

URINARY MARY

By: Safia Sharif

YouLearn Educational Series

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IT'S THE FIRST DAY OF SCHOOL AND MARY IS SO EXCITED. SHE HAS ALL THE FIRST DAY ESSENTIALS. SHE HAS PENCILS, SPARKLY JOURNALS, AND A CUTE PINK BACKPACK UP. SHE IS READY TO START 7TH GRADE.



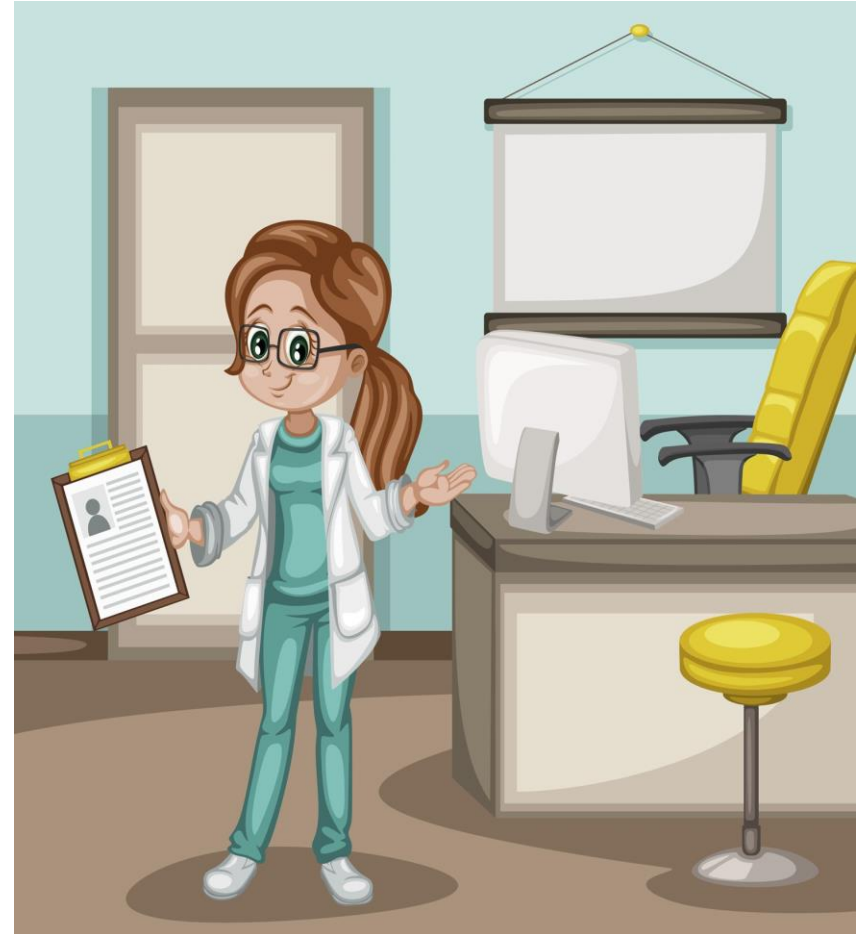
WHILE MARY IS SITTING IN MATH CLASS SHE
STARTS FEELING SOME PAIN IN HER LOWER
STOMACH AND SHE ALSO HAS THE URGE TO
PEE.



MARY RAISES HER HAND AND GOES TO THE RESTROOM.
SHE REALIZES THIS IS HER FIFTH TIME SHE HAS BEEN TO
THE RESTROOM WITHIN THE PAST HOUR! WHILE
URINATING SHE ALSO FEELS A BURNING SENSATION
AND NOTICES HER PEE IS DARK.



WORRIED ABOUT WHAT SHE HAS BEEN EXPERIENCING TODAY, SHE TELLS HER TEACHER. THE TEACHER TELLS MARY TO GO TO THE NURSE'S OFFICE.



MARY TELLS THE NURSE SOME ISSUES SHE'S BEEN EXPERIENCING WHILE USING THE RESTROOM. THE NURSE GIVES MARY A BOTTLE OF UNSWEETENED CRANBERRY JUICE AND TELLS HER TO DRINK A BOTTLE EVERYDAY.



