

A Guide to Maintaining Your Urological Health

By Aleksander Chudnovsky, MD, Morton Hospital Urologist

When you think about your overall health and wellness, your urological health is likely not the first area that comes to mind. People generally think of their physical fitness, their weight, their nutrition habits, and areas such as their heart health. One's urological health is often ignored or considered less important until a serious ailment presents itself and causes concern, pain or discomfort.

Several of your body's organs can be affected by a urological disease or ailment, including the kidneys, ureters, bladder and urethra (for both men and women), as well as the prostate, penis and testicles in males. At Morton Hospital, we treat a variety of common urological conditions and diseases, including: BPH (enlarged prostate), Erectile and Sexual dysfunction, Male Infertility and Voiding dysfunction.

Urological health is an essential and inseparable part of your overall health. Lack of it will affect most of your major organ systems.

I recommend that all individuals begin paying attention to their urological health from birth, starting with adequate and appropriate fluid intake. Drinking appropriate amounts of water and other fluids may help prevent formation of kidney stones.

While the recommendations for prevention are different for each urological disorder, there are many general lifestyle modifications that men and women can implement to help maintain their overall urological health. An overall healthy lifestyle is generally beneficial to most general urological conditions for the purposes of prevention, treatment, prognosis or recovery from surgery.

In addition to drinking plenty of water and fluids, here are some tips for maintaining your urological health:

- Get an appropriate level physical activity
- Maintain a healthy balanced diet
- Maintain a healthy weight
- Quit smoking (to prevent certain urological cancers)
- Prevent and/or treat diabetes, hypertension and high cholesterol (all important for men's health and the prevention of erectile dysfunction)

Urological conditions can affect both men and women of all ages, which is why your urological health is just important as any other area of your body.

If you are concerned about your urological health, or if you are experiencing any symptoms that you think may be related to your urological health, Morton Hospital's team can help. A variety of treatments, both surgical and non-surgical, are available to address a full range of urological issues and conditions including:

- Benign prostate hyperplasia (BPH)
- Erectile dysfunction/impotence
- Male infertility
- Sterilization with Vasectomy
- Incontinence and pelvic floor disorders
- Conditions of the urinary tract including infections
- Kidney disorders
- Overactive bladder
- Urinary stones
- Urologic cancers (bladder, kidney, prostate and testicular)

For more information about urology services at Morton Hospital, visit us on the Web at www.steward.org/morton.

**Morton
Hospital**

A STEWARD FAMILY HOSPITAL

Be Well with Morton Hospital

Steward