

Cystitis?\*

# Canephron® Uno

with the 4-fold effect

only 3 × 1 sugar-coated  
tablet a day\*\*



-  pain-relieving<sup>1,2</sup>
-  anti-spasmodic<sup>1,3</sup>
-  flushes out bacteria<sup>4</sup>
-  anti-inflammatory<sup>1,2</sup>

## A guide to the subject of cystitis\*\*

\* Canephron® is a traditional herbal medicinal product for the supportive treatment and supplementation of specific measures in the case of mild symptoms (such as frequent urination, a burning sensation when urinating and increased urge to urinate) which are associated with inflammatory diseases of the urinary tract.

\*\* compared to 3 × 2 sugar-coated tablets a day when treated with Canephron® N Dragees. The quantity of active ingredient of Canephron® N Dragees and Canephron® Uno consumed per day is equivalent.

<sup>1</sup> This refers to mild symptoms such as burning sensations when urinating, pain and cramps in the abdomen, which typically occur within the context of inflammatory diseases of the urinary tract.

<sup>2</sup> The anti-inflammatory properties of Canephron® have been demonstrated in the experimental test model and its anti-inflammatory and pain-relieving properties in the living organism.

<sup>3</sup> The anti-spasmodic properties of Canephron® have been demonstrated in the experimental test model on human bladder strips.

<sup>4</sup> The adhesion-reducing properties of Canephron® have been shown in the experimental test model. The adhesion of bacteria to the mucosa of the bladder is reduced, thereby promoting the rinsing out of the bacteria from the bladder.

## A guide to the subject of

# „cystitis“

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### **Typical symptoms of cystitis:**

*Cramp-like pain and a  
burning sensation when  
urinating, as well as a  
constant urge to urinate.*



## Cystitis – What is it exactly?

Inflammation of the bladder (cystitis) is inflammation of the mucous membrane of the bladder. This is usually painful, but is normally uncomplicated and harmless. Cystitis is usually triggered by intestinal bacteria that enter the bladder via the urethra. In the case of inflammation of the renal pelvis, the germs continue to move upwards into the kidneys. Fortunately, this is rarely the case with women who are otherwise healthy. Inflammation of the renal pelvis must always be treated by a doctor.

### Symptoms of cystitis

Those who are affected by cystitis know them only too well: the symptoms of cystitis. They often appear suddenly, are very unpleasant and a cause of stress in everyday life. Inflammation of the bladder usually becomes noticeable in the form of a burning sensation and pain when urinating, as well as cramps in the abdomen. However, when the patient repeatedly has to go to the toilet, he or she is only able to pass a few drops of urine. The urine is often cloudy and has an unpleasant smell.



If you experience one or more of these symptoms, this may be an indication of cystitis. Women are far more frequently affected by cystitis than men. According to estimates, half of all women suffer from cystitis at least once in their life.

Since the urethra of women is much shorter than that of men – and is also closer to the anus – intestinal bacteria find it easier to ascend into the bladder and settle there.

## Risk factors for cystitis

There are various risk factors that can promote the development of cystitis:

### **Insufficient intake of fluid**

Anyone who drinks a lot of fluid rinses out the pathogens on a regular basis. On the other hand, an insufficient supply of fluids causes germs to remain longer in the urinary tract and thereby increases the risk of cystitis.



### **Exposure to cold**

Hypothermia of the body, e.g. as a consequence of wearing wet swimwear or sitting on cold surfaces, weakens the immune system. This makes it easier for bacteria to settle and multiply in the urethra and bladder



### **Active sex life**

Frequent sexual intercourse can also increase the risk of cystitis due to the mechanical friction. In this case we also speak of „honeymoon cystitis“.



### **Poor hygiene in the genital area**

Intimate sprays, aggressive washing substances or wiping in the wrong direction in the genital area make it easier for germs to penetrate the urethra.



### **Hormonal changes**

A change in the hormonal balance (pregnancy, „the pill“, menopause) can increase the susceptibility to cystitis.



## Cystitis – What should you do?

### Tips on what to do at the first signs of cystitis

When you notice the first signs of cystitis, it is important to take action quickly! Then the chances of getting the symptoms under control faster are good:



- ☛ Drink plenty of fluids!
- ☛ Always keep your feet warm and make sure that you wear clothes that provide good protection in the area of your kidneys and abdomen.
- ☛ A hot-water bottle relaxes the bladder and helps to relieve pain.
- ☛ The herbal medicine Canephron® Uno is available to support the healing process in the case of inflammatory diseases of the urinary tract – with the effective plant ingredients of rosemary, centaury and lovage.

