

Mayo Clinic Minute
Treating Urinary Tract Infections

Video	Audio
Vivien Williams	Cranberry juice. Many people reach for it to treat urinary tract infection, or UTI, symptoms such as painful urination and frequency.
Summer Allen, M.D. Family Medicine Mayo Clinic	“If it’s getting better, then they’re doing the right things. When it’s not, when it’s progressing to they’re noticing blood in their urine, if they’re getting fever, if they’re getting back pain...”
Vivien Williams	Then, says Mayo Clinic family medicine specialist Dr. Summer Allen, it’s time to see a health care provider to determine if you need antibiotics, which are the first line of treatment for UTIs. The type of antibiotic you take depends on the type of bacteria found in your urine. And Dr. Allen says, the most common culprits are...
Summer Allen, M.D.	“The E. coli bacteria.”
Vivien Williams	Anyone can get a UTI, but women are at highest risk. If you develop symptoms that won’t go away, see your health care provider for evaluation and treatment to prevent a serious infection.
	For the Mayo Clinic News Network, I’m Vivien Williams