

Patient Profiles





Anushka, 74

Question 1

Anushka is a postmenopausal woman who presented with a long history of rUTIs.

In patients like Anushka, which bacteria are most probably involved?

A. *Klebsiella spp*



B. *Enterobacter spp*

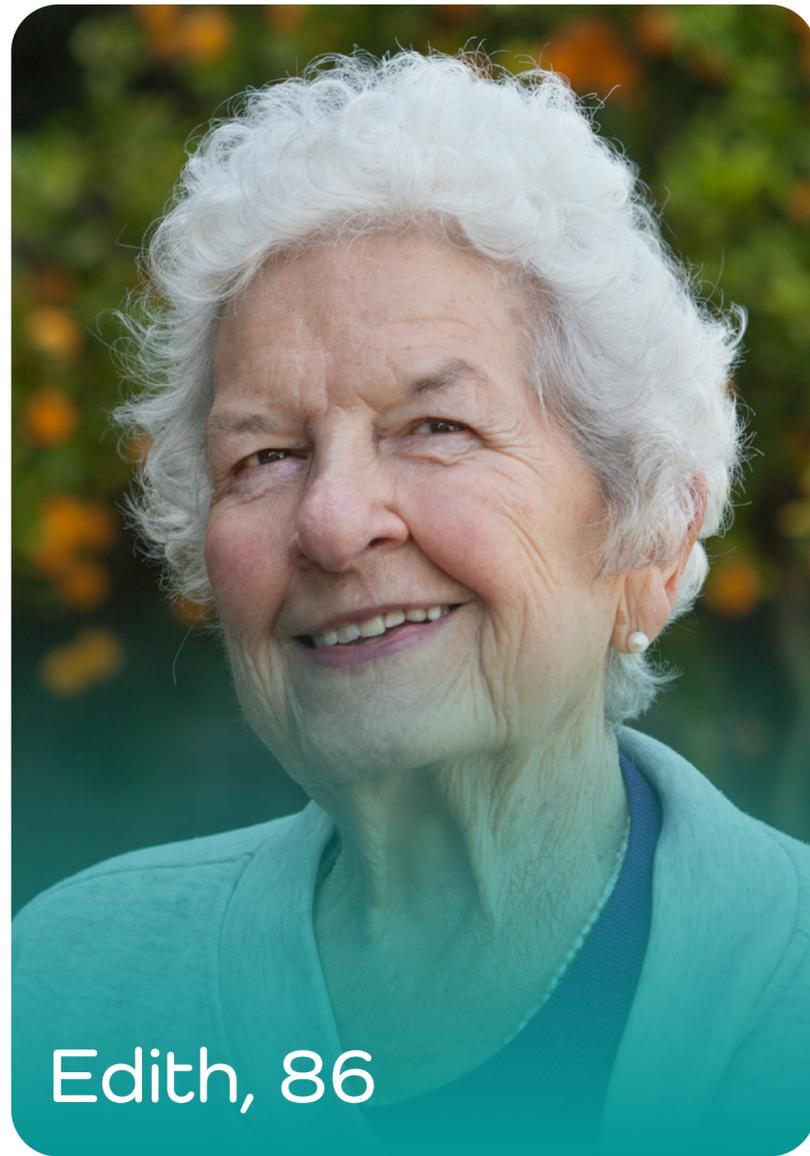


C. *E. coli*



D. *Streptococcus agalactiae*





Edith, 86

Question 2

Edith presented with a history of rUTIs and sacral plexus damage.

What is the correct definition of rUTIs?

A. She has had 3 or more episodes in one year >

B. She has been treated with more than 3 different antibiotics in the past year >

C. She has had 2 episodes in the past 6 months >

D. A and C >





June, 55

Question 3

June presented with an acute uncomplicated UTI and a 3-year history of rUTIs (six episodes per year).

What percentage of women like June, are expected to develop recurrent urinary tract infections?

