

PEE-LEASE, NOT AGAIN! WOMEN TACKLING UTIs



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BACKGROUND

- Urinary tract infections (UTIs) are a common problem for women independent of age, race, or socioeconomic status.¹
- Over 50% of women will develop a UTI throughout their lifetime.^{1,2}
- UTIs are a significant cost burden for the healthcare system with an annual cost of roughly 10 billion.^{1,2}
- With increasing antibiotic resistance development there is increased focus on UTI prevention strategies.^{3,4}

OBJECTIVE

1. Assess how women manage their UTIs
2. Investigate the preventative practices patients implement into their daily lives.

METHODS

- A cross-sectional study utilizing an anonymous, one-time electronic survey.
- Survey was distributed through ResearchMatch database.
- The questionnaire included 17 multiple-choice questions assessing: patients' history of UTIs, home remedies, and daily preventative practices.
- Consent to participate in the research study was implied with completion of the survey.
- Inclusion Criteria:
 - Women 18 years of age or older
 - History of UTIs.
- Exclusion Criteria:
 - only UTIs during pregnancies
- Excel was used to collect and analyze all data.

REFERENCES

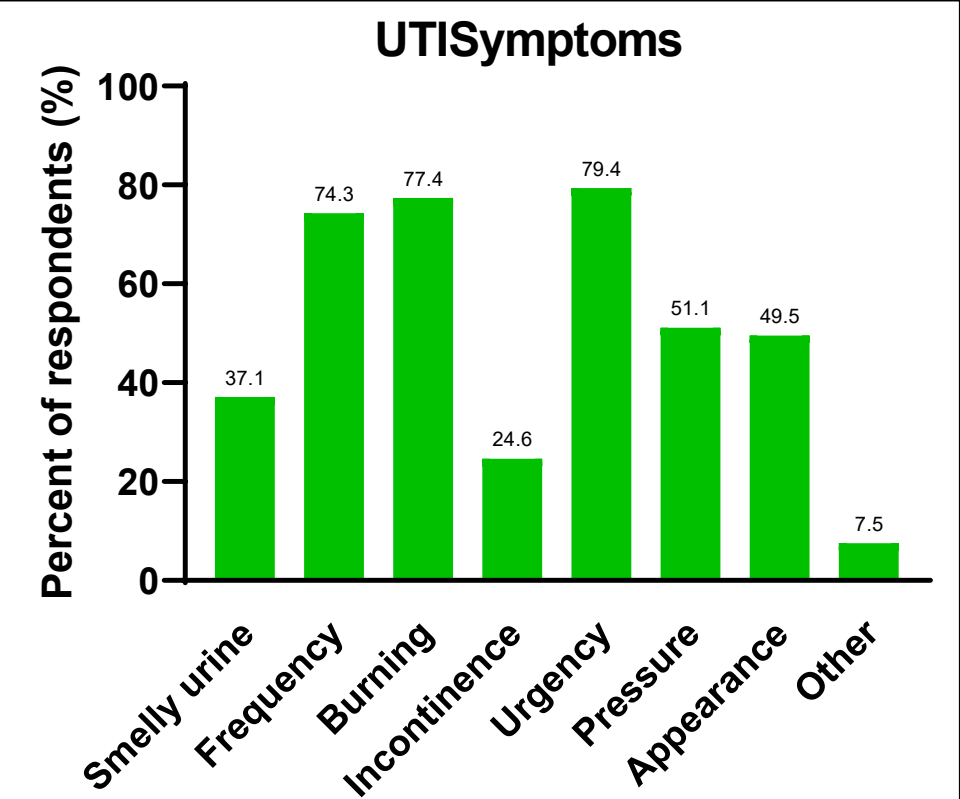
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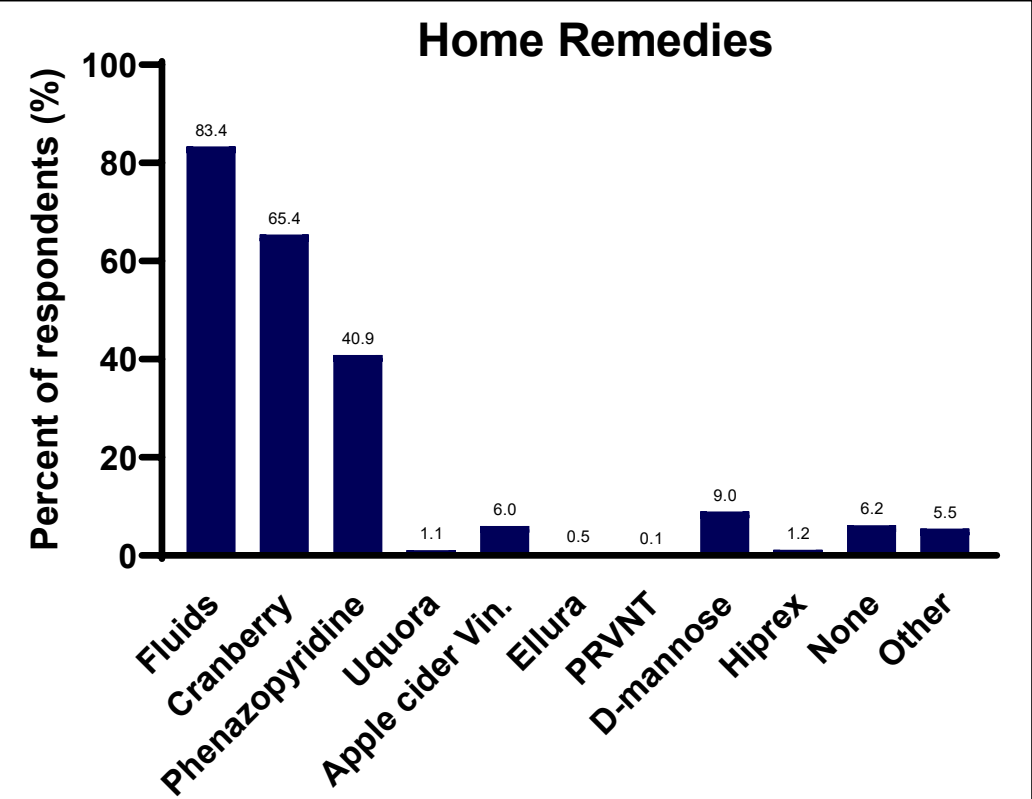
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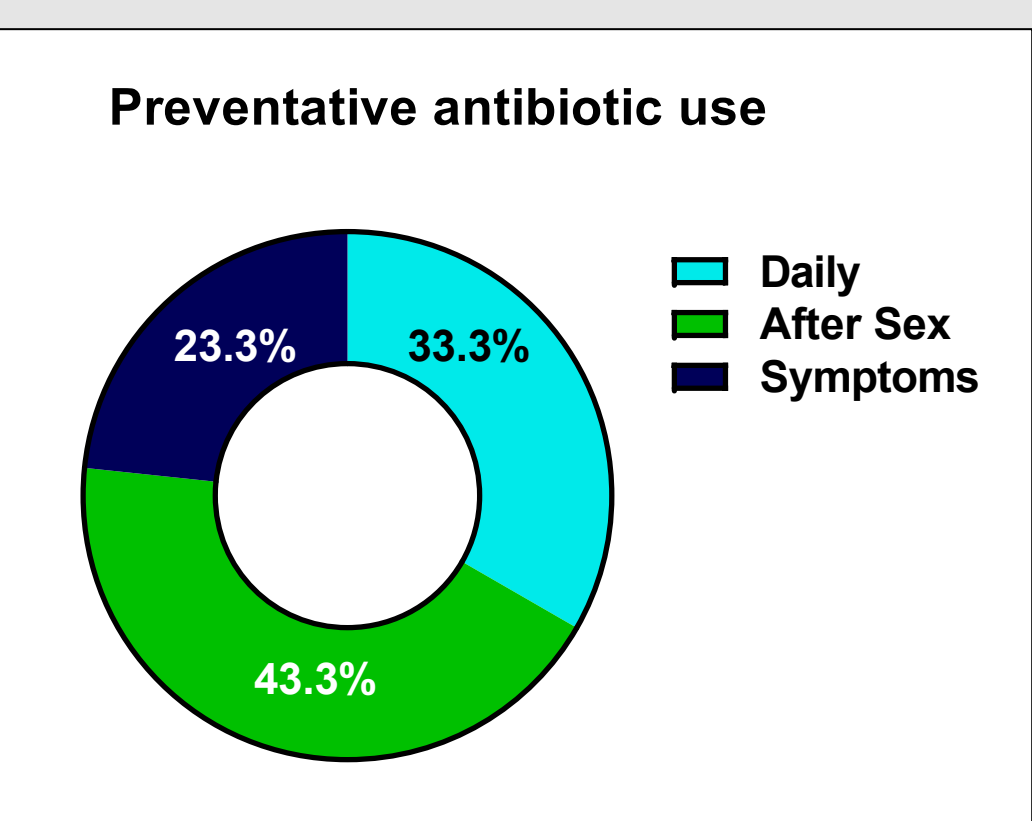
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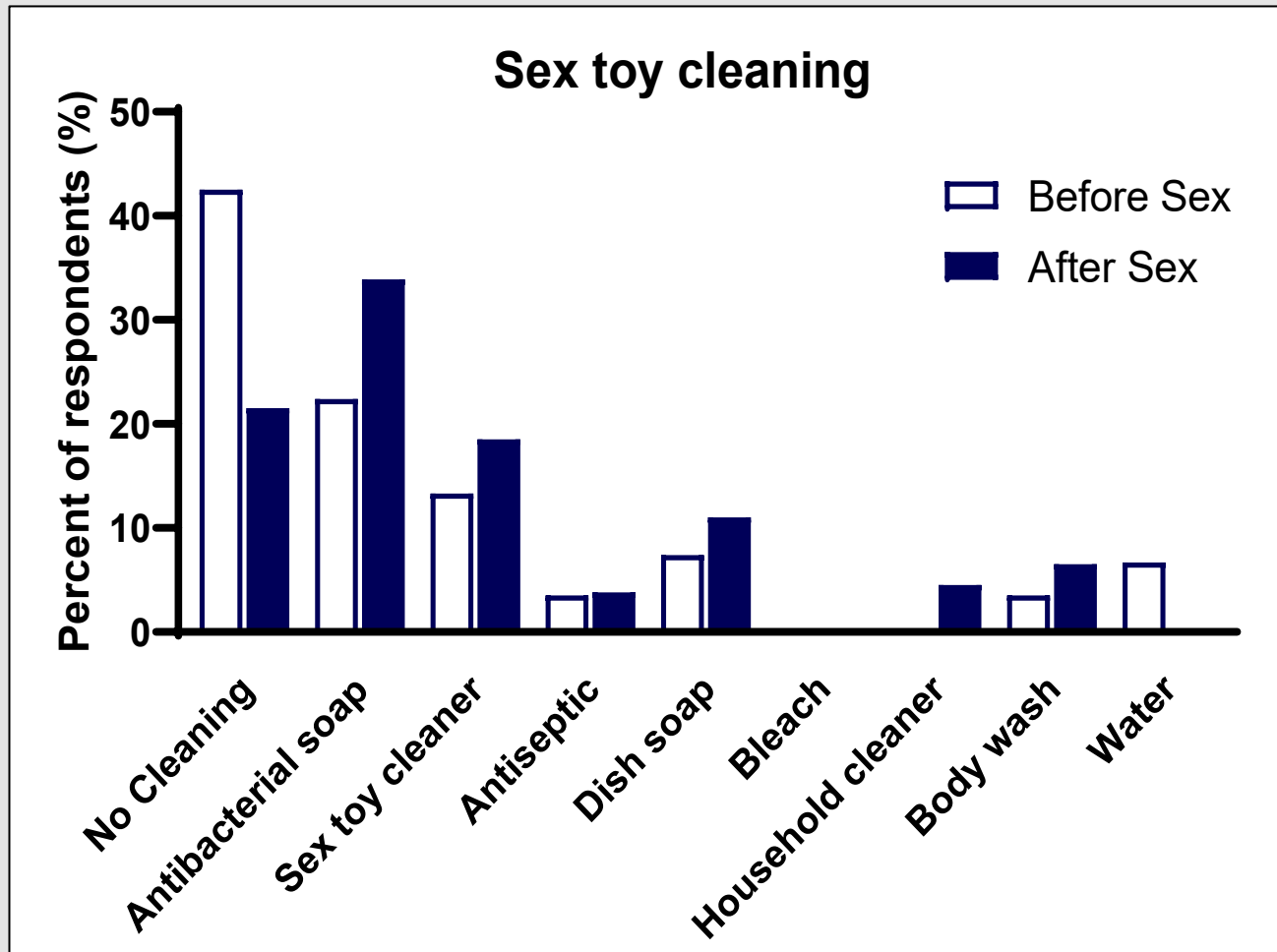
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Top 10 Daily Practices	
More fluids	77%
Wiping (Front to Back)	72%
Shower after exercise	43%
Daily showers	38%
Frequent urination	33%
Yogurt	32%
Probiotics	31%
Constipation Prevention	20%
Decreasing sexual activity	15%
Decrease caffiene	11%