### Consulting a doctor

Inflammation of the renal pelvis should always be treated by a doctor. For this reason, you should always consult a doctor if one or more of the following apply to you:

- ☛ symptoms become worse or there is no improvement within three days
- ☛ pain in the kidney area
- ☛ severe feeling of illness
- ☛ temperature above 38°C

Pregnant women, children and men should also have any inflammation of the bladder checked by a doctor.



## Recurrent cystitis

Recurrent cystitis is inflammation of the bladder which occurs more than three times a year or twice every six months.

The main cause of the repeat occurrence of cystitis is a new infection (re-infection). This is the case in about 90 per cent of recurrent cystitis.

In addition, if patients stop the antibiotic therapy too soon, this may increase the risk of cystitis recurring because it may not have been possible to kill all of the germs. However, the frequent use of antibiotics can also promote recurrent cystitis, as the bacteria can develop resistance to antibiotics.

Frequently recurring cystitis can develop into chronic inflammation or an irritable bladder. For this reason, cystitis should always be treated until it is completely cured.



*Bladder infections should always be treated until they are completely cured.*

## Canephron® Uno – Help from Nature

The herbal medicine Canephron® Uno has been shown to be effective in the supportive treatment of inflammatory diseases of the urinary tract. It contains a combination of rosemary, centaury and lovage.



rosemary



centaury

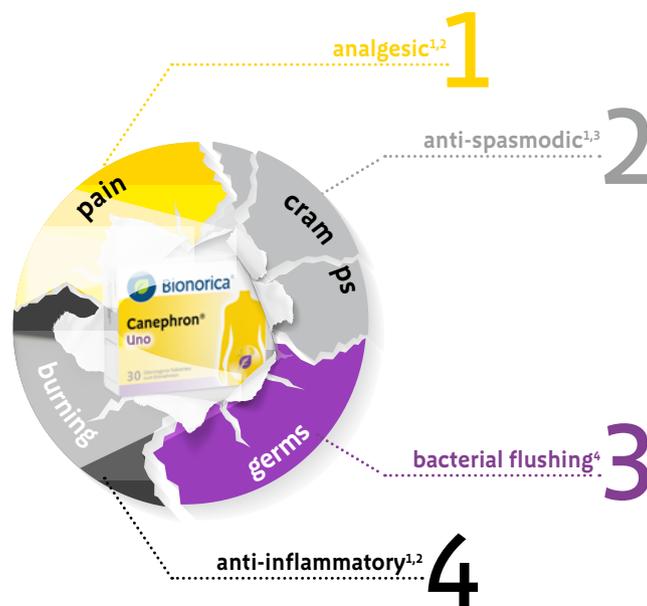


lovage

### The 4-fold effect Canephron® Uno

As a result of the **4-fold effect** of Canephron® Uno, all aspects of the unpleasant symptom complex of cystitis are treated, so that you feel better faster.

The unique plant combination in Canephron® Uno has a 4-fold effect – **analgesic<sup>1,2</sup>, anti-spasmodic<sup>1,3</sup>, bacterial flushing<sup>4</sup> and anti-inflammatory<sup>1,2</sup>**.



The anti-inflammatory and analgesic effects treat burning and pain when urinating<sup>1,2</sup>. Antispasmodic effects reduce the urge to urinate and relax the bladder<sup>1,3</sup>. Bacterial-flushing effects inhibit bacterial attachment and therefore promote their removal by rinsing<sup>4</sup>.

\* Canephron® is a traditional herbal medicinal product for the supportive treatment and supplementation of specific measures for mild symptoms (such as frequent urination, a burning sensation when urinating and an increased urge to urinate) which are associated with inflammatory urinary tract diseases.

<sup>1</sup> This refers to mild symptoms such as a burning sensation when urinating, pain and cramps in the abdomen, which typically occur within the context of inflammatory diseases of the urinary tract.

<sup>2</sup> The anti-inflammatory properties of Canephron® have been demonstrated in the experimental test model and anti-inflammatory and analgesic properties in the living organism.

<sup>3</sup> The anti-spasmodic characteristics of Canephron® have been shown in the experimental test model on human bladder strips.

<sup>4</sup> The adhesion-reducing properties of Canephron® have been demonstrated in the experimental test model. The adhesion of bacteria to the mucous membrane of the bladder is reduced and the flushing out of the bacteria supported as a result.

## Targeted use of antibiotics

Antibiotics are important drugs. They can save lives in the case of serious diseases which are caused by bacteria. However, if they are used unnecessarily, the risk of resistance increases. This means that the bacteria become insensitive to certain antibiotics.

Antibiotics also often cause unpleasant side effects, such as gastrointestinal complaints (diarrhoea, nausea), as they kill not only disease-causing bacteria, but also those which are beneficial.

In order for antibiotics to remain effective drugs in the fight against bacterial diseases – including life-threatening ones – it is important to use them responsibly and in a targeted manner.



