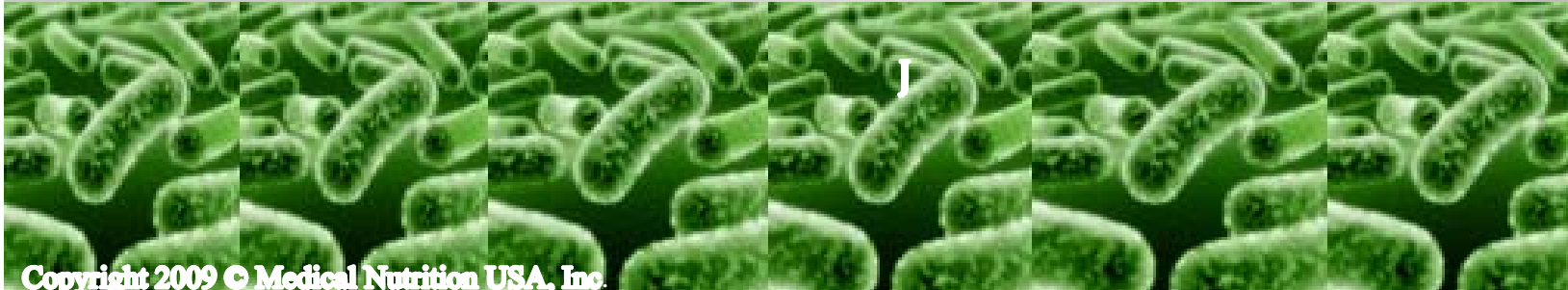


# The Science Behind Cranberries & Synbiotics for UTI & C. diff Prevention in Older Adults



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# Course Objectives

Understand factors contributing to urinary tract infections (UTIs) in older adults

Identify current UTI treatments & associated problems

Describe how proanthocyanidins found in cranberries affect urinary tract health

Review the data on the efficacy of cranberry products for preventing UTI's.

Explain the role of normal microbiota in humans & mechanism of action of synbiotics in preventing antibiotic associated diarrhea & c. diff

Discuss important factors to consider when recommending prebiotics, probiotics, and cranberry products