically occur when bacteria enter the urinary tract from the outside, usually through the urethra and begin to multiply. The urinary system is designed to keep out such microscopic invaders. Urine also has antibacterial properties that inhibit the growth of bacteria. However, certain factors increase the chances that bacteria will take hold and multiply into a full-blown infection.

Cystitis commonly occurs in women as a result of sexual intercourse. But even sexually inactive girls and women are susceptible to lower urinary tract infections because the anus, a constant source of bacteria, is so close to the female urethra. More than 90 percent of cystitis cases are caused by *Escherichia coli* (E. coli), a species of bacteria commonly found in the gastrointestinal tract.

In urethritis, the same organisms that infect the kidney and bladder can infect the urethra in addition; because of the female urethra's proximity to the vagina, sexually transmitted infections such as the herpes simplex virus and chlamydia also are possible.

In men, urethritis often is the result of bacteria acquired through sexual contact. The majority of such infections are caused by gonorrhea and chlamydia.

Benefit of SGS Therapy:

- Enhances the Immune support system
- Effectively Controls & Removes the E.coli & herpes simplex virus
- Boosts the normal Urinary system
- Decisively Protects from urinary tract infection

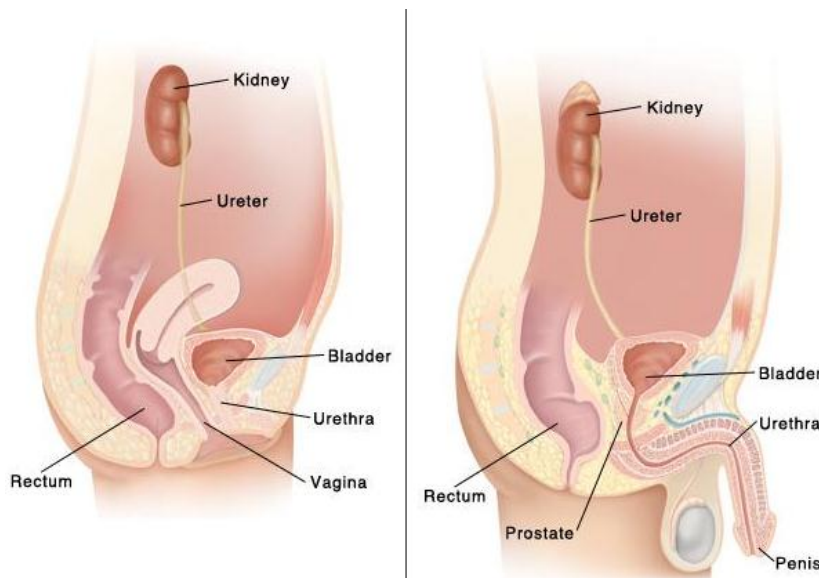
Suggested Products:

Grolyfe: 7 drops 4 times under the tongue

SH&WK: OmegaSat: 1 soft gel 2 Times after meal

Minerjal: 7 drops 4 times in 200 ml drinking water

Alproxy: 1 tab 3 times after meal



The short distance between anus and vagina and the short length of the urethra make women more prone to urinary tract infections than men. Inset; if muscles supporting your bladder weaken your bladder may descend into your vagina, a condition called cystocele. Your bladder may not empty properly. Stagnation of urine can cause growth of bacteria, which may lead to an infection.

