


# UTI INFECTION, MULTIPLE SCLEROSIS & WHAT OUR DOCTORS NEVER TOLD US



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▶ **A FEW FACTS ABOUT UTI INFECTION AND MULTIPLE SCLEROSIS**
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- 30-50 % of all hospitalization of MS patients are due to UTI infection's
- UTI's can make MS Symptoms worse, such as spasticity , thinking problems, and can even trigger an MS relapse
- In advanced MS UTI's can lead to sepsis, which is when the infection spreads potentially being life threatening
- At least 80% of MS patients have some bladder dysfunction which frequently leads to UTI infections

**UTI world wide statistics**

252 million cases reported in 1990 increased to 404 million by 2019. That's an increase of 60% over the course of 29 yrs.



## THE CONUNDRUM OF UTI INFECTION WHEN IT COMES TO MS PATIENTS

### WHY ITS SUCH A SERIOUS PROBLEM

If your reasonably healthy and get a UTI infection it's not a huge problem, one round of antibiotics and you're done. Not with Multiple Sclerosis where its common to experience several UTI infections per year. The chronic nature of this infection has so many serious repercussions that we want to understand how its triggered and what we can do about it.

One of the symptoms of multiple sclerosis occurs when the immune system destroys nerve tissue resulting in numbness that commonly spreads throughout the body as it progresses. Because of this "sensory dysfunction" MS patients don't always know when their bladder is full or feel the pain of a bladder infection. When my daughter explained this fact to me, I was slightly horrified, how can you treat something you don't even know you have? These circumstances are a recipe for disaster, an untreated UTI infection not only risks causing further complications but the need for an excessive amount of antibiotics. Those are 2 issues MS patients don't want to add to their already full plate.

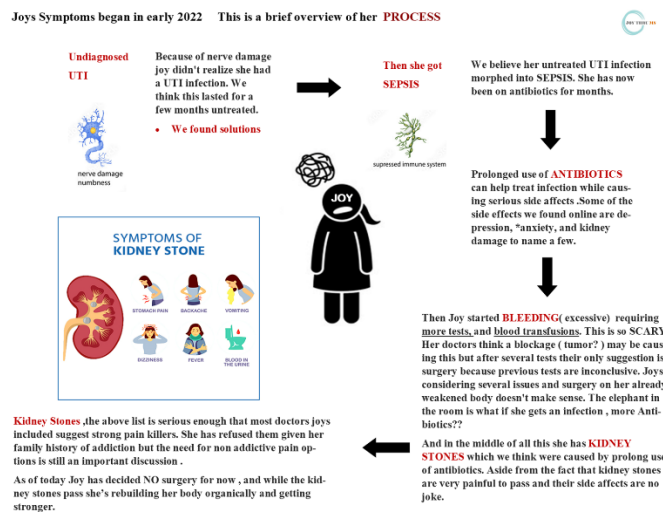
The solution is the problem

- Patients can and are currently building up a resistance to antibiotics from being overprescribed
- Antibiotic-resistant urinary tract infections are on the rise and not responding to common antibiotics

## HOW SERIOUS IS AN UNTREATED UTI INFECTION? WE FOUND OUT

In January 2022 we discovered my daughter joy had been living with an undiagnosed UTI infection for several weeks. By the time the doctors got it under control she had developed several serious side-effects from the considerable amount of antibiotics needed to stop the infection. Over the course of the next year, she experienced kidney infection, kidney stones, extensive bleeding and sepsis. She almost died. This was by far the worst health year she ever had in the 16 years since her original diagnosis of Multiple Sclerosis. Here's what happened and what we learned.

Joy's UTI diagnosis did not come as a surprise but the fact that she'd had it for weeks did. This untreated infection required a significant amount of antibiotics that left her exhausted, combine that with an extraordinary amount of stress like death, divorce, and covid and you have a really weak and vulnerable patient. Not long after the UTI infection Joy was diagnosed with Sepsis or in her case Urosepsis, by far the scariest thing she's ever had. People die every day from sepsis, we were very worried, her doctors were worried, everyone was worried. You can't even treat this in the hospital because of her compromised immune system, tooooooo risky. Just reading the list of symptoms requires nerves of steel; loss of consciousness, shivering, sweating for no reason, vomiting, difficulty breathing, blotchy skin, seizures, unexplained pain, the list goes on. Joy made a full recovery but not without more complications all stemming from prolonged antibiotic use, things like Kidney stones (very painful) and bleeding from a tumor developed during this time. I need to say how grateful I am for the antibiotics that treated Joy's UTI infection but now the need to find other solutions are obvious, she may not survive another year like that one.



# “AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE”

Benjamin Franklin

Where Do We Start? Here’ a few known causes

- Diet
- Hormones
- Gut Imbalance
- Hygiene

DIET, WHAT TO EAT ( from personal research )

#1 WATER,WATER,WATER Drink as much as you can. This is the best thing you can do for a UTI infection as water helps flush bacteria from the urinary tract, If you get bored with plain water add healthy fruit like berries or cucumbers.

#2 FRUIT BERRIES are the only fruit that experts seem to agree on. Fresh cranberries, blueberries and raspberries can help fight off a UTI, they contain proanthocyanidin, antioxidant and anti- inflammation.

► Note Most experts want you to be getting vitamin C because it boosts the immune system but vitamin C makes the urine more acidic, that’s why fruit is so limited during a Uti infection.

#3 VEGETABLES asparagus, spinach, green beans, broccoli, celery, cabbage, winter squash, cucumbers, cauliflower, beets, mushrooms.

