AgelessCoach™
AGE STRONG. LIVE LONG.

UTI Symptoms After 60: Spot One, Prevent the Next

The six symptoms that point at a bladder infection, the reason confusion on its own is not one of them, and the prevention steps with real evidence behind them.

✓ **Verified against published guidance** from the NIDDK, Cleveland Clinic & Mayo Clinic · sources below

See a healthcare professional the same day if back or side pain arrives with a high fever, shaking chills, nausea or vomiting. Mayo Clinic lists those as signs the infection has reached the kidneys, which is the serious version. NIDDK says an untreated bladder infection can spread to the kidneys, and that when it is diagnosed early and treated properly, most bladder infections do not lead to complications.

✓ Do This

Learn the Six Classic Symptoms

- Sudden change in habits or urgency
- Burning, pelvic or low back pain
- Fever, nausea, unusual fatigue

COACH'S TIP Cleveland says these look similar at any age.

Ask for a Urine Culture

- Symptoms alone are not a diagnosis
- A culture names the bacteria
- That is what guides the antibiotic

COACH'S TIP Cleveland: see a provider and get a culture.

Drink Enough Water

- Mayo: fluids flush out the bladder
- Low fluid intake is a listed risk
- Aim for pale straw colored urine

COACH'S TIP The prevention step that costs nothing.

Empty the Bladder Fully

- Incomplete emptying is a Mayo risk factor
- Take the extra ten seconds
- Do not rush the trip

COACH'S TIP Bacteria grow in what you leave behind.

Keep Constipation in Check

- Mayo lists constipation as a risk factor
- Fiber and fluids do the work
- One habit, two benefits

COACH'S TIP Mayo names it outright under risk factors.

Ask About Vaginal Estrogen

- Estrogen drops through menopause
- That shifts the vaginal bacteria
- Cleveland: ask about low dose cream

COACH'S TIP For postmenopausal women with repeat UTIs.

✗ Do Not

Do Not Treat Confusion as Proof

- A UTI may bring no confusion at all
- And confusion may mean something else
- Aging itself raises delirium risk

COACH'S TIP The most common mistake families make.

Do Not Expect Cranberry to Cure It

- Mayo lists it under prevention
- Antibiotics are the treatment
- Ask your care team before starting

COACH'S TIP Prevention is not the same as cure.

Do Not Assume Men Are Exempt

- NIDDK: anyone with a bladder can get one
- Men under 50 rarely do
- An enlarged prostate changes that

COACH'S TIP The exception has an age attached.

Do Not Shrug Off a Repeat

- A quarter of affected women get repeats
- Repeats deserve a proper plan
- Bring the pattern, not one episode

COACH'S TIP NIDDK counts repeat infections separately.

Do Not Use Irritating Sprays

- Mayo: stop deodorant sprays
- And powders and feminine products
- They can irritate the urethra

COACH'S TIP Mayo names them in its prevention list.

Do Not Sit on Back or Side Pain

- Kidney infection is the serious one
- High fever, chills, vomiting
- That is a same day call

COACH'S TIP The kidneys are what treatment protects.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

6	classic UTI symptoms Cleveland Clinic lists
About half	of all women will get a bladder infection
1 in 4	of those women will have repeat infections

Sources: NIDDK, Bladder Infection (Urinary Tract Infection) in Adults · Cleveland Clinic, Symptoms of Urinary Tract Infections in Older Adults · Mayo Clinic, Urinary tract infection (UTI) **Educational content, not medical advice.** Talk with your doctor.