

# LET'S TALK ABOUT BLADDER HEALTH

Your bladder plays a vital role in your everyday health and comfort, but it often doesn't get the attention it deserves. It quietly does its job—storing and releasing urine—without much thought, until something goes wrong. Whether it's urgency, leaks, infections, or discomfort, bladder problems can quickly affect your quality of life, sleep, confidence, and daily routines.

It's always a good time to check in with your bladder health and make sure everything is working as it should. In this newsletter, we're focusing on awareness, prevention, and simple lifestyle habits that can keep your bladder healthy for years to come. A few small changes can make a big difference.

## What Does a Healthy Bladder Look Like?

### A healthy bladder:

- Empties completely and without pain.
- Doesn't leak urine.
- Lets you go 4–8 times a day and possibly once at night.
- Can hold urine for 3–4 hours comfortably.

If you're experiencing burning, urgency, frequent urination, or leaking, it's worth talking to your provider.

## Hydration: How Much Water is Enough?

Staying hydrated helps flush toxins and bacteria from your bladder. Aim for:

- 6–8 cups (1.5–2 liters) of water per day.
- More if you're active, in hot weather, or prone to urinary tract infections (UTIs).

Cut back on caffeine, alcohol, and soda—they can irritate the bladder lining.



## Foods That Support Bladder Health

### Here are a few bladder-friendly foods:

- High-fiber foods like oats, carrots, and lentils (help prevent constipation, which can put pressure on your bladder).
- Low-acid fruits like pears, bananas, and melons.
- Water-rich veggies like cucumbers and zucchini.

**Tip:** Some foods—like spicy dishes, citrus, or artificial sweeteners—can irritate sensitive bladders. Keep a food journal if you're noticing bladder issues.

## Move More, Hold Less

Sedentary lifestyles can lead to urinary retention or bladder infections. Try:

- Walking daily.
- Avoiding "holding it" for long periods.
- Emptying your bladder before and after physical activity.

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