

Treating bladder infection without antibiotics?

A guide to the subject of cystitis



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A guide to the subject of cystitis

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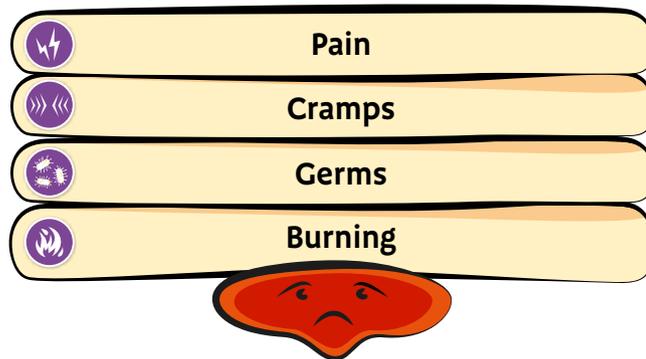


Cystitis - What is it exactly?

Acute cystitis

Inflammation of the bladder (cystitis) is inflammation of the mucous membrane of the bladder. This is usually painful, but is normally uncomplicated and harmless. Women are particularly affected: It is estimated that every second woman suffers from cystitis at least once in her life. The reason for this is the short female urethra and its proximity to the anus.

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.



Those affected know the symptom complex of a bladder infection only too well. The symptoms appear suddenly, are very unpleasant and a cause of stress in everyday life. In most cases, a bladder infection becomes noticeable by **a burning sensation and pain when urinating** as well as **cramps in the abdomen, caused by germs that are in the bladder**. 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 notice one or more of these symptoms, it may indicate a bladder infection.

Recurring Cystitis

Some women repeatedly suffer from 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. Furthermore, frequent antibiotic therapy can make the bladder wall more permeable and facilitate the attachment of bacteria in the bladder.

When should you see a doctor?

You should always consult a doctor if one or more of the following points apply to you:

- 
- Symptoms become worse or there is no improvement within three days
 - Severe feeling of illness
 - Pain in the kidney area
 - Temperature above 38°C
 - Blood in the urine

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

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.

The use of antibiotics is often associated with unpleasant consequences, since not only pathogenic but also useful bacteria of the **intestinal and vaginal flora** are killed. This often results in persistent diarrhoea and painfully itchy vaginal mycosis.

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**. The herbal medicine Canephron® Uno is an effective therapeutic option for acute, uncomplicated cystitis*.

Advantages of therapy with Canephron® Uno:

- ✎ Extensive symptom treatment through the 4-fold effect: analgesic^{1,2}, anti-spasmodic^{1,3}, bacterial flushing⁴ and anti-inflammatory^{1,2}
- ✎ The intestinal flora is protected (microbiom)
- ✎ Good tolerability
- ✎ No development of resistance

*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 during urination and an increased urge to urinate) within the context of inflammatory urinary tract diseases.

Treating bladder infection without antibiotics – with Canephron® Uno

Approx. 97% of the cases of cystitis that occur in patients without risk factors are **not associated with any complications**⁵. In these cases, consideration can be given to merely treating the symptoms, according to medical **treatment guidelines**.

A large-scale clinical study that involved over 600 patients compared Canephron®⁶ with the most frequently prescribed antibiotic for the treatment of acute, uncomplicated cystitis⁷.



The result: 5 out of 6 of the women treated with Canephron® were able to do without an antibiotic. As a consequence, their unpleasant symptoms were treated quickly and comprehensively. The study thus shows that uncomplicated cystitis can in many cases be treated without antibiotics.

The following applies as a general rule: If you want to do without an antibiotic, actively talk to your doctor or pharmacist about it. If your doctor has already prescribed antibiotic therapy for you, you should not discard it without consulting your doctor first.

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

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

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

⁴The adhesion-reducing properties of Canephron® have been shown in the experimental test model. The adhesion of bacteria to the bladder mucosa is reduced and this supports the flushing out of the bacteria.

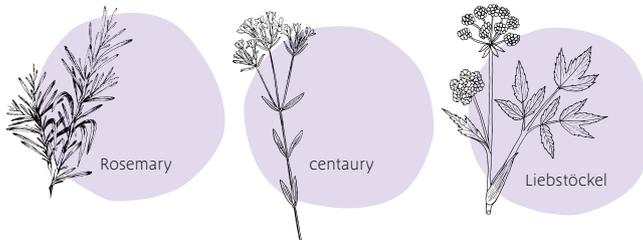
⁵Christiaens, T C M et al. Br J Gen Pract. 2002; 52(482):729-34.

⁶The study was carried out with Canephron® N Dragees. The amount of Canephron® N Dragees and Canephron® Uno active substance taken per day is equivalent.

⁷Wagenlehner et al. Urol Int. 2018; 101(3):327-336. doi:10.1159/000493368.

