

Cystitis?

Nature
knows a
remedy.¹



Cystinol akut® – Our herbal antibacterial agent²

- alleviates symptoms
- has an antibacterial effect²
- herbal, strong and fast³

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MEDICE
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Cystitis – almost every woman knows the problem

How does cystitis occur?

Cystitis is mostly caused by E. coli bacteria¹, which naturally occur in the intestine. However, as the urethra is shorter in women than in men and is close to the anus, this intestinal bacteria can enter the urethra, go up into the bladder and cause cystitis more quickly in women. Women are thus affected particularly often: one in every two women will suffer from a bladder infection at some point in her life.²

THE TYPICAL SYMPTOMS AT A GLANCE:

- Burning when urinating
- Frequent urge to urinate, small amount of urine
- Abdominal cramps

Contributing factors include:



HORMONE-INDUCED CHANGES IN THE VAGINAL FLORA (e.g. during the menopause)

The decrease in oestrogen during the menopause also has an impact on the vaginal environment. Pathogens then have an easier time and can enter the bladder as a result of the body's weakened local defences.



CONSEQUENCES OF ANTIBIOTIC TREATMENT

Antibiotics not only weaken the body's defences but also influence the vaginal and intestinal flora. Pathogens can then spread more easily.

¹ Interdisziplinäre S3 Leitlinie [Interdisciplinary S3 Guideline], AWMF Register No. 043/044, updated 04/2017 ² Zellner M., 2018, gynäkologie + geburtshilfe 23 (3):30-35 ³ Nicken et al., Z für Phytotherapie, 38 (Suppl. 1), p39, (2017), Note: An antibacterial effect is confirmed for various bacteria in laboratory tests.



Is an antibiotic always necessary?

The good news: an antibiotic isn't always necessary straight away. On the contrary: experts now advise more restraint¹. More and more bacteria are developing resistance and the antibiotics used are losing their efficacy. In addition, antibiotics not only kill "bad" bacteria but also "good" germs, such as the vaginal flora.

The result: the protective function in the intimate area is disrupted and an infection can occur more quickly. The balance of the intestinal flora can also be disrupted.



GOOD TO KNOW:

Cystitis is usually straightforward² and can often also be treated with a suitable herbal therapy such as Cystinol akut[®].

When should medical attention be sought?

You should seek medical attention if, despite treatment, your symptoms persist for longer than 1 week or the following symptoms are present, which could indicate a complication:

-  Fever
-  Blood in the urine
-  Back and flank pain

We trust
Cystinol akut®

Take with
plenty of
fluid after a
meal



Duration of use:

If self-medicating, it is possible to take the medication up to 5x a year for 1 week in each case.

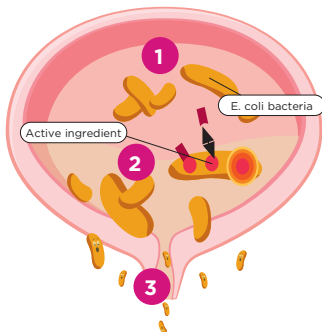
With medical advice,

guideline-compliant¹ treatment of up to 4 weeks can be carried out.

What happens in the bladder?

Cystinol akut® contains a dried extract of bearberry leaves, preparations of which have an antibacterial effective in vitro.³ This is attributable to one of the extract's components: arbutin.

- 1 Arbutin is metabolised in the body and the metabolic products enter the bladder, where the bacteria causing the infection are.
- 2 The bacteria take in the metabolic products of arbutin and convert them into the anti-bacterial³ active ingredient.
- 3 The active ingredient is thus only **activated by and within the bacteria** and is flushed out together with the bacteria.



THE TYPICAL SYMPTOMS OF CYSTITIS
CAN BE ALLEVIATED.



Other tips for cystitis



HAVE PLENTY TO DRINK

Drink at least two litres over the course of the day – ideally mineral water or unsweetened herbal/fruit teas.



GO TO THE TOILET

After sexual intercourse, it is recommended you go to the toilet to flush out any bacteria that may have entered.



AVOID GETTING COLD

Coldness is a signal for the body to shut down blood flow. Coldness also causes reduced blood flow to the vaginal mucous membranes. This can impair the body's defences against pathogens.



CORRECT WIPING TECHNIQUE WHEN GOING TO THE TOILET

Make sure that you move the toilet paper from front (the vagina) to back (the anus) so as not to spread any intestinal bacteria into the urethra with the wrong wiping technique.



BOOST YOUR IMMUNE SYSTEM

The stronger your defences, the less chance bacteria, viruses and the like will have. This is also true for the pathogens that cause cystitis. A balanced diet, plenty of sleep and exercising in the fresh air are recommended to boost the immune system.

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guide now.
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other languages.



Our herbal recommendation for cystitis – **Cystinol akut®**

- alleviates symptoms
- has an antibacterial effect²
- herbal, strong and fast³



Dosage:
From 12
years
2 tablets
3x a day

¹EMA: Community herbal monograph on *Arctostaphylos uva-ursi* (L.) Spreng., folium; EMA/HMPC/750269/2016; Committee on Herbal Medicinal Products (HMPC), 2018. Nicken et al., Z für Phytotherapie, 38 (Suppl. 1), p39, (2017), Note: An antibacterial effect is confirmed for various bacteria in laboratory tests. ³YouGov online survey, 2021, sample size: 1072 (refers to strong and fast)

Cystinol akut® coated tablets, active ingredient: Active ingredient: Dried extract of bearberry leaf. **Areas of application:** inflammatory diseases of the lower urinary tract. **Warning:** contains lactose. Refer to the package leaflet. For risks and side effects, read the package leaflet and ask your doctor or pharmacist. Available only in pharmacies. Last updated: 11/2023. Schaper & Brümmer GmbH & Co. KG, Bahnhofstr. 35, 38259 Salzgitter

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