

Did you know... certain healthy living tips can have an impact on your urologic health?

TO DO:

DRINK WATER

Drinking 10 or more cups of water daily can prevent kidney stones and decrease urinary tract infections (UTI)

GO OFTEN

- o #1 | Bladder Health | Try to urinate every 3-4 hours to decrease your chance of UTI and urine leakage
- o #2 | Bowel health | A soft daily bowel movement can prevent bladder symptoms like pain, frequency, urgency, leakage and UTI

KEEP CLEAN

To avoid UTIs, wipe from front to back after you use the bathroom

WEIGHT MATTERS

Keeping a healthy weight can decrease your risk of kidney stones and urinary leakage

EAT HEALTHY

- o Try to limit caffeine, alcohol and spicy/acid foods – they can irritate the bladder
- o High sodium and high animal protein (beef, chicken, fish and pork) increase risk of kidney stones

GET EXERCISE

Aim for 30 minutes of moderate exercise at least 5 days a week

BREATHE CLEAN

There are five urologic conditions impacted by smoking

1. Bladder cancer
2. Kidney cancer
3. Kidney stones
4. Painful bladder syndrome
5. Urine leakage

Call the Doctor

Don't put it off. Here are the reasons you should call the doctor for your urologic wellness.

BLOOD IN URINE

Blood may appear as red, brown, or tea-colored urine and may be a sign of a larger problem - even if it goes away or isn't painful, be sure to let your doctor know

LEAKING

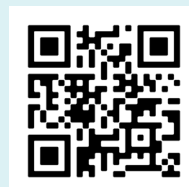
Leaking urine is something that can be helped, often with non-surgical therapies (lifestyle changes, physical therapy, and medicines)

PELVIC BULGE

Feeling a pelvic bulge or like something has dropped in the vagina is a common and treatable condition

PAIN

Pain that doesn't go away in the pelvis, genitals, side, abdomen, back or when you urinate



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