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.

Don’t 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.

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
- Perform routine testicular self-exams
- Find out if there is a family history of bladder, kidney or prostate cancer

Middle-Aged Men | 40-50
- 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

Older Men | 50-70+
- Talk to your doctor about prostate screening
- Look for changes in bathroom breaks like urgency, frequency, decreased flow or frequent night time urination

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

UrologyCare.org

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