

to Schedule

Most women keep schedules for themselves and their families. Why not plan for your urologic wellness?

Ages 18-30

- Find out if there is a family history of bladder or kidney cancer
- See a gynecologist for routine exams and follow safe sexual practices

Ages 30-50

☐ Maintain your blood pressure, blood sugar and cholesterol levels as they are linked to kidney disease

Ages 50-70+

Look for changes in bathroom breaks like urgency, frequency, leakage or night-time urination

Call the Ooctor

Don't put it off. Here are the reasons you should call the doctor for your urologic wellness.

BLOOD IN URINE

Blood may appear as red, brown, or tea-colored urine and may be a sign of a larger problem even if it goes away or isn't painful, be sure to let your doctor know

LEAKING

Leaking urine is something that can be helped, often with non-surgical therapies (lifestyle changes, physical therapy, and medicines)

PELVIC BULGE

Feeling a pelvic bulge or like something has dropped in the vagina is a common and treatable condition

PAIN

Pain that doesn't go away in the pelvis, genitals, side, abdomen, back or when you urinate



The Official Foundation of the

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