

Bacterial Cystitis

Trevor A. Wing MBRCP FRCHM, MBAcC, BSc, MSc, DMed

Overview

Bladder infections usually referred to as cystitis or urinary tract infections (UTI's) in women are surprisingly common: 21% of all women have urinary tract discomfort at least once a year. 37.5% of women with no history of urinary tract infection will have one within 10 years and two to four percent of apparently healthy women have elevated levels of bacteria in their urine, indicative of undiagnosed UTI's. Women with a history of recurrent urinary tract infections will typically have an episode at least once every year.

Signs and Symptoms

- Burning pain on urination
- Increased urinary frequency
- Nocturia (need to urinate during the night)
- Turbid foul-smelling or dark urine
- Lower abdominal pain
- Urinalysis shows significant pyuria and bacteriuria

Conventional Medicine Treatment

Usually diagnosis will be made of a bacterial infection from a urine dip stick or a lab urine culture. Treatment is with one of the antibiotics which treat UTI's. If the diagnosis is made by the laboratory then the type of bacteria can be identified and sensitivity to antibiotic types can be made ensuring that bacteria is not resistant to the selected antibiotic, which is becoming more common.

Natural Medicine Treatment

Natural medicine treatment takes two forms. Naturopathic treatment initially, with high strength pure American cranberry extract or sodium citrate in powder form. This is usually successful if the infection is caught early. If the infection is more severe then treatment with strong herbal medicine taken orally as a powder or capsules is needed. This is often successful where an antibiotic resistant strain of UTI bacteria has been identified.



Self Help Treatment

Increase urine flow, by increasing liquid intake to 2 litres water or raspberry tea per day
Drink (unsweetened) cranberry juice, ½ litre per day or pure cranberry tablets
Create an alkaline environment in your bladder, take potassium or sodium citrate (4g every hours for 48 hours)
Cut down on coffee, alcohol, tea, and soft drinks containing caffeine
Avoid all simple sugars, refined carbohydrates, full strength fruit juice
Eat liberal amounts of garlic and onions
After you use the toilet always wipe from front to back
Don't use bubble baths, perfumed soaps or vaginal deodorants
Avoid tight jeans, lycra leggings and pantyhose
Wear cotton underwear whenever possible
Go straight to the toilet when you feel the need to, don't put it off
After peeing, wait a minute and then try to squeeze a few drops more out
Wash your genital area before sex and get your partner to do the same
Empty your bladder before and after intercourse

Our Female Healthcare Philosophy

At the Women's Natural Health Clinic, we specialise in providing comprehensive natural reproductive, gynaecological, obstetric and general healthcare for females from adolescence to post-menopause. Our approach is to integrate techniques in both oriental and western medical diagnosis to formulate a naturally oriented treatment plan combining acupuncture, herbal medicine, nutritional therapy, exercise and lifestyle. Each treatment plan is tailored specifically to each individual woman maximizing results.

Please email us at enquiries@naturalgynae.com with questions, we are more than happy to provide any information via email that will assist you in deciding which treatment approach would be best for you

For more information, contact details and appointments click here www.naturalgynae.com