

them. In fact, I want to stop collecting different brands for my store and concentrate on designing my own. I designed my own wedding gown and someone tailored it for me. If I designed it then I can do the same for others. I am working on my own label I can't do without...  
Water or Juice  
I can't get enough of...  
Shoes  
I last cleaned my wardrobe...  
This evening...it's almost winter season in Australia I cleaned out my wardrobe to cre-

The most expensive thing in my wardrobe is...  
Rings

The colours that compliment my appearance are...  
Gold and black  
I feel most confident and comfortable wearing...  
A coat  
My worst buy ever is...

My style tip for the ladies...  
Never buy a dull coat. People rarely notice what you are wearing inside, so let the coat command attention.  
Worst fashion mistake I have ever made is...  
Wearing a tailor made outfit. It got torn on our dinner date as we got up to leave, my style kit was in the hotel a bit far away. I keep wondering what I would have done if it had happened during the day but I still felt embarrassed..

## BODY CHECK

Infections that are treated earlier will cause you less discomfort and are easier to treat. writes **Beatrice Nakibuuka**

# Be aware of UTIs

**W**hile at campus, Ritah Kyompiire suffered recurrent UTIs almost three times a year.

She would get treatment and the infection would clear in a week's time but because she was using a dirty toilet seat, she kept picking the bacteria from the toilet seat.

"I used to share a toilet with my colleagues at the hostel and many of us suffered from the infections quite often. Now that I stay in my own house, I have more control and have not suffered the infection since then," she says.

Women are more prone



If you use a diaphragm and frequently get UTI, it would be advisable that you switch to a different form of contraception."

to UTIs than men due to the anatomically shorter distance between the female urethra and anus according to Dr Joseph Nsengiyumva, a gynaecologist at Bethany Women's Hospital.

She says, "This shortens the distance the bacteria travel faster to reach the bladder. The bacteria can move from the anus towards the urethra through wiping or sexual activity and result in an infection. Women often experience recurrent infections characterised by very painful and frequent urination and pain during sex."

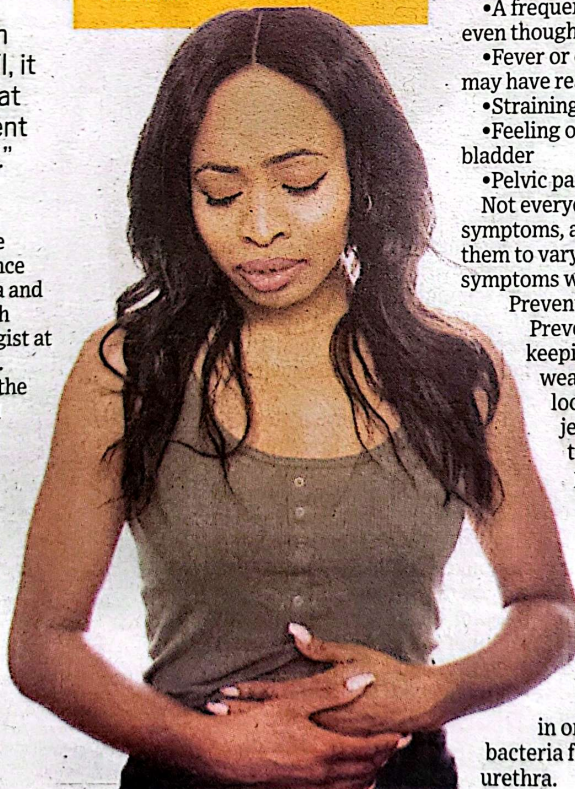
UTI is one of the most common health concerns among adult

## TREATMENT

If you experience UTI symptoms, please get medical advice. Infections that are treated earlier will cause you less discomfort and are easier to treat. The aim of treatment is to eradicate infection.

Ritah Kyompiire advises that you take all your antibiotics as prescribed by the physician even when the symptoms disappear within a few days before you finish your medication. This is because the infection may flare up again and become difficult to manage.

"If you experience UTI symptoms after treatment, do not sit back. Seek medical advice again because your infection may require additional testing to identify the type of bacteria causing the re-infection and treatment."



women. Up to half of all women will experience a UTI sometime in their lives. UTIs commonly develop when bacteria multiply in the external genital area, then move up into the urinary tract.

UTIs usually occur in the bladder or urethra, but more serious infections involve the kidney.

Bladder infections are common and relatively easily treated, whereas kidney infections are less common but more serious. They require more intensive antibiotic treatment and follow-up tests. Hospitalization is sometimes necessary.

## Causes

Dr Nsengiyumva says pregnant women are at a higher risk of getting a UTI because hormonal changes cause the bladder muscle to relax, thus delaying emptying.

Pregnant women worse still have a decreased ability to fight infections, so any UTI-causing bacteria are more likely to catch hold and cause an infection.

Not drinking enough water, using the diaphragm which usually exerts pressure on the bladder, having sex can introduce bacteria into the urinary tract to cause you an infection as well as using dirty toilet seats.

## Symptoms

- Pain in your back or lower abdomen
- Bloody or strange-smelling urine
- A burning feeling when you urinate
- A frequent or intense urge to urinate, even though little comes out when you do
- Fever or chills (a sign the infection may have reached your kidneys)
- Straining toward the end of urination
- Feeling of incomplete emptying of the bladder
- Pelvic pain

Not everyone will have all these symptoms, and women may experience them to varying degrees. In some cases, symptoms will be unnoticeable.

## Preventing a re-infection

Prevention of UTIs starts from keeping your genital area dry by wearing cotton underwear and loose-fitting clothes. Tight jeans and nylon underwear trap moisture, creating a perfect environment for bacteria growth.

Empty your bladder frequently as soon as you feel the need to go; don't rush, and be sure you've emptied your bladder completely.

Wipe from front to back after using the washroom in order to reduce movement of bacteria from the anus towards the urethra.