Recurrent urinary tract infections not uncommon, especially in women: a NetWellness column

By Plain Dealer guest columnist  
February 03, 2010, 8:15AM

Question: I am a 26-year-old and have been very prone to cystitis, or urinary tract infections, for the last six or seven years. Over the last two years, I have had a really irritable reaction which feels like the start of cystitis, including burning, uncomfortable feeling down below and sometimes when urinating.

I drink a lot of water. If I go three hours without water specifically, then I start to get that feeling, even if I’ve been drinking tea, milk or juice. If I drink lots of water it goes away. It also happens sometimes when I wake up, when I obviously haven’t been consuming water overnight. It also happens without fail whenever I drink alcohol. What could be going on?

Answer: You have described the urinary symptoms but have not mentioned whether you have been tested for urinary infection. Recurrent urinary tract infections (UTI) are not uncommon, especially in women (gender detail not provided in your e-mail) and need to be evaluated with a urine culture.

If there is documented recurrent UTI (as per the cultures), then a urologic assessment would be warranted to look if there is any definite cause for the infection (e.g. kidney stones), though a definite cause might not always be present. The urologic assessment includes:

• A clinical evaluation by a urologist
Stretching Out Video:
• Try CycleOps for a surprising stationary bike workout: a Stretching Out column

HEALTHY CLEVELAND

• Fibroid treatments involve a delicate balance: a Reproductive Wellness column
• Shallow-breathing technique can fight asthma: an Alternative Paths column

DIET & NUTRITION

• Kitchen spoons and medicine; fit teens and intelligence; veggies matter: HealthWatch
• Medical Mutual of Ohio's new fitness plan pays for slimming down

This week's NetWellness column is authored by Dr. Krishnanath Gaitonde, a clinical assistant professor of urology, Department of Surgery, University of Cincinnati College of Medicine.
• For more information, visit the Urinary Disorders center.
• Sign up for the NetWellness Monthly Newsletter.
• Read previous NetWellness columns.

AARP 50+ Auto Insurance
Over 50? Save up to $402. 9 out of 10 AARP Policyholder's saved. AARP.TheHartford.com

Cranberry Extract
Prevent Urinary Tract Discomfort. Potency = 1 Supplement per Day www.ShanStar.com

Mojo Risen
Bigger, Stronger, Longer Male Enhancement Guaranteed www.male-enhancement-pills.net

An ultrasound exam and/or **cystoscopy** (look into the bladder), if indicated after the clinical evaluation.

If there is no evidence of infection, then the other possibility to be considered would be an overactive bladder. Overactive bladder usually presents with symptoms of urinary frequency and urgency, but sometimes can be associated with a burning sensation while urinating. Overactive bladder can be diagnosed with a test called urodynamics, and is treated with oral medical therapy. Sometimes bladder stones may cause similar symptoms.

As you can infer from the discussion above, the symptoms that you describe could be associated with some form of inflammation or infection in the bladder, urethra or genital area (including the causes discussed in the previous paragraph). Given that you seem to have had these symptoms for a while, I would suggest that you should consider a consultation with a urologist.

I have attempted to address your questions based on the limited clinical information available from your email and hope you find this useful, but I would recommend the urology consultation for a detailed evaluation based on your actual clinical situation.

Recruit (0)

Print this Email this Share this:

Previous story: Loud toys can damage young children's hearing: Health Stat

Comments (0 total) RSS Post a comment