IMPATIENTLY WAITING, MARY TAKES MATTERS INTO HER OWN HANDS. SHE'S BEEN TOLD THAT STAYING HYDRATED AND EATING GARLIC WILL HELP TREAT HER SYMPTOMS. SO MARY STAYS HYDRATED, EATS GARLIC, AND DRINKS HER BOTTLE OF UNSWEETENED CRANBERRY JUICE FOR ANOTHER COUPLE OF DAYS.



AFTER A COUPLE OF DAYS HAVE PASSED, MARY IS IN MATH CLASS AGAIN. HOWEVER, HER SYMPTOMS HAVE ONLY GOTTEN WORSE. AFTER USING THE RESTROOM, SHE NOTICES SHE HAS DISCHARGED AND THE BURNING SENSATION HAS BECOME MORE PAINFUL.



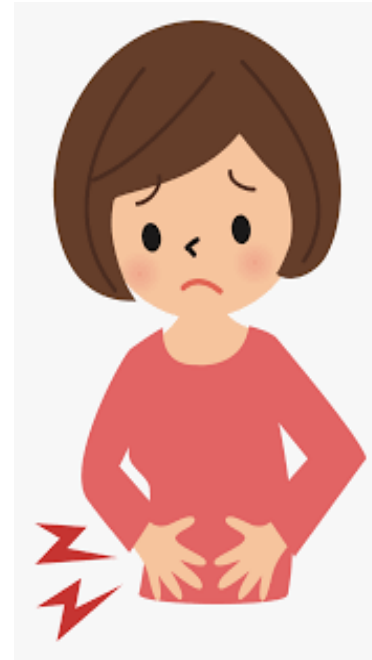
MARY TELLS HER TEACHER
ABOUT HER WORSENING
SYMPTOMS. THE TEACHER
SENDS MARY HOME SO SHE
CAN GO SEE THE DOCTOR.





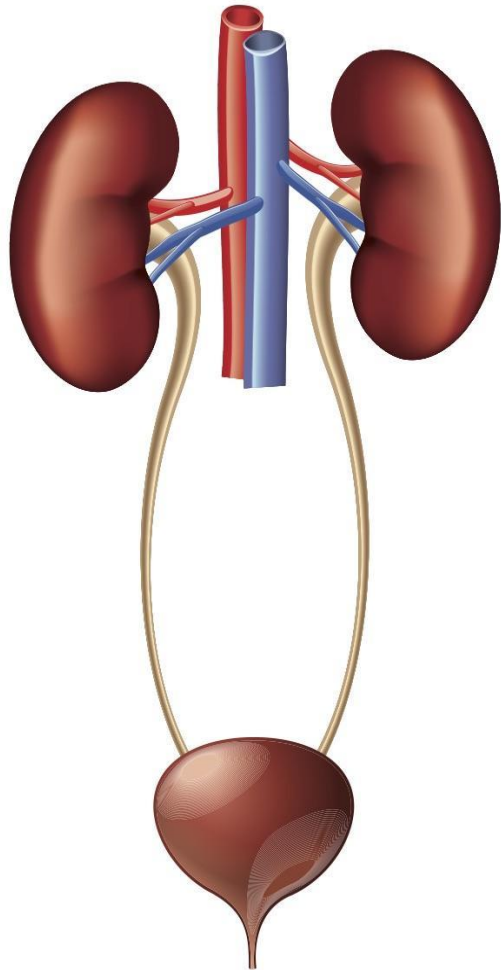
MARY HEADS TO THE DOCTOR'S
OFFICE WITH HER PARENTS
HOPING TO GET SOME
ANSWERS.

IN THE ROOM, MARY TELLS THE DOCTOR SHE HAS BEEN EXPERIENCING A BURNING SENSATION WHILE USING THE RESTROOM, DISCHARGE, LOWER STOMACH PAIN, AND DARK URINE. THE DOCTOR REALIZED HER SYMPTOMS ARE CONSISTENT WITH A URINARY TRACT INFECTION "UTI".





