

# Urinary Tract Infections

Urinary tract infections (UTIs) are more likely to **affect** women than men. One of the **primary causes** of UTIs in women is that the female **urethra** is significantly shorter than in males.

**O**ther factors include: poor or incorrect toilet hygiene, wearing synthetic, **tight-fitting** or uncomfortable **underwear** and using cosmetic products that may cause irritation. A UTI is an infection of any part of the urinary system: the **kidneys, ureters, bladder**, or urethra. The most common form of UTI is **cystitis**, which is an

infection of the bladder. Other forms are acute **pyelonephritis**, affecting the kidneys, and **urethritis**. UTIs typically occur when bacteria enter the urinary tract and start to multiply in the bladder. Although the urinary system can usually deal with microorganisms, sometimes it fails to work.  
Female pharmacy customer: Hello, do you speak English?

PTA: Hello, yes I do. What can I do for you?  
Do you **stock bearberry leaves**?

**Yes we do. Do you mind me asking: do you need them for a urinary problem?**  
Yes, in fact I do have an infection.

**Do you often have such problems? Some people tend to be plagued with urinary tract problems.**  
I think this is my third or even fourth infection since the start of the year! I usually use the bearberry leaves, as I don't like taking antibiotics.

**Well antibiotics are often the usual treatment for urinary tract infections, but phytotherapy can also be effective, especially if you start early enough with the treatment.**  
Isn't bearberry a plant?

Certainly, but it is not recommended to take it more than five times a year. And it might be a good idea to try an alternative, mightn't it?  
I suppose that you are right. So, what do you recommend?

This combination preparation of **nasturtium** and **horseradish** is a type of herbal antibiotic, and it is also antiviral.  
How often do I need to take it?

To start with you should take it four times a day, and four tablets. You can take them every three hours or so and always after a meal. You can continue for five days to a week and slowly decrease the dosage.  
Anything else I need to consider?

**It is not recommended during pregnancy, breast-feeding or an allergy to any of the ingredients.**  
I am not pregnant and I don't have any allergies, thank goodness.

Okay. I'd also like to recommend regularly drinking a tea made from **goldenrod** and **birch leaves**. It's good to drink a lot of fluids to help your system to flush out the pathogens.  
Yes, please. I'll take it, it gets very boring just drinking water all the time.

**An alternative to the nasturtium and horseradish are these dra-gées with common centaury, lovage and rosemary.**  
I'll try the nasturtium with horseradish first and see how I get on. Thank you so much.

**No problem, that's our job.**  
Thanks again. Goodbye!

Bye! ■

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Lecturer in English and native speaker*

## VOCABULARY

Urinary Tract Infections	Harnwegsinfektionen
affect	betreffen
primary causes	Hauptursache
urethra	Harnröhre
tight-fitting underwear	eng anliegende Unterwäsche
kidneys	Nieren
ureters	Harnleiter
bladder	Blase
cystitis	Blasenentzündung
pyelonephritis	Nierenbeckenentzündung
urethritis	Harnröhrenentzündung
stock	führen (Waren)
bearberry leaves	Bärentraubenblätter
nasturtium	Kapuzinerkresse
horseradish	Meerrettich
goldenrod	Goldrute
birch leaves	Birkenblätter
common centaury	Tausendgüldenkraut
lovage	Liebstöckel