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KEY FINDINGS

- 1411 women who met eligibility criteria completed the survey.
- Participants were in different stages of reproductive cycle; 40.9% were having regular periods, 12% were peri-menopausal, 4.7% were in menopause and 42.4% were post-menopausal.
- 62.3% of participants reported always having symptoms with their UTIs and 14.6% reported having a known history of asymptomatic bacteriuria.
- The most common UTI symptom was urgency (79.4%), followed by dysuria (77.4%) and frequency (74.3%). (**Fig 1**)
- At the onset of symptoms, 56.7% of study participants first use home remedies while 35.9% first see their doctor to do a urine culture.
- Only 15% reported seeing a urologist to manage their UTI symptoms.
- The most used home remedies were cranberry extract (65.4%), increasing fluid intake (83.4%), and Pyridium[®] (40.9%), while Ellura[®] (0.5%) and PRVNT[®] (0.1%) were used the least. Vaginal estrogen was used only 10.3%. (**Fig 2**)
- Only 45.9% of participants reported that home remedies were helpful.
- For UTI prevention, participants reported their top daily practices to include: increased fluid intake (76.6%) and wiping from front to back (71.9%). (**Fig 3**)
- 6.3% use preventative antibiotics; of these 33.3% use it daily, 43.3% following intercourse, and 23.3% at the onset of symptoms.
- 26.0% report suffering from daily constipation, yet only 31.3% of these use a daily bowel regimen. (**Fig 5**)
- 43.3% correlate sex with UTIs and 67.4% reported use of sex toys.
- 67.4% report using sex toys. Of these, 7.7% associate their sex toy usage with UTIs. However, a significant number of respondents do not clean their sex toys before (42.5%) or after (21.5) use. (**Fig 6**)

CONCLUSION

- Women struggle with UTIs throughout different periods of life.
- Women with UTI history are not commonly under the treatment of a urologist.
- Most revert to home remedies first at the onset of UTI symptoms.
- Vaginal estrogen cream is not commonly used for prevention.
- There is need for improved public education of UTI symptoms, prevention strategies and importance of correct diagnosis and treatment.