

SEE YOUR DOCTOR!

If you have symptoms of cystitis, talk to your doctor as soon as possible. In addition to discussing your signs and symptoms and your medical history, your doctor may recommend certain tests such as a urine analysis or a cystoscopy.

Treatment options include the following:

Antibiotic medication. A 3-5 day course is a common and successful treatment. Symptoms usually reduce or go away within a day or so after starting treatment.

Sometimes your doctor may advise you to do take home treatment and only come back for medication if the symptoms do not improve.

If you have no complicating factors and your infection is mild your immune system should clear up the condition in a few days.

Always see your doctor if your symptoms do not improve or you have any doubts.



Informing Patients Pamphlet series

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CYSTITIS

Vaginal Candida

Cystitis (sis-TIE-tis) is the medical term for inflammation of the bladder. Most of the time, the inflammation is caused by a bacterial infection, and it's called a urinary tract infection (UTI). A bladder infection can be painful and annoying, and it can become a serious health problem if the infection spreads to your kidneys.





What is Cystitis?

Cystitis is an inflammation of the bladder lining. Bladder infections are usually caused by bacteria from your bowel (mainly E.coli) getting into the Urethra and/or Bladder, resulting in Cystitis.

Some bacteria lie around your back passage (anus) after you pass a stool (faeces). These bacteria can sometimes travel to the tube from the bladder that passes out urine (the urethra) and into your bladder. Some bacteria thrive in urine and multiply quickly to cause infection.

If left untreated, cystitis can lead to a kidney infection which can cause damage to the kidney's.

What are the symptoms?

Cystitis signs and symptoms often include:

- A strong, persistent urge to urinate
- A burning sensation when urinating
- Passing frequent, small amounts of urine
- Blood in the urine (hematuria)
- Passing cloudy or strong-smelling urine
- Pelvic discomfort
- A feeling of pressure in the lower abdomen
- Low-grade fever

“You have done nothing wrong to get a thrush infection, nearly 75% of all women will have a thrush infection sometime in their lives”

What causes Cystitis?

The cause of Cystitis can vary, but one of the main reasons is the presence of E.Coli in the urethra. This can be caused by carrying the E.Coli from the anus to the entrance of the urethra. In women it is important that you wipe from front to back to help eliminate this from happening.

Sexual intercourse can also be a contributor due to the natural build-up of bacteria in the genital region in both men and women. Urinating after sexual intercourse can help to flush out bacteria transferred during intercourse. Anal sex can also lead to Cystitis. The use of the condom is highly recommended to help avoid this.

Oral contraceptives and antibiotics tend to wipe out a lot of the good bacteria in our body. Our good bacteria in our body helps to keep everything balanced, and when an imbalance occurs the change of infection is higher. It is highly recommended to take a probiotic during and after antibiotic use to help keep the balance in the body.

Stress and diet may also have a part to play in developing cystitis. Stress can cause an acidic environment in the body that bad bacteria thrives on, and a diet high in sugar, yeast and fermented foods can feed the bad bacteria in the body. This can in turn create an unfriendly, acidic environment.

Cystitis risk factors

Women at greatest risk of UTIs include those who:

- Are sexually active. Sexual intercourse can result in bacteria being pushed into the urethra.
- Use certain types of birth control. Women who use diaphragms are at increased risk of a UTI. Diaphragms that contain spermicidal agents further increase your risk.
- Are pregnant. Hormonal changes during pregnancy may increase the risk of a bladder infection.
- Have experienced menopause. Altered hormone levels in postmenopausal women are often associated with UTIs.

Other risk factors in both men and women include:

- Interference with the flow of urine. This can occur in conditions such as a stone in the bladder or, in men, an enlarged prostate.
- Changes in the immune system. This can happen with certain conditions, such as diabetes, HIV infection and cancer treatment. A depressed immune system increases the risk of bacterial and, in some cases, viral bladder infections.
- Prolonged use of bladder catheters. These tubes may be needed in people with chronic illnesses or in older adults. Prolonged use can result in increased vulnerability to bacterial infections as well as bladder tissue damage.

In men without any predisposing health issues, cystitis is rare.