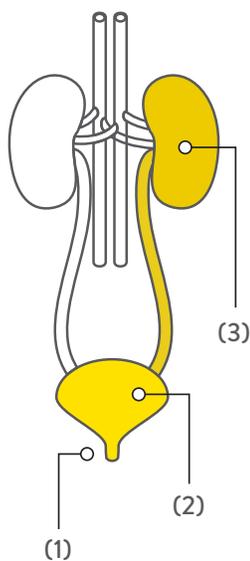


WHAT YOU NEED
TO KNOW

URINARY TRACT INFECTIONS IN OLDER PERSONS

MediSystem[™]
Pharmacy
A SHOPPERS DRUG MART COMPANY



Bacteria can enter through the urethra (1) and spread to the bladder (2) and then on to the Kidneys (3)

WHAT IS A URINARY TRACT INFECTION?

◀ Abbreviated UTI, it is an infection of the kidney, ureter, bladder or urethra. Women are four times more likely to get urinary tract infections than men.

Your risk of getting a urinary tract infection (UTI) increases with age. Over 10% of women over age 65 report having had a UTI within the past year. That number increases to almost 30% in women over 85. Men also tend to experience more UTIs as they get older.

What causes a urinary tract infection (UTI)?

A UTI is caused when bacteria enter the urethra and spread to the bladder and kidneys because your immune system is unable to fight them off.

Symptoms of a UTI:

- A burning feeling when you urinate
- Pain or pressure in your back or lower abdomen
- A frequent or intense urge to urinate (even though little comes out when you do)
- A fever and/or chills

What should I do if I think that I have a UTI?

You should see your doctor. They will test your urine for bacteria. If you have a UTI, your doctor will give you an antibiotic. Be sure to finish all of the medication (even if you start to feel better) and drink lots of water to flush the bacteria out of your system. A heating pad or hot water bottle may also be helpful to soothe the pain.

SOURCES

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3878051/>
<https://www.healthline.com/health/uti-in-elderly#6>