Ring Up UTI Relief
It's safe to be diagnosed by phone.

Amen for speed dial.

The next time you have the symptoms of a urinary tract infection—like frequent urination and burning when you go—you may not need a doctor visit to get treatment. New research shows that seeking a diagnosis over the phone can be just as safe as heading to your gyno's office. In the study, trained nurses diagnosed more than 4,000 women with symptoms of UTIs over the phone and faxed antibiotics prescriptions to the patients' pharmacies. "Only 15 percent of the women needed reassessment of their symptoms, which is comparable to the number that would have needed it if they'd had office visits," says David R. Vinson, MD, a clinical researcher with the Permanente Medical Group. One reason for the phone treatment's success is that women who've had a UTI before are fairly accurate at recognizing subsequent ones. So ask your doc if you can skip the office visit. However, if you've never had a UTI before, make a trip to the doctor to know for sure if that's what's ailing you.