#4 PROTEIN almonds, macadamia nuts, egg whites, sea bass, salmon, skinless chicken

#5 HIGH FIBER FOOD whole grain brown rice, whole wheat pasta, legumes, quinoa, bananas and apples

#6 YOGURT eating yogurt fermented with “good bacteria” may decrease the risk for UTI infection by 80%. When selecting yogurt it’s important to look for the statement “live and active cultures” that helps prevent infection and boost the immune system. Both Greek and regular yogurts are a source of magnesium, vitamin B-12 and iodine. Greek yogurt packs twice as much protein and about half the amount of carbs and sugar as regular yogurt, it also has less calcium and sodium.

NUTRIENTS	REGULAR YOGURT (LOW FAT)	GREEK YOGURT (LOW FAT)
CALORIES	154	179
CARBS	17 grams	10 grams
FAT	4 grams	5 grams
CALCIUM	34% (of daily value)	22% (of daily value)
SODIUM	7% (of daily value)	4% (of daily value)

## FOOD, WHAT TO AVOID

#1 REFINED SUGAR looks like one of the most important things to avoid by far, it has been linked with chronic Inflammation, high blood pressure, heart disease and liver disease. ( to name a few) It can also feed the type of bacteria that makes a UTI infection worse and make you more prone to getting an infection. It's not just UTI that's affected but all Autoimmune disease, refined sugar reduces your general immune function and disrupts the microbiome environment which can hamper the immune function and its ability to fight off infection. Refined sugar is not to be confused with the Natural sugar found in fresh fruit and vegetables. Refined sugar is often found in sports drinks, energy drinks, vita-water, boxed fruit juices, breakfast foods, granola, muesli, cereal bars, sweet baked goods, chocolate bars, candy, pie ice cream, croissants and some bread' s. (check out your favorite foods to determine if they have refined sugars in them or not )

#2 ALCOHOL, Coffee, Soda

#3 FRUIT JUICE made with refined sugar, even cranberry juice if it's made with sugar what else we could do

#4 CITRIS FRUITS they are too acidic, lemons, limes, oranges, and grapefruit. Acidic foods can exacerbate the symptoms of a UTI infection. A few healthy fruit options are apples and berries.

#5 REFINED CARBOHYDRATES white rice, white bread, pasta, cakes, and pastries, these act like sugar in our bodies. A few healthy options are brown rice, Quinoa, buckwheat and whole grain bread.

#6 SPICY FOODS that use spices like cayenne pepper, hot peppers, jalapenos are normally healthy but will make the symptoms of a UTI infection worse

#7 OTHER INFLAMMATORY FOOD to avoid processed meats, fried foods, trans fats, many processed meals and take out, these are almost always made with Refined sugar that can make a UTI infection worse.

TIP Generally avoid Acidic foods they can irritate the bladder and make UTI symptoms worse

## PREVENTION, WHAT ELSE IS OUT THERE?

As I started doing research the first thing that became clear is that antibiotics however problematic is our only option right now. A recent report written by Harvard medical school discussed the fact that there is a global crisis of antibiotic resistance and UTI infections so what happens when antibiotics don't work? It's obvious that the research community is trying to develop new options and we did find some exciting new solutions being tested right now but no one knows how long those processes may take. This is a need to get ahead of it- kind of problem and not wait until a crisis hits again.

## HERE'S SOME GOOD NEWS

## IV PHAGE THERAPY

The future holds some exciting ways of solving these problems. Clinical trials led by scientists at the university San Diego School of Medicine are assessing the safety of a process called bacteriophages with some promising success. Bacteriophages are viruses that have evolved to target and destroy specific bacterial species or strains. “Phages” are more abundant than all other life forms on earth combined and are found where ever bacteria exist. Discovered in the early 20<sup>th</sup> century they have been investigated for their therapeutic potential increasingly now with the rise and spread of antibiotic- resistant bacteria. In 2016 physicians and scientists at UC San Digo school of medicine and UC health used an experimental intravenous PHAGE therapy to successfully treat and cure colleague Tom Patterson, PHD, who was was near death from a multidrug- resistant bacterial infection. Pattersons was the first documented case in the U.S. to employ the IV PHAGES to eradicate a systemic bacterial infection. In an article published in 2022 in “Nature Microbiology” Dr Robert Schooley, Steffanie Strathdee PHD, and Harold Simon Professor in the school of medicine describe PHAGES as “LIVING ANTIBIOTICS” We have already contacted the UC San Diego school of medicine to ask about this process and UTI infections. More to follow.

## ANOTHER LUCKY FIND IN SAN DIEGO



My research led me to another promising company that’s also based in San Diego. It’s called UQORA, Co-founded by Jenna Ryan and her partner Spencer Gordon after Ryan expressed frustration at experiencing up to 8 UTI infections in one year. UQORA specializes in UTI relief and proactive urinary tract health supplements. What I love about these products is that they fill the gaps in traditional health care with regards to urinary tract care. They offer in home tests for example rather than needing an office visit with the added expense of lab costs. If you struggle with chronic UTI infections and suffer from what I call “MS Numbness” associated with MS this could become a regular in home checkup that gives you peace of mind. My other product favorites are a urinary maintenance package of three products called Flush, Defend, and Promote designed like a basic daily tune up to keep your urinary tract flushed, clear and infection free. My last favorite is “UTI Emergency”, for anyone who’s ever gotten a UTI infection away from home this is a life saver. The three components are test strips, infection control, and pain relief, my first aid kit for trips. \* If your wondering I am not paid by UQORA, I just believe in promoting products that work for my daughter and myself and have helped to make our lives easier.