

HEALTH TIP

RECLAIMING YOUR UROLOGICAL HEALTH

There is a variety of urological health conditions that are preventable or easily treated when identified early.

Reclaim your urological health with these tips:



Go, Go, H2O

If you know that you don't drink enough water in a day – start NOW.

Being properly hydrated can stave off many urological health conditions including UTI and kidney stones.



Get Checked

From kidney infection to prostate cancer, early screening can result in simpler treatment options and can be lifesaving in some cases. Be vigilant about annual physical examinations.



Empty Entirely

Be sure to eliminate the contents of your bladder completely when you urinate. Also, don't hold it – when you have to go – go!



Stop Smoking

One of the biggest risk factors for bladder cancer is smoking. Get help and quit NOW!