Women’s UROLOGY

The urinary tract of your body—the parts that process your urine.

TO DO:

DRINK WATER

- Drinking 10 or more cups of water daily can prevent kidney stones and decrease urinary tract infections (UTI).

GO OFTEN

- #1: Bladder Health: Try to urinate every 3-4 hours to decrease your chance of UTI and urine leakage.
- #2: Bowel Health: A soft daily bowel movement can prevent bladder symptoms like pain, frequency, urgency, leakage, and UTI.

KEEP CLEAN

- To avoid UTIs, wipe from front to back after you use the bathroom.

WEIGHT MATTERS

- Keeping a healthy weight can decrease your risk of kidney stones and urinary leakage.

EAT HEALTHY

- Try to limit caffeine, alcohol and spicy foods—they can irritate the bladder.
- High sodium and high animal protein (beef, chicken, fish and pork) increase risk of kidney stones.

GET EXERCISE

- Aim for 30 minutes of moderate exercise at least 5 days a week.

BREATHE CLEAN

- There are five urologic conditions impacted by smoking:
  1. Bladder cancer
  2. Kidney cancer
  3. Kidney stones
  4. Painful bladder syndrome
  5. Urine leakage


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

UrologyHealth.org

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Call the Doctor

Don’t put it off. Here are the reasons you should call the doctor for your urologic wellness.

**BLOOD IN URINE**

Blood may appear as red, brown, or tea-colored urine and may be a sign of a larger problem—even if it goes away or isn’t painful, be sure to let your doctor know.

**LEAKING**

Leaking urine is something that can be helped often with non-surgical therapies (lifestyle changes, physical therapy, and medicines).

**PELVIC BULGE**

Feeling a pelvic bulge or like something has dropped in the vagina is a common and treatable condition.

**PAIN**

Pain that doesn’t go away in the pelvis, genitals, side, abdomen, back or when you urinate.

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Most women keep schedules for themselves and their families. Why not plan for your urologic wellness?

**Ages 18-30**

- Find out if there is a family history of bladder or kidney cancer
- See a gynecologist for routine exams and follow safe sexual practices

**Ages 30-50**

- Maintain your blood pressure, blood sugar and cholesterol levels as they are linked to kidney disease

**Ages 50-70+**

- Look for changes in bathroom breaks like urgency, frequency, leakage or night-time urination

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Urology Health

The Official Foundation of the American Urological Association