

Symptoms You Should Not Ignore

Fatigue

Can result from:

Excessive stress, inadequate sleep and medical conditions such as:

- Thyroid dysfunction
- Depression
- Heart disease
- Lung disease
- Anemia

See your primary physician if chronic fatigue is an issue.

Unexplained Weight Loss

Losing 10 pounds without trying to lose weight is questionable. If you have not changed your eating habits and lost noticeable weight it could be a medical condition such as:

- Overactive thyroid gland
- Cancer
- Diabetes

Go to your doctor. The weight loss calls for investigation.

A Neck Lump

Might mean a simple sore throat or ear infection. However, it could be:

- Hidden malignancy
- First signs of Hodgkin's disease

Make an appointment to see your physician if the lump is larger than 1-inch wide or has lasted more than two weeks.

Seeing Spots

What it might mean:

Could be a symptom of retinal detachment. See an eye-care professional immediately.

What can be done?

- Small tears can be treated with laser surgery.

- Cryopexy can be used to freeze the area around the hole to help reattach the retina. These procedures are usually performed in the doctor's office.

Fainting

Fainting or feeling extremely dizzy after quickly standing up is called syncope. This can be a symptom of:

- Internal hemorrhaging from an ulcer
- High blood sugar levels for diabetics
- Severe dehydration
- Anemia
- Serious heart arrhythmia

See your doctor who may order tests to check your blood sugar levels and blood count to monitor your heart.

Blood in Urine

Could be bladder infection or cancer in the:

- Bladder
- Kidney
- Ureter
- Prostate

At the time when they are still curable, these cancers often do not cause pain.

See your physician who might perform a urinalysis, order an ultrasound of your kidneys or a cystoscopy to see the interior of your bladder. If a suspicious mass is found, a biopsy will likely be performed.

Numbness or Weakness in Hand or Arm

Could be a transient ischemic attack – “a red light warning of a stroke”. Other warning signs include:

- Numbness on one side of your face
- Slurred speech
- Vertigo

Immediately go to the emergency room. Tissue plasminogen activator can be used to dissolve clots and restore blood flow to the brain.

However the drug must be given within three hours of the onset of symptoms to have a full recovery.

Back Pain

Constant pain that does not change with movement can be symptomatic of:

- Kidney disease
- Blood borne infection
- Aortic aneurysm

Go see your physician. To help him/her make a diagnosis, be sure to describe other symptoms you might be experiencing such as

- Paleness
- A rapid pulse
- Chills
- Fever or flulike symptoms

Lower Leg Pain

Pain in the back of your calf after a long car trip or airplane ride or a period of bedrest might be a symptom of a blood clot. A piece of the clot could break free and end up in your lungs – which could be fatal.

See your doctor who may order a venous ultrasound to detect a blood clot. Blood clots can be treated with the prescription drugs heparin or warfarin

If you have any symptoms you are unsure of, please speak with your physician.



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