

## ABOUT ARENA

**ARena aims at maintaining the effectiveness of antibiotics in the long run. To achieve this, resistance must be avoided or at least slowed.**

→ Within the scope of ARena, the necessity of antibiotics prescriptions is checked. The project focuses on certain common diseases, such as infections of the upper respiratory tract and otitis media or sinusitis, that only rarely require treatment with antibiotics. Also included are diseases, such as urinary tract infections, that require treatment with certain antibiotics.

→ Doctors in 14 networks in Bavaria and North Rhine-Westphalia have agreed to have a closer look at whether antibiotic prescriptions are really necessary. To improve essential knowledge, participating doctors take part in continual training, meet in quality circles with colleagues, obtain information and discuss in which cases antibiotics make sense and in which they do not. Some doctor's offices receive the support of special software tools; in others, non-medical staff are specifically trained. Additionally, patients and the public in the regions included in the project are informed concerning "treatment with antibiotics".

## GET WELL SOON

**and please always keep in mind:**

Antibiotics are a precious commodity!

Antibiotics are not necessary in every case!

Help us maintain the effectiveness of these powerful drugs!



### DO YOU WANT TO KNOW MORE?

Please visit our website at:  
[www.arena-info.de](http://www.arena-info.de)

# Have a cup of tea!



INFORMATION ON

## BLADDER INFECTIONS

AND A SUCCESSFUL RECOVERY

ARena

aQua

ZUKUNFT DURCH QUALITÄT




## CAUSE OF THE SYMPTOMS

You most probably have an **acute urinary tract infection (cystitis)** - also known as **bladder infection**.

Bacteria pass through the urethra into the bladder and cause an inflammation of the mucous membrane.

This can lead to an impulse to urinate even though the bladder is not completely filled with urine. Hence a frequent sensation of having to urinate occurs with only small amounts of urine. A burning feeling while urinating as well as painful cramping in the lower abdomen is caused by the inflammatory reaction in the urethra..

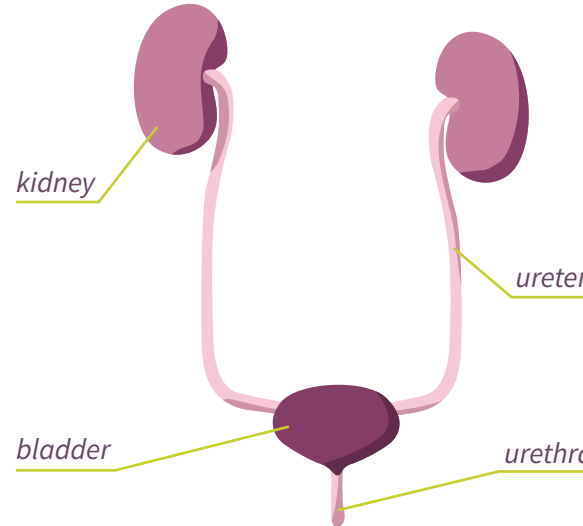


Bladder infection occurs much more often in women than in men, the reason being that women have much shorter urethras. Age also influences the frequency of urinary tract infections: The older, the higher the risk for a urinary tract infection.

# Pain and burning when you urinate?

## LOCATION AND FUNCTION OF THE BLADDER

The bladder is located in the lower abdominal cavity behind the pubis. It is a hollow organ lined by a layer of smooth muscles.



Urine produced in the kidneys travels through the ureters to the bladder where it is stored and released voluntarily to the urethra through which it leaves the body.

## WHAT YOU CAN DO YOURSELF

**3-5 out of 10 acute urinary tract infections heal after a week without antibiotic treatment.**

You can try to reduce your symptoms (if still tolerable) by using the following home remedies:

### TIPS

- Drink plenty; non alcoholic drinks and tea.
- Apply warmth (e.g. heating pad).
- Pain killers such as ibuprofen or antispasmodic drugs may bring relief; take only after consulting your doctor 's office / pharmacy.

## WHEN TO SEE A DOCTOR

If the symptoms persist, please consult your doctor. An acute but uncomplicated cystitis is often caused by bacteria making treatment with suitable antibiotics necessary to get rid of the symptoms quickly.

**If your doctor prescribes an antibiotic take it exactly as directed.**