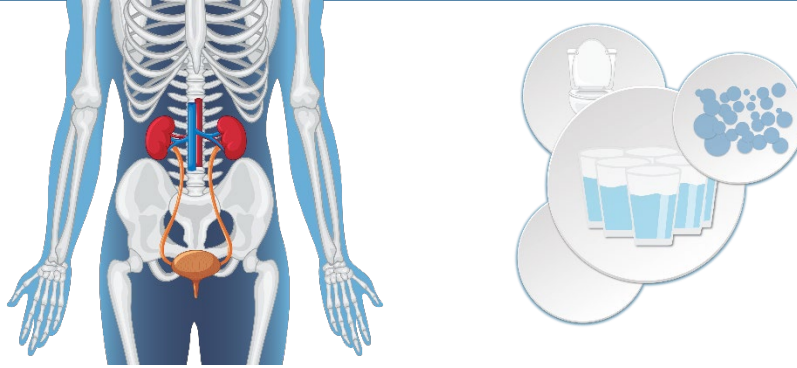


BLADDER HEALTH



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.

Your health is a journey, and small, consistent efforts can make a difference. Prioritize your well-being!



Schedule an in-office OR virtual visit with your local clinic!

COLUSA
412 4th St.
Colusa, CA 95932
(707) 732-8679

[Schedule Appointment](#)

CHICO
1074 East Ave. Suite Q
Chico, CA 95926
(707) 732-8679

[Schedule Appointment](#)

SALINAS
333 Abbott St. Suite A
Salinas, CA 93901
(831) 206-1201

[Schedule Appointment](#)

SANTA MARIA
2605 S. Miller St. #100
Santa Maria, CA 93455
(805) 888-7019

[Schedule Appointment](#)

For Virtual Visits



[Schedule Virtual Appointment](#)

VISALIA
315 S. Johnson St.
Visalia, CA 93291
(559) 713-0422

[Schedule Appointment](#)

Other services available to you for FREE!



[View Our Program](#)

Wellness Coaching and Chronic Condition Management

In person, phone, or video call appointments available.

Ready to get started?

Give us a call for more information on the services we offer.

559-5 HEALTH (559-543-2584)

The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this message.