**The Use of Cranberry Juice for Prevention of Recurrent Urinary Tract Infections in Children**

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Urinary tract infection (UTI) is one of the most common bacterial infections in children (3%) and sexually active young women (11%). About 20-30% of children experience a recurrence within 12 months of the initial UTI episode, and about 24% of sexually active 18-39 year old women experience recurrence within six months. UTI’s increase the risk of chronic kidney disease and hypertension. Children with UTI’s often receive prophylactic antibiotics, especially with vesicoureteral reflux. Adverse reactions, cessation of therapy, and antibiotic resistance are common and problematic with long-term antibiotic use. Cranberry products appear to prevent UTI recurrence in adult women. Therefore, an extensive review of the literature was completed to determine if cranberry juice prevents recurrent UTI’s in children. PubMed and MeSH databases were searched for “Recurrent UTI" and “Cranberry Juice", “VUR” which yielded five studies. Although these studies had some limitations, the data suggest consistently that cranberry juice does not prevent recurrence of UTI.

References:

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