

Parkinson's Disease and Urinary Tract Infections

How Does Parkinson's Increase the Risk for Getting a UTI

- Urinary symptoms such as increased frequency, urgency, nocturia, hesitancy, retention, incomplete emptying, straining, or interrupted stream increase the risk of developing a UTI
- Constipation can cause UTIs by putting increased pressure on the urinary tract
- Cognitive changes can also increase the risk of UTIs by decreasing the natural urinary reflexes that your body has

How Do Urinary Tract Infections Impact Parkinson's Symptoms

- UTIs can cause increased confusion, hallucinations, and delirium. If your loved one experiences a sudden change in cognition, that may be indicative of a UTI
- UTIs are a leading cause of hospitalization for people with Parkinson's disease. Hospitalizations are known to increase tremors, dyskinesia, and freezing.
- If left untreated, a UTI can lead to urosepsis (sepsis caused by a UTI) which can be life threatening

UTI Prevention

- Drink plenty of water - drinking water dilutes urine and increases the frequency of urination. The more frequently urination happens, the more bacteria is able to move through the urinary tract and not sit stagnant
- Track your symptoms - this can help guide the conversations with your physician about any urinary concerns
- Find a pelvic floor therapists - these therapists can help you manage incontinence or other urinary challenges through the use of pelvic floor exercises and other strategies. These therapists can be physical therapists or occupational therapists
- Visit a Urologist - if you have urinary symptoms that affect your daily function or if you suffer from frequent UTIs, having a urologist on your health care team may be very beneficial for symptom management