

How can you get rid of your urinary tract infection

DR GOLAM NABI

Urinary tract infection (UTI) usually occurs in women due to their short urethra (urinary passage) and close proximity to anus from where it might be a source. But nevertheless men are also sufferers from the UTI.

The UTI is very troublesome, especially for women, who suffer the most of the times round the year. It makes their life miserable. Fortunately, there are ways you can get rid of it.

Several factors make women more likely to get recurrent bladder infections, a type of UTI. These factors include:

- Kidney or bladder stones
- Bacteria entering the urethra during intercourse
- Changes in hormone (oestrogen) levels during menopause
- Abnormal urinary tract shape or function
- Inherited risk of developing bladder infections

To figure out what is causing the repeated infections, your doctor may recommend a:

- Urine culture test of a sample obtained with a catheter
- Visual examination of the bladder and urethra with a lighted scope (cystoscopy)



The urinary tract infection (UTI) is very troublesome, especially for women, who suffer the most for a variety of reasons.

- Ultrasonogram (USG) of urinary tract
 - Computerised tomography (CT) scan of the urinary tract
- Treatment is directed towards the underlying cause, when possible. If your doctor cannot find a cause, one of these options may help:
- A long-term, low-dose antibiotic for as long as six months to two years
 - Intermittent or self-directed antibiotic therapy — for instance, taking an antibiotic after intercourse or starting a course of antibiotics supplied in advance by your doctor at the first sign of a UTI

- Vaginal oestrogen therapy — if you do not already take oral oestrogen — for signs or symptoms related to vaginal dryness after menopause
- Expert opinions vary on whether certain lifestyle changes reduce the risk of bladder infection, but it may be helpful to:
- Drink plenty of liquids, especially water, to help flush out bacteria
 - Urinate often, especially when you feel the need
 - Wipe from front to back after urination or a bowel movement
 - During period, changing your sanitary napkin from front

- to back to avoid contamination
 - Taking showers rather than bathing
 - Gently wash the skin around your vagina and anus daily using a mild soap and plenty of water
 - Use forms of birth control other than a diaphragm and spermicides
 - Empty your bladder as soon as possible after intercourse
 - Avoid deodorant sprays or scented feminine products in the genital area
- Although bladder infections are more common in women, men can get them too. Signs and symptoms of bladder infection in

men may include:

- Frequent urination
- Strong, persistent urge to urinate
- Burning or tingling sensation during or just after urination
- Low-grade fever
- Cloudy urine with a strong odour
- Blood in urine
- Trouble in urinating, especially if you have a problem with your prostate

Conditions that may be linked to an increased risk of bladder infection in men include:

- An enlarged prostate
- Kidney stones
- Abnormal narrowing of the urethra

- Having a recent urinary tract procedure involving instrumentation, such as insertion of a tube to drain your bladder (catheterisation) or a small camera to examine your bladder and urethra (cystoscopy)

Treatment of a bladder infection depends on the cause, but typically includes antibiotics. Consult a urologist to avoid unnecessary sufferings.

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DID YOU KNOW?



Alcohol is associated with 2.8 million deaths each year worldwide

Alcohol is a leading risk factor for death and disease worldwide, and is associated with nearly one in 10 deaths in people aged 15-49 years old, according to a Global Burden of Disease study published in The Lancet that estimates levels of alcohol use and health effects in 195 countries between 1990 to 2016.

Based on their analysis, the authors suggest that there is no safe level of alcohol as any health benefits of alcohol are outweighed by its adverse effects on other aspects of health, particularly cancers.

They estimate that drinking one alcoholic drink a day increases the risk of developing one of the 23 alcohol-related health problems by 0.5%, compared with not drinking at all (from 914 people in 100,000 for non-drinkers to 918 people in 100,000 for people who consume one alcoholic drink a day).

Alcohol has a complex association with health, affecting it in multiple ways. Regular consumption has adverse effects on organs and tissues, acute intoxication can lead to injuries or poisoning, and alcohol dependence may lead to frequent intoxication, self-harm or violence. Some previous research has suggested that low levels of consumption can have a protective effect against heart disease and diabetes.

HEALTH bulletin



Is apathy a prodrome of dementia?

Many experts wonder if apathy is a prodrome of dementia. Apparently yes, according to a meta-analysis, and addressing apathy in patients with early signs of dementia might be helpful.

About half of demented patients develop apathy. To determine the prognostic implication of this feature before the onset of dementia, Dutch researchers conducted a meta-analysis of 16 longitudinal studies of patients with subjective cognitive concerns (SCC), mild cognitive impairment (MCI), cognitive impairment without dementia, and no cognitive impairment. Data synthesised came from 7,299 patients (median age, 72) followed prospectively for a median of 2.4 years.

