



# What Are The Causes Of Urinary Tract Infection In Women?



Infection of the urinary tract is a **painful condition** that impacts a lot of women. You would know how uncomfortable it can be if you have experienced a urinary tract infection before or are having one for the first time. You are in a continual state of distress. You feel as if you ought to visit the washroom every second of the day.

It's difficult to concentrate on anything else when this is happening to you. Moreover, you feel intense pain when you try to urinate. These two symptoms combined make for a terrible experience for any woman to be a part of. If you or a loved one is suffering from a urinary tract infection, chances are you are asking why this is happening to you. You probably aren't aware of urinary tract infection causes, which is why you are so prone to getting these infections. You need some valuable information so that you can avoid the development of these infections again.

The most common reason why women get these infections is because of holding in their urine. Your body urges you to urinate since you need to flush the bacteria and toxins. When you hold in your urine, you run the chance of the bacteria hindering your urinary tract, which causes an infection.

The second most common reason why women get these infections is due to wiping in the wrong direction. When you wipe back to front, you risk the chance of fecal matter making its way inside of you, and then you develop a UTI.

**Urinary tract infections** can impact your life in many ways. If you are suffering from one, you are already well aware of how painful and uncomfortable it is. There are easy and effective

ways to cure your urinary tract infection with the help of CityDoc's telemedicine services.

**CityDoc** is a leader in [telemedicine](#) services in North Texas and is here for you. If you are tired of wasting time and money on doctor visits, CityDoc's telemedicine services will make life easy for you. Relax at house or work and connect with CityDoc for doctor video visit services, which will provide 24/7 access to board-certified physicians for all non-emergent illnesses. Visit **[www.citydoc.net](http://www.citydoc.net)** for more information.