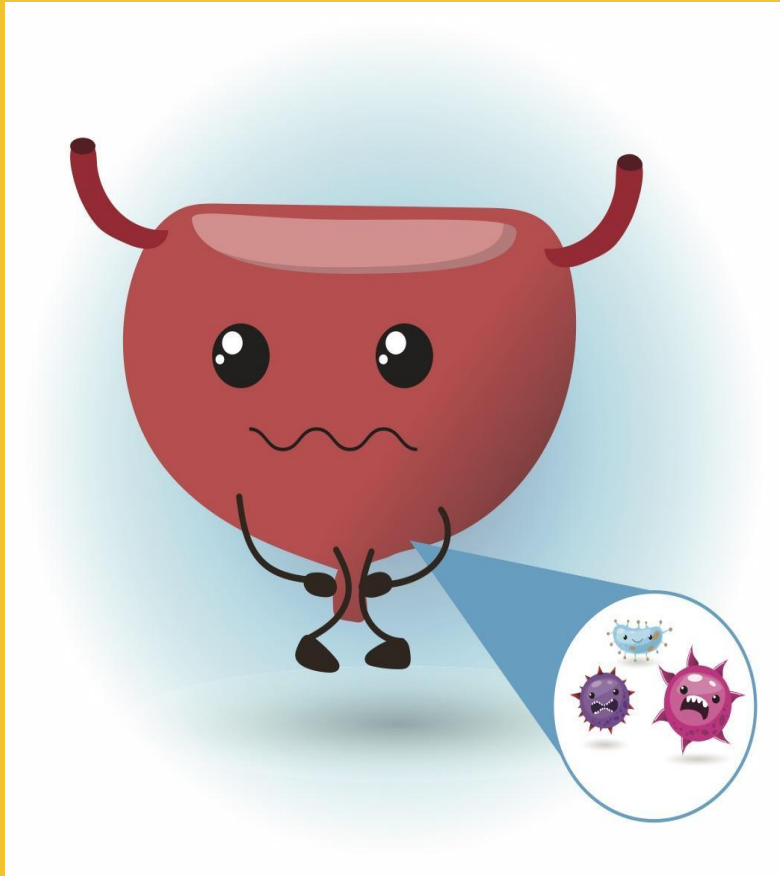
MARY IS FAMILIAR WITH URINARY TRACT INFECTIONS AND HAS HEARD THEY ARE CAUSED BY HOLDING IN YOUR PEE. THE DOCTOR TELLS HER THAT IS NOT THE TRUTH ABOUT UTI. MARY ASKS THE DOCTOR TO EXPLAIN HOW UTI ARE CAUSED.



BEFORE HE EXPLAINS HOW THEY ARE CAUSED. HE TELLS MARY THAT A URINARY TRACT INFECTION IS AN INFECTION THAT CAN HAPPEN IN ANY PART OF THE URINARY SYSTEM. THE URINARY SYSTEM HAS YOUR KIDNEYS, BLADDER, URETERS AND URETHRA.