## Treating bladder infection without antibiotics?

97% of the cases of cystitis that occur in patients without risk factors are not associated with any complications<sup>1</sup>. In these cases, consideration can be given to merely treating the symptoms, according to medical treatment guidelines. This is why scientists are increasingly looking into alternative forms of symptomatic treatment.

A large-scale clinical study published in 2018 that involved over 600 patients compares Canephron®<sup>2</sup> with the most frequently prescribed antibiotic for the treatment of acute, uncomplicated cystitis<sup>3</sup>.

The result: 84% of the patients treated with Canephron® did not require antibiotic therapy. This means that the therapeutic success of Canephron® was only slightly below that of the comparative therapy. The unpleasant symptom complex was treated quickly and specifically with Canephron®. **The study therefore shows that uncomplicated cystitis can also be treated without antibiotics in many cases.**

<sup>1</sup> Christiaens, T C M et al. Br J Gen Pract. 2002; 52(482):729-34.

<sup>2</sup> The study was conducted with Canephron® N Dragees. The daily amount of Canephron® N Dragees active substance consumed compared to Canephron® Uno is equivalent.

<sup>3</sup> Wagenlehner et al. Urol Int. 2018; 101(3):327-336.doi:10.1159/000493368.

### The following applies as a general rule:

If you do not want to take antibiotics, you should actively speak to your doctor or pharmacist about this. Please follow the advice on page 9 concerning the need to consult a doctor. If your doctor has already prescribed antibiotic therapy for you, you should not discard it without consulting your doctor first.

**Tip:** Add Canephron® Uno to your medicine cabinet. Start taking Canephron® Uno at the first sign of cystitis\* in order to treat the symptoms early. By taking immediate countermeasures, you may be able to do without anti-biotic therapy. Canephron® Uno is also well tolerated.

\* Canephron® is a traditional herbal medicinal product for the supportive treatment and supplementation of specific measures in the case of mild symptoms (such as frequent urination, a burning sensation when urinating and an increased urge to urinate) within the context of inflammatory urinary tract diseases.

## Canephron® Uno – Instructions for use

### Canephron® Uno



- 🌿 Daily dosage: 3 × 1 sugar-coated tablet
- 🌿 For adults and adolescents aged 12 and over
- 🌿 Special feature: gluten-free



When taking Canephron® Uno, make sure that you consume an adequate supply of fluids.

\*\* compared to 3 × 2 sugar-coated tablet daily when treated with Canephron® N Dragees. The amount of Canephron® N Dragees and Canephron® Uno active substance taken per day is equivalent. <sup>1</sup>Insight Health ApoFusion, pharmacy sales of Canephron® Total in euros at the retail price, YTD 12/18; G04X excluding prostate preparations.

## Preventing cystitis – but how?

**To prevent cystitis, you should pay attention to the following:**

**🍷 Drink enough:**

Drink at least 2 litres of water or unsweetened fruit or herbal teas every day.

**🍷 Keep warm:**

Change wet swimwear as quickly as possible. Avoid sitting on cold surfaces.

**🍷 Proper intimate hygiene:**

If possible, clean your genital area only with warm water and pH-neutral soaps.

**🍷 Wiping behaviour:**

Wipe the genital area from the front to the back in order to avoid smear infections.

**🍷 After sexual intercourse:**

The first action you should take afterwards should be to go to the toilet to flush out any germs that have been transmitted.

**🍷 Contraception:**

Do not use vaginal diaphragms and/or spermicides. They cause an imbalance in the healthy vaginal environment, which promotes the colonization of bacteria.



***Tip for on the go:***

*Add Canephron® Uno to your first-aid kit.*

*This will enable you to react immediately to the first signs of cystitis when you are out and about.*

Bladder infection?\*

# Canephron® Uno

only 3 x 1 sugar-coated tablet daily\*\*



Available in the following languages:



More information at  
[www.canephron.de/service](http://www.canephron.de/service)



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**Canephron® Uno** • A traditional herbal medicinal product for the supportive treatment and supplementation of specific measures in the case of mild symptoms (such as frequent urination, a burning sensation when urinating and an increased urge to urinate) within the context of inflammatory diseases of the efferent urinary tract. **Canephron® N Dragees, Canephron® N Drops** • Traditionally used for the supportive treatment and as a supplement to specific measures for mild symptoms within the context of inflammatory diseases of the efferent urinary tract. Canephron® Uno, Canephron® N: For flushing the urinary tract in order to reduce the deposition of renal gravel. Note: Canephron® Uno and Canephron® N are traditional herbal medicinal products that are registered for this indication solely on the basis of many years of use. Canephron® N Drops contain 19% alcohol by volume. For risks and side effects, read the package insert and ask your doctor or pharmacist.

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