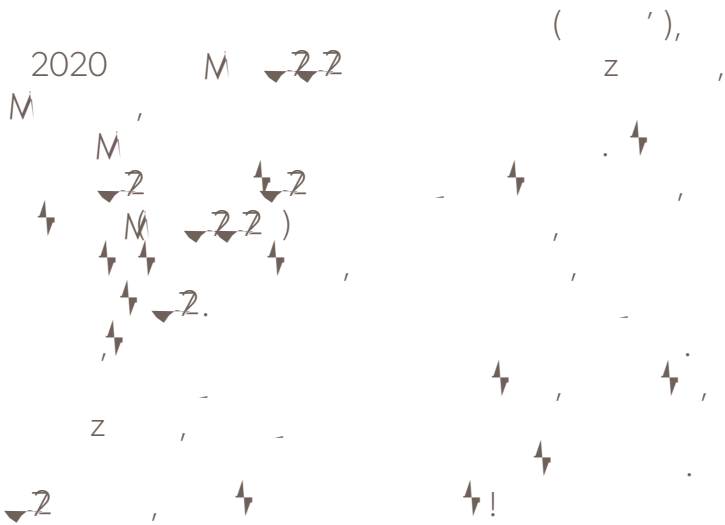
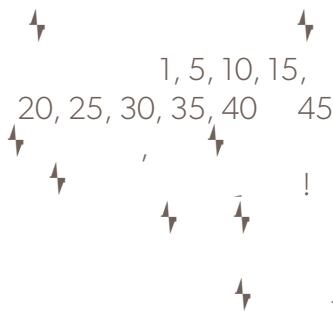


## Winter 2020 Newsletter



Shirley Ryan AbilityLab Flagship Hospital – Chicago, IL

### Are you due for a follow-up interview?



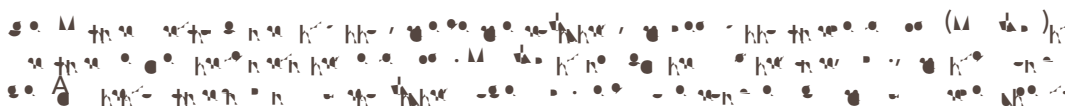
### INSIDE:

**Getting Around Chicago**  
Accessible transportation options and future projects

**Urinary Tract Infections**  
What are they and why do you get them?

**Research Alert**  
Identifying risk factors for obesity after SCI

**Adaptive Sports/Fitness**  
Why it matters and how to get involved



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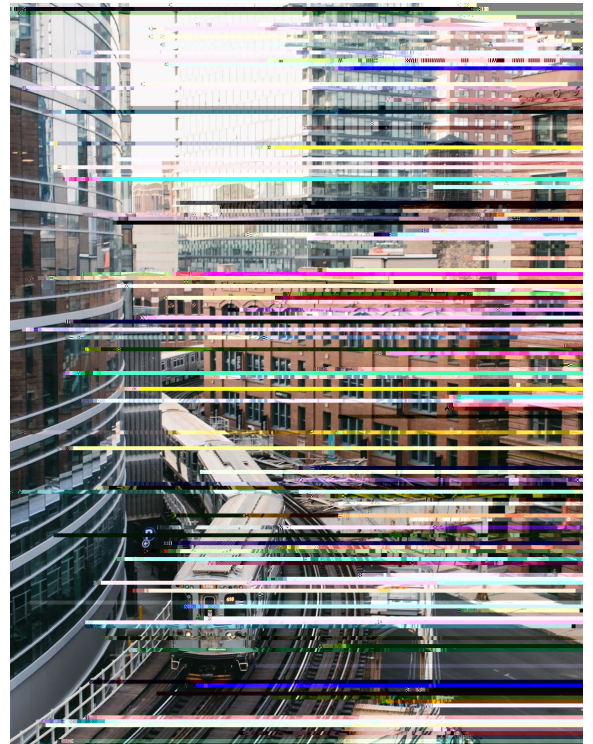
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*“The Mayor’s goal, and my goal, is to make Chicago the most accessible city in the nation.”*

### How to give feedback to the City of Chicago:

- 311
- 311
- 311
- 311
- 312-744-6060
- 312-744-7050

# Urinary Tract Infections (UTIs): Causes, Risks and Prevention



## What is a urinary tract infection?

## What causes UTI?

## Are UTI's common after spinal cord injury (SCI)?

1. 

