

2015

Keeping Your Urinary Tract Healthy



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What can I do to keep my urinary tract healthy?

- Get a checkup every year from your family doctor. If you are a man over age 50, this **may** include a digital rectal exam (DRE) and a PSA blood test (a PSA blood test checks for cancer). **Talk about the benefits and risks of prostate cancer testing with your doctor.**
- Eat a well-balanced, healthy diet. Drink 8 glasses of water every day.
- Stop smoking. Smoking increases your chance of getting bladder cancer, as well as other cancers.
- All men, especially young men, (16-30) should learn and do regular self-testicular exams.
- Learn and practice Kegel exercises (pretending you have to urinate (pee) and then holding it).
- Pass your urine (pee) when you feel the urge. Try not to hold your urine for long periods of time.
- Limit your caffeine intake to only 1 or 2 cups a day (e.g., coffee, tea, cola).
- Tell your doctor if you have blood in your urine. This could be a sign of a problem.
- Incontinence (being unable to control your urine) is a symptom of another problem. This is not a normal part of aging.

If you need to see a doctor, please contact your family doctor or go to the nearest Emergency Department unless otherwise instructed by your Urologist.

If you have any questions, please ask.
We are here to help you.

Notes:

Looking for more health information?

Contact your local public library for books, videos, magazines, and other resources.
For more information go to <http://library.novascotia.ca>

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The information is not intended to be and does not constitute healthcare or medical advice.
If you have any questions, please ask your healthcare provider.

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The information in this pamphlet is to be updated every 3 years.