

SEE YOUR DOCTOR

Treating And Preventing Urinary Tract Infections

(NAPS)—Urinary tract infections (UTIs), which are responsible for nearly 10 million doctor visits each year, are a major health problem, particularly for women. Fortunately, UTIs are generally considered easily treatable.

Symptoms include an urgent and frequent need to urinate, burning, spasm and pain. The first recommended course of action is to see a gynecologist, family physician or urologist.

In addition, the National Institutes of Health offers the following advice for preventing UTIs:

- Drink up to eight glasses of water a day to help flush bacteria from the urethra. Studies have shown that drinking cranberry juice can help prevent UTIs.

- If you need to use the bathroom, do it. Any unnecessary straining caused by “holding it” is harmful and may promote the onset of infection from weakened bladder tissue.

- Women should always wipe themselves properly—that is, from front to back.

- Tampons should be replaced as often as possible to prevent bacterial growth.

- Avoid scented soaps, which can irritate the tissues of the urethra and make infection more likely.

- Take showers instead of baths, to avoid the bacteria that can spread in standing water.

If you do develop a UTI, your physician may prescribe an oral antibiotic. If this is the case, it is essential that you take the *entire*



Women now have additional treatment options for managing urinary tract infections.

prescription, even if the symptoms disappear. In some instances, however, the use of these antibiotics can lead to the development of resistant bacterial organisms.

To prevent this, a physician may prescribe PROSED®/DS (antispasmodic/antiseptic) tablets, which may provide rapid relief from urinary discomfort, spasm and symptoms typical of UTIs. Patients know it's working by the pale blue-green color it imparts in the urine. Side effects, which are less frequent than with many antibiotics, may include dizziness, blurry vision or skin rash. If you experience any of these symptoms, discontinue use and see your physician. PROSED®/DS, developed by Star Pharmaceuticals, is available only by prescription.

To learn more, call 1-800-845-7827 or visit the Web site at www.starpharm.com.