

#HEALTH

KNOW THE SIGNS

Early symptoms of a Urinary Tract Infection (UTI)



An infection anywhere in the urinary system — kidneys, ureters, bladder, or urethra can cause a urinary tract infection (UTI). These infections in the lower urinary system may be painful and uncomfortable. However, if a UTI progresses to the kidneys, it may lead to significant health complications.

So, here are some early warning symptoms that might help you get some relief.

A burning sensation during urination

Dysuria, which is pain or a burning sensation when you urinate, is a major UTI sign. The pain might happen either before or after you have to urinate. UTIs are the most common cause of painful urination, but issues with the bladder or prostate may cause painful episodes after you have urinated.

A small amount of urination

At times, you could have an intense desire to urinate. A few

drops, however, are all you get. This can be an indication of a UTI and it occurs because an inflamed bladder, caused by bacteria, may lead to an overwhelming need to relieve yourself, even when there is not much urine in the bladder.

Lower back pain

One typical sign of a UTI is cramping pain. It might manifest as aches and discomfort in the lower back or pelvic

region. What is the source of this pain? It is possible for the bacteria that cause UTIs to penetrate the urinary tract lining. Inflammation and irritation may result from this.

Frequent urination

On average, humans urinate seven to eight times a day. However, if you need to go to the toilet even more often than this, especially at night, you might have a UTI. You run the risk of it being detrimental to your bladder, as

well as annoying and interfering with your everyday life.

Heavy odour from urine

A foul-smelling stream can be an indicator of a UTI. Germs might be circulating in your urinary system, namely in your kidneys, bladder, or urethra if you notice such an unpleasant scent.

By Samayla Mahjabin Koishy
Photo: Collected



Typhoon

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