A. 5%



B. 17%

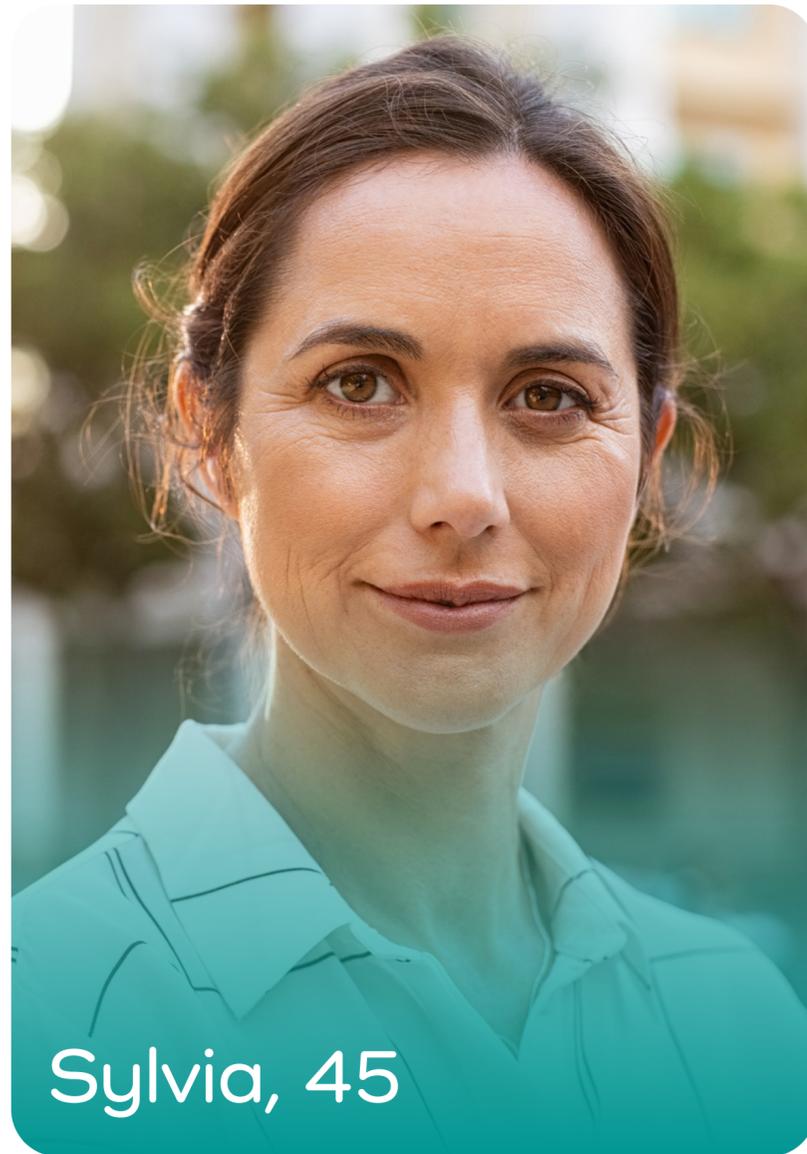


C. 25%



D. 30%





Sylvia, 45

Question 4

Sylvia presented with rUTIs, chronic depression and a diagnosis of diabetes mellitus.

In patients like Sylvia, which of the following associations is most likely to be caused by recurrent urinary tract infections?

A. Depression



B. Incontinence



C. Low quality of life



D. Increased risk of bacterial resistance





Denise, 54

Question 5

Denise had a 4-year history of type 2 diabetes mellitus and presented again with an acute urinary tract infection.

In women like Denise, who have rUTIs, what is the best prophylactic treatment based on evidence based medicine?

A. OM-89



B. Cranberry juice



C. Vitamin C



D. Probiotic intake





Anushka, 74

Question 1 – Answer

E. coli

Congratulations you selected the correct answer.

Most rUTIs are caused by *E. coli* strains, which may be related to bacterial survival in the bladder after antibiotic treatment and may persist in the bladder mucosa.¹

