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FOR IMMEDIATE RELEASE

TAKING THE **UTI** OUT OF **SUMMERTIME**

Why Urinary Tract Infections Occur More in Warmer Weather What Teen Girls and Young Women Should Know, and Do

Summertime. For teenage girls and young women, it doesn't get better – save for one, painful reality. Summer is when surf, sweat and pool water and other moisture-bearing culprits form breeding grounds for the bacteria that cause painful urinary tract infections ([UTIs](#)).

Many young women will get their first UTI during summertime. They may be shocked to learn that damp towels and sweaty shorts – even wet bathing suits – may be to blame.

The experts at [AZO](#), the #1 pharmacist-recommended brand for urinary pain relief and urinary tract health, offer the following information, and a teen-g geared site packed with tips at www.utifacts.com.

What Exactly is a UTI?

Infection that can occur when bacteria enters the opening of the urethra and multiplies. Contracted annually by millions of women.

Left untreated, can spread to other parts of the urinary tract, including the bladder and kidneys, potentially leading to a more serious condition.

What Causes a UTI?

Bacteria. Wet bathing suits, damp towels and sweaty clothes in direct contact with your skin can help bacteria rapidly spread, increasing UTI likelihood.

Common UTI Symptoms

Can include one or a combination of the following:

- *Strong, persistent need to urinate.*
- *A burning sensation when urinating.*
- *Frequently passing only small amounts of urine.*
- *Urine that is cloudy or contains blood.*
- *Urine that has a strong odor*

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Steps to Take if a UTI Is Suspected

Doctor visit – ASAP – is a must. Only doctors can prescribe antibiotics that will get rid of the infection. Without antibiotics, the UTI-causing bacteria may cause more serious health problems, such as bladder and kidney infections.

Diagnosis can happen in-home using products like [AZO Test Strips](#), found over the counter at drugstores; painless test that takes only two minutes and is similar to doctor-administered tests.

Treating UTI Pain

Over-the-counter products like [AZO Standard](#) safely and quickly treats the pain commonly associated with UTIs.

Products like [AZO Standard](#) contain phenazopyridine hydrochloride, the #1 ingredient prescribed by doctors for urinary discomfort. [AZO Standard](#) is a temporary pain reliever and does not cure the infection.

Avoiding UTIs

During warmer months, or “UTI Season,” make sure to:

- *Quickly change out of wet bathing suits and sweaty, damp clothing.*
- *Avoid tight clothes and wear clean, cotton underwear.*
- *Wipe from front to back when you go to the bathroom.*
- *Drink lots of water.*
- *Drink 8-16 ounces of cranberry juice daily to keep bacteria from growing and clinging to your bladder wall. (If you want to avoid the sugar in cranberry juice, you can also take a daily dietary supplement like AZO Cranberry tablets.)*
- *If sexually active, go to the bathroom right after sex.*
- *Go to the bathroom as soon as you feel the need, rather than when the urge becomes strong.*
- *Use tampons instead of sanitary pads, and change them every three to four hours.*

Additional Resources

Websites with more UTI information and related links:

- [Utifacts.com](#)
- [Azoproducts.com](#)