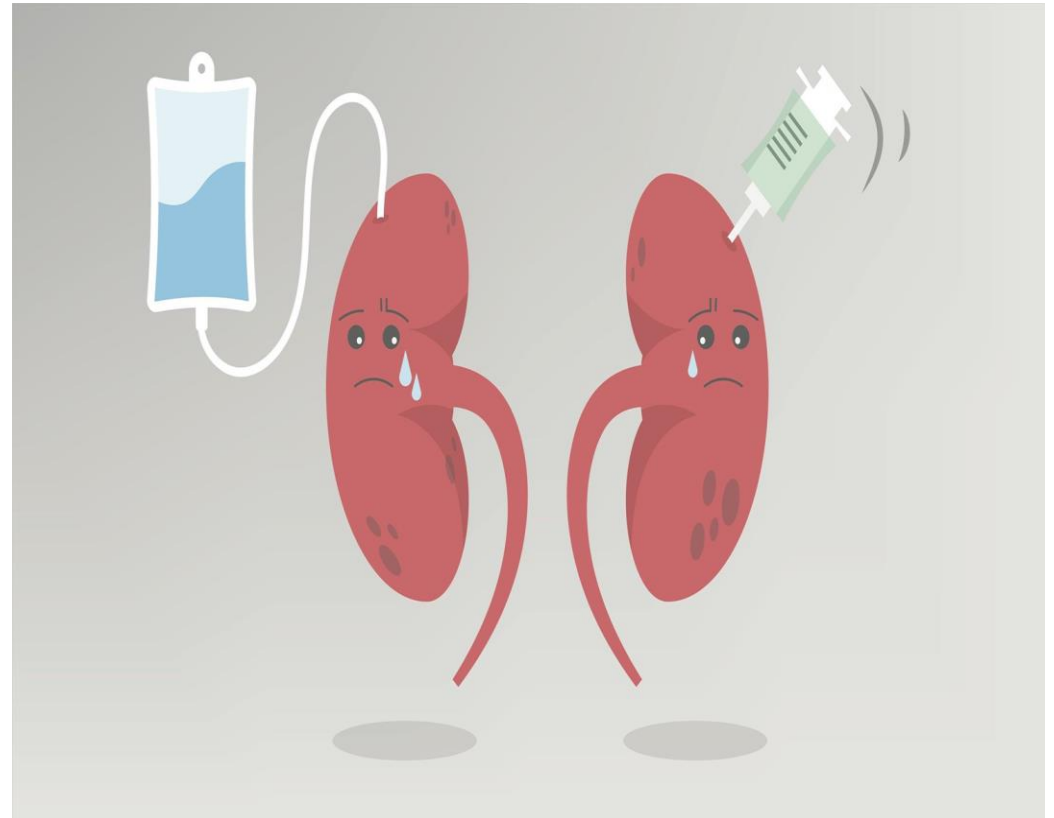
HE SAYS THERE ARE THREE TYPES OF
URINARY TRACT INFECTIONS THAT
CAN HAPPEN.

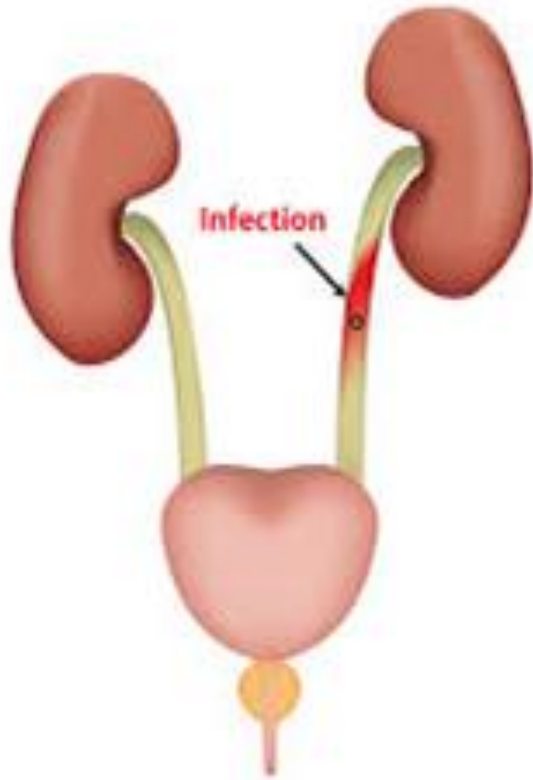




THE FIRST, IS A BLADDER URINARY TRACT INFECTION. SOME COMMON ISSUES WITH THIS TYPE ARE THE NEED TO PEE A LOT, LOWER BELLY PAIN, AND BLOODY URINE.

THE SECOND, IS KIDNEY
URINARY TRACT INFECTION.
SOME COMMON ISSUES
ASSOCIATED WITH THIS TYPE ARE
FEVER, CHILLS, NAUSEA,
VOMITING, AND PAIN IN THE
UPPER BACK OR SIDE.





