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- URINARY TRACT INFECTION (UTI).

UTI is a frequent infection in the pediatric population, it has a 10 to 1 predominance in girls over boys. UTI may present as an infection of the kidneys (pyelonephritis) or the bladder (cystitis). Prompt treatment is necessary to prevent permanent renal damage that may progress to hypertension or renal failure in adulthood.

- UTI origin in Pediatrics:

- 1) Poor and inadequate hygiene of the urethra after a bowel movement or void leads to local irritation that favors growth of bacteria, contaminant to the urinary tract.
- 2) Genital irritation because of constant use of bubble bath soaps.
- 3) Chronic constipation is an important risk factor for UTI, because it induces bladder distention, urine retention and poor bladder emptying after voiding.
- 4) Obstructive uropathy: an important cause of UTI in males (5%9 and females (1%). This illness must always be ruled out by performing special imaging procedures, renal ultrasound and voiding cystourethrogram (VCUG), because non - diagnosed obstruction is a serious cause of irreversible renal damage

What are the symptoms of UTI?

- 1) Urinary symptoms: burning on urination (dysuria), urinary frequency, concentrated foul smelling urine.
- 2) General symptoms: fever, abdominal pain, nausea, vomiting, diarrhea, headache.

Routine management of a UTI:

- Urinalysis and urine culture, both tests are mandatory prior to starting treatment.
- This testing is followed by a 7-10 day course of antibiotics.
- Clear liquids in high quantities are necessary to flush the urinary tract. In fact some experts recommend cranberry juice because it contains a natural protective component that eliminates bacterial contaminants in the urinary tract.

- Prevention of UTI:

- 1) Clean the genitals with water only. Do not use local irritants such as anti-bacterial soaps, scented soaps, shampoos and bubble - bath soap.
- 2) Teach little girls the proper technique of local hygiene after voiding or a bowel movement, wiping from front to back.
- 3) Avoid constipation by serving a daily diet rich in natural fruits, juices, green leafy vegetables and cereals. Physical activity must be increased and eliminate sedentary attitudes.
- 4) Promote a high intake of fluids daily in pre-school and school kids, up to 6 glasses of water/day, and remind them that they must void every 4 hours to prevent urine retention.