At baseline, apathy, as defined by standardised scales, was present in 20% of subjects. The overall risk for developing dementia was approximately doubled in memory clinic patients who had apathy at baseline. The risk was doubled in patients with MCI and might have been considerably greater in those with SCC, but there were not enough patients in this category for a reliable estimate. Associations between apathy and dementia diminished with longer follow-up. The elevated risk was independent of comorbid depression.

Personalise your acne treatment

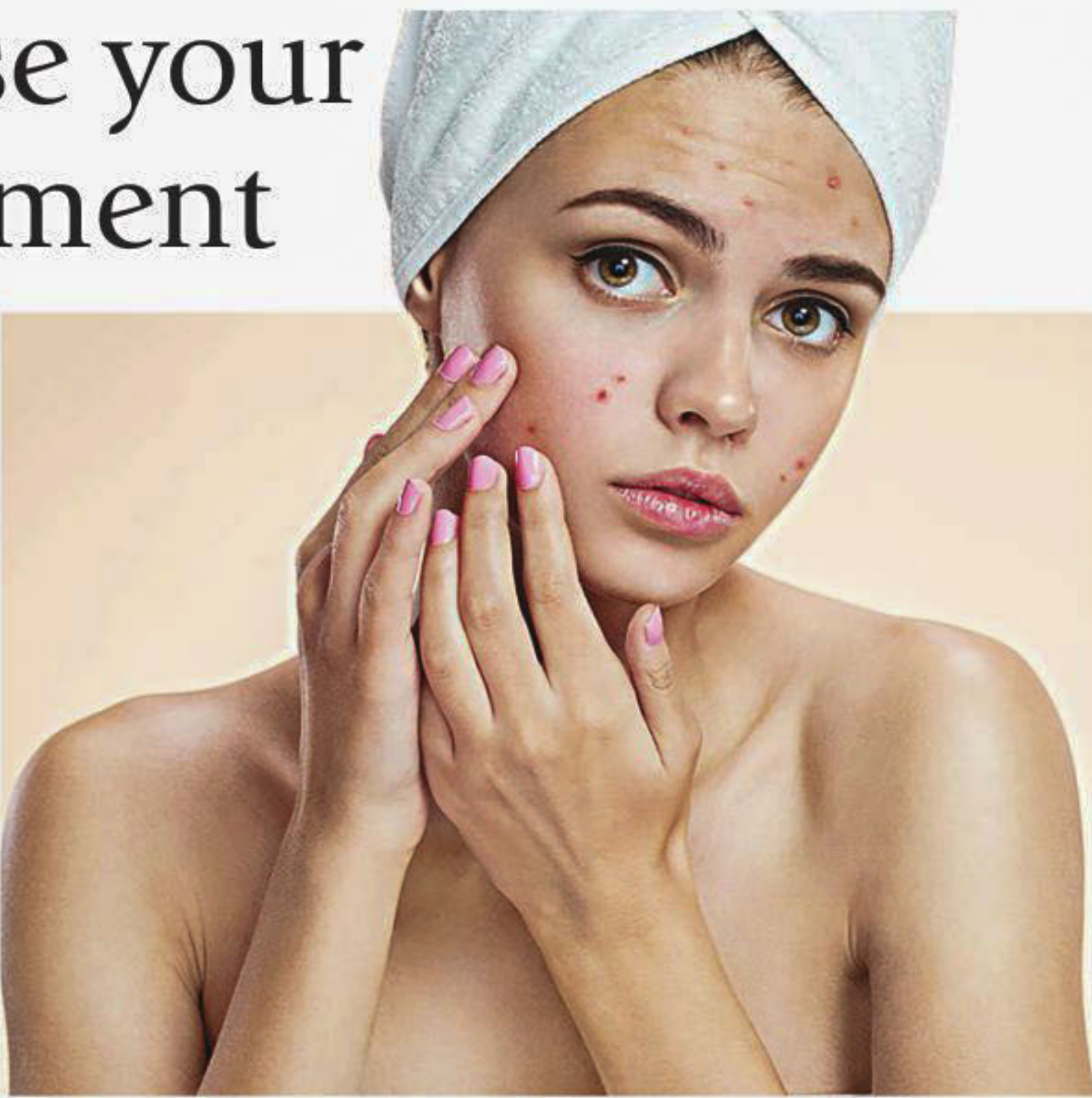
DR TAUHIDA RAHMAN EREEN

Acne is a troublesome skin condition that affects nearly 10% of the world's population. Acne is a skin disorder involving the sebaceous glands at the base of the hair follicles. These glands produce oil, helps to hydrate and moisturise your skin. When your sebaceous glands become hyperactive, additionally the small pores on the surface of the skin become blocked with dead skin cells and bacteria, annoying acne occurs.

