

Quick Health Reference For College Students



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William Jewell College
Nursing Students- Class of 2010
Legacy Project

*Disclaimer

None of the conditions listed should be used as or considered a method for "self-diagnosis". A licensed physician or practitioner should always be consulted for accurate medical advice and diagnosis. The information contained in the document is, in no way, intended to serve as receipt of proper medical care, but merely as a guide.

Professional Resources for Healthcare at William Jewell College

Please refer to Student Healthcare website for the current Jewell Healthcare Providers.

Counseling Services

Location: 216 Yates-Gill College Union

To schedule an appointment, please call (816) 415-5946 or extension 5246. Walk-ins are welcomed.

For an Emergency, Call 911

Nearest Hospital:

Liberty Hospital

2525 Glenn Hendren Drive | P.O. Box 1002 | Liberty, Missouri 64069-1002 | 816-781-7200

Key for Treatment



= Go to the EMERGENCY ROOM



= Go to the doctor



= Treat at home

Multiple Circles means that it depends on the severity of the illness to which treatment you need.

References for this material

CDC.gov Website

Lewis, Sharon. et.al. (2007). *Medical- Surgical Nursing: Assessment and Management of Clinical*

Mayo Clinic.com Website

Alphabetical List of Health References

A

Abortion
Acne
Achilles Tendonitis
Acute Abdominal Pain
Addiction
Acquired Immunodeficiency Syndrome (AIDS) (Also see HIV)
Alcoholism
Allergic Rhinitis (Allergies)
Amenorrhea (No Menstrual Period)
Anaphylactic Reaction
Anemia
Anorexia nervosa
Appendicitis
Asthma
Athlete's Foot

B

Back Pain
Birth Control
Botulism
Breast Disorder
Bronchitis
Bulimia
Burns

C

Candidiasis
Canker Sores
Carpal Tunnel Syndrome
Celiac Disease
Cellulitis

Cervical Cancer

Chest Pain
Chlamydia
Cholecystitis
Cirrhosis
Clostridium Difficile
Cocaine Use
Common Cold
Cold Sores
Condom Usage
Concussion
Conjunctivitis
Constipation
Contact Dermatitis (Rash)
Contraceptives
Cough
Crohn's Disease
Cystitis

D

Depression
Diabetes Insipidus
Diabetes Mellitus
Diarrhea
Diverticulitis
Dysmenorrhea

E

Ectopic Pregnancy
Endometriosis
Epilepsy (See Seizures)
Epistaxis (Bloody Nose)
Erectile Dysfunction
Electrolyte Imbalances

F

Fever

Food Poisoning

Fractures

G

Gall Stones
Gastritis
Gastroenteritis
Gastroesophageal Reflux Disease (GERD)
Genital Herpes
Gonorrhea
Graves Disease
Grieving

H

Headache
Hemorrhoids
Hepatitis A
Hepatitis B
Hepatitis C
Herpes Zoster (Shingles)
Human Immunodeficiency Virus (HIV) (Also see AIDS)

I

Irritable Bowel Disease
Impetigo
Influenza

K

Kidney Stones

L

Ligament Injury
Lyme Disease

M

Malabsorption Syndrome
Male Infertility
Mastitis
Measles
Meningitis
Methicillin Resistant
Staphylococcus Aureus
(MRSA)
Miscarriage

N

Nausea/ Vomiting
Nicotine Dependency

O

Obesity
Orchitis
Otitis (Also see Swimmer's
Ear)

P

Pharyngitis
Pleurisy

Pneumonia

Pneumothorax
Premenstrual Syndrome
Psoriasis

R

Rabies
Renal Calculi (Kidney
Stones)
Repetitive Strain Injury
Rotator Cuff Injury

S

Seizures
Shingles
Sleep Apnea
Sinusitis
Smoking
Sprains/ Strains
Sexually Transmitted
Diseases
Sty

Supraventricular
Tachycardia
Swimmer's Ear

Syphilis

T

Tendonitis
Tetanus
Thyroid Hormone
Dysfunction
Tick Bites
Tuberculosis

U

Ulcerative colitis
Ulcers
Urinary Tract Infection

V

Varicose Veins
Viral Infections
Vitiligo
Vomiting (See Nausea)

W

Wheezing
Withdrawal

For more information about any of the above illnesses or symptoms, you can refer to:

[CDC Website](#)

[Mayo Clinic Website](#)

A

Abortion



What is it?

Expulsion of an embryo or fetus before it is viable. Legal abortion is defined as a procedure performed by a licensed physician, or a licensed advanced practice clinician acting under the supervision of a licensed physician, to induce the termination of a pregnancy.

What does it look like?

- Surgical abortion
 - Carried out by vacuum aspiration or suction curettage
 - Done under local anesthetics

- Medical abortion
 - Medications can cause miscarriage to remove products of conception
 - Medical abortion hasn't been shown to affect future pregnancies unless complications develop
 - Medical abortion may not be an option if you:
 - Are too far along in the pregnancy — typically seven to nine weeks after the start of your last period
 - Have a high risk of uterine rupture or have an intrauterine device (IUD) in place
 - Have certain medical conditions, such as uncontrolled high blood pressure, diabetes, certain heart or blood vessel diseases, severe liver, kidney or lung disease, or an uncontrolled seizure disorder
 - Take a blood thinner or certain steroid medications
 - Can't attend follow-up visits with your health care provider or don't have access to emergency care
 - Have an allergy to the medications used
 - Smoke heavily

Complications?

- Emotional and psychological consequences
- Potential risks of medical abortion include:
 - Incomplete abortion, which may need to be followed by surgical abortion
 - Infection
 - Heavy bleeding
 - Damage to the uterus
 - If you decide to continue the pregnancy after beginning to take the medications used in medical abortion, your baby may be at risk of birth defects.

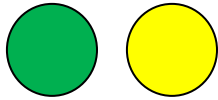
What do I need to do?

- Be informed
- Talk with your partner, family or friends for support
- Your health care provider or a counselor can answer any questions you might have, help you weigh alternatives and consider the impact the procedure may have on your future.
- Keep in mind that no health care provider is required to perform an abortion and that in some states there are certain legal requirements and waiting periods before proceeding with an abortion.
- Choose carefully
- Get support

Jewell Counseling Service Information is located on page 2.

Acne

What is it?



Red pustule eruptions that affects the glands on your skin. It is a common condition that affects everyone, not just adolescents.

What does it look like?

Whiteheads and blackheads usually on your face and upper trunk.

- Complications?
 - Severe eruptions can lead to extensive scarring

What do I need to do?

- Superficial lesions – Topical agents (look for these words on over the counter acne medications)
 - Retinoic acid {cannot be pregnant}
 - Benzoyl peroxide

 - Hydrogen Peroxide works too and it's cheap
 - Antibiotic solutions (Could use Neosporin)
 - Toothpaste may work for some
- For severe acne, consult your doctor or dermatologist
May improve with Accutane, Accutane Roche (This causes severe birth defects so two types of contraception must be used)
 - Side effects include dry chapped skin and/or sometimes depression

Achilles Tendonitis

What is it?



When your Achilles tendon becomes irritated or swollen

What does it look like?

