

# Urinary Tract Infections in the City of Elbasan, During the Months June-July 2023

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## Introduction

Urinary tract infections occur in children now and in the geriatric age. Different infections cause a variety of symptoms, including abdominal pain, polyuria, polydipsia [1]. The purpose of this study is to determine urinary tract infections in the city of Elbasan in different age groups, in the months of June and July [2].

## Materials and Methods

The material used are urinary samples collected in sterile containers, and then the urine is sown in the ground for 24-48 h in a thermostat. The method used is uroculture [3].

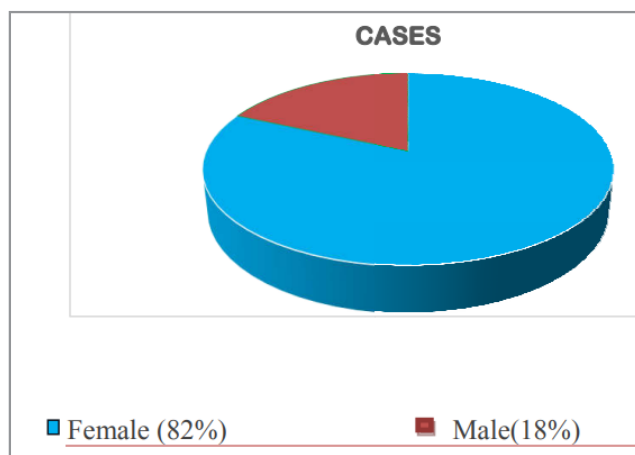


Image 1: Positive cases by gender.

Table 1: Positive Cases According to Pathogens.

| Pathogens              | Number of cases |
|------------------------|-----------------|
| Escherichia coli       | 87              |
| Proteus mirabilis      | 10              |
| Staphylococcus aureus  | 5               |
| Pseudomonas aeruginosa | 2               |
| Enterococcus faecalis  | 7               |
| Klebsiella pneumoniae  | 3               |

## Results

In total, 114 patients aged 1-70 years, who presented different symptoms, were analyzed. Out of 114 cases, 29 were negative, and 85 were positive. The most effected gender was the female gender with 95 positive cases and men with 19 cases. E coli is a bacterium prevalent in women with 87 cases out of 114 totals. While Proteus Mirabilis turned out to be one of the most common bacteria in men [4-8].

## Conclusions

Urinary tract infections occur in almost all age groups with a higher prevalence in women.

The summer season can cause an increase in cases of urinary tract infections.

## Recommendations

### Practice Good Hygiene

Practicing good hygiene is one of the best ways to help prevent UTIs.

This is especially important if you have a vagina because your urethra is much shorter, and it's easier for E. Coli to move from your rectum back into your body.

Always wipe from front to back after a bowel movement (pooping) to avoid this.

### Drink Plenty of Fluids

Drinking extra fluids, especially water, can help flush out bacteria from your urinary tract.

### Change your Peeing Habits

Peeing frequently can reduce your risk of developing an infection, especially if you get UTIs a lot.

You should also try to pee right before and right after having sex.

Sex can introduce bacteria to your urethra, and peeing before and after sex helps flush it out. If you can't pee, wash the area with warm water.

### Use a Water-based Lubricant During Sex

### Change your Clothing

Tight-fitting clothing can create a moist environment, which promotes bacterial growth.

You can try loose-fitting clothing and cotton underwear to prevent moisture from accumulating around your urethra.

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8. (2007). formation. *Infection and Immunity*, 75(1), 52-60. Note: This appears to be a continuation of reference 7. It has been merged with the previous entry.