

Body Love

JUST THE SIMPLE ADVICE THAT'S GOOD FOR YOU IN EVERY WAY

GYNO SPECIAL

NEVER GET A UTI AGAIN

Research* shows cranberry juice isn't a cure, but here are things that can help

1 Always wipe front to back The bacteria often responsible for stinging cystitis (an inflammation of the bladder) is native to the vaginal and rectal areas, so wiping your vagina *then* your bum will help keep it in the right place, explains naturopath Emma Sutherland.

2 Wee after sex "It flushes out any germs that have been pushed up into your urethra during sex," says *Cosmo* GP Dr Penny Adams.

3 Avoid irritating clothing Tight jeans and G-strings, particularly those made from synthetic material, can irritate the vagina, cause infections and raise the risk of a UTI.

4 Go when you need to Every trip to the toilet is a chance to flush out bad bacteria.

5 Watch out for what goes up there That means condoms, lubricant and even tampons. "Any chemicals have the potential to irritate the opening of the urethra, which can be rubbed during intercourse. A condom can do this, too," says Dr Adams. **Naomi Jaul** *COSMO*

Sexually transmitted infections (STIs) can cause UTI-like symptoms. If you don't get better, have vaginal discharge or haven't had an STI check recently, visit your GP – stat!

"Who's up for a pillow fight?"