

[IMAGE]

Six Cups a Day May Keep Bladder Cancer Away

Having to make frequent trips to the bathroom, even if you haven't been drinking that much, can be an early sign of bladder cancer -- the fourth most common cancer among men.

If you haven't been drinking a lot of fluids, you may want to start. According to a study in *The New England Journal of Medicine*, adequate fluid intake may help prevent bladder cancer. In this study, nearly 50,000 men were evaluated over a 10-year period. Results showed that men who drank at least six cups per day (of almost any fluid -- water, juices, tea, coffee, soft drinks, etc.) had a 51% lower risk of bladder cancer compared to men who drank only 1 cup per day.

Making sure you get enough fluids isn't as difficult as it sounds, no matter how active or hectic your life gets. Simply fill a plastic container or bottle (an average water bottle holds 64 ounces, or 8 cups) every morning and bring it with you wherever you go.

Reference:

Michaud D, Spiegelman D, Clinton S, et al. Fluid intake and the risk of bladder cancer in men. *The New England Journal of Medicine*, May 6 1999: Vol. 340, No. 18, pp1390-1397.

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