- Dull ache or pain when pushing off your foot during walking or when rising on your toes
- Tenderness over your Achilles tendon
- Stiffness that lessens as your tendon warms up
- Mild swelling or a "bump" on your tendon
- A crackling or creaking sound when you touch or move your Achilles tendon

- Complications?
 - If left untreated can cause persistent pain or possible tear (rupture) – corrected with surgery
 - If you have sudden pain and swelling near your heel and are unable to bend your foot downward or walk normally, you may have ruptured your Achilles tendon
 - If you've ruptured the tendon completely, you won't be able to rise on your toes on the injured leg
 - You may feel as if you've been kicked in the back of your ankle
 - Can progress to a degenerative condition called Achilles tendinosis, in which the tendon begins to lose its organized structure, making the tendon weaker and more fibrous

What do I need to do?

- Rest, ice and over-the-counter pain relievers

- See your doctor immediately if you suspect you have an Achilles tendon rupture

Acquired Immunodeficiency Syndrome (AIDS) (also see HIV)



What is it?

AIDS is caused by infection with a virus called human immunodeficiency virus (HIV). This virus is passed from one person to another through blood-to-blood and sexual contact. In addition, infected pregnant women can pass HIV to their babies during pregnancy or delivery, as well as through breastfeeding. People with HIV have what is called an HIV infection. Some of these people will develop AIDS as a result of their HIV infection.

* A mucous membrane is wet, thin tissue found in certain openings to the human body. These can include the mouth, eyes, nose, vagina, rectum, and opening of the penis.

- Acquired – means that the disease is not hereditary but develops after birth from contact with a disease-causing agent (in this case, HIV).
- Immunodeficiency – means that the disease is characterized by a low immune system.
- Syndrome – refers to a group of symptoms that collectively indicate or characterize a disease. In the case of AIDS this can include the development of certain infections and/or cancers, as well as a decrease in the number of certain cells in a person's immune system.
 - A diagnosis of AIDS is made by a physician using specific clinical or laboratory standards

What does it look like?

- The only way to know if you are infected is to be tested for HIV infection. You cannot rely on symptoms to know whether or not you are infected. Many people who are infected with HIV do not have any symptoms at all for 10 years or more
 - The most common ways women are infected (in order)
 - having sex with a man who has HIV
 - sharing injection drug works (needles, syringes, etc.) used by someone with HIV
- The following **may be** warning signs of advanced HIV infection:
 - rapid weight loss
 - dry cough
 - recurring fever or profuse night sweats
 - profound and unexplained fatigue
 - swollen lymph glands in the armpits, groin, or neck
 - diarrhea that lasts for more than a week
 - white spots or unusual blemishes on the tongue, in the mouth, or in the throat
 - pneumonia
 - red, brown, pink, or purplish blotches on or under the skin or inside the mouth, nose, or eyelids
 - memory loss, depression, and other neurological disorders
 - However, no one should assume they are infected if they have any of these symptoms. Each of these symptoms can be related to other illnesses. Again, **the only way to determine whether you are infected is to be tested for HIV infection.** For information on where to find an HIV testing site, [visit the National HIV Testing Resources Web site](#) or call **CDC-INFO 24 Hours/Day** at 1-800-CDC-INFO (232-4636), 1-888-232-6348 (TTY), in English, en Español. These resources are confidential.

You can also ask your health care provider to give you an HIV test.

- Complications?
 - Get another infection because of the low immune system
 - Death

What do I need to do?

- Practice safe sex/abstinence
 - You and partner should be tested
 - Seek medical attention with your primary care doctor to determine the right course of treatment for you.
-

Acute Abdominal Pain

Refer to Appendicitis, Cholecystitis, Crohn's Disease, Irritable bowel syndrome, Ulcerative colitis

Addiction



What is it?

A complex neurological condition that creates a drive to obtain and take substances for other than prescribed therapeutic reasons.

What does it look like?

- Intense craving to a point of obsession of a substance
- Social problems arise with career, family and friends because of substance use
- Denial is a common coping mechanism

Specific Categories: Alcoholism, Drug Addiction, Compulsive Gambling, and Nicotine Dependence

What do I need to do?

First and foremost be honest with yourself and admit you have a problem. Then, determine that you need help in order to overpower this illness. It is not just about the substance; it is about your way of thinking about the substance. There is no hope for change if you are not personally driven.

Seek medical attention from your primary doctor to help you come up with ideas of treating your addiction. This is an illness. Your doctor may recommend:

- Create a treatment plan
 - Medications to reduce craving
 - Support Groups
-

Alcoholism



What is it?

A chronic disease in which a person is obsessed with alcohol and unable to control how much you drink. There is a difference between alcoholism and alcohol abuse.

Alcohol Abuse is excessive drinking that causes health or social problems, but you aren't dependent on alcohol and haven't fully lost control over the use of alcohol. Alcohol abuse can lead to alcoholism.

What does it look like?

When one or more of these events occur in 12 month period:

- Examples
 - when the person fails to fulfill responsibilities at home, work or school;
 - when the person drinks in unsafe situations;
 - when person experiences legal problems that are alcohol related
 - when the person continues to drink when problems have been caused or worsened by use of alcohol
- Signs/symptoms
 - with mild to moderate intoxication: mood and behavior changes, impaired judgment and poor motor coordination
 - with marked intoxication: difficulty walking and emotional; may progress to confusion and stupor or coma
 - severe intoxication: death from inability or decreased ability to breathe (respiratory depression)
- Complications?
 - Alcohol seizures – may occur 12 to 48 hours after the last drink
 - Withdrawal from substance/sudden cessation of alcohol consumption
 - Minor – restless, anxious, trouble sleeping, agitation, tremors, fast pulse/heart rate, sweating, low fever
 - Major – signs and symptoms of minor withdrawal as well as visual or auditory hallucinations, tremors of whole body, pronounced sweating and vomiting
 - Life-threatening – tremors of whole body, disorientation to time, global confusion and inability to recognize familiar objects or people

Visible symptoms	Verbal symptoms
Tremors Jerky movements Vomiting Sweating, tenting skin Undernourished Dehydrated Increased pulse and blood pressure Disorientated to place, time	No appetite Reports “shaking inside” Nausea Delusional Hallucinating

What do I need to do?

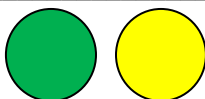
- Most important: prevent them from harming themselves or others first, without putting yourself in danger
- Attempt to reorient to reality frequently
- Create low-stimulation environment
- Increase protein and calories to address nutritional needs

Seek help from your primary doctor or a counselor. This is an unhealthy behavior that can lead to severe illness such as liver failure and pancreatitis.

- First you have to admit you have a problem, and then get the courage to seek help. This is a difficult process, but this addiction can be overcome with the determination and the help of others.
- Refer to community resource: Alcoholics Anonymous (Great support system)

Jewell Counseling Service Information on page 2.

Allergic Rhinitis (Seasonal Allergies)
What is it?



Also called “hay fever”, triggered by reactions to airbourne allergens, especially plant pollens, molds, dust, animal dander, wool, food, and air pollutants. Some acute episodes are “seasonal,” tending to recur at the same time each year.

What does it look like?