FINALLY, URETHRA URINARY TRACT INFECTION WHICH MAY CAUSE DISCHARGE AND A BURNING SENSATION WHEN YOU PEE. HE TELLS MARY HER URINARY TRACT INFECTION IS URETHRA TRACT INFECTION.



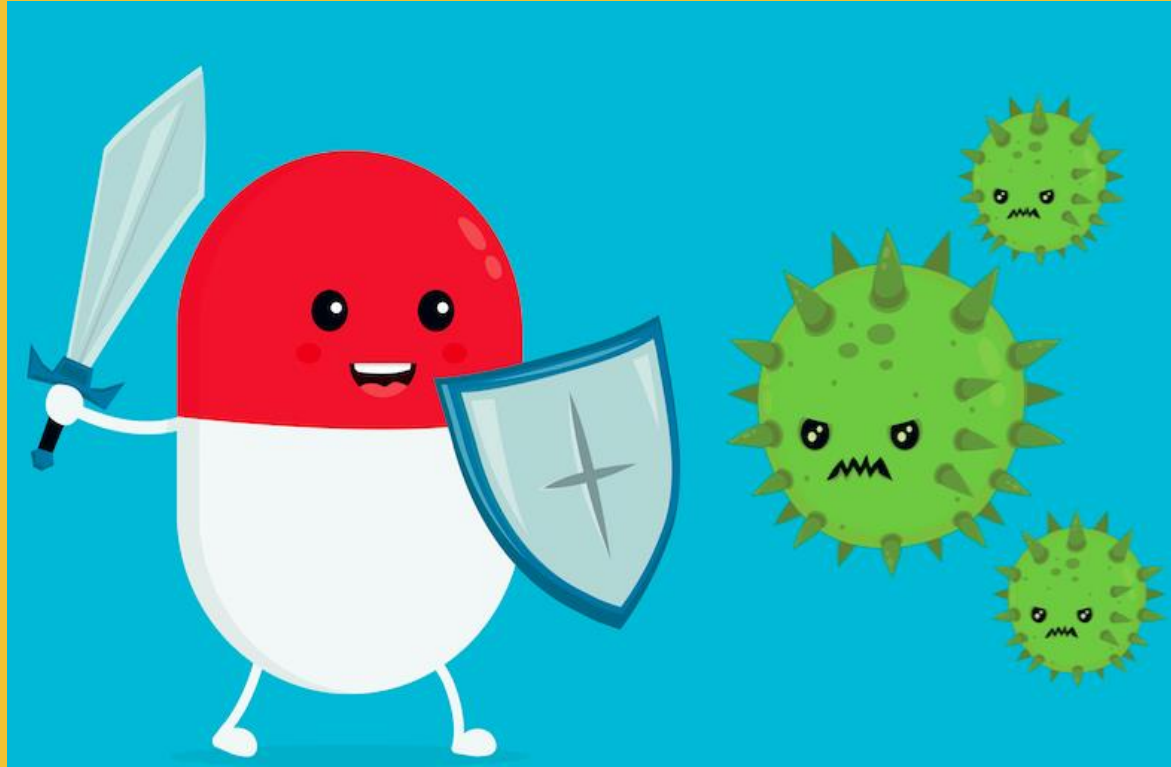
MARY IS SURPRISED. SHE HAD NO IDEA THERE WERE THREE KINDS OF UTI. THE DOCTOR CONTINUES TO TELL HER THAT UTI'S ARE CAUSED BY NOT PROPERLY WIPING FROM FRONT TO BACK AFTER USING THE RESTROOM. THIS PREVENTS BACTERIA FROM REACHING YOUR URINARY TRACT. POOR HYGIENE MAY RESULT IN A HIGHER CHANCE OF GETTING A UTI.



HE ALSO SAYS THAT WOMEN WITH DIABETES OFTEN GET URINARY TRACT INFECTIONS AS WELL BECAUSE THEY'RE NOT STRONG ENOUGH TO GET RID OF BACTERIA.

