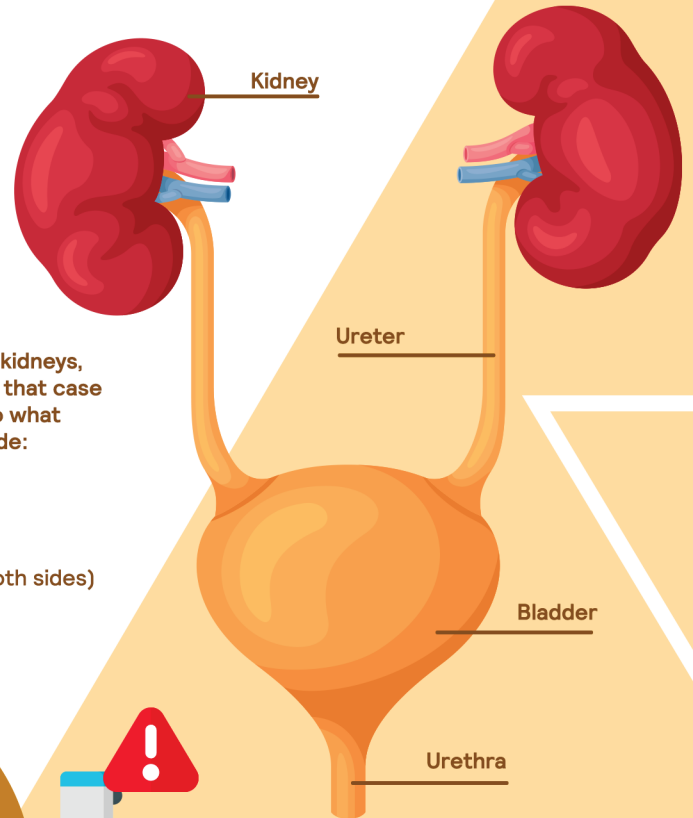


# Urinary tract infection: what color of urine is considered healthy?

URINARY TRACT INFECTION (UTI) IS ONE OF THE MOST COMMON TYPE OF INFECTION IN THE POPULATION, ESPECIALLY AMONG WOMEN.

This is because of the proximity between the anus and the vagina. That doesn't mean, however, that men are free of this problem, especially the older ones.



## Symptoms of a urinary tract infection

The symptoms may be different, depending on the region of the urinary tract that has been affected. If it's the bladder, it is usually called cystitis, which presents:

- Urgency to urinate and pain when doing so
- Having the need to urinate much more frequently
- Pain in the lower abdomen
- In some cases, change in the urine's odor or appearance

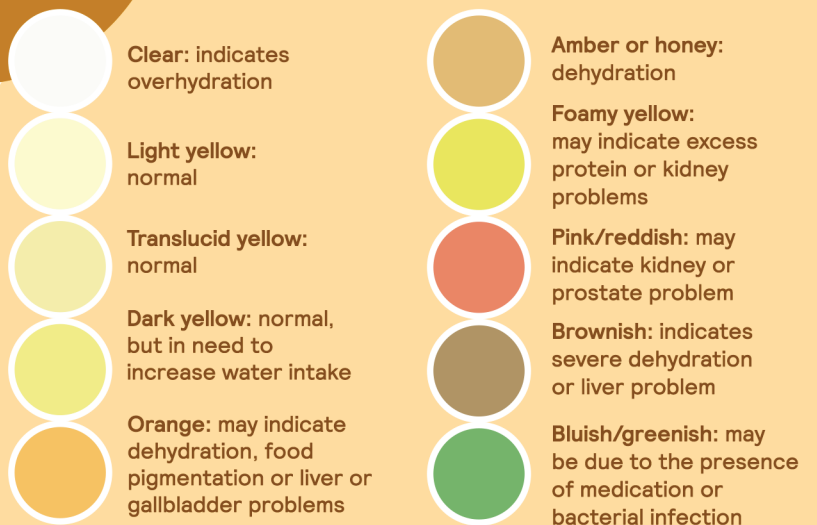
When the infection is in the kidneys, it is called pyelonephritis. In that case the symptoms, in addition to what was mentioned above, include:

- High fever (above 38 ° C)
- Chills
- Lumbar pain (on one or both sides)
- Back pain

70% to 85% of urinary tract infections are caused by the bacteria *Escherichia coli*.

Bacteria, by the way, are usually the main reason for the development of this disease.

The color of the urine may also indicate whether there is a problem or not



## How is the diagnosis made?

In addition to the clinical analysis of the symptoms described by the patient, some laboratory or image tests are performed, such as:

- Urine
- Urine culture
- Blood culture
- Ultrasound
- Tomography
- MRI scan

TO PREVENT INFECTIONS, STAY WELL HYDRATED AND, AT THE FIRST SIGNS OF SYMPTOMS, CONSULT YOUR DOCTOR.