- Rhinorrhea = “runny/stuffy” nose
- Nasal secretions/eye mucous secretion – usually clear or white
- Itching
- Redness
- Headache
- Nasal secretions may drip into throat – leads to dry, scratchy throat
- Fever is rare unless infection occurs with it

What do I need to do?

First you need to try:

- Avoid allergens
- Over the Counter Drug therapy – Decongestants and Antihistamines

If symptoms are severe, consult a doctor. Your doctor may recommend

- Skin testing – scratch testing to detect allergens
- Intradermal testing through local doctor office

Amenorrhea



What is it?

Absence of menstrual periods

Primary = menstruation did not occur by age 16 years

- hypothalamus and pituitary disorders
- thyroid and adrenal dysfunction
- diabetes mellitus
- extreme malnutrition

Secondary = menstruation that started but has stopped and not happened again for three months

- pregnancy
- menopause
- cervical stenosis
- psychogenic stress
- excessive physical activities
- medications – antihypertensives, birth control pills, phenothiazines
- obesity, anorexia, sudden weight loss

What does it look like?

- No periods
- Galactorrhea – watery/milky breast secretions in non-breastfeeding or women who have not been pregnant
- Hirsutism – unusual hair growth in women
- Complications?
 - Problems with fertility if primary amenorrhea

What do I need to do?

- See local healthcare provider for treatments. Your doctor may recommend:
 - Treat underlying cause
 - Hormone replacement therapy
 - Ovulation stimulation
 - Periodic progesterone withdrawal

Anaphylactic Reaction



What is it?

Rapid acting allergic/hypersensitivity reaction after allergen exposure, affecting many organs at once. **Shock** occurs when reaction becomes life threatening because your airway completely collapses.

What does it look like?

- Feelings of uneasiness, apprehension, impending doom and weakness
- Followed by generalized itching /urticaria (hives)
- Swelling of eyes, lips or tongue can occur next
- Difficulty breathing
- Excess mucus production
- Wheezing

Shock

- Dizziness
- Chest pain
- Inability to control urination
- Swelling of the lips and tongue
- Wheezing
- Complications?
 - It can be fatal

What do I need to do?

- If it happens to someone near you – call 911
 - Prevention is critical – know allergies
 - Avoid allergens/agents
 - Wear medical bracelet
 - Alert healthcare personnel about specific allergens
 - EpiPen – emergency anaphylaxis injectable epinephrine
-

Anemia



What is it?

Decrease in red blood cells or decrease in function of red blood cells that is caused by dietary problems, genetic disorders, bone marrow disease or excessive bleeding.

What does it look like?

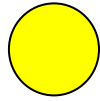
- Pale skin around ears, mouth, nail beds, eyes
- Cool skin to the touch
- Cannot tolerate cold temperatures
- Brittle nail beds
- Increased heart rate
- Light-headed when change positions
- Shortness of breath when exercising
- Increased fatigue
- Headache

What do I need to do?

Seek medical attention from your primary doctor for treatment options.

- Hydration
 - Nutrition – Vitamin B12, Iron and Folic Acid
-

Anorexia nervosa



What is it?

Self-induced starvation from a fear of obesity despite being underweight

What does it look like?

- Change in eating habits
- Recent weight changes, change in appetite
- Difficulty in swallowing or chewing
- Nausea/vomiting/heartburn when eating
- Electrolyte Imbalance
- Complications?
 - If not treated
 - Organ failure: Your body is not getting the energy it needs so different organs start shutting down.
 - Death can occur from starvation, infection or suicide

What do I need to do?

First step is to admit your problem, then seek help because you cannot battle this disease alone.

- Encourage increased intake of protein, iron, and vitamin C
- Get help from professional services – see local healthcare provider or local support groups

Jewell Counseling Service Info is available on page 2

Appendicitis



What is it?

Inflammation of the appendix; inflammation leads to infection as bacteria invades

What does it look like?

- Umbilical abdominal pain described as mild or cramping– CLASSIC
- Followed by nausea and vomiting
- Pain increases with cough/movement
- Anorexia
- Pain moves to right lower portion of your abdomen
- Slightly elevated temperature
- Complications?
 - Infection or Death if your appendix ruptures

What do I need to do?

- Call 911/take to emergency room
 - Emergency abdominal surgery
-

Asthma



What is it?

Intermittent and irreversible airflow obstruction in the lungs that is caused by specific allergens or general irritants like cold air, dry air or fine airborne particles, aspirin, microorganisms, exercise, and some respiratory illnesses

What does it look like?

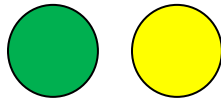
- Shortness of breath
- Chest tightness

- Coughing
- Wheezing
- Increased mucus production
- Complications?
 - Severe airway obstruction can be fatal

What do I need to do?

- Avoid environmental triggers (smoke, fireplaces, dust, mold, weather changes)
 - Avoid medications beta-blockers, NSAIDs, and aspirin
 - Use bronchodilator (inhaler) 30 minutes before exercising
 - Know your medications and equipment
 - Reduce stress and anxiety; learn relaxation techniques
 - Wash all bedding with hot water to destroy dust mites
 - If a friend: help them find their inhaler/medications
- If have asthma attack with following symptoms- Call 911/take to ER
- Gray or blue fingertips or lips
 - Difficulty breathing, walking or talking
 - Nasal flaring
 - Failure of medications to control worsening symptoms

Athlete's Foot



What is it?

Also known as tinea pedis: superficial fungal infection of the skin and feet

What does it look like?

- Usually between the toes
- Annular and/or serpiginous patches are present with elevated borders, scaling and central clearing
 - Annular – Ring-like with raised borders around flat skin centers
 - Serpiginous – with wavy borders, resembling a snake
- Itching
- Red and itchy scales
- Lesions may be singular or multiple
- Usually occurs with those involved in athletic activities
- Complications?
 - Spread by direct contact with infected person or contact with fungi in damp areas
 - Such as shower, locker room, swimming pool
 - Can be a chronic infection that occurs frequently

What do I need to do?

Prevention of athlete's foot:

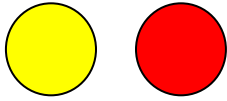
- Nails should be clipped short and kept clean. Nails can house and spread the infection.
- Avoid walking barefoot in locker rooms or public showers (wear sandals).

For control of athlete's foot infection, persons with active tinea pedis infection should:

- Keep feet clean, dry, and cool.
- Avoid using swimming pools, public showers, or foot baths.
- Wear sandals when possible or air shoes out by alternating them every 2-3 days.
- Avoid wearing closed shoes and wearing socks made from fabric that doesn't dry easily (for example, nylon).
- Treat the infection with recommended medication.

B

Back Pain



What is it?

Pain in lower back is most common that is caused by muscle spasm or strain, ligament sprain, disk degeneration or herniation of fluid between the back bones from trauma

What does it look like?

- Severe burning or stabbing pain
- Pain aggravated by sneezing, coughing, or straining
- Tingling sensation (paresthesia)
- Stiff, flexed position when walking
- May walk with a limp
- Complications?
 - Spinal nerve compression causing leg or foot pain/weakness and bowel/bladder dysfunction

What do I need to do?