Next question





Anushka, 74

Question 1 – Answer

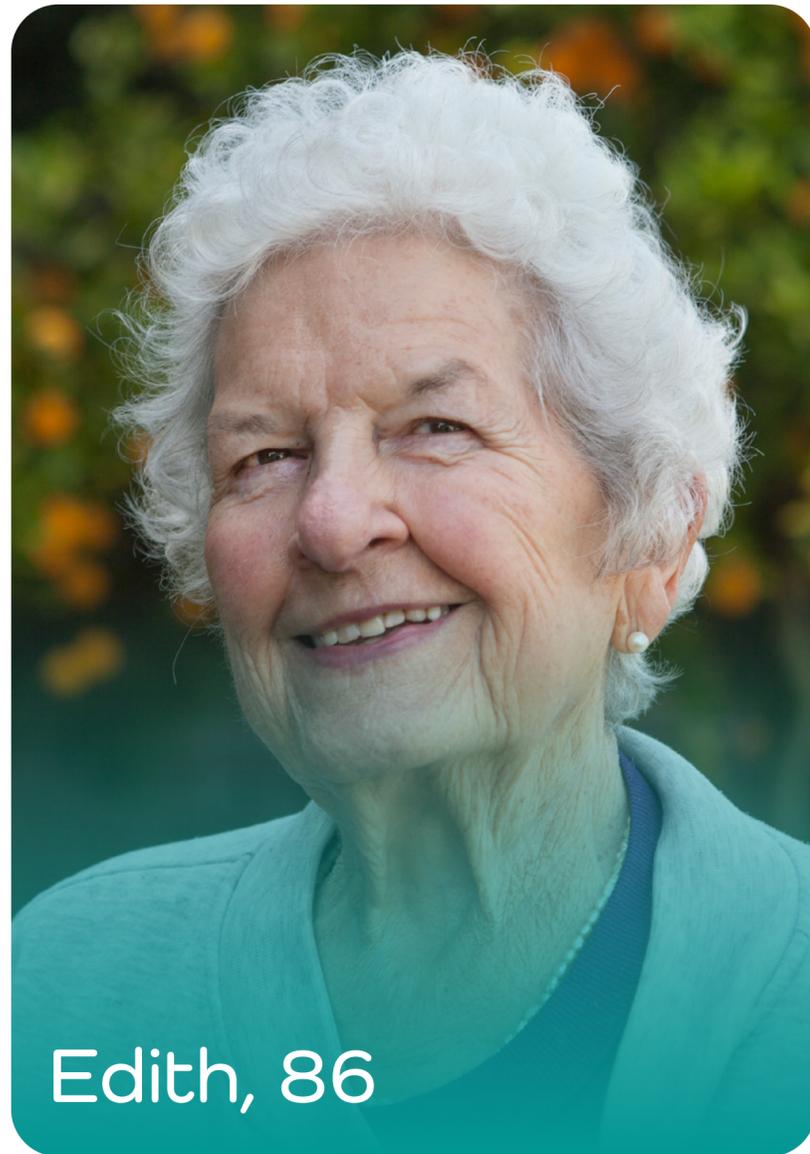
Better luck next time.

The correct answer was *E. coli*

Most rUTIs are caused by *E. coli* strains, which may be related to bacterial survival in the bladder after antibiotic treatment and may persist in the bladder mucosa.¹

