

# C y s t i t i s



Cystitis is an inflammation of the lining of the bladder. It results in the frequent urge to pass small amounts of urine, which can cause a burning or stinging sensation. The urine may have an unpleasant odour or may contain blood. It may also cause feelings of pain and tenderness in the lower part of the abdomen, and fever and chills may also be experienced.

## **Causes of Cystitis**

Usually, the cause of cystitis is a bacterial infection, commonly from a bacterium called E.coli. Cystitis is more common in women than men because of their shorter urethra (the tube that carries urine from the bladder). This allows the transmission of bacteria to the inside of the bladder more easily. Anything that obstructs the flow of urine out of the bladder increases the risk of infection by encouraging urine to stagnate. For example, cystitis may occur more often in people who have a narrowed urethra due to previous infections. For men, the most likely cause of out flow obstruction is an enlarged prostate gland, a condition that is a common problem for elderly men. Pressure on the bladder outlet, for example during pregnancy or from a contraceptive cap (diaphragm), also increases the risk of cystitis.

## **How is Cystitis diagnosed?**

Cystitis is diagnosed by the symptoms and the test results of a urine sample, which is sent to a laboratory for examination. A culture is grown from the sample to identify the organism responsible.

## **Symptoms of Cystitis**

- Pain, often with a burning, stinging sensation, when passing urine.
- Urge to frequently pass small amounts of urine, which may be cloudy, smell fishy or contain blood.
- Pain in lower abdomen.

## **TCM Drug Free Pain Control**

Acupuncture works in a preventative capacity as well as dealing with the problem initially. The following regime is always followed, but each type of ailment is unique to the individual and so will be treated according to the individual cause.

- All treatments take into consideration the psychological effect the ailment has on you and your lifestyle
- Acupuncture
- Herbs which are prescribed in pill or raw form depending on the individual palate and case
- Cupping/Moxibustion
- Massage
- Exercise
- Dietary advice

What a relief! A drugless alternative to the ailment you have been experiencing. And it has been proven for thousands of years. TCM works because it establishes your body's equilibrium by correcting your energy imbalances.

TCM works in a curative and preventative manner. Incidentally, the frequency and duration of your treatment will vary according to your individual condition. Generally speaking, the longer a patient has had a particular condition, the longer it will take to treat.

TCM has a strong sense of commitment and purpose to each patient, this is why we are the only clinic offering one hour treatments with each appointment and an extremely high success rate.

If we can be of further assistance please do not hesitate to call.

*masters of TCM Pty Ltd*

A.B.N. 22 074 633 211

435 Riversdale Road Hawthorn East Vic 3123 Phone 9882 2255 [www.mastersoftcm.com.au](http://www.mastersoftcm.com.au)