

Recurrent Urinary Tract Infections (R-UTIs): a new vision in gynaecology

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Recurrent Urinary Tract Infections (R-UTIs) are common in postmenopausal women. Recurrence is defined as three or more episodes in 12 months or two or more episodes in 6 months. Post-coital R-UTIs may represent the sole or predominant pattern of recurrence.

Pathophysiology of R-UTIs is complex. Multiple factors may play a role in determining the persistence of Lower Urinary Tract Symptoms – LUTS, and the recurrence of cystitis. Understanding the whole scenario is of crucial importance in designing a personalized treatment, whereas the use of multiple courses of antibiotics often results to be both ineffective and potentially harmful.