

Prostate Health Guidelines

- You should drink **2 to 3 liters** a day; this will allow you to urinate every 2 or 3 hours approximately.
- Holding urine and “holding it” for more than 4 or 5 hours strains your bladder capacity, makes you not empty your bladder properly (you will have to go to urinate again sooner) and in the long run impairs your bladder contraction.
- You should avoid sitting for a long time; if this is necessary for your work, compensate later with walks. The goal is to decongest the pelvic area.
- You should try to ejaculate at least 2 times a week; the prostate manufactures semen and thus is decongested.
- You should **avoid** the abuse of alcohol, spicy foods, coffee or tea; all of these are known prostate irritants.
- You must avoid the abuse of sports such as bicycle, motorcycle or horse. If you are fond of cycling, this brings other more important health benefits and you should not give it up, but in that case, change the saddle to one for prostates.

These rules are applicable to **ALL men over 30 years of age**, as they are preventive in nature, and are also recommended for established prostate patients