

URINARY TRACT INFECTIONS (UTI) What You Need to Know



Urinary Tract Infections (UTIs) are one of the most common types of infections, affecting millions of people each year, especially women. Early recognition and treatment are key to preventing complications.

What is a UTI?

A UTI is an infection in any part of your urinary system, kidneys, bladder, ureters, or urethra. Most infections involve the lower urinary tract (the bladder and urethra).

How Common Is It?

- Over 50% of women will have at least one UTI in their lifetime
- Men can get UTIs too, especially with age
- Recurrent UTIs are common in some individuals



Symptoms to Watch For

- A strong, persistent urge to urinate
- A burning sensation when urinating
- Passing frequent, small amounts of urine
- Cloudy, dark, or bloody urine
- Pelvic pain (in women), or rectal pain (in men)

How Are UTIs Treated?

- Most UTIs are treated with a short course of antibiotics
- Drinking plenty of water helps flush out the infection
- For recurrent UTIs, your provider may suggest preventative treatment or further evaluation



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