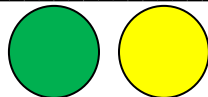
Prevention

- Use proper body mechanics (for bending, lifting and sitting)
- Participate in regular exercise (for back strength: swimming and walking)
- Do not wear high-heeled shoes
- Use good posture when sitting, standing or walking
- Avoid prolonged standing or sitting
- Keep weight within 10% of ideal body weight: ensure good calcium intake
- Stop smoking: if not able to stop, cut down on number of cigarettes

See local healthcare provider for medical treatment and medications

- Heat and ice therapy
 - Heat 20-30 min 4x per day
 - Ice 15 to 20 minutes every 1 to 2 hours

Birth Control



What is it?

A variety of options to prevent pregnancy for family planning.

What does it look like?

Types of Birth Control

- Birth Control Pills: Combination vs Minipills and Conventional pack vs Continuous dosing
- Over the counter male or female condom (Do not use both at same time because it can cause friction)
- Contraceptive Sponge
- Spermicide

Prescription

- Contraceptive Injections (Depo)
- Vaginal ring
- Intrauterine device

Natural Family Planning

- Rhythm method
- Cervical mucus method
- Basal body temperature method

Emergency Contraception

- Morning after pill (Next Choice or Plan B One-Step)

What do I need to do?

Seek medical attention from your primary doctor or gynecologist to determine the best method of birth control. Many of these options have side effects. It is important to weigh the benefits versus the risks.

Botulism



What is it?

Most serious type of food poisoning that is caused by an organism in the soil that is difficult to kill.

What does it look like?

- Dry mouth
- Dysphagia (Difficulty Swallowing)
- Drooping eye lids and blurred or double vision
- Vomiting
- Constipation or diarrhea may be present in the beginning
- Descending weakness from arms to legs will follow
- Complications?
 - Recovery could take months

What do I need to do?

- Call 911 if exposed, for ambulance
-

Breast Disorders



What is it?

Lump or mass felt in/on breast

What does it look like?

Painless lump: usually breast cancer, but talk to your doctor

Painful lump: Fibrocystic condition or fibroadenoma

Complications?

- If left untreated could be cancerous and spread to lymph nodes and other tissues leading to breast cancer

What do I need to do?

- Perform self breast examinations for early detection
 - Seek medical attention from your primary doctor
-

Bronchitis



What is it?

An inflammation of the lining of your bronchial tubes, which carry air to and from your lungs.

Acute bronchitis often develops from a cold or other respiratory infection

Chronic bronchitis, a more serious condition, is a constant irritation or inflammation of the lining of the bronchial tubes, often due to smoking

What does it look like?

- Cough
 - Production of mucus (sputum), either clear or white or yellowish-gray or green in color
 - Shortness of breath, made worse by mild exertion
 - Wheezing
 - Fatigue
 - Slight fever and chills
 - Chest discomfort
- Complications?
 - Chronic bronchitis
 - Asthma
 - Other lung disorders

What do I need to do?

When to see a doctor

Acute bronchitis usually resolves on its own in a few days. See your doctor if:

- **Your cough is severe or prevents you from sleeping.** Your doctor may recommend prescription cough suppressants to help you rest.
- **You have a low-grade fever that persists** more than three days or a fever higher than 101 F (38.3 C), you're breathless, or you cough up bloody or yellow or green mucus. You may have pneumonia. Discolored mucus usually indicates a bacterial infection, which would respond to antibiotics. You also may have developed a bacterial sinusitis.
- **Your cough lasts more than three weeks.** The inflammation from a chronic infection can lead to asthma in some people.
- **You have chronic lung or heart problems,** including asthma, emphysema or congestive heart failure, and think you may have developed bronchitis. These conditions put you at greater risk of developing complications from bronchial infections.
- **You have repeated bouts of bronchitis.** You may have chronic bronchitis or another serious health condition, such as asthma or bronchiectasis, a stretching of the respiratory passages caused by mucus blockage.

Bulimia



What is it?

Occurrences of binge eating (ingesting large amounts of food in short time). Binge eating is then followed by purging (self-induced vomiting or excessive laxative and diuretic use).

What does it look like?

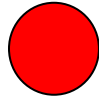
- Change in eating habits
 - Recent weight changes(may not occur), change in appetite
 - Difficulty in swallowing or chewing
 - Nausea/vomiting/heartburn when eating
- Complications?
 - If not treated – death can occur from starvation, infection or suicide

What do I need to do?

- Encourage increased intake of protein, iron, and vitamin C
- Get help from professional services

Jewell Counseling Services Information located on page 2.

Burns



What is it?

Tissue destruction ranging from sunburns to complex injuries involving all layers of the skin leaving bones, tendons and muscles exposed

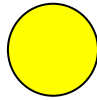
What does it look like?

- Superficial burns (first degree) – pink to red, no blisters, some pain
- Partial to deep thickness burns (second degree) – pink to red to white, blisters, moderate swelling, pain
- Full thickness burns (second degree) – black, brown, yellow, white and red colors, severe swelling, blisters rare, painful, black (dead) tissue present
- Deep burns (third degree) – black color, no swelling, no pain, no blisters, black (dead) tissue present
- Complications?
 - Tissue injury
 - Fluid and protein loss – third spacing
 - Electrolyte imbalances – sodium and potassium
 - Large inflammatory responses change function of the most body systems
 - Sepsis (infection)
 - Later complications include contracture formation and scarring

What do I need to do?

- Immediately take to Emergency Room or if severe call 911 for ambulance
- If person unconscious – gently chin lift to make sure adequate airway
- If still a fire – try to put out flames or leave the building!

C



Candidiasis

What is it?

Fungal yeast infection with lesions occurring in skin-fold and moist areas like mouth and vagina

What does it look like?

- Burning
- Itching
- Creamy white lesions appear in mouth and gums
- Cracks at corners of mouth
- Creamy white patches in the mouth or on the throat (oral thrush)
- Painful cracks at the corners of the mouth (oral thrush)
- Skin rashes, patches, and blisters found most commonly in the groin, between fingers and toes, and under the breasts
- Vaginal itching and irritation with a white discharge resembling cottage cheese (vaginal yeast infection)
-
- Complications?
 - Because candida is an overgrowth of yeast in one's body, if the candida is left untreated and multiplies it can even become a severe fungal infection that can result in a lengthy hospital stay and even death.

What do I need to do?

- See local healthcare provider for treatments: medications, and proper care of infection
- Prevention:
 - keep healthy immune system especially if on long-time antibiotic use or have diabetes
 - maintaining good oral and peri-anal hygiene

Canker Sores (Apthous ulcer)



What is it?

Ulceration of the inner and/or outer mouth caused by an infection that is NOT Herpes Simplex virus.

What does it look like?

- Painful, small, round or oval, white or yellow with red border ulcers on the inner surface of cheek or lip

Complications?

- If severe and large can leave a scar or interfere with speech and eating

See a doctor if unusually large and/or recurring, pain you can't control and if sore extends into the lip. Also if you experience a high fever or extreme difficulty eating or drinking.

What do I need to do?

