

Urinary Tract Infections



Healthcare

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Abstract

Urinary tract infections otherwise called (ITU) occupy 1-3% of all doctor consultations. 50% of women suffer from at least one (ITU) symptomatic during their lifetime. ITU is defined as infection, including infections of the kidney, urine channels, the bladder from the urethra and prostate.

More frequent signs (symptoms)

Not everyone with urinary infection has his/her typical signs, but when present, they develop quickly and include:

- * Continuous emergency and strong urge to urinate
- * A burning sensation during urination act
- * Frequent urination and with small quantities
- * Reluctance (feeling like there we cannot urinate or feeling like we cannot empty fully the bladder)
- * Blood in the urine (red urine) or turbid urine, smelly urine
- * Urinating at night (Nocturne)

How can we prevent this problem

All people are vulnerable to be affected by urinary infections. Thus, the most vulnerable are those patients who have congenital anomalies of the kidney, such as renal polistoza, those who have stones in the urinary tract, anomalies in urinary channels (megauretra), a very twisted uretra. But, people with low resistance, especially those who use cytostatics, kortizonics, patients with gynecological infections, diabetics whose number is incremental.

At the same time, and surgical interventions that use catheter, paralyzed patients that fail to make emptying the bladder and those that are not so keen on personal hygiene. Infections of the lower paths are more common in women than men, for reasons of self-building of urethra (external canal) that is shorter and closer to the anus (bowel canal).

Urinary infections occupy second place after those of the respiratory tract in terms of frequency. Women have a greater risk than men to develop urinary infection. Urinary tract infections in young children are like alarm bells, because it can be an expression of a structural abnormality of the born urinary system.

Causes

The urinary system is designed to form, collect and eliminated urine from our body. Urine itself is sterile, but disruption of normal defense mechanisms makes the germs climb and multiply in the bladder and above. The most common infections of the urinary system occur in women and affect the bladder and urethra.

Bladder infections (cystitis) is caused usually (up to 90%) from Escherichia coli (E. coli), a type of microbe that is found in the digestive tract. Staphylococcus saprophyticus with (10%) of urinary infections.

Sexual intercourse may lead to cystitis, but a female can develop urinary tract infection even without active sexual life.

All women are predisposed to develop cystitis thanks to the anatomy of their urinary tract.

Infections of the urethra (urethritis) occur when bacteria from the colon and anus pass to the urethra. And besides, since urethra and vagina are very close, then sexually transmitted diseases, such as herpes simplex, gonorrhea and chlamydia are common causes of urethritis.

Let us not forget prostatitis which are infections of the prostate in men and besides more pronounced signs, such as (burning during urination, frequent urination in small amount, pain in the belly) their irritability can also lead to depression they are difficult to be treated because antibiotics penetrate with difficulty in this tissue and require long periods of treatment, up to 6 months.

It should be noted that there are also infections called infections with no signs (asymptomatic), where caution should be paid, especially pregnant women, which should be under constant surveillance because worse tracking can be associated with premature birth of the child.



Risk Factors

Some people may develop more infections and more often than others and these infections are:

Female gender, 50% of them develop a urinary infection at some point in their lives and many of them can develop more than one.

Age. After menopause, urinary tract infections can be added after the tissues of the vagina, urethra and bladder bases become more loose and more fragile from loss of estrogens that keep these tissues vital.

Stones in the kidneys or any kind of urinary tract obstruction (even benign hypertrophy of the prostate, which often occurs in men over age 60, the incidence increases), impeding the normal flow of urine and causing stasis.

Diabetes and other chronic diseases which reduce immune defenses

Active sexual life. Women with active sexual life are more likely to develop urinary infections. Sexual intercourse can irritate the urethra, being disposed to develop bacteria to travel more easily to ovaria. Furthermore, peak urinary infections in women reaches during the "honeymoon" or in the beginning of sexual activity.

Use of some certain Prophylactic methods, such as diaphragmas or use of spermicide agents.
Prolonged use of tubes (urinary catheter)
Immobilizing (stay for a very long time in bed) – after various fractures.
Pregnancy & low hygiene.

Complications

If handled carefully and properly, urinary infection rarely leads to complications, but if left untreated, it can become serious. Untreated urinary tract infections can lead to kidney infection (pyelonephritis) acute or chronic, which impairs kidney continuously.

Children and young people have a higher risk for renal damage after infection, because the symptoms are neglected or confused with other conditions. Pregnant women who have urinary infections, have an increased risk of premature childbirth or lightweight child. Women who have developed three or more urinary tract infections, are likely to continue to do again.

How can these infections be prevented

- Each individual is required to have a better personal hygiene.
- They are required to not hold urine, but to empty the bladder whenever s(he) feels the need to urinate.
- To drink as much liquids as possible. The amount of liquids obtained during 24 hours must pass over 2 liters.
- Do not consume alcohol and gas liquids.
- To treat other foci of infection which can be anywhere, such as bad teeth, tonsillitis, ear infections, nose and respiratory tract.
- To strive to treat well other favorable diseases such as arterial hypertension, diabetes etc.
- Pregnant women should make frequent and periodic inspections.

Treatment

Treatment is done according to the cause of urinary infection and should be done by a doctor, according to a uroculture (planting of urine) and not use different antibiotics taken without doctor's recommendations, which should be the only one to make an assessment of the case, they determine treatment and its duration. Inappropriate treatment leads to candidiasis (mold) and liver damage, or microbial resistance and mistreatment leading to chronicism of this disease, which can be due to heart failure with chronic renal insufficiency.

An important place in the prevention of urinary infections also play herbal teas.

Cherry butts tea, mirtille tea, blueberry tea, wild rose heads tea have been very effective in the prevention and treatment of cystitis. This role is played by encouraging urination by doing mechanical cleaning of the bladder.

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