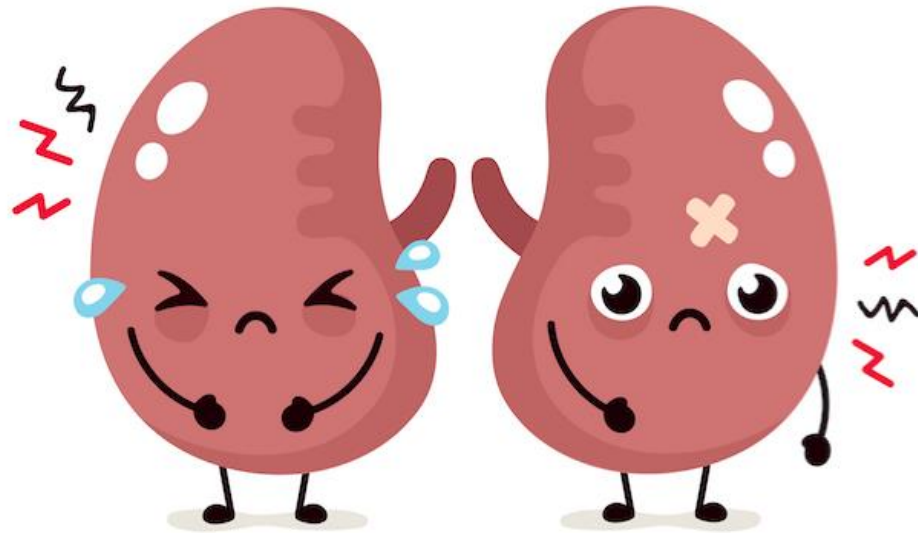
MARY, ANXIOUS TO FINALLY GET HER BODY
BACK TO NORMAL, ASKS THE DOCTOR
ABOUT HOW TO FINALLY GET RID OF HER
UTI.