Canephron® Uno – Help from Nature

As an herbal medicinal product, Canephron® Uno is very well tolerated. With its effective combination of rosemary, centaury and lovage, it has proven its worth in the supportive treatment of bladder infections*.



Canephron® users are also convinced of its effectiveness.¹



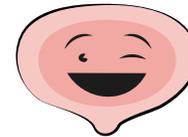
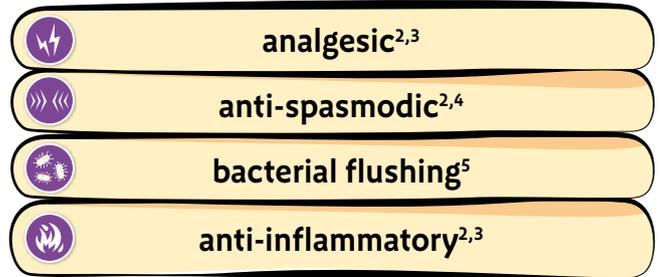
85 % are satisfied or very satisfied with its effectiveness.



70 % would recommend Canephron® to her best friend.

Comprehensive symptom treatment thanks to the 4-fold effect

Canephron® Uno combats all common symptoms of cystitis* with its **4-fold effect**. The anti-inflammatory and analgesic effect treats burning and pain during urination.^{2,3} The antispasmodic effect reduces the urge to urinate and relaxes the bladder.^{2,4} The bacterial flushing effect inhibits bacterial adhesion, promoting their flushing.⁵



Canephron® Uno with the 4-fold effect

- ✓ Daily dose: 3 × 1 sugar-coated tablet (dragee)
- ✓ For adults and adolescents aged 12 and over



When taking Canephron® Uno, make sure that you have an adequate supply of liquids.

*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 during urination and an increased urge to urinate) within the context of inflammatory urinary tract diseases.

¹Impact survey for Bionorica SE, 242 Canephron users, November 2022

²This 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.

³The anti-inflammatory properties of Canephron® have been demonstrated in the experimental test model and its anti-inflammatory and analgesic properties in the living organism.

⁴The anti-spasmodic properties of Canephron® have been demonstrated in the experimental test model on human bladder strips.

⁵The adhesion-reducing properties of Canephron® have been shown in the experimental test model. The adhesion of bacteria to the bladder mucosa is reduced and this supports the flushing out of the bacteria.

Cystitis – What should you do?

At the first signs and for prevention



Make sure you drink enough:

Drink at least 2 litres of water or un-sweetened fruit or herbal teas every day.



Keep warm:

Especially in the area of the kidneys and the abdomen.



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 any vaginal diaphragms and/ or spermicides. These cause an imbalance in the healthy vaginal environment, which promotes the colonization of bacteria.

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Extensive information about cystitis and health can also be found at:
www.blase-gesundheit.de/ratgeber



Tip for on the go:

Supplement your first-aid kit and medicine chest with Canephron® Uno. 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 antibiotic therapy. Canephron® Uno is also well-tolerated.



Cystitis* without antibiotics? Canephron® Uno with the 4-fold effect

- ☑ analgesic^{1,2}
- ☑ anti-spasmodic^{1,3}
- ☑ bacterial flushing⁴
- ☑ anti-inflammatory^{1,2}



**5 out of 6 women did not
need antibiotics^{5,6}**

*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 during urination and an increased urge to urinate) within the context of inflammatory urinary tract diseases. 1 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. 2 The anti-inflammatory properties of Canephron® have been demonstrated in the experimental test model and its anti-inflammatory and analgesic properties in the living organism. 3 The anti-spasmodic properties of Canephron® have been demonstrated in the experimental test model on human bladder strips. 4 The adhesion-reducing properties of Canephron® have been shown in the experimental test model. The adhesion of bacteria to the bladder mucosa is reduced and this supports the flushing out of the bacteria. 5 Wagenlehner et al. Urol Int. 2018; 101(3):327-336. doi:10.1159/000493368. 6The study was conducted with Canephron® N Dragees. The amount of Canephron® N Dragees and Canephron® Uno active substance taken per day is equivalent.

Canephron® Uno • 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. The user should consult a doctor or other qualified healthcare practitioner if symptoms of illness persist or if side effects other than those mentioned in the package leaflet occur. **Canephron® N Dragees** • 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 Dragees: For flushing the urinary tract in order to reduce the deposition of renal gravel. Note: Canephron® Uno and Canephron® N Dragees are traditional herbal medicinal products that are registered for this indication solely on the basis of many years of use. Contains glucose, sucrose (sugar), lactose. For risks and side effects, read the package insert and ask your doctor or pharmacist.
BIONORICA SE | 92308 Neumarkt
Only available in pharmacies.

Status as of November 2021