



Fact Sheet

Cystitis

Painful Urination

Trevor A. Wing

MBRCP MRCHM, MBAcC, BSc, MSc, DMedIm

Bladder infections 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 unrecognised urinary tract infection. 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: Turbid foul-smelling or dark urine: Lower abdominal pain: Urinalysis shows significant pyuria and bacteriuria

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 cranberry tablets
- Create an alkaline environment in your bladder, take potassium or sodium citrate (4g every 8 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 or 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

Nutritional supplements

- Vitamin C – 500mg every two hours
- Bioflavonoids – 1000mg/day
- Vitamin A – 25,000 IU/day
- Beta-carotene – 200,000 IU/day
- Zinc – 30mg/day
- Choline – 1000 mg/day

Appointments: 0845 688 5270

Fax: 0208 940 8533

Email: enquiries@naturalgynae.com

www.naturalgynae.com

Our Female Healthcare Philosophy

At the Women's Natural Health Practice 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 in order 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 maximising 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

Appointments: 0845 688 5270
Fax: 0208 940 8533
Email: enquiries@naturalgynae.com
www.naturalgynae.com