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?

1. DRINK WATER
   Drinking 6 or more cups of water daily can prevent kidney stones.

2. GET EXERCISE
   Try for 30 minutes of moderate exercise, 5 days a week.

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

4. 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.

5. 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

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+
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<td><strong>BASIC CARE</strong></td>
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<td><strong>WATCH YOUR GAUGES</strong></td>
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<td><strong>INSPECTIONS</strong></td>
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<td>Perform routine testicular self-exams</td>
<td>High blood pressure, blood sugar and cholesterol can cause kidney disease and erectile dysfunction</td>
<td>Talk to your doctor about prostate screening</td>
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<td>Find out if there is a family history of bladder, kidney or prostate cancer</td>
<td>Get screened for prostate cancer if you are African American or have a father, brother or son with prostate cancer</td>
<td>Look for changes in bathroom breaks like urgency, frequency, decreased flow or frequent night time urination</td>
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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.

Urology Care Foundation™
The Official Foundation of the American Urological Association

UrologyHealth.org