

## **Soundbite script – Singing the blues over a kidney infection**

### **Dr. Maritza Estrada-O'Brien, primary care physician, OSF HealthCare**

"A UTI is essentially when bacteria kind of makes it to the urinary system. Normally it starts from the outside world, it gets into the urethra and gets into the bladder. When it gets into the bladder that's when they categorize it as a urinary tract infection or UTI; the problem is the longer it sits there, the more likely it is to travel into the other parts of the system. It travels up the tubes and can land in the kidneys – one, both, but once it gets to that point, it causes problems." (:29)

### **Dr. Maritza Estrada-O'Brien, primary care physician, OSF HealthCare**

"When patients come to see me the biggest things that I look for are fever, chills, burning with urination or going to the bathroom more often, pressure down in the pelvis, or even a dull ache in the back because that's kind of where the kidneys lie. But the biggest giveaways are the fever and chills, because that means this infection is more serious." (:23)

### **Dr. Maritza Estrada-O'Brien, primary care physician, OSF HealthCare**

"If it's a simple UTI, where it's concentrated to the bladder and you don't have any major symptoms, its antibiotics in the office. But once it does get to this kidney infection level, or pyelonephritis normally requires hospitalization, IV antibiotics, fluids, and other supportive measures just to make sure that it gets truly treated in the kidneys themselves." (:21)

### **Dr. Maritza Estrada-O'Brien, family medicine provider, OSF HealthCare**

"The takeaway is all about early diagnosis. If you notice that something is off see your primary care doctor; it's easy enough to get a urine analysis and treat it early on before it has the chance to progress to a kidney infection. Stay well hydrated, especially now that it's a little bit warmer out and it's very important in keeping on top of those underlying medical conditions like diabetes or other issues that could make you a higher risk for kidney infections." (:27)