

# Your Weekly Medical Advice

by Dr Yamuuna Moorthy



*"Committed to the care of our patients and community"*

  
euroa medical

#### Clinic Hours

Monday – Friday 8am-6pm

Saturday 9am – 5pm

Phone (ALL HOURS) 5795 2011

#### Emergency clinic

Sundays and public holidays 9am – 11am

(in our rooms @ Euroa Health)

Phone 5795 0200

# Urinary Tract Infection

A UTI is an infection of the urinary tract that can affect the bladder (cystitis), urethra (urethritis), vagina (vaginitis) or kidneys (pyelonephritis). One in two women will get a urinary tract infection (UTI) in their lifetime.

The most common type of UTI in women is cystitis (infection of the bladder). UTIs are caused by bacteria entering the urinary system, usually via the urethra (the tube that passes urine).

A number of factors increase the risk of bacteria entering the urinary system. Infection from the anus is a common cause. The urethra in women is quite short and close to the anus, making it easier for bacteria to move up the urethra, enter the bladder and cause an infection. Frequent sex also increases the risk of bacteria being moved around the genital area and entering the urethra.

Menopause can also be a contributor, causing oestrogen levels to drop, the vulvar tissue becomes thinner and drier and as a result there is an increased risk of irritation or abrasions that encourage infection. Reduced pelvic floor strength can affect bladder function and in some cases, the bladder does not completely empty, leaving a 'pool' of urine which can lead to infection.

Speak to your friendly GP for further advice.

From Jean Hailes: <https://jeanhailes.org.au/health-a-z/bladder-bowel/urinary-tract-infections-utis>

We would appreciate your feedback or topics you would like to hear about at [business.manager@emfp.com.au](mailto:business.manager@emfp.com.au)