Article published on March 10th 2012 | Health

Surgery of the prostate gland is very common in todayâ€™s medication. Often men complain of problems faced due to inflammation of the prostate gland. Most of the doctors suggest undergoing a surgery, which is very painful. Everything depends on the skills of the concerned surgeon. Therefore, a right kind of surgery is always recommended. Transurethral resection of the prostate gland or the TURP surgery is a very important operation to help you from this disease. This operation is very painful and therefore, surgical avoidance is the best option. How you can avoid the surgery, is a big question and it is discussed in this article.

During this surgery, an instrument is inserted into the urethra and thereby it removes the unwanted section of prostrate blocking the pour of your urine. As it is very unpleasant and a painful surgery, it must be avoided.

Can you maintain the prostate gland in the exact shape that is desirable and should have been? The answer to this question is yes. If you can maintain it, you can easily avoid the painful surgery. You must follow certain necessary steps to prevent yourself from facing this gland problem and thereby you can neglect the painful TURP operation. Therefore, follow the following easy and simple tips and get rid of the throbbing surgery.

With the following tips surgical avoidance can easily be ensured.

Firstly, you should exercise regularly. Whenever you get time after your work, the best way to keep yourself from prostate gland problems is by physical exercise. You can do cycling, walking, swimming and some free hand exercises to stay well and can maintain surgical avoidance.

Secondly, you should have sufficient fish oil which keeps your prostate gland in a better shape.

Thirdly, you should not sit for a long period of time. Doctors say that maximum weight of your body should not be put on the prostate gland as it gets swollen up.

Fourthly, you should take proper fruit and vegetables and avoid eating red meat.

Fifthly, you should drink a lot of water regularly, especially before going to bed. It keeps your estrogen level low and you can ensure surgical avoidance.

How can you preserve cartilage in plastic surgery?

Cartilage preservation in your nose i.e. Rhino plastic surgery is a simple process that improves the proportion of the nose and gives you a facial symmetry. It changes your nasal tip, nostril size, width of the nose and gives a beautiful shape. Such Cartilage preservation takes less than two hours and is a very good treatment.

Article Source:
http://www.articleside.com/health-articles/how-can-you-keep-your-prostate-free-from-surgery.htm - Article Side

Johnstuard - About Author:

John stuard who is a freelancer writes articles on a surgical avoidance & a Cartilage preservation. For more information on it he suggests to visit a http://drsheinkop.com/.

Article Keywords:
surgical avoidance, Cartilage preservation

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!