Urinary Tract Infection

RISK FACTORS

1) Poor bladder health
   - “HOLDING” - NOT peeing at “regular 2 HOUR timed intervals” throughout the day.
   - Poor fluid intake and excessive intake of bladder irritants such as caffeinated and high sugared drinks.
   - Poor peeing posture will negatively impact the bladder's ability to EMPTY completely.

2) Poor bowel health
   - CONSTIPATION – NOT establishing bowel regularity.
   - “HOLDING” Ignoring the signal to poop.
   - Poor wiping or soiling of underpants.

3) Poor genital hygiene
   - Must practice good general body hygiene and
   - Good handwashing and fingernail hygiene are important!
   - UNCIRCUMCISED males, MUST provide optimal care to the penis.
   - Females need optimal wiping habits & good genital hygiene.

4) Structural defects of urinary system
   - VUR = Vesical Ureteral Reflux
   - Bladder or Kidney stones/calculi
   - Ectopic ureters

5) Poor bladder immunity
   - Not completely understood in the medical community – but some children simply have more problems with infections (UTIs) than others.

6) Gender
   - GIRLS have more problems with UTIs than BOYS.
   - Female anatomy predisposes girls to have more problems.
   - Female urethra is shorter and the anus and vagina are very close together increasing risk of cross-contamination.