Urinary tract infections (UTIs) are common after spinal cord injury (SCI). The risk of UTI is significantly higher in individuals with SCI compared to the general population. This is due to several factors, including neurogenic bladder dysfunction, which can lead to urinary retention and incomplete bladder emptying, creating an environment conducive to bacterial growth. Additionally, the use of catheters, which are common in SCI, increases the risk of infection by providing a direct pathway for bacteria into the urinary tract.
2. 

The prevalence of UTI in SCI varies depending on the level and completeness of the injury, as well as the duration of the injury. Studies have shown that the risk of UTI increases over time, particularly in individuals with long-term SCI. The use of indwelling catheters is a major risk factor, with estimates suggesting that up to 80% of individuals with SCI who use catheters have a UTI at any given time.
3. 

Other factors that contribute to the risk of UTI in SCI include urinary stasis, recurrent UTIs, and the presence of structural abnormalities in the urinary tract. It is important for individuals with SCI to be vigilant about signs and symptoms of UTI, such as changes in urine color, odor, or frequency, and to seek medical attention promptly if these symptoms occur.

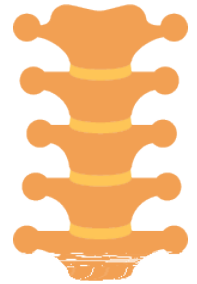
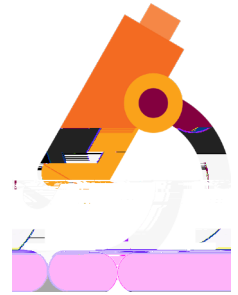
## What is my risk for UTI?

## Can I prevent UTIs?

## What should I do if I notice these early signs of UTI?



# MRSCICS Research Alert



Follow the links below for more information:

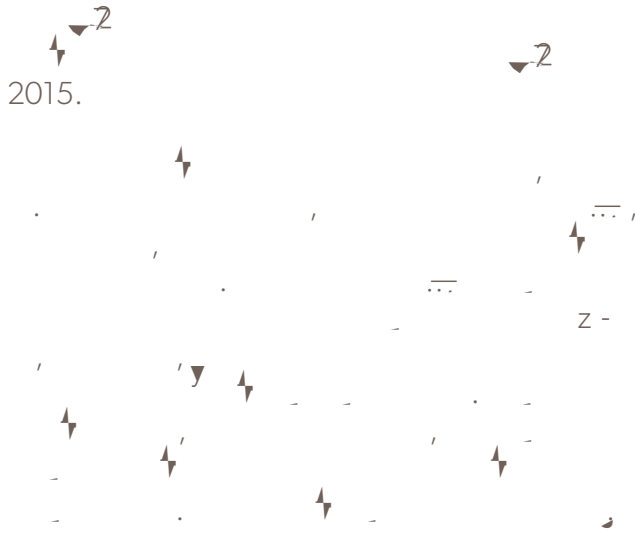
<https://doi.org/10.1016/j.mbs.2019.02.001>

<https://doi.org/10.1016/j.mbs.2019.02.002>

2019

2





*“I have made so many friends, grown as a person, and have also gotten to visit many places across the country because of adaptive sports. You literally have nothing to lose.”*

Check out these resources to learn more about the adaptive sport community, financial aid opportunities, and recreational events happening near you:

\*Challenged Athletes Foundation (CAF) – [challengedathletes.org](http://challengedathletes.org)

\*Kelly Brush Foundation – [kellybrushfoundation.org](http://kellybrushfoundation.org)

\*Triumph Foundation – [triumph-foundation.org](http://triumph-foundation.org)

National Sport Center for the Disabled (NSCD) – [nscd.org](http://nscd.org)

