

Embarrassing Illnesses Cystitis: Signs, Symptoms, and Treatments



Embarrassing Illnesses - Cystitis - Signs, Symptoms, & Treatments by Alycia Morris

★★★★☆ 4 out of 5

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Cystitis is a common urinary tract infection (UTI) that affects the bladder. It can cause a burning sensation during urination, urgency to urinate frequently, and pain in the lower abdomen. Cystitis is usually caused by bacteria that enter the urethra and travel up the urinary tract to the bladder.

Signs and Symptoms of Cystitis

The most common signs and symptoms of cystitis include:

- Burning sensation during urination
- Frequent urge to urinate
- Urinary urgency (feeling like you have to urinate right away)
- Pain in the lower abdomen

- Cloudy or foul-smelling urine
- Blood in the urine (hematuria)
- Fever
- Chills

Causes of Cystitis

Cystitis is usually caused by bacteria that enter the urethra and travel up the urinary tract to the bladder. The most common type of bacteria that causes cystitis is *Escherichia coli* (*E. coli*). Other bacteria that can cause cystitis include *Staphylococcus saprophyticus*, *Klebsiella pneumoniae*, and *Proteus mirabilis*.

Cystitis can also be caused by other factors, such as:

- Sexual intercourse
- Using a diaphragm or cervical cap for birth control
- Having a urinary tract abnormality
- Having a weakened immune system
- Using antibiotics for a long period of time

Treatment for Cystitis

The treatment for cystitis depends on the cause of the infection. If the infection is caused by bacteria, antibiotics will be prescribed to kill the bacteria. The antibiotics will usually be taken for 3-7 days.

Other treatments for cystitis include:

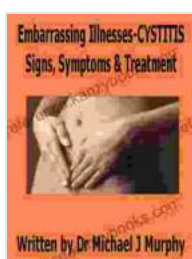
- Drinking plenty of fluids to help flush out the bacteria
- Taking over-the-counter pain relievers to relieve pain and discomfort
- Using a heating pad to relieve pain
- Avoiding caffeine and alcohol, which can irritate the bladder

Prevention of Cystitis

There are a number of things you can do to prevent cystitis, including:

- Drinking plenty of fluids
- Urinating frequently
- Wiping from front to back after using the toilet
- Avoiding using harsh soaps or douches
- Wearing cotton underwear
- Using condoms during sex
- Getting vaccinated against E. coli

Cystitis is a common urinary tract infection that can be painful and uncomfortable. However, it is usually treatable with antibiotics. If you think you may have cystitis, it is important to see a doctor right away to get the proper diagnosis and treatment.



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