

NEARLY HALF OF AUSSIE WOMEN FAIL SEX HEALTH-101

A survey released today by Kidney Health Australia and The Cranberry Institute reveals Australian women are unaware of basic health recommendations after sex in order to prevent urinary tract infection (UTI) - the common and often reoccurring condition¹.

The online survey, which was released as part of Wee Week 2011, shows close to half of all Australian women are unaware that urinating immediately after sex can help prevent UTI, whilst a quarter of 25-29 year old women who participated in the survey attributed not urinating immediately after sex to being too busy snuggling with their partners.

Sexologist, Nikki Goldstein, says one of the reasons why young women aren't following recommendations to urinate immediately after sex is because often they aren't educated about these measures.

"Most women find out about UTI prevention long after they have become sexually active. And, when they do find out, many get their information from magazines and friends rather than their GP.

"With one in three women experiencing a UTI in their lifetime, and sexually active women particularly prone to developing UTIs, it's important that we educate young women on sexual health measures," said Goldstein.

Goldstein encourages women to talk to a trusted health professional for more information on sexual health as well as UTI prevention and treatment.

Dr Tim Mathew, Medical Director of Kidney Health Australia, notes that along with urinating immediately after sex, cranberries have been shown to be effective in the prevention of UTIs for women prone to recurrent infections.

"Studies have shown that cranberries may be effective in UTI prevention as they contain unique compounds known as proanthocyanidins (PACs), which inhibit bacteria from adhering to the urinary tract wall," said Dr Mathew.

Tips for reducing the risk of UTI:

- Drink plenty of fluid, including a glass of cranberry juice each day
- Urinate immediately after sex
- Avoid spermicide products
- Choose cotton underwear over nylon
- Limit acidic foods, especially those that contain caffeine or alcohol

-ENDS-

¹ **About the research:** The research was conducted by PureProfile in June 2011. 1,001 Australian women participated in the online research with the sample reflective of the Australian population.



For further information, fact sheets or to arrange an interview please contact:

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About Wee Week & The Cranberry Institute: Wee Week is a Kidney Health Australia initiative dedicated to raising awareness of UTIs, including prevention, symptoms and treatment. The Cranberry Institute is a major partner of Wee Week and a proud supporter of Kidney Health Australia. The Cranberry Institute is dedicated to supporting research and increasing awareness about the health benefits of cranberries. Visit www.cranberries.com.au or www.kidney.org.au .