

Cystitis

Urinary tract infections, generally **shortened** to UTIs, are infections causing inflammation of **kidneys**, **ureters**, **bladder**, and **urethra**. The **most common** UTI, and one that affects mostly women, is **cystitis**, an inflammation of the bladder in general caused by bowel bacteria.

The reason for UTI **susceptibility** in women, is that the urethra is much shorter and is closer to the anal area, which increases the risk of **bowel bacteria** entering the urethra. Left **untreated**, cystitis may lead to a kidney infection. An infection in one or both ureters is called ureter inflammation, and if this is not effectively treated it can lead to a very serious kidney infection. There are

other risk factors for UTIs: sexual activity, some types of birth control such as **diaphragms**, the **decline** in oestrogen after menopause causing the lining of the bladder to become thinner and thus more susceptible to infection. Fortunately, such infections are easy to treat effectively.

PTA: Guten Morgen. Was kann ich für Sie tun?

Young female customer: Do you speak English?

What can I do for you?

My roommate recommended that I visit a pharmacy before going to the doctor. That's why I'm here! We're in the middle of writing exam papers and there's so much work because of all the online lectures that I really don't have time to spare!

What exactly are your symptoms?

Well, it's a little **embarrassing**! Could we talk somewhere private?

Of course, no problem! Please, follow me. This is our back office, so it's really private. Before we start, do you mind disinfecting your hands with the hand-sanitizer before you sit down, please?

Of course I don't, no problem! Well it's like this you see, I have been having trouble **peeing** the last two days.

Could you describe your symptoms exactly, please?

Well I don't **have a temperature** or anything like that, but when I pee it burns a little. And I have this **urge** to pee much more often than normal.

On a scale of one to ten, where one is very mild and ten very bad pain, what score would you give the pain?

A three, maybe a four.

And is your urine different in colour? Red, pink, or even cola-coloured?

Well, it's a little darker than usual, like when you eat beetroot, or don't drink enough.

Do you have pain anywhere else, like in the pelvic area?

Not really, no.

Okay, I think that you might have a case of cystitis. You said that you have only noticed the symptoms over the past two days, correct? Yes. What do you think that I should do?

From your symptoms, I believe that the cystitis is mild, but if left untreated, it could develop into a much more serious infection, such as a kidney infection. Kidney infections are **exceptionally** painful! You should drink plenty of fluids, and then I recommend you these capsules with **bearberry leaves**, they disinfect your urine and the urinary tract. If there is no recovery in the next days, you should visit a doctor. I'll do that. Thank you so much.

You are more than welcome. Goodbye! ■

*Catherine Croghan,
Lecturer in English and
native speaker*

VOCABULARY

| | |
|--------------------------|----------------------------|
| cystitis | Blasenentzündung |
| urinary tract infections | Harnwegsinfekte |
| shortened | gekürzt |
| kidney | Niere |
| ureter | Harnleiter |
| bladder | Blase |
| urethra | Harnröhre |
| most common | häufigste |
| susceptibility | Anfälligkeit |
| bowel bacteria | Darmbakterien |
| untreated | unbehandelt |
| diaphragm | Scheidenpessar |
| decline | senken, verringern |
| embarrassing | peinlich |
| peeing | (ugs.) pinkeln |
| have a temperature | Fieber haben |
| urge | Drang |
| pelvic area | Beckenbereich |
| exceptionally | außergewöhnlich, besonders |
| bearberry leaves | Bärentraubenblätter |

Hansaplast



BESONDERS HAUTVERTRÄGLICHER SCHUTZ

BEI GRÖßEREN UND POSTOPERATIVEN WUNDEN



SCHÜTZT VOR INFEKTIONEN



*Hautverträglichkeit dermatologisch bestätigt