- **Rinse your mouth.** Use salt water; baking soda (dissolve 1 teaspoon of soda in 1/2 cup warm water); hydrogen peroxide diluted by half with water; or a mixture of 1 part diphenhydramine (Benadryl) to either 1 part bismuth subsalicylate (Kaopectate) or 1 part simethicone (Maalox). Be sure to spit out the mixtures after rinsing.
- **Cover lesions** with a paste made of baking soda.
- **Try over-the-counter products** that contain a numbing agent, such as Anbesol and Orajel.
- **Avoid abrasive, acidic or spicy foods** that can cause further irritation and pain.
- **Apply ice to your canker sores** or allow ice chips to slowly dissolve over the sores.
- **Brush your teeth gently**, using a soft brush and toothpaste without foaming agents, such as TheraBreath.
- **Dab a small amount of milk of magnesia** on your canker sore a few times a day. This can ease the pain and may help the sore heal more quickly.
- Nutritional supplements: vitamin B-6, B-12, folic acid, zinc

If not resolving, see local healthcare provider or see local dentist if you have appliances that trigger sores

Carpal Tunnel Syndrome



What is it?

Compression of middle nerve in the wrist caused by swelling or thickening most commonly from competitive strain injuries

What does it look like?

Painful tingling that is worse at night and may radiate to arm, shoulder, neck or chest

- Complications?
 - Loss of motor function progressing to muscle weakness and muscle wasting

What do I need to do?

- To prevent surgery: Immobilize the wrist, decrease activity of wrist
 - Seek medical attention from your primary doctor.
-

Celiac Disease



What is it?

A rare intestinal disease of inflammation caused by ingestion of gluten found in wheat, rye and barley. If untreated, you could develop cancer like adenocarcinoma.

What does it look like?

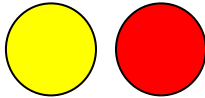
Some of these may occur, but not all.

- Foul smelling diarrhea
- Abdominal distention
- Anorexia
- Wasting
- Decreased bone density
- Reproductive problems

What do I need to do?

Eating a gluten-free diet is the only treatment.

Cellulitis



What is it?

Generalized bacterial infection involving deep connective tissue usually started from a break in the skin.

What does it look like?

Localized area of inflammation with redness, warmth, swelling, tenderness and pain. Blisters are sometimes present. A fever is common with this infection.

Complications?

- May be spread to other body parts by rubbing or scratching
- Area of inflammation may enlarge if not treated

What do I need to do?

- Prevent spread to other people
 - Seek medical attention from your primary doctor for antibiotics
 - If severe, hospitalization may be required.
-

Cervical Cancer



What is it?

A common reproductive cancer among women in the United States with progression from normal cervical cells to premalignant to malignant

What does it look like?

On Cervix and/or other pelvic structures

- Lesions
- Painless vaginal bleeding – starting as spotting between menstrual cycles
- Blood-tinged to dark, foul-smelling vaginal discharge
- Leg pain or swelling of one leg
- Unexplained weight loss

- Pelvic pain – caused by tumor pressure on bladder or bowel
- Painful urination
- Bloody urine
- Rectal bleeding
- Chest pain

Complications?

- Can spread from cervix to the whole pelvis and eventually to lymphatic and circulation systems which spreads the cancer to the liver, lungs and bones

What do I need to do?

- Seek medical attention from your primary doctor as soon as possible

Chest pain (Angina)



What is it?

Sudden chest discomfort felt under the rib cage

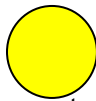
What does it look like?

- Squeezing, vise-like pain
- Pain radiates to left arm
- occurs after exercise or stress
- relieved by rest
- lasts less than 15 minutes
- Complications?
 - Heart tissue death

What do I need to do?

- Immediately rest
- Seek medical attention immediately if not relieved or if you do not have nitroglycerin tablets

Chlamydia



What is it?

Chlamydia is the most commonly reported sexually transmitted infection that is transmitted during vaginal or oral sex.

What does it look like?

In women: most don't have symptoms, however those that do are:

- Infection of cervix with change in vaginal discharge (more yellow)
- Easily induced cervical bleeding
- Urinary frequency
- Abdominal discomfort or pain

In men:

- infection of urethra with frequent urination
- pain on urination
- mucousy discharge

• Complications?

- For women: Infertility
 - Ectopic pregnancy
 - Reproductive loss (miscarriage)
 - Cancer of genital area
 - Cervicitis – infection of cervix

- Genital ulceration or genital warts
- For men: infections of epididymus and prostate, infertility and Reiter's syndrome

What do I need to do?

- Abstinence
- Refrain from sexual activity until you and partner have completed treatment
- Use condoms or some kind of barrier during sexual intercourse
- Be aware of partner is exhibiting symptoms of any sexually transmitted disease
- Decrease number of sexual partners
- Get screened regularly
- Seek medical attention from your primary doctor for diagnosis and treatments
- Be re-screened every 3-4 months after treatment for prevention of pelvic inflammatory disease

Cholecystitis



What is it?

Inflammation of the gallbladder that usually occurs with gallstones.

What does it look like?

- Episodic or vague upper abdominal pain or discomfort that can radiate to right shoulder
- Pain triggered by high-fat or high-volume meal
- Anorexia
- Nausea or vomiting
- Indigestion
- Belching
- Passing gas
- Feeling of abdominal fullness
- Rebound tenderness
- Fever
- Jaundice (yellow color to mucus membranes)
- Clay-colored stools
- Dark urine
- Fatty stools – steatorrhea because of decreased fat absorption because of lack of bile

Complications?

- Development of gallstones
- Risk for infection (sepsis)
- Risk for rupturing into abdominal cavity

What do I need to do?

- Seek medical attention from your primary doctor for diagnosis and treatment
- Rest gallbladder to reduce inflammatory process
- Consume low fat diet

Cirrhosis



What is it?

Excessive scarring of liver from irreversible reaction to liver inflammation and tissue death that is commonly caused by alcohol and Hepatitis C infection.

What does it look like?

- Fatigue

- Significant change in weight – anorexia, malnutrition
- Gastrointestinal symptoms
 - Bloating abdomen, clay-colored stools, diarrhea, gallstones, hiatal hernia, GI bleeding, vomiting, nausea, enlarged liver
- Abdominal pain, liver tenderness
- Itching - (pruritus)
- Enlarged breasts (gynecomastia)
- Increased susceptibility for infections
- Spider angiomas – vascular lesions with red center and radiating branches on nose, cheeks, chest or shoulders
- Swelling in legs and buttock
- Dry skin
- Obvious yellowing of skin
- Rashes
- Warm and bright red palms of hands

Complications?

- Many liver diseases
- Death

What do I need to do?

- Seek medical attention from your primary doctor.

Clostridium Difficile



What is it?

An overgrowth of normally occurring bacteria in the intestines from over-use of antibiotic therapy

What does it look like?

- Severe, foul-smelling diarrhea
- Abdominal cramping
- Fever

Complications?

- Removal of the colon
- Death

What do I need to do?

Seek medical attention from your primary doctor. Your doctor may recommend:

- Antibiotic Therapy
- Drink fluids

Cocaine Use



What is it?

Stimulant used in illegal recreational drug use

What does it look like?

- Increased alertness
- Euphoria (Feeling on Cloud 9)
- Anorexia (no appetite)
- High blood pressure
- Increased heart rate
- Dilated pupils

- In high doses (overdose) – agitation, confusion, hallucinations, panic attacks, paranoia, convulsions
- Withdrawal – irritable, sluggish, prolonged sleep periods, depression, nausea

Complications?