Fluctuation in hormones is a very influential driving force for acne. Other reasons behind acne can be genetics, stress, oily and dehydrated skin, smoking, unhealthy diet etc. Stop the influx of toxins

We have a thirst for trendy makeup products. Peel away the acne, limit the amount of chlorine on your skin during swimming. Prebiotic and probiotic — they are known as two promising names in the current generation of skin experts. They will nourish the skin without irritating its natural moisturising balance. Choose these fantastic detoxifiers.

Load up on antioxidant Sometimes your acne needs pamper through particular food when you are experiencing chronic acne. To bid goodbye to your oily skin, antioxidant rich food is an excellent solution. Watermelon, orange, lemon, berries, peppers, grapefruit, green leafy vegetables, unripe mango, tomato, sweet potato —



experts say these foods do wonder beating your acne problem.

Food to avoid

Refined carbohydrates, sugar, chocolate, processed food, caffeinated drinks — avoid these ingredients in your daily meal plan to keep your breakouts at bay. They hurt your acne. Omega fish oils and evening primrose oil are fantastic for your acne prone skin. They help with inflammation and open pores.

Feed your face

Try to protect and respect skin's natural pH balance. What gets tricky is there are different kinds of sunscreen. During a decade of clinical trials, it has been shown that a daily dose of sunscreen pill coupled with topical sunscreen will help shielding skin

against the ultraviolet rays.

Find a water based formula

You can use the best skin care products, but for acne free skin you need to choose a water based formula that has natural, nourishing ingredients in cleanser, moisturiser and sunscreen. Just adopt these good skincare habits as early as possible.

For your acne treatment

If acne is diagnosed early, it might be controlled with a gentle routine of cleanser and medicated moisturiser. Patients with moderate to severe acne have been successfully treated with oral antibiotic and retinoid. It is no secret that treating acne scar and spot is a bothersome therapy. So do not pick, poke or touch those tiny bumps.

Stand-alone HPV testing recommended as cervical cancer screening option

Women aged 30 to 65 years can now choose primary high-risk human papillomavirus (hrHPV) testing as an option for cervical cancer screening, according to guidelines from the U.S. Preventive Services Task Force (USPSTF) published in JAMA.

In its 2012 guidelines, the USPSTF introduced hrHPV testing, but only in conjunction with cytology, so-called "cotesting". In grade A recommendations, the task force now recommends three options for this age group:

- Primary hrHPV testing every 5 years
- Cervical cytology every 3 years
- Cotesting every 5 years

For women aged 21 to 29, the group continues to recommend cytology every 3 years. Screening is not recommended for women older than 65 who are not at high risk and have had adequate prior screening and for women younger than 21. It also is not recommended for those who have had a hysterectomy with cervix removal and who have not had high-grade precancerous lesions.



/StarHealthBD

HEARTBURN DURING PREGNANCY

Heartburn in pregnancy may occur because of changing hormone levels, which can affect the muscles of the digestive tract and how different foods are tolerated. Pregnancy hormones can cause the lower esophageal sphincter (the muscular valve between the stomach and esophagus) to relax, allowing stomach acids to splash back up into the esophagus. In addition, the enlarged uterus can crowd the abdomen, pushing stomach acids upward. Although it's rare, gallstones can also cause heartburn during pregnancy.

Prevention and Treatment of Heartburn During Pregnancy

To reduce heartburn during pregnancy without hurting your baby, you should try the following:

- Eat several small meals each day instead of three large ones.
- Eat slowly.
- Avoid fried, spicy or rich (fatty) foods or any foods that seem to cause relaxation of the lower esophageal sphincter and increase the risk of heartburn.
- Drink less while eating. Drinking large amounts while eating may increase the risk of acid reflux and heartburn.
- Don't lie down directly after eating.
- Keep the head of your bed higher than the foot of your bed or place pillows under your shoulders to help prevent stomach acids from rising into your chest.
- Ask your doctor about using over-the-counter medications which are generally safe to use during pregnancy. You may find that liquid heartburn relievers are more effective in treating heartburn, because they coat the esophagus.
- Wear loose-fitting clothing. Tight-fitting clothes can increase the pressure on your stomach and abdomen.
- Avoid constipation.

If your heartburn persists, see your doctor. He or she may prescribe medications that are safe to take during pregnancy. Heartburn usually disappears following childbirth.

(WebMD Medical Reference)



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