

**Mayo Clinic Medical Edge**  
**Avoiding Urinary Tract Infections**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	NOBODY WANTS TO GET A COLD, SO WE TAKE PRECAUTIONS, LIKE FREQUENT HAND WASHING. WELL NOBODY WANTS TO GET A URINARY TRACT INFECTION EITHER. SO WHAT CAN YOU DO?
<b>Robert McLaren, M.D.</b> <b>Track 1 (:50)</b>	"THERE IS SOME DATA THAT SHOWS CRANBERRY JUICE IS A MILD URINARY ANTISEPTIC."
	DR. ROBERT MCLAREN, A MAYO CLINIC UROLOGIST, SAYS THERE ARE ALSO SOME OVER-THE- COUNTER PRODUCTS WITH ANTISEPTIC PROPERTIES. BASICALLY THESE MAKE URINE A

	<p>HOSTILE ENVIRONMENT FOR BACTERIA. BECAUSE SEXUALLY ACTIVE WOMEN HAVE A HIGH RATE OF INFECTION, THERE ARE THINGS THAT CAN LOWER YOUR CHANCES.</p>
<p><b>Dr. McLaren</b> <b>Track 1 (19:10)</b></p>	<p>“VOIDING AFTER INTERCOURSE. SOMETIMES WE’LL HAVE THEM TAKE A LOW DOSE ANTIBIOTIC AFTER INTERCOURSE JUST TO TRY AND NOT LET THE BACTERIA SET UP IN THEIR BLADDER.”</p>
	<p>A COUPLE OTHER THINGS DR. MCLAREN SUGGESTS: DRINK ENOUGH WATER SO THAT YOU’RE FLUSHING THE BLADDER OUT. AND IF YOU HAVE TO GO TO THE BATHROOM, GO. DON’T TRY TO HOLD IT TOO LONG</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I’M VIVIEN WILLIAMS.</p>
