



What is a urinary tract infection (UTI)?

A urinary tract infection (UTI) is a bacterial or fungal infection of the urinary system, which includes the kidneys, uterus, bladder and urethra.

They can be very uncomfortable and cause symptoms like a frequent urge to urinate, a constant feeling of a full bladder, burning sensation while urinating and pain in the lower abdomen.

For most people, a UTI is an annoying, slightly painful yet treatable condition. For seniors, UTIs that aren't treated promptly can lead to more serious complications quickly.

Seniors are at a higher risk of developing UTIs because of factors such as:

- **Decreased urine flow:** An enlarged prostate or kidney stones may block the flow of urine, and weakened bladder and pelvic floor muscles make it easier for bacteria to grow in the urinary tract.
- **Decreased mobility:** Having a difficult time traveling to and from the bathroom may cause older adults to hold their urine, increasing the risk of bacterial growth.
- **Incontinence:** Bacteria found in stool can cause urinary tract infections.
- **Catheter:** Older adults who regularly use catheters are more likely to develop infections.
- **Weakened immune system:** As you age, your immune system becomes less efficient at fighting the bacteria that cause UTIs.
- **Hormonal changes:** The drop in estrogen that occurs in women after menopause can make infections more likely to occur.

Did you know?

- UTIs are the second most common infection in the body.
- It is estimated that UTIs account for approximately 8 million doctor visits per year.
- More than one-third of all infections in people in nursing homes are UTIs.
- More than 10 percent of women over age 65 report having a UTI within the past year. That number increases to almost 30 percent in women over 85.

For more information on urinary tract infections and how CorsoCare can support you and your loved one, call us at 248-438-8535.

Source: Understanding UTIs Across the Lifespan - Urology Care Foundation. (n.d.).