

HEALTH TIP

7 UTI PREVENTION TIPS FOR MEN

While urinary tract infection (UTI) most often affects women, there are plenty of men who get them too. Guys can protect themselves from UTI with these tips:

1. Don't hold urine for prolonged periods.
2. Avoid constipation by drinking fluids, eating fruits and vegetables, and minimizing caffeine intake.
3. Don't sit for prolonged periods (sitting can increase the risk of prostatitis, which can lead to UTI).
4. Engaging in masturbation or sexual activity helps release semen that builds up in the prostate and seminal vesicles.
5. Use condoms if having anal intercourse so that the urethra is protected from fecal bacteria.
6. See a specialist and undergo treatment if you have an enlarged prostate.
7. Stay well-hydrated so that your urinary tract doesn't allow bacteria to gather for extended periods of time.

