

# Parent Topics

## Talking To Your Teen About Sensitive Health Issues

(NAPSA)—It can be a challenge talking to your teen about some health issues—and Dr. Andrea Marks, a specialist in adolescent medicine, wants parents to benefit from her years of experience.

“There’s no ‘one right way’ to do it; you need to find what works for you and your teen,” says Marks. “Know that the toughest words are typically the first words. Be prepared, know how to open, and you’ll be on your way.”

Dr. Marks gives the example of urinary tract infections (UTIs), or what she likes to call “the next big talk” after the birds and bees discussion. To initiate a discussion with your daughter, she says:

- **Broach it Broadly**—Start by talking about general hygiene, especially hygiene of the genital area. Stress that it’s important to cleanse the genital area every day and to wipe from front to back after going to the bathroom.

- **Respect Her Maturity**—Give her credit for what she likely knows, but make sure she knows that she must always visit a doctor if she suspects something is wrong. When it comes to UTIs, stress that only a doctor can prescribe an antibiotic to cure the infection. If left untreated, a UTI initially limited to the bladder can develop into a much more serious kidney infection. Most important, let her know she can always talk to you.

- **Follow Her Lead**—A UTI “first talk” may take place after your teen tells you she’s worried that she is urinating too often, that urination is painful, and that she has irritation in her genital area. Know what kinds of products can provide urinary pain relief so you can help her quickly.



**When talking to your daughter about certain health issues, remember that there is no one right way to start a conversation.**

“Widely available, urinary-specific OTC pain relievers like AZO Standard® can work in as little as 20 minutes,” says Marks.

In general, all-purpose pain relievers are not effective treatments of UTI-specific pain and, therefore, not recommended.

Marks says the three most important points to revisit when talking to your daughter are taking urinary tract health seriously, knowing the facts and taking preventive steps such as urination after intercourse, and taking a cranberry supplement such as AZO Cranberry® to maintain urinary tract health if UTIs recur.

Once you’ve opened the lines of communication, keep them open. “A good time to chat is while driving together in a car or when your child is in bed at night. Sometimes, not having to make eye contact can help conversation flow,” says Marks.

For more tips, visit [www.uti-facts.com/nexttalk](http://www.uti-facts.com/nexttalk).