**URINARY TRACT INFECTIONS**

Urinary tract infections (UTIs) are those that occur in the kidneys, ureters (which connect the kidneys to the bladder), the bladder, and the urethra. The risk of getting a UTI is greater for sexually active females, females who use a diaphragm as for contraception, males and females who have had UTIs in the past, and anyone with a condition that does not allow urine to pass freely, such as kidney stones.

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**Do you have all of these symptoms of a kidney infection:**
- Fever and shaking chills
- Pain in one or both sides of your back
- Nausea, vomiting

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**SYMPTOMS:**
- A strong need to urinate
- Urinating more often than usual
- A sharp pain or burning in the urethra when urine is passed
- Blood in the urine
- Feeling like the bladder is still full after urine is passed
- Pain in the abdomen, back, or sides
- Chills, fever
- Nausea, vomiting

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**PREVENTION:**
Drink 8 glasses of water a day. Drink juice made from unsweetened cranberry juice concentrate. Avoid alcohol, spicy foods, and caffeine which can irritate the bladder. Get plenty of rest. Go to the bathroom as soon as you feel the urge. Don’t have sexual intercourse until the infection is cleared.

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Becase symptoms of the urinary tract can be similar to those caused by other medical conditions, it is important to see a health care provider for a diagnosis and proper treatment. Call 328-6841 for an appointment.