

CYSTITIS IN WOMEN

What is Cystitis?

Cystitis is an infection of the bladder. It is a common problem in women especially sexually active women.

What are the symptoms of cystitis?

- Burning and stinging on passing urine
- Frequency, although the amount of urine may be small
- Increased urge to pass urine
- Pain in the abdomen over the bladder
- Low back pain
- Blood in the urine
- Low fever
- Bad-smelling urine
- Painful sexual intercourse
- Occasional lack of urinary control
- Bed wetting in a child
- Fever, irritability in an infant

What are the possible causes of cystitis?

- Bacteria that reach the bladder from another part of the body through the blood stream
- Bacteria that enter the urinary tract from skin around the genitals and anal area
- Injury to the urethra
- Use of urinary catheter to empty the bladder, such as childbirth or surgery

What increases the risk of developing cystitis?

- Increased sexual activity. In women, bruising of the urethra during the intercourse aggravates the cause.
- Illness that has lowered resistance
- Excess alcohol consumption
- Wearing poorly ventilated underpants
- Sitting in bath water that contains bath salts or bubble bath products
- Holding urine for too long a period of time

Treatment:

- You have been prescribed an antibiotic. Take all medications as directed, even if your symptoms disappear. If you stop treatment early, the infection may recur.

How do I prevent cystitis?

- Drink plenty of fluids; water is best. You need to drink at least 2 litres a day. Avoid caffeine, which irritates the bladder.
- Drink cranberry juice or take Vitamin C. This makes the urine acidic and helps keep infections away.
- Empty your bladder completely when you urinate. Urinate before and after sex.
- Always wipe from front to back after urinating or a bowel movement.
- Take showers rather than baths
- Wear cotton underwear
- Avoid sexual intercourse until you have been free of symptoms for 2 weeks to allow inflammation to subside.
- Do not douche. Avoid feminine sprays or deodorants

Go to your doctor if:

- You develop chills and rigors
- You develop pains in the loins
- You have blood in the urine
- Your symptoms do not improve in 2 days



Naturally Helping UTI

Bladder infection (Cystitis) is **inflammation of the interior walls of the bladder**. This inflammation leads to a frequent and urgent need to urinate, although the urine may be very light and the bladder still may not feel empty.

The most **common sufferers are women** because of the female anatomy. The urethra, the tube that conducts urine away from the bladder and out of the body, is very short and its opening is in close proximity to both the anus and the vagina.

It is very easy for vaginal or intestinal bacteria to travel to the opening to the urethra, make their way up the tube, and infect the bladder. The **repeated use of antibiotics can also cause bladder infections** because they destroy the good bacteria needed to fight infection along with the bad bacteria.

Bladder Infection Symptoms Causes

Bladder infection symptoms causes include bacteria from the bowel, which lives on the skin near the rectum or in the vagina, and spreads and enters the urinary tract through the urethra.

Once the bacteria enters the urethra, it travels upward causing infection in the bladder and sometimes other parts of the urinary tract.

Bladder infections symptoms include pain or burning upon urination, frequent need to urinate, and/or a scanty flow or dribbling of the urine. Sometimes the only sign at first can be blood in the urine.

What many people don't realize is that **cramps in abdomen or lower back** along with nausea or vomiting and fever can also be bladder infection symptoms.

Bladder Infection Cures

There are many **natural herbs which are extremely effective** in the treatment and prevention of bladder infections. Some of these have been used for centuries and many have been subjected to clinical trials which prove their effectiveness.

Using the knowledge and experience of experts in the field of natural and indigenous medicine, Native Remedies has developed a unique **formula containing a total of seven therapeutic herbs**, especially selected to relieve the symptoms of bladder infections and promote the health of the urinary system.

UTI-Clear contains a unique combination of potent herbs in therapeutic dosage. It relieves the symptoms of Cystitis, Bladder infections and Urinary Tract Infections (UTI).

Now you can help yourself with **UTI-Clear**.