- Physical dependence can occur
- Severely addicting
- Withdrawal can be life-threatening
- Adverse reactions to drug – nausea, vomiting, vertigo, cramps, chills, fever, increased heart rate, increased or decreased blood pressure, increased breathing, coma, death

What do I need to do?

- Stop using drug
 - Support groups are available. Consult your medical doctor for help.
- Call 911 if overdose or feel like someone needs medical attention

Common cold



What is it?

Inflammation of nasal cavity that is caused by a virus.

Prevention:

- Wash Hands
- Drink water
- Get Plenty of Rest
- Relieve Stress in Your Life

What does it look like?

- Watery drainage from nose (rhinorrhea)
- Itchy, watery eyes
- Headache
- Nasal irritation
- Sneezing
- Nasal congestion
- May have sore, dry throat or low-grade fever
- Spread from person to person through sneezing or coughing
- Most contagious in first 2 to 3 days

What do I need to do?

- Symptom relief - Antihistamines, decongestants
- Sleep – 8-10 hours a day
- Fluids – 2000 mL/day (about 8 glasses) unless other health problems
- Humidify air
- Reduce risk of spreading by **washing hands** after sneezing or blowing nose
- Avoid close contact with susceptible people to infections
- Uncomplicated cold usually lasts 7-10 days
- Do not seek medical attention unless persistent after 10 days or have difficulty breathing.

Cold Sores



What is it?

Infection on your lip or mouth that is caused by Herpes simplex virus. Factors that lead to a fever blister: upper respiratory infections, excessive exposure to sunlight, food allergies, emotional tension, and onset of menstruation.

What does it look like?

There are five stages of a cold sore, from onset to complete healing.

- Prodromal stage,
 - experienced by 46% to 60% of people
 - consists of tingling, itching, swelling, redness, hypersensitivity, and/or soreness in the exact location where the lesion will erupt
 - may also experience fever and/or tiredness
 - usually lasts for one to two days and ends when blisters appear
- Blister stage
 - blisters are filled with clear, yellow fluid
 - Several separate blisters may appear
 - At the end of this stage, the lips may be virtually disfigured by a large crop of blisters
- Weeping stage
 - After approximately two days, the blisters begin to rupture, exposing a red open wound that becomes gray in color
- Scabbing stage
 - Highly infective yellowish fluid oozes from the wounds for a day or so. The wounds are covered with yellowish crusts, which last for two to three days.
 - The skin beneath the scabs continues to be painful and itchy, and the scabs begin to break and bleed. Each episode of scab damage is followed by formation of a smaller secondary scab.
- Healing stage –
 - Secondary scabs become progressively smaller and slowly slough to reveal pink skin that gradually assumes the appearance of the surrounding unaffected skin.
- The disease seldom leaves permanent scars. The usual duration is seven to 10 days, but it may last as long as two weeks.

What do I need to do?

Use over the counter ointments and creams designated for cold sores

- See local healthcare provider for further instruction if cold sore does not heal with over the counter medications and preventing common triggers

Condom usage



What is it?

A thin sheath, usually of very thin rubber, worn over the penis during sexual intercourse to prevent conception or sexually transmitted disease

Complications?

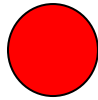
- Condom could fall off, tear or break
- Pregnancy

- STD

What do I need to do?

- Use latex rather than natural membranes
 - Use with every sexual encounter (anal, oral, vaginal)
 - Follow directions on how to properly use a condom - if used incorrectly it could break during sexual encounters – if it breaks, you need to replace immediately
 - Hold tip of condom and unroll onto erected penis, making sure no air is trapped in tip, but leave space at tip to collect semen
 - Keep condoms in cool, dry place out of sunlight
 - Do not use condoms from damaged packages or discolored
 - Always handle with care
 - Put on before any genital contact
 - Use adequate lubrication - water-based lubricants only
 - Use of spermicide has not been approved with use of condoms
 - Never use a condom more than once
-

Concussion



What is it?

Temporary interference with the way your brain works that can affect memory, judgment, reflexes, speech, balance and coordination. A CONCUSSION IS A BRAIN INJURY THAT SHOULD BE TAKEN SERIOUSLY.

What does it look like?

Symptoms may be subtle and not immediate

Symptoms can last days up to weeks

- Confusion and amnesia are most common symptoms
- Other symptoms
 - Headache
 - Dizziness
 - Ringing in the ears
 - Nausea/vomiting
 - Slurred speech
 - Fatigue
- Late symptoms:
 - Memory or concentration problems
 - Sensitivity to light and noise
 - Sleep disturbances
 - Irritability
 - Depression
- Complications?
 - Post-concussion syndrome
 - Development of epilepsy
 - Brain damage
 - Possible eventual development of Alzheimer's Disease

What do I need to do?

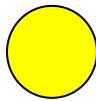
- Get rest
- For headaches – Tylenol
- Do NOT take aspirin, ibuprofen, motrin, advil (other NSAIDs) as this can cause increased risk of bleeding
- Do NOT resume sports too soon, as can cause increased risk of second concussion and fatal head/brain injury

- **If severe head trauma occurs:**
 - **Keep the person still.** Until medical help arrives, keep the injured person lying down and quiet, with the head and shoulders slightly elevated. Don't move the person unless necessary, and avoid moving the person's neck.
 - **Stop any bleeding.** Apply firm pressure to the wound with sterile gauze or a clean cloth. But don't apply direct pressure to the wound if you suspect a skull fracture.
 - **Watch for changes in breathing and alertness.** If the person shows no signs of circulation (breathing, coughing or movement), begin CPR

When to see the local healthcare provider:

- Prolonged headache or dizziness
- Vision or eye disturbances, including pupils that are bigger than normal (dilated pupils) or pupils of unequal sizes
- Nausea or vomiting
- Impaired balance
- Prolonged memory loss
- Ringing in the ears
- Loss of smell or taste

Conjunctivitis (Pink Eye)



What is it?

Inflammation or infection of the inner lining between your eyelid and part of your eyeball

What does it look like?

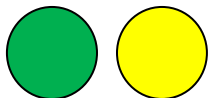
- Swelling of the eyelid
- Burning Sensation
- "Bloodshot" appearance
- Excessive tears
- Itching
- Not contagious unless bacterial conjunctivitis (pink eye) – with mucus discharge
- Complications?
 - Possible spread of infection to other eye or other people

What do I need to do?

Seek medical attention from your primary doctor or eye doctor to get antibiotic eye drops.

- Wash your hands after touching the eye
- Wash your hands before instilling eye drops
- Avoid sharing washcloths and towels

Constipation



What is it?

Inability to defecate due to decrease in activity of gastrointestinal tract from decrease physical activity, lack of adequate fluid intake and/ or medications such as narcotics

What does it look like?

- Lack of stools
- Abdominal distention and discomfort
- Bloating

Complications?

