

INFECTIONS OF THE URINARY SYSTEM: THE SCOURGE OF THE MODERN WOMAN



What causes infections of the genitourinary system?

In most cases, infections of this kind are caused by bacteria. Every part of the urinary tract becomes infected: the kidneys, the ureter, the bladder and the urethra.

The main signs of urinary tract infections:

frequent urination pain during urination blood in the urine urinary incontinence

Why are women more likely to suffer from urinary tract infections than men?

In the female body, the urethra is located near the anus. From there, bacteria can easily enter the urethra and cause infection. Improper hygiene can cause the transfer of bacteria after using the toilet. Also, sex can also cause infection of the urinary tract in women, as the bacteria can be transferred deep into the urethra. Using contraceptive caps can lead to infections, because the cap may obstruct the complete emptying of the bladder. And urine that remains in the bladder is much more prone to multiplying bacteria, which leads to infections.

Pregnant women tend to have kidney disease more often than other women. Pregnancy can "help" the infection development, because the bearing of the child exerts a certain pressure on the urinary tract, and also because the pregnancy itself changes the endocrine profile of the woman.

How are urinary tract diseases treated?

Usually, your doctor prescribes antibiotics in case of infection. Also, increased intake of fluids (urological herbal blends, cranberry juice) can help. If infections occur frequently enough, the doctor can advise you a natural treatment in a spa resort specialized in the natural treatment of genitourinary system conditions, for example, health spa resort [Mariánské Lázně](#) in the Czech Republic to prevent the further development of diseases.

How dangerous are urinary tract infections?

[Urinary tract infections](#) can be very painful. Fortunately, today's medicine and therapy do not let such infections cause serious health damage. In case if you often suffer from this type of infections, then it is necessary to take measures to avoid further diseases.

In addition to the natural treatment, you should follow simple recommendations in everyday life:
ensure a good personal hygiene after using the toilet
do not delay urination
wash up after sex
to remove the bacteria use additional lubrication during sex

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