**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, wash 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**
- **#1** Try to limit caffeine, alcohol and spicy foods – they can irritate the bladder.
- **#2** High sodium and high-protein foods (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

**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.

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

UrologyHealth.org