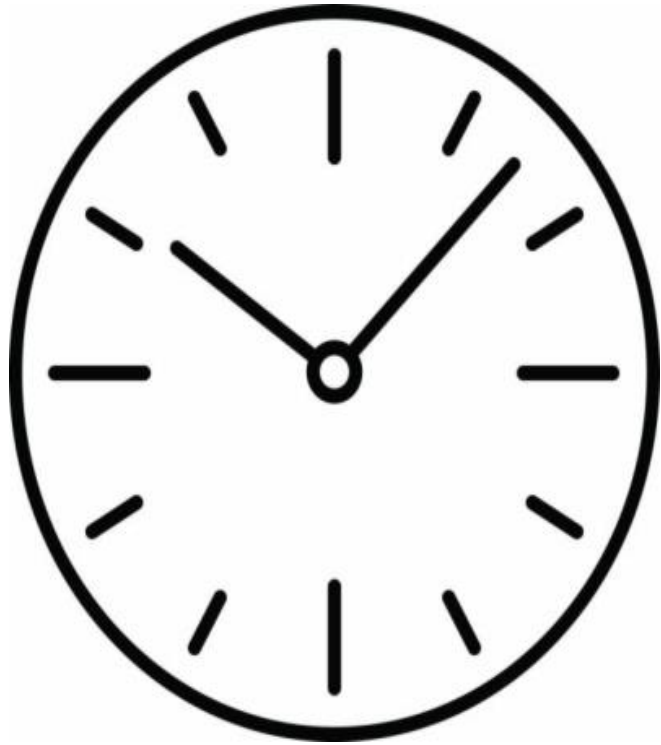




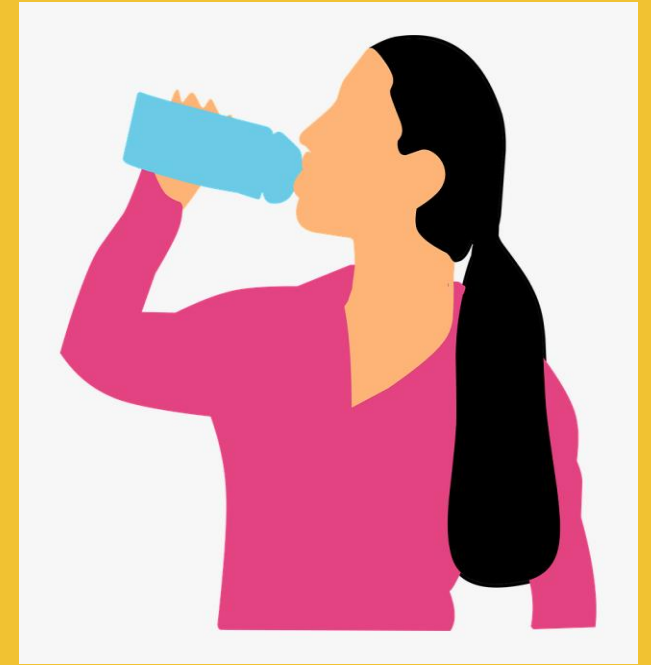
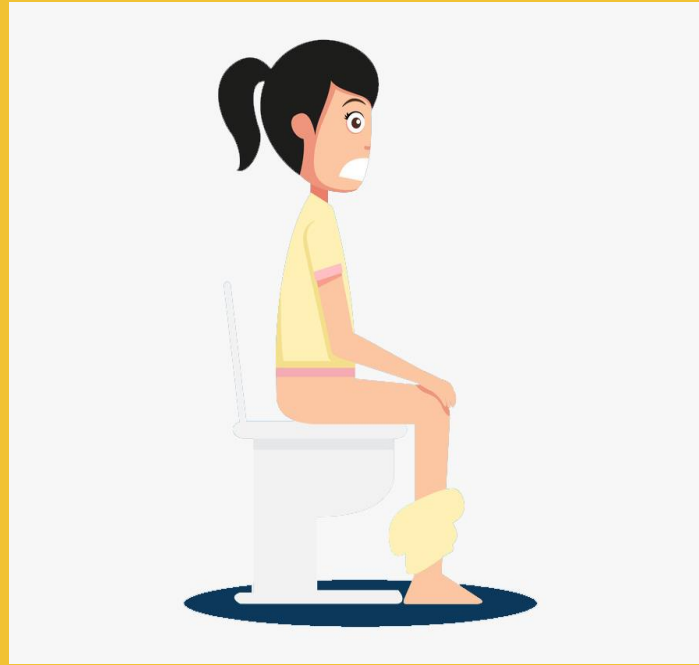
THE DOCTOR TELLS MARY, UTI ARE TREATED BY ANTIBIOTICS. THESE ANTIBIOTICS WILL GET RID OF THE BUILDUP OF BACTERIA.

THE DOCTOR ALSO WARNS MARY THAT AN UNTREATED UTI CAN LEAD TO AN INFECTION IN YOUR KIDNEYS AND CAUSE HARM. YOUR KIDNEYS ARE VERY IMPORTANT FOR YOUR BODY.





MARY REALIZES HOW DANGEROUS IT WAS TO
WAIT A LONG TIME TO FINALLY SEE THE
DOCTOR. HE TELLS HER THAT SHE SHOULD HAVE
GONE TO THE DOCTOR WHEN SHE NOTICED
PAIN IN HER BELLY AND DARK URINE.



BEFORE HER VISIT IS OVER, HE TELLS MARY THAT IT WAS GOOD THAT SHE DRANK UNSWEETENED CRANBERRY JUICE BUT CRANBERRY JUICE IS IMPORTANT FOR PREVENTION. SOME OTHER WAYS TO PREVENT UTI ARE DRINKING LOTS OF WATER, TAKING A SHOWER NOT A BATH, WIPE FRONT TO BACK, AND EMPTY YOUR BLADDER OFTEN.

LASTLY, HIS MOST
IMPORTANT MESSAGE IS TO
MAKE SURE IF SHE HAS THE
SAME ISSUES TO COME BACK
TO THE DOCTORS OFFICE
AGAIN.



MARY GLADLY TAKES HER ANTIBIOTICS HOME.

SHE IS HAPPY THAT SHE IS FINALLY ABLE TO

HAVE A NORMAL DAY IN MATH CLASS

TOMORROW.



References

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