

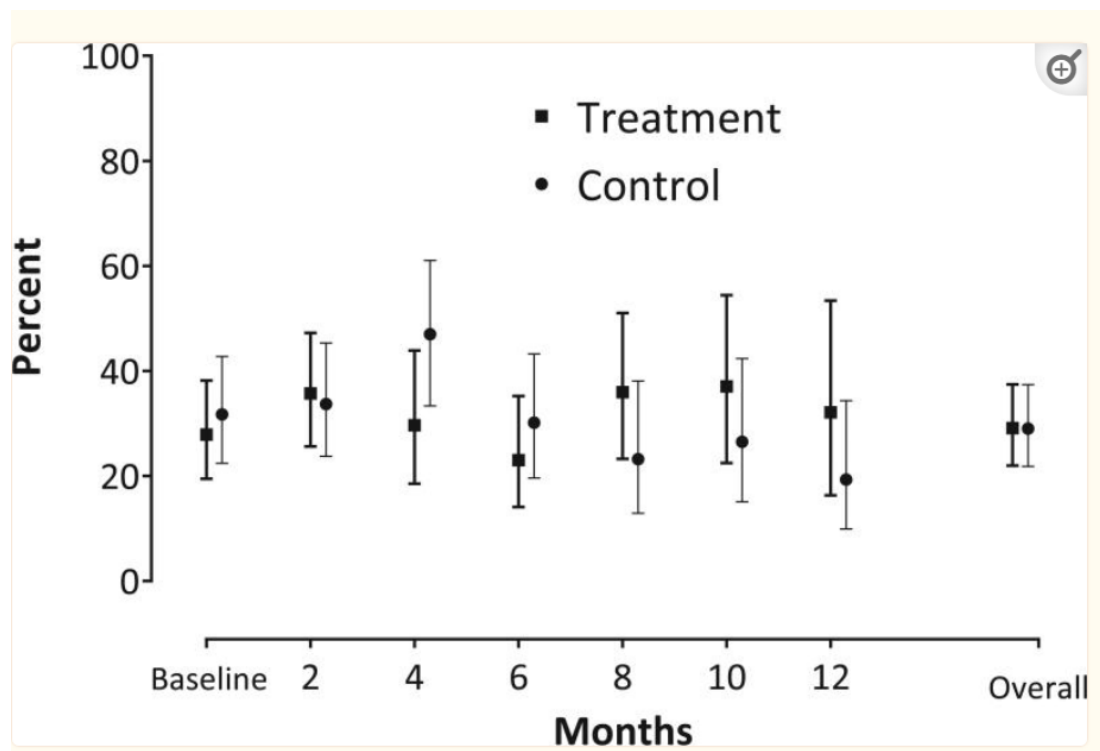


## Cranberry to Prevent UTI? Probably Not.

Take home point: Among older women residing in nursing homes, administration of cranberry capsules, compared with placebo, resulted in no significant difference in presence of bacteriuria plus pyuria over 1 year (1)

Cranberry products have been shown to prevent adherence of P-fimbriated *E. coli* to uroepithelial cells. Not all UTIs are *E. coli*.

No statistically significant difference between Cranberry group and Placebo group (2).



### UTI Facts

- Bacteriuria is prevalent in 25-50% of female nursing home residents and pyuria is present in 90% of those with bacteriuria (1)
- Bacteriuria is prevalent in 25-50% of female nursing home residents and pyuria is present in 90% of those with bacteriuria (3).



## Cranberry to Prevent UTI? Probably Not.

- A randomized trial of antibiotic treatment versus no treatment of bacteriuria in nursing home women showed no decrease in genitourinary morbidity or mortality with treatment (4).
- As many as 75% of prescriptions for UTI in LTCF residents are given to individuals who do not meet criteria for UTI (5).

### Resources

1. [Infectious Diseases in Older Adults of Long-term Care Facilities: Update on Approach to Diagnosis and Management - PMC \(nih.gov\)](#)
2. [Effect of Cranberry Capsules on Bacteriuria Plus Pyuria among Older Women in Nursing Homes: A Randomized Clinical Trial - PMC \(nih.gov\)](#)
3. [Tests for Urinary Tract Infection in Nursing Home Residents | Urology | JAMA | JAMA Network](#)
4. [Prospective randomized comparison of therapy and no therapy for asymptomatic bacteriuria in institutionalized elderly women - PubMed \(nih.gov\)](#)
5. [Challenges Assessing Nursing Home Residents with Advanced Dementia for Suspected Urinary Tract Infections - PMC \(nih.gov\)](#)
6. [FDA Announces Qualified Health Claim for Certain Cranberry Products and Urinary Tract Infections | FDA](#)