



Urinary Tract Infections and Absorbent Pads... Is There a Link?

By Robert Pugach, MD

Did you know that more than 8 million doctor's office visits per year in the US are for Urinary Tract Infections (UTI's)? This common and treatable condition affects men and women of all ages; however, it is more commonly seen in women and the frequency of infections tends to increase with age.

In fact, urinary incontinence is twice as common in women as it is in men and more than 50% of older women struggle with involuntary leakage of urine.

If you have had a UTI, you know that it is an uncomfortable condition. The symptoms range from milder symptoms of painful urination, frequent trips to the bathroom and a feeling of urgency to more severe symptoms of lower abdominal or pelvic pain and pressure, fever, blood in the urine, and milky, cloudy, or pink/red foul smelling urine. All UTI's should be treated!

As a urologist, I treat many patients suffering from recurrent UTI's, (those who experience three or more UTI's within a year). These women often wonder why they are getting frequent UTI's despite antibiotic treatment and practicing good hygiene. Many of the women treated at *Pacific Coast Urology Medical Center's Women's*

Bladder Control Center of Excellence are surprised to learn about the correlation of frequent UTI's and incontinence.

Evans Tran, PA, Director of our Women's Bladder Center conducts a thorough medical examination and lifestyle evaluation. "For women who wear absorbent pads or adult diapers, to cope with their involuntary leakage, we know there is a higher incidence of UTI's," says Ms. Tran.

Why is this the case? Simply because contact between wet absorbent pads or diapers and vaginal skin is a breeding ground for bacteria. There is no need to continue to wear pads when minimally invasive technologies to treat incontinence are available. We can help you with your incontinence and help you avoid another UTI. Schedule your consultation today!



Pacific Coast Urology Medical Center and Western States HIFU is one of the leading medical practices in the US specializing in diagnosis and treatment of bladder control for men and women. Call (562) 594-0860 or visit www.pacificcoasturology.com