

***“I have pain when I urinate,  
and have to GO every 15  
minutes!”***



**You may have a urinary tract infection.**

**Urinary Tract Infections (UTIs) are  
common among adults.**

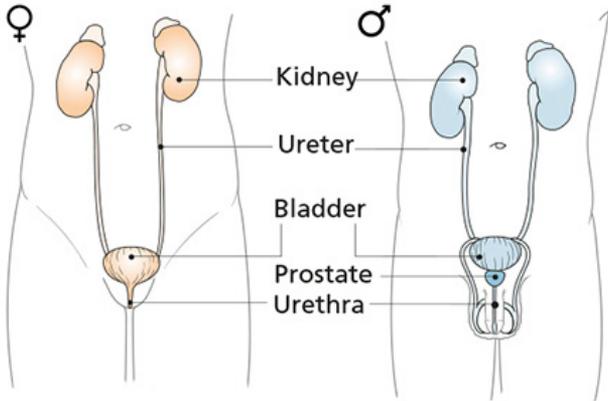
These bacterial infections affect about 150 million  
women and men each year world-wide.



# Let's Start Here

## What are some of the risk factors for Urinary Tract Infections?

Gender. During their lifetime, 40 to 60 % of women will develop a UTI while only about 3% of men (mostly over the age of 50) will. Women get more UTIs due to normal differences in human anatomy.



The images above show that, in women, the urethra (the tube connecting the bladder to the outside) is considerably shorter than in men. Because of this, bacteria do not have to travel as far from the urethral opening to the bladder as it does in the male body. Also, in women it is closer to the rectum where infection-causing bacteria reside. The most common UTI is a bladder infection, also called cystitis, but a UTI can occur anywhere in the urinary tract.

## Other risk factors for Urinary Tract Infections

You're more likely to develop a UTI if you

- Are sexually active
- Are a woman who has gone through menopause
- Are a woman who has had a recent bout of diarrhea.
- Are a man with an enlarged prostate gland
- Are affected by a disease or condition like kidney stones, diabetes, nerve damage

- Use birth control products with spermicides
- Use catheters
- Have a suppressed immune system

### **How do I know if I have a UTI?**

Your body may show no signs of a UTI, but these are the frequent symptoms to look out for.

- Pain in your lower abdomen
- The need to urinate urgently and more frequently
- Urine that is cloudy or has blood in it
- Pain in your sides or back that doesn't go away when you change position
- Fever, chills, nausea or vomiting
- Unexplained confusion

### **Treatment for UTIs**

If you experience any UTI symptoms, you should seek care right away from your health care provider! The normal course of action will be a test of your urine for bacteria and white blood cells and a urine culture to identify which bacteria is causing the problem. In men a rectal exam might be necessary to determine if the prostate gland is enlarged. Treatment will depend on the bacteria identified.

### **How to Prevent a Urinary Tract Infection**

Changing simple daily habits and making healthy lifestyle choices may help prevent Urinary Tract Infections.

- Drink Plenty of fluids to remain hydrated
- Urinate often when you first feel the urge to "GO"
- Urinate shortly after having sex to flush away any bacteria that might have entered your urethra during sex
- Completely empty your bladder when urinating
- Women should always wipe from front to back
- Always wear loose fitting, breathable clothing

# How can CJE SeniorLife help?

We can refer you to the following supportive services:

**Community Engagement**—We target all aspects of your well-being through a wide range of programs and resources to help you maintain your physical health with educational seminars, fitness programs and preventive health screenings.

**Your Eldercare Consultants**—A fee-based service that interacts closely with clients. We help deal with and alleviate chronic disease by

- Explaining medical issues to clients.
- Advocating for patients about insurance and medical matters.
- Helping to find appropriate healthcare providers.
- Escorting to appointments and much more.

**Consumer Assistance**—Consumer Assistance can help you

- Find health care providers that accept your insurance and explain your coverage for you.
- Help you get medications at the best price.
- Request medical records from previous providers.

**To find out more about our many services and programs, Call CJE SeniorLife at 773.508.1000.**

---

THE CJE ADVANTAGE: We offer a full continuum of care. Individuals of all ages, faiths and income levels can access life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the process of positive aging.

3003 West Touhy Avenue | Chicago IL | [www.cje.net](http://www.cje.net) | 773.508.1000

CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

1181d.3.2019