

Cranberries Help Prevent Urinary Tract Infections

Urinary tract infections (UTI) are the second most common infection in the body.¹ About forty percent of women and 20% of men in the U.S. will have a UTI at least once, and about 10% of women will have a UTI yearly.^{2,3}



Cranberry products offer an easy, accessible, and affordable way to prevent and reduce the incidence of UTIs. Proanthocyanidins (PACs) in cranberries provide urinary tract benefits by interfering with the ability of **uropathogenic *Escherichia coli* (*E. coli*) – UPEC** – bacteria to adhere to the wall of the urinary tract, the first step in the infection process.^{6,7}

Decades of research support the benefit of cranberries for urinary tract health. Cranberry juice and supplements can help reduce the rate of antibiotic use by preventing UTIs before they start. Cranberry juice also increases fluid intake, which helps to manage UTIs.⁹

While cranberry helps with UTI prevention, if you have a UTI, it's important to see your HCP for treatment.

Talk to Your HCP About Complementary Strategies for Management of UTIs

Women report feeling frustrated and helpless when dealing with a UTI.⁴ Getting care from your healthcare provider (HCP) can help you get the support you need, open the lines of communication, and improve your knowledge of complementary strategies for UTI prevention.^{4,5}

For Those with Recurrent UTIs – Try Drinking Cranberry Juice Daily!

<u>Types of Cranberry Juice</u>	<u>Amount and Timing</u>
100% pure cranberry juice	One-half cup in the morning and one-half cup in the evening daily
Cranberry juice cocktail, 27% juice	8-10 oz. in the morning and 8-10 oz. in the evening daily
Light cranberry juice cocktail, 27% juice	8-10 oz. in the morning and 8-10 oz. in the evening daily



Infections Caused by UPEC Can be Difficult to Treat

UPEC is responsible for 65 to 75 percent of all UTIs.¹⁰ Over time, UPEC has been shown to develop ways to survive, spread, and resist treatment with antibiotics, fighting the body's immune response, and expediting infection.

UPEC can create persistent biofilms

One way that UPEC has been shown to survive is through formation of persistent biofilms, which can make treatment extra challenging, as the bacteria in the biofilm are shielded from treatment with antibiotics.¹¹

UPEC can be shape shifters

UPEC can adapt and shift to elongate into a filamentous shape to help improve their survival. Evidence shows that SulA is a prime antivirulence target, especially in the treatment of UTIs. Research suggests that cranberries may prevent SulA-mediated filamentation of UPEC. The research identified several compounds in cranberries which may retain anti-filamentation properties.¹²



Emerging research supports the use of certain cranberry supplements against two of the most important bacterial types causing UTIs: P-type and Type 1 UPEC.¹³

Comprehensive Scientific Research Confirms that Cranberry Helps Prevent UTIs

The Cochrane Database of Systematic Reviews examined the effectiveness of cranberry juice and supplements on UPEC UTI prevention. This comprehensive scientific review supports the use of cranberry juice, tablets, or capsules to help prevent UTIs in women with recurrent UTIs, in children, and in those at-risk of UTIs after an intervention.⁶

In a WikiGuidelines Group Consensus Statement, the researchers examined evidence to create a clinical guideline for the diagnosis and management of UTIs. This study set out to answer the question: *Is there a role for cranberry juice or supplements in prevention of UTIs?* The results confirm the Cochrane Review findings with benefits for cranberry for women with recurrent UTIs, children, and individuals susceptible to UTIs after an intervention.⁷



A critical analysis of eight studies found that the use of cranberry products may be beneficial to prevent UTIs in the elderly in residential care facilities.¹³

Cranberry Helps Prevent UTIs, Especially in People Who Get Them Often

Research suggests that drinking cranberry juice to help manage UTIs led to a 49% lower rate of antibiotic use than placebo liquid and a 59% lower rate when compared to no treatment.⁸

Avoid Antibiotic Misuse

Antibiotic resistance is a worldwide crisis.²² In order for antibiotics to work effectively on an infection, it's important to use antibiotics only when necessary, and not for infections such as colds or the flu.¹⁴

Cranberry does not kill the bacteria like antibiotics. For example, with UTIs, bacteria are flushed out with urine and prevented from causing infections. Instead, cranberry is a natural way to prevent infections. You cannot become resistant to cranberry when it is consumed daily!



Hydration Protects Against UTIs

Drinking cranberry juice increases fluid intake, and as a hydrating beverage, this may reduce risk for UTIs.^{15,16,17,18} Hydration helps increase urinary frequency and urine flow which helps flush bacteria from the urinary tract, helping to prevent UTIs.¹⁹

In a randomized controlled trial of women with recurrent UTIs, for those women with low fluid intake of less than about 50 ounces per day, increasing water intake by an additional 51 ounces or about 6 1/2 cups per day, resulted in 1.5 fewer UTIs and 1.7 fewer antibiotic prescriptions per woman per year.^{20,21}



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