



MEN'S UROLOGY TUNE-UP

Men's Urology? *It's the urinary tract and the male reproductive organs – the systems below the belt.*



GENERAL UPKEEP

WITH A CAR, KEEPING GAS IN THE TANK AND AIR IN THE TIRES IS A MUST. DID YOU KNOW THAT CERTAIN HEALTHY LIVING TIPS CAN MAKE AN IMPACT ON MALE UROLOGIC HEALTH?



DRINK WATER

Drinking 6 or more cups of water daily can prevent kidney stones

GET EXERCISE

Try for 30 minutes of moderate exercise, 5 days a week



REDUCE STRESS

Try to de-stress – Even 10 minutes a day can lower blood pressure which may help improve erectile dysfunction

EAT HEALTHY

Caffeine, alcohol and spicy foods can irritate the bladder; red meat and high-fat diets can increase the risk of kidney stones and cancer



DONT SMOKE

There are seven urologic conditions impacted by smoking

1. Bladder cancer
2. Erectile dysfunction
3. Infertility
4. Kidney cancer
5. Kidney stones
6. Painful bladder syndrome
7. Urine leakage



WARNING SIGNS

WHEN THAT LIGHT APPEARS ON THE CAR DASH – THERE'S A PROBLEM. IT'S THE SAME WITH UROLOGIC HEALTH. THERE ARE SOME WARNING SIGNS THAT INDICATE IT'S TIME TO CALL THE DOCTOR.



PAIN BELOW THE BELT - Pain that doesn't go away in the pelvis, genitals, side, abdomen, back or when you urinate



ERECTION PROBLEMS - Getting or maintaining an erection



BLOOD IN URINE - Even a small amount of blood may be a sign that something is going on under the hood



Talk to your doctor about your personal maintenance plan, including your urologic health.



MAINTENANCE SCHEDULE

IT'S KNOWN THAT A CAR SHOULD HAVE SCHEDULED OIL CHANGES. MEN, HERE'S HOW TO KEEP YOUR UROLOGIC HEALTH IN CHECK.

YOUNG MEN 18-40	MIDDLE-AGED MEN 40-50	OLDER MEN 50-70+
BASIC CARE	WATCH YOUR GAUGES	INSPECTIONS
<ul style="list-style-type: none"> Perform routine testicular self-exams Find out if there is a family history of bladder, kidney or prostate cancer 	<ul style="list-style-type: none"> High blood pressure, blood sugar and cholesterol can cause kidney disease and erectile dysfunction Get screened for prostate cancer if you are African American or have a father, brother or son with prostate cancer 	<ul style="list-style-type: none"> Talk to your doctor about prostate screening Look for changes in bathroom breaks like urgency, frequency, decreased flow or frequent night time urination

Urology Care
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