- Hemorrhoids or cracks (fissures) in your anus may result when hard stool stretches the sphincter muscle.
- Fecal impaction occurs when you accumulate a mass of hardened stool that can't be eliminated by a normal bowel movement, which may need to be removed manually.
- Rectal prolapse occurs when a small amount of rectal tissue pushes out through the anus. This condition may lead to a secretion of mucus from the anus.
- Lazy bowel syndrome may occur if you use laxatives frequently, causing your bowels to become dependent on them for proper function. Laxative use can also lead to other problems, including poor absorption of vitamins and other nutrients and damage to your intestinal tract

What do I need to do?

If severe, seek medical attention from your primary doctor for proper diagnosis and appropriate treatment.

The best way to treat is to

- Increase fluids
- Fiber intake
- Physical activity.

Be careful when using laxatives and stool softeners.

Contact Dermatitis (Rash)



What is it?

Acute or chronic rash on the skin caused by irritant or allergen

What does it look like?

Localized red eruptions

- Perfume allergy? Head and neck
- Hair product allergy? Scalp
- Shoe/rubber allergy? Dorsum of feet
- Nickel allergy? Earlobes
- Mouthwash/toothpaste? Oral region
- Airbourne allergy (plants/ragweed)? Generalized
- Feminine hygiene sprays/soaps/detergents? Peri area

Complications?

- Prolonged itching and scratching may increase the intensity of the itch, possibly leading to neurodermatitis, a condition in which an area of skin that's frequently scratched becomes thick and leathery. The patches can be raw, red or darker than the rest of your skin.
- Persistent scratching can also lead to a bacterial skin infection and permanent scars or changes in skin color

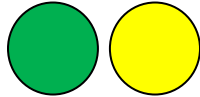
What do I need to do?

- Avoid allergens – need identify first

- Topical self-care measures - using creams containing hydrocortisone or applying wet dressings, can help relieve redness and itching.
- Oral medications - oral corticosteroids and antihistamines may be necessary to reduce the inflammation and relieve the intense itching.
- Seek medical attention from your primary doctor if not resolved with above treatments.

Cough

What is it?



A cough is your body's way of responding to irritants in your throat and airways. Everyone coughs sometimes, but a cough that persists for several weeks or one that is unusually productive (brings up mucus) or bloody, may indicate an underlying condition that requires medical attention. A cough rarely requires emergency care

What does it look like?

Consult your doctor if your cough lasts longer than a week or 10 days or is accompanied by:

- Difficulty breathing
- Difficulty swallowing
- Thick, greenish-yellow sputum (thick mucus/ "loogy")
- Bloody phlegm or sputum (thick mucus/ "loogy")
- Wheezing
- Stiff neck
- Fever

Complications?

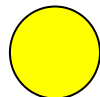
- Can't catch your breath
- Have hives and swelling of your face or throat
- Seek emergency care if your child's cough is accompanied by:
 - Drooling or swallowing difficulty
 - Stiff neck
 - Blue or dusky lips
 - Breathing trouble
 - High-pitched noises when inhaling
 - Fever of 100.4 F (38 C) or higher for newborns and 103 F (39.4 C) or higher for older children

What do I need to do?

- **Self-care measures**
 - To ease your cough, try these tips:
 - **Suck cough drops or hard candies.** They may ease a dry cough and soothe an irritated throat. Don't give them to a child under age 3, however, because they can cause choking.
 - **Increase the moisture in the air of your home.** Use a vaporizer or take a hot, steamy shower.
 - **Drink fluids.** Liquid helps thin the mucus in your throat. Warm liquids, such as broth or tea, can soothe your throat.
- Seek medical attention from your primary doctor, if severe.

Crohn's Disease

What is it?



Inflammatory disease of small intestine (60%), the colon/ large intestine (20%) or both of unknown cause. It is a slowly progressive and recurrent disease that is similar to ulcerative colitis (another inflammatory colon disease). The symptoms start around the age of teens to 30's. This disease is a lifelong battle because there is no cure. People with this disease should have a primary doctor because there will be flare ups/ episodes that will cause periods of illness.

What does it look like?

- Diarrhea
 - Fatty stools
 - Severe Abdominal pain – usually in right lower side of abdomen
 - Low grade fever
 - Weight loss in 80% of cases
 - Thickening of bowel wall – resulting in strictures and narrowing of inside of bowel
 - Swelling mingled with deep ulcerations inside the colon
- Complications?
- Nutritional problems - Protein, iron, vitamin and mineral deficiencies
 - Bowel obstruction
 - Fluid and electrolyte imbalances
 - Peritonitis (Swelling of the abdominal cavity)

What do I need to do?

Seek medical attention with your primary doctor. Your doctor may recommend:

- Eat a high-calorie, high-vitamin, high-protein, low-residue, lactose-free diet.
- Drug therapy (Steroids, Antibiotic, Etc.)
- Physical and emotional rest
- Possibly surgery. Surgery is recommended more for Ulcerative colitis.

Cystitis (Upper Urinary tract infection (UTI))



What is it?

Infection of the bladder

What does it look like?

- Frequent urination
 - Urgent urination
 - Painful urination - dysuria
 - Low back pain
 - Hesitancy or difficulty in initiating urine stream
 - Urinating in bed at night - Nocturia
 - Incontinence – lack of bodily control of urine
 - Blood in urine – hematuria
 - Bacteria in urine
 - Holding urine in bladder= retention
 - Lower abdominal tenderness or fullness
 - Feeling of incomplete bladder emptying
- Complications?
 - Urosepsis – spread of infection from urinary tract to bloodstream
 -

What do I need to do?

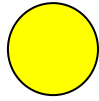
Seek medical attention from your primary doctor for diagnosis and treatment

- Prevention: increase fluid intake 1 to 3L per day, 30mL of cranberry juice daily, always clean perineum (bottom) from front to back (ladies), wear loose fitting cotton underwear
- Empty bladder before and after intercourse (ladies)
- Empty bladder when feel urge to urinate
- Empty bladder regularly (about every 4 hours) even if do not need to urinate
- To prevent recurrence:
 - Take medications as prescribed even after symptoms go away

- Schedule follow up appointment for 10-14 days after you finish your medication for urine analysis
-

D

Depression



What is it?

A disorientating emotional state that often is triggered by abrupt life changes. It is usually worse in the morning and is influenced by situational fluctuations. In order to be labeled depression, you must feel this way for at least two weeks, but it can be several months to years.

What does it look like?

Several of these symptoms must be present in a severe form in order to be classified as depression:

- Impaired concentration
- Impaired attention span
- Apathetic
- Tiredness
- Agitation
- Indifferent
- May be at risk for suicidal thoughts (but not everyone)

What do I need to do?

First try to talk with a family member or friend about your feelings. Everyone copes with stress in different ways. Depression may be treated with support from others or religious faith. But not all depression can be treated internally.

Seek medical attention from your primary doctor when symptoms are so severe that it impairs your daily activities and you cannot get out of the “blue” mood at a significant amount of time (usually greater than two to four weeks. Your doctor can help you to come up with options for you specifically. Your doctor may recommend:

- Antidepressant medications
- Counseling
 - Cognitive Behavioral Therapy: helps identify negative beliefs and behaviors to replace them with positive, healthy ones.

Diabetes insipidus



What is it?

Water metabolism problem resulting in large amounts of urine excreted

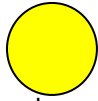
What does it look like?