Next question





Edith, 86

Question 2 – Answer

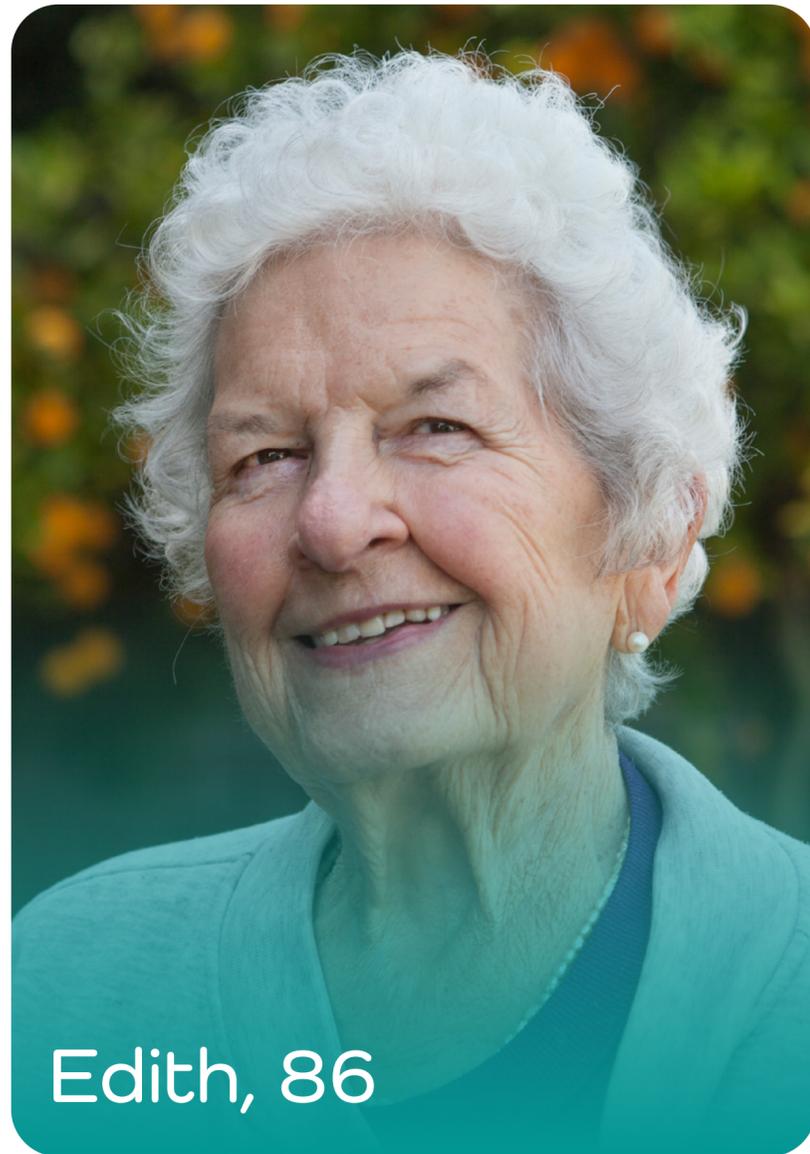
A and C

Congratulations you selected the correct answer.

EAU guidelines define rUTIs as recurrences of uncomplicated and/or complicated UTIs, with a frequency of at least three UTIs/year or two UTIs in the last six months.²

Next question





Edith, 86

Question 2 – Answer

Better luck next time.

The correct answer was **A and C**.

EAU guidelines define rUTIs as recurrences of uncomplicated and/or complicated UTIs, with a frequency of at least three UTIs/year or two UTIs in the last six months.²

Next question





Question 3 – Answer

17%

Congratulations you selected the correct answer.

1 in 2 women of all ages will experience at least one episode of cystitis during their lifetime. Of these women, almost 1 in 3 will suffer from at least one recurrent UTI, which is almost 17% of women.^{3,4}

Next question





Question 3 – Answer

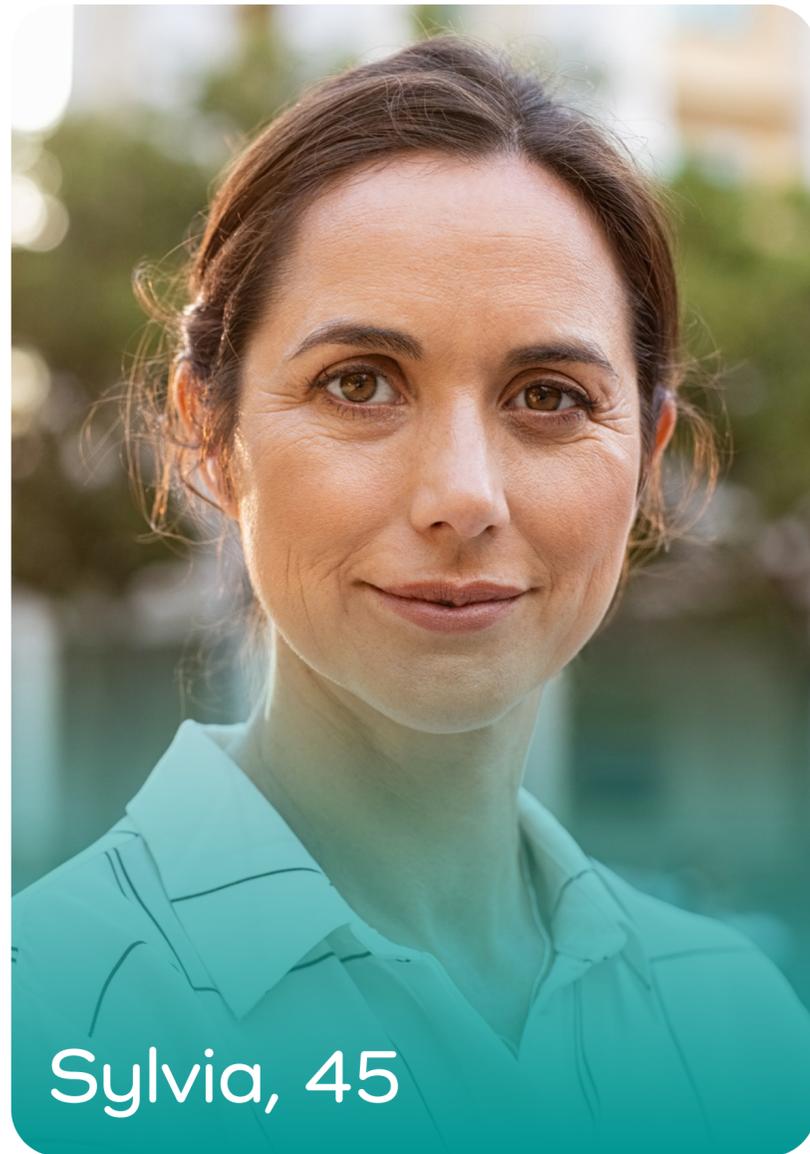
Better luck next time.

