

## **Tips to stay safe from urinary tract infections**

After the numbing cold of the winter months, everyone is waiting for the arrival of summer and the relief brought by the damp and cold. But the hot and muggy summer months can also be a pain in the ass in many ways. This is the season when infections spike. And, with the arrival of the monsoon, the health risks also increase dramatically. Of course, mosquito-borne diseases are the main danger this season. But there are many other health risks that often go unnoticed. One such danger is urinary tract infections, which increase during the summer months. The urinary system involves the kidneys, ureters, bladder, and urethra. Infections caused in this way are called urinary tract infections. It is usually caused by bacteria, fungi, and viruses. Most infections usually involve the lower urinary tract, i.e. the bladder and urethra. Women have a higher risk of urinary tract infections than men, which is more common in the summer.

### **Risk of UTIs in hot days**

The summer months increase the risk of urinary tract infections due to dehydration because the body does not have enough fluid to clear through the bladder. Furthermore, the warm days of summer are perfect conditions for germs and bacteria to thrive. According to urologists, Urologists, "Summer is the ideal season when the weather is warmer and germs or bacteria are easier to grow. Hot weather also causes dehydration from there. leads to infrequent urination. Urine for longer periods and not using clean bathrooms can also contribute to UTIs. Soaking in a contaminated pool can also lead to infection. Citing other

causes of urinary tract infections during hot summer days, Dr. Lunawat goes on to suggest that poor vaginal hygiene as well as excessive perspiration in the perineal area during sunny days can lead to infections. may facilitate the transfer of bacteria from the rectum to the urethra (especially in women).

### **Blame E.coli**

The most common bacteria associated with urinary tract infections is Escherichia coli (E. coli), and this is the ultimate cause of infection. The bacteria are found naturally in a person's intestines but problems arise if they get into a person's urethra. Women of all ages can get this disease.

### **Symptoms you need to look out for**

It is important to stay alert and seek immediate treatment if you notice any symptoms that may indicate a urinary tract infection. Urologists say that the most obvious symptoms of this condition are "burning sensation when urinating, cloudy urine, frequent urination, bloody urine, fever, sudden urge to urinate." , pressure in the lower abdomen, foul-smelling urine, pelvic and abdominal pain, nausea and vomiting." He warned that untreated UTIs can lead to fatal complications such as pyelonephritis. (nephritis) or sepsis and emphasizes the importance of prompt and appropriate treatment with medication.

### **The importance of timely treatment**

According to urologists and consultant pathologists at Apollo Diagnostics, Pune, "UTIs are diagnosed through urinalysis and urinalysis to look for evidence of infection such as white blood cells. urine samples and isolates the causative bacteria in the urine because urine has

many bacteria in common. These tests will be done if a person has burning and pain when urinating. Yes the risk of infection is higher if a person is diabetic or prone to stone formation.. Skipping the test can delay treatment and land you in trouble because the infection can also affect the kidneys if To reduce your risk of contracting Covid-19, you may choose to have a home service, where a urine sample will be collected at home."

### **What can you do to stay safe?**

You can also do your own thing to prevent this difficult and annoying infection. Just take a few extra cases and you will be able to prevent urinary tract infections during the summer.

- To prevent UTIs, stay hydrated by drinking plenty of water.
- You must also maintain good personal hygiene in your genital area to prevent UTIs.
- Avoid holding urine longer.
- Wash underwear before use.
- Avoid using public restrooms and swimming pools.
- Do not use chemical products down there.
- Wear skin-friendly bras made from breathable fabrics.
- Contains probiotics.

### **Additional precautions for women**

- If you are a woman, wipe from front to back after using the toilet to prevent bacteria from spreading from the anus to the vagina and urethra.
- Change tampons from time to time after your period.
- Avoid douching down there.

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