

# BLADDER HEALTH

Maintaining good bladder health is crucial for overall wellness. Here are some essential tips to keep your bladder in top shape:

## 1. Stay Hydrated

Drink plenty of water throughout the day. Aim for at least 8 cups daily to help flush out toxins and maintain health bladder function.

## 2. Practice Good Bathroom Habits

Don't hold it! Regular emptying your bladder can prevent infections and discomfort. Try to go every 3-4 hours.

## 3. Choose Your Fluids Wisely

Limit caffeine and alcohol, which can irritate the bladder and increase the frequency of urination. Opt for water and herbal teas instead.

## 4. Eat a Balanced Diet

Incorporate plenty of fruits, vegetables, and whole grains into your meals. Foods high in fiber help prevent constipation, which can negatively impact bladder health.

## 5. Exercise Regularly

Staying active helps maintain a healthy weight and reduces pressure on the bladder. Aim for at least 30 minutes of moderate exercise most days of the week.



## 6. Avoid Smoking

Smoking is linked to bladder cancer and can exacerbate bladder issues. If you smoke, consider seeking help to quit.

## 7. Practice Pelvic Floor Exercises

Kegel exercises can strengthen the muscles around the bladder, helping to prevent leakage and improve bladder control.

Your bladder health is an important part of your overall well-being. By following these tips, you can help ensure your bladder stays healthy and functional.

**HANFORD**  
740 N. Irwin St.  
Hanford, CA 93230  
559.272.9551  
[www.healthwise.clinic](http://www.healthwise.clinic)



**VISALIA**  
4004 S. Demaree St. #A  
Visalia, CA 93277  
559.272.9549  
[www.healthwise.clinic](http://www.healthwise.clinic)