

# THIS oral UTI vaccine can stop infections for up to nine years—Here’s what you need to know

*The vaccine contains four types of inactivated bacteria – including E. Coli, the most common cause of a UTI.*



Patients suffering from Urinary Tract Infections (UTI) often struggle due to pain. However, a new oral spray vaccine can prevent recurring infections for up to years.

Known as [MV140](#), the pineapple-flavoured oral spray can even be an alternative to antibiotics which are conventionally-used to treat the infection. According to the researchers, the antibiotics that often prescribed to treat UTIs have become less effective over time.

The study was conducted by the Royal Berkshire NHS Foundation Trust among 89 participants with recurrent UTIs and they were given MV140. The findings of the study were presented at the European Association of Urology [Congress](#) in Paris and it revealed that 54 percent of participants have not had a UTI since they took the vaccine.

The researchers also revealed that those volunteers who developed a UTI suffered from only minor symptoms.

According to report by Daily Mail, the vaccine contains four types of inactivated bacteria – including *E. Coli*, the most common cause of a UTI.

“Many of those who did get a UTI told us that simply drinking plenty of water was enough to treat it. ‘[The vaccine] could be a game-changer for UTI prevention if it is offered widely, reducing the need for antibiotic treatments,” Bob Yang, a consultant urologist at the Trust, said, as quoted by Daily Mail.

# What is Urinary Tract Infection (UTI)?

An infection in any part of the urinary system is called Urinary Tract Infection (UTI). According to Mayo Clinic, most infections involve the lower urinary tract — the bladder and the urethra.

It is noteworthy that women are at more risk of developing a UTI than men. When a UTI occurs in the bladder, it leads to extreme pain and discomfort. However, if the infection spreads to the kidney, it can lead to serious [health](#) issues.

**According to Mayo Clinic, UTIs don't always cause symptoms. When they do, they may include:**

- A strong urge to urinate that doesn't go away
- A burning feeling when urinating
- Urinating often, and passing small amounts of urine
- Urine that looks cloudy
- Urine that appears red, bright pink or cola-colored — signs of blood in the urine
- Strong-smelling urine
- Pelvic pain, in women — especially in the center of the pelvis and around the area of the pubic bone
- In older adults, UTIs may be overlooked or mistaken for other conditions.

# What are the causes of Urinary Tract Infection (UTI)?

Usually, UTIs occur when bacteria enter the urinary tract through the urethra and begin to spread in the bladder. The most common UTIs occur mainly in women and affect the bladder and urethra.

# How to prevent Urinary Tract Infection (UTI)?

**These measures can help in lowering the risk of UTIs:**

- Drink plenty of water
- Wipe from front to back after peeing and pooping
- Empty your bladder soon after having sex
- Avoid potentially irritating feminine products
- Avoid using birth control products like diaphragms, unlubricated condoms or condoms treated with spermicide

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