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Urinary Tract Health in Children is Nothing to Toy With

Study Shows Cranberry Juice May Reduce Recurrence of Urinary Tract Infections in Children

LAKEVILLE-MIDDLEBORO, Mass., (Feb. 13, 2012) – New research suggests that cranberry juice may help reduce recurrences of urinary tract infections (UTIs) in children. The results, published in *Clinical Infectious Diseases*¹, show that the cranberry's well-documented role in preventing recurrent UTIs in adult women also has the potential to benefit younger patients.

Urinary tract infection (UTI) is one of the most common bacterial infections in childhood, and according to the study, about 19 percent - 30 percent of patients experience recurrence within 12 months of the initial episode. Childhood UTIs are also thought to increase the risk for chronic kidney disease and hypertension later in life as well. Therefore, given the heightened risk of chronic disease as well as the increased concern around long term antibiotic use and development of bacterial resistance, this study may promote cranberry as a natural, protective alternative.

The study carried out by a group of Finnish researchers found that, compared to placebo, regular consumption of cranberry juice reduces the number of UTI recurrences in children by 43 percent and reduces the need for antibiotics to be taken by 34 percent – the equivalent of six days per patient a year.

The results indicate that cranberry juice may help provide protection against UTIs in children. Other studies have shown that the unique A-type PACs contained in cranberries may “help reduce the adhesion of certain *E. coli* bacteria to the urinary tract walls²”.

“UTIs are one of the most common bacterial infections in pediatric medicine, and children with recurrent problems often face long-term antibiotic use,” stated Dr. Tero Kontiokari of the University of Oulu. “The cranberry is well known for preventing urinary tract infections in adult women, but this study shows that cranberry juice can be effective also among children in reducing the number of recurrences in children with multiple UTIs.”

How Cranberry Works

Cranberries contain compounds called proanthocyanidins (PACs) that have been shown to “disable” certain harmful bacteria from sticking in the body, therefore protecting it from infection. Cranberry PACs anti-adhesion activity is primarily due to their unique A-type structure, while most other foods contain only the more-common B-type PACs. In fact, you can taste the healthy goodness of the cranberry because PACs are also responsible for cranberry's tart taste.

Cranberries are naturally low in sugar and require sweetening for consumers to enjoy the taste and reap the health benefits. While cranberry juice cocktail is one way to help keep your body healthy, there are a variety of ways to get the cranberry's anti-adhesion benefits, such as a 1/4 cup of fresh or frozen cranberries or 1/3 cup of Craisins® Dried Cranberries.

¹ Salo et al. (2011) *Clinical Infectious Diseases* 54(3): 340-346

² Howell et al. (2005) *Phytochemistry* 66:2281-91

About the Study

The double-blind, randomized placebo-controlled trial saw 129 children who were being treated for UTIs selected to drink Ocean Spray cranberry juice for six months, while 134 others received a placebo in its place. The two groups were monitored for 12 months, and the consumption of juice and daily symptoms were recorded by the children's parents.

About Ocean Spray

Ocean Spray is an agricultural cooperative owned by more than 700 cranberry growers in Massachusetts, Wisconsin, New Jersey, Oregon, Washington, British Columbia, and other parts of Canada as well as more than 50 Florida grapefruit growers. Ocean Spray was formed 80 years ago by three cranberry growers from Massachusetts and New Jersey. Florida grapefruit growers joined the Cooperative in 1976. Ocean Spray is North America's leading producer of canned and bottled juices and juice drinks, and has been the best-selling brand name in the canned and bottled juice category since 1981. Ocean Spray posted fiscal 2010 gross sales of \$2.05 billion and net proceeds of \$340 million.

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