

WHAT IS IT?

Urinary Tract Infections are infections in part of the urinary system caused by bacteria.

PREVENTION



Drink plenty of water



Promote genital and urinary hygiene



Voiding schedules to ensure consistency

RISK FACTORS RELATED TO UTI'S

- 1 More common in women
- 2 Kidney stones
- 3 Suppressed immune system
- 4 Cather use
- 5 Diabetes
- 6 Recent urinary procedure
- 7 Older individuals
- 8 Urinary retention and incontinence
- 9 Poor hygiene

SIGNS AND SYMPTOMS (Diagnosed based on symptoms and urine analysis)

- ▶ Strong, persistent urge to urinate
- ▶ Burning sensation when urinating
- ▶ Passing small amounts of urine
- ▶ Urine that appears cloudy
- ▶ Strong smelling urine
- ▶ Pelvic pain, in women
- ▶ Low back pain
- ▶ Fever

UTI'S IN THE ELDERLY

Symptoms can mimic more serious conditions like **Dementia**

- ▶ Sudden change in behavior
- ▶ Confusion
- ▶ Disorientation
- ▶ Agitation
- ▶ Poor motor skills
- ▶ Falling
- ▶ Sometimes even depression

EDUCATION & SUPPORT

MAYOCLINIC
[www.mayoclinic.org/
diseases-conditions/
urinary-tract-infection](http://www.mayoclinic.org/diseases-conditions/urinary-tract-infection)

UROLOGY CARE FOUNDATION
[www.urologyhealth.org/
urologic-conditions/urinary-tract-
infections-in-adults](http://www.urologyhealth.org/urologic-conditions/urinary-tract-infections-in-adults)

SENIOR LIVING
[www.seniorliving.org/
/health/uti](http://www.seniorliving.org/health/uti)