The correct answer was **17%**.

1 in 2 women of all ages will experience at least one episode of cystitis during their lifetime. Of these women, almost 1 in 3 will suffer from at least one recurrent UTI, which is almost 17% of women.^{3,4}

Next question





Sylvia, 45

Question 4 – Answer

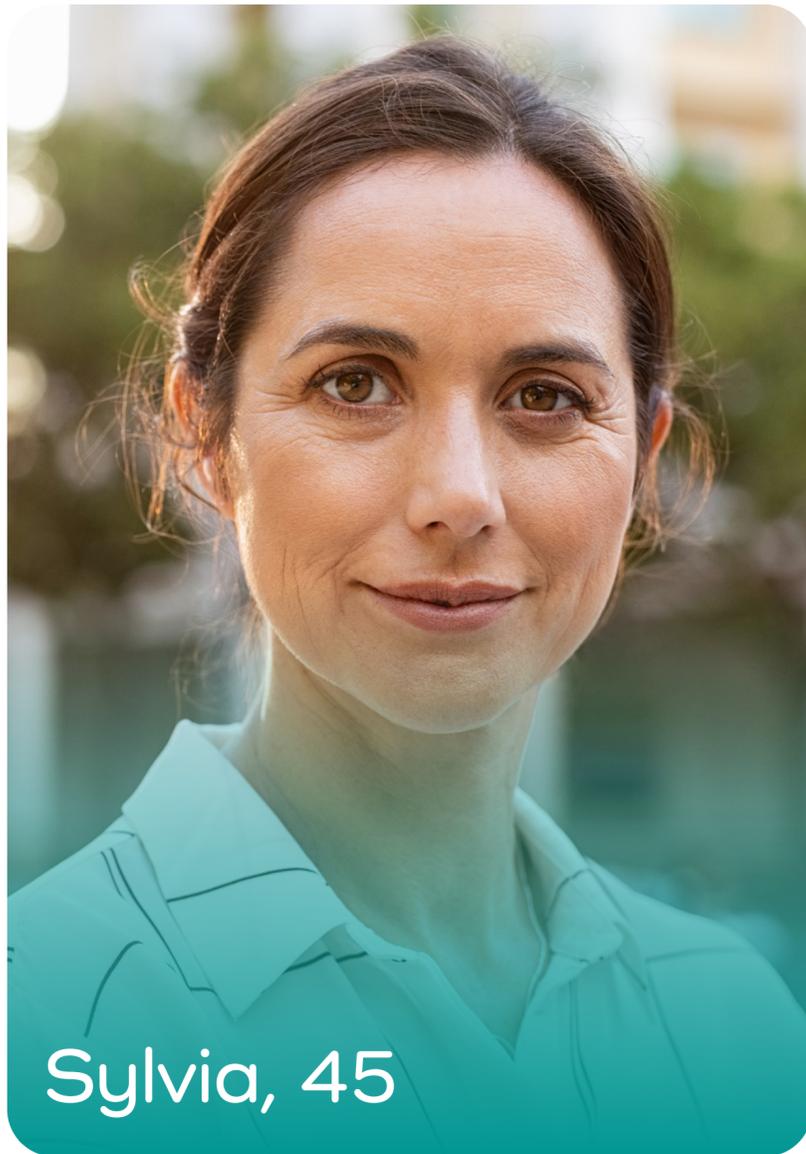
Low quality of life

Congratulations you selected the correct answer.

rUTIs have a significant impact on health-related quality of life. In the HARMONY study, an effective prophylaxis, reducing the number of rUTIs (cystitis) has been associated with an increase in patient's quality of life in both mental (anxiety and depression scores) and physical health.⁵

Next question





Sylvia, 45

Question 4 – Answer

Better luck next time.

The correct answer was **low quality of life**.

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Next question



Question 5 – Answer

OM-89

Congratulations you selected the correct answer.

According to the EAU guidelines, OM-89 has been given a grade 1a level of evidence.²

Denise, 54

At present EAU guidelines do not recommend OM-89 for poorly controlled diabetic patients with rUTIs.²

End quiz



Question 5 – Answer

Better luck next time.

The correct answer was **OM-89**.

According to the EAU guidelines, OM-89 has been given a grade 1a level of evidence.²

Denise, 54

At present EAU guidelines do not recommend OM-89 for poorly controlled diabetic patients with rUTIs.²

End quiz

