

Soundbite Script – Understanding Urinary Tract Infections

Dr. Mirza Ali Khan, Family Practice Physician, OSF HealthCare

“UTI is basically when you have bacteria that shouldn’t be in the bladder or in the area of the urinary stream. When that bacteria gets there, it stays there and starts growing and that eventually leads to a urinary tract infection that we normally see.”

Dr. Mirza Ali Khan, Family Practice Physician, OSF HealthCare

“If you get a kidney stone that causes the bacteria to stay there and cause an infection. Other things, if men are getting reoccurring UTIs, you need to check if something is going on with the urinary tract system you have to do imaging to make sure there is no blockage of any sort. Sometimes people can have a stricture that is just the way their urinary tract is and it’s narrow and doesn’t empty as well and leads to infection. Anything that causes the urine to become stagnant, aside from the fact you’re introducing a bacteria that shouldn’t be there, puts one at risk for developing a urinary tract infection.”

Dr. Mirza Ali Khan, Family Practice Physician, OSF HealthCare

“It could potentially spread up into the kidneys and from there into the bloodstream potentially and that’s what causes sepsis, which is when you have bacteria that gets into the bloodstream. That under any circumstance could become potentially life-threatening so you need to make sure you’re on top of that if there is something else going on.”

Dr. Mirza Ali Khan, Family Practice Physician, OSF HealthCare

“If it’s a simple UTI and you treat it, it’s usually taken care of. If it keeps coming back you have to do more workups to see what’s causing it. Is it a chronic condition like diabetes, do you have a history of kidney stones, things like that. You have to do a workup to see what’s causing it over and over again.”