- Increased urine output (polyuria)
- Decreased skin elasticity
- Dry skin and mucous membranes (mouth)
- Low blood pressure
- Increased heart rate
- Increased thirst sensation with irritability, fever, sluggish movements if not able to obtain water
- Complications?
 - Severe dehydration
 - May develop shock from fluid loss
 - Potential for dysrhythmias (abnormal heart rhythms)

What do I need to do?

- See local healthcare provider for diagnosis and treatments
 - Always wear medical alert bracelet if have diagnosis of diabetes insipidus
-

Diabetes mellitus



What is it?

Condition of chronic high blood sugar (glucose) due to the lack of insulin in your body. There are two types: Type 1: Your body does not make any insulin and Type 2: Your body does not make enough insulin.

What does it look like?

- Fatigue
- Headache
- Blurring vision
- Excessive urination (polyuria)
- Excessive thirst (polydipsia)
- Excessive desire to eat (polyphagia)
- women: frequent vaginal yeast infections
- notice small injuries become infected more easily or take longer to heal

Complications?

Which need emergency treatment:

- Diabetic ketoacidosis
- Hyperglycemic-hyperosmolar-nonketotic syndrome (HHNS)
- Low blood sugar - Hypoglycemia
- Poor tissue circulation
- Kidney dysfunction (nephropathy)
- Nerve dysfunction/decreased sensation (neuropathy)
- Constipation or diarrhea (neuropathy)
- Vision problems (retinopathy)
- Chronic high blood sugar (hyperglycemia) – causes irreversible organ damage

What do I need to do?

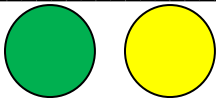
See local healthcare provider for diagnosis and treatments

- Antidiabetic medications

Control with diet

Control with exercise

Diarrhea



What is it?

Loose (liquid) stools that are from an absorption abnormality with the intestines where nutrients and fats are not absorbed.

What does it look like?

- Frequent loose (liquid) stools
- Fatty stools (steatorrhea)
- Weight loss
- Bloating and gas
- Decreased libido
- Easy bruising
- Low amount of circulating blood (anemia)
- Bone pain (low calcium and vitamin D)
- Swelling (from low protein in the blood)

Complications?

- Electrolyte imbalances
- Overgrowth of bacteria in intestines

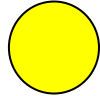
- Fungal or yeast infections in buttocks area

What do I need to do?

If severe and persistent, seek medical attention from your primary doctor to determine cause and treatment

- Low fat diet
 - Water-soluble vitamins (folic acid and vitamin B complex)
 - Fat-soluble vitamins (Vitamin A, D and K)
 - Minerals (calcium, iron, magnesium)
 - Antidiarrheal agents
-

Diverticulitis



What is it?

Inflammation of one or more diverticula (pouch-like herniation in wall of intestines) when undigested food or bacteria become trapped in the pouches

What does it look like?

- Often without symptoms, can go unnoticed
- Pain in left lower quadrant
- History of constipation
- History of fever
- History of abdominal pain
- Rectal bleeding
- May have fever
- May have chills
- Nausea and vomiting

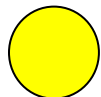
Complications?

- Localized bleeding to massive hemorrhage
- Inflammation/swelling leads to narrowing of bowel (colon), leading to possible obstruction because the colon kinks in the abdomen as it winds around
- Spread of fistulas to organs like bladder or vagina
- Rupture of diverticula causing infection in the abdominal cavity (peritonitis)

What do I need to do?

- Seek medical attention from your primary doctor
 - For medications: antibiotics, anti-inflammatory and pain medications
 - Increase fiber in diet when diverticulitis resolves
 - Decrease fiber in diet while diverticulitis is active
 - Do not take laxatives or enemas
 - Check stools for bleeding
 - Avoid straining, coughing, or bending if perforation of diverticulum is a possibility
-

Dysmenorrhea



What is it?

Painful menstruation

Two types: primary and secondary

- Primary is usually normal and occurs after ovulation is established
- Secondary usually has underlying disease condition

What does it look like?

- Common among women in early teens and late 20s
- Painful uterine cramping that begins when period does and lasts 12 to 48 hours

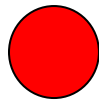
- Nausea
 - Vomiting
 - Fatigue
 - Nervousness
 - Headache
 - Diarrhea
 - Bloating
 - Breast tenderness
- Complications?
- Mask or hide possible underlying conditions such as tumors, cysts, fibroids

What do I need to do?

- Pain medications (Aspirin/ Ibuprofen/ Motrin/ Midol should be taken with meals or milk)
- Application of heat and cold on abdomen
- Massage
- Swimming or yoga (Caution: certain Yoga moves are not advisable during menstruation)
- Increase intake of Vitamin B, calcium, magnesium and protein
- Decrease sodium intake to reduce fluid retention

E

Ectopic Pregnancy



What is it?

This type of pregnancy is an implantation of a fertilized ovum outside the uterus. This is a life threatening condition. A majority of the time the ovum implants in the fallopian tube where the tube will eventually burst. Risk factors for this type of pregnancy are a history of pelvic inflammatory disease, an IUD, progesterin-only birth control failure, or prior pelvic surgery.

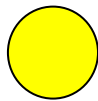
What does it look like?

- Abdominal or pelvic pain
- Missed menses
- Irregular vaginal bleeding
- Morning sickness
- Breast tenderness
- GI disturbances
- Tiredness
- Shortness of breath
- If the tube ruptures, the pain is intense and can be referred to the shoulder and is considered an emergency.

What do I need to do?

Seek medical attention from emergent care if this is suspected. Surgery is the primary treatment for this condition. The severity of the condition determines the extent of surgery.

Endometriosis



What is it?

Endometrial tissue grows outside of the uterus and ovaries. The tissue bleeds during the cycle inside the abdominal cavity. Usually it occurs during the late twenties to early thirties in women who never had a full term pregnancy.

What does it look like?

- Irregular menses
- Infertility
- Pelvic pain
- Irregular bleeding
- Painful intercourse

Also: backache, painful bowel movements and abnormal urination

What do I need to do?

Depends on your age, desire for pregnancy, symptom severity and extent of disease.

Options:

Consult a doctor

Watch and Wait

Drug Therapy: These imitate pregnancy or menopause.

Surgery: Removal of tissue through laser surgery or laparotomy. Possible hysterectomy

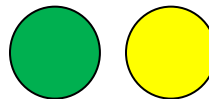
Epilepsy (Seizure)



Epistaxis (Bloody Nose)

What is it?

Broken vessels in the nose from trauma or dry nose



What does it look like?

Profuse bleeding from the nose

What do I need to do?

1. Stay calm
 2. Sit down and Lean Forward
 3. Apply pressure by pinching the soft lower portion for 10 to 15 minutes
 4. Apply ice to nose, if bleeding is persistent
 5. Place gauze or tissue in nose and apply pressure, if bleeding continues
 6. If bleeding does not stop, seek medical attention.
-

Erectile Dysfunction

What is it?

Inability to attain or maintain an erect penis that allows satisfactory sexual performance

Two possible causes:

1. Physiologic- diabetes mellitus, vascular disease, side effects from medications, trauma, chronic illness, decreased gonadal hormone secretion