

Treatment

- Patients should complete the whole course of antibiotics according to doctor's prescription without any interim breaks, otherwise bacteria may develop resistance and their complete elimination will then require stronger drugs over longer time.
- Patients should drink plenty of water since sufficient amount of urine helps rinse out bacteria in the urethra.
- Patients should avoid strong drinks such as alcohol and coffee as well as spicy food to prevent symptoms from aggravating.
- Patients of common urethritis-causing diseases such as diabetes and urethral calculus should receive proper treatment to avoid the onset of urethritis.

Prevention

- Maintain personal hygiene.
- After using the toilet, wipe from the vulva back to the anus.
- Maintain sex hygiene.
- Avoid soap, washing liquid, vaginal douche, etc which contain fragrance.
- Avoid wearing overly-tight or air-impermeable trousers, including panties.
- Drink plenty of water.
- Avoid the habit of urine withholding.
- Stay alert for early detection and treatment.

Urethritis



On average, one in every five women once had urethritis. It is characterised by obvious symptoms and possible recurrence. If treated improperly, urethritis may lead to serious consequences.

Causes

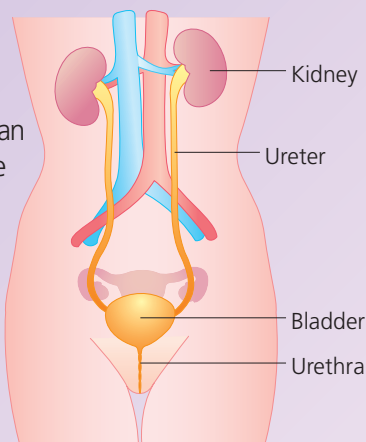
Up to 80% to 90% of infections are caused by *E.coli*, a parasitic bacterium in the intestine.

Why women are more vulnerable to urethritis?

Compared with men, women are eight times more vulnerable to urethritis. It is mainly due to the difference in their biological structures:

• Length of urethra

Men's urethra is about 15 cm long, and women's 5 cm only. Thus bacteria can more easily reach the bladder and then reflux towards the kidneys.



• Stimulation by sexual intercourse

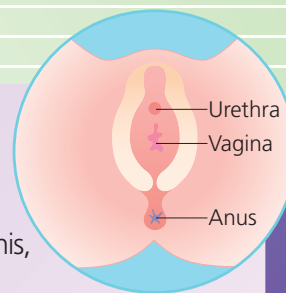
Penetration of the penis not only stimulates the genitals but also brings bacteria from the vulva into the female urethra.

Symptoms

- Frequent urination – urinate frequently with only a small amount of urine passed each time.
- Scalding or burning pain when urinating.
- Urine is cloudy and may even contain blood.
- Lower abdominal pain (near the pubic bone), indicating bladder infection.
- Symptoms of fever, lower back pain, nausea and vomiting, indicating possible kidney infection.

• Opening of urethra

Men's urethral opening locates at the tip of the penis, and women's at the vulva adjoining the vaginal opening and is also close to the anus and enclosed by the labia majora and minora. If the vulva is unclean or if wiping is made from the anus back to the front after using the toilet, the urethra is susceptible to infection by bacteria at the vulva, vagina or anus.



• Periods prone to infection

Pregnancy: the uterus enlarges and presses the bladder, making the latter unable to empty fully.

Menopause: weakening of immunity.