



Drink Water!

six to eight glasses a day...

a message from your neighborhood urologist.

We care that your care be the BEST CARE.

- ❖ Nearly every function of the body depends on the efficient flow of water. Water transports hormones, chemical messengers, and nutrients to organs.
- ❖ Water helps to prevent bladder and kidney disorders. Drinking water throughout the day will keep the bladder active and bacteria-free.
- ❖ Drinking eight glasses of water daily can decrease the risk of colon and bladder cancer and potentially reduce the risk of breast cancer, too.
- ❖ Dehydration increases the chances of having kidney stones, and drinking plenty of water may prevent their formation.
- ❖ Water intake is important if you're trying to lose weight, not only for proper digestion but to prevent overeating.
- ❖ Lack of water is the #1 trigger of daytime fatigue. (Tired? Drink up!)
- ❖ Regular water intake helps eliminate pains from gastritis and heartburn.
- ❖ Increased water consumption helps relieve migraine headaches, high blood cholesterol, rheumatoid arthritis pain, allergies, and high blood pressure.
- ❖ Water consumption is a key to keeping skin supple, moist and soft. Drinking ample amounts of water can even delay your skin's aging process.

During hot weather and exercise, it is even more important to replenish fluids through water or sports drinks. Also, avoid caffeinated beverages, such as coffee and colas. They increase urine output and dehydrate the body faster, as do alcoholic beverages.

We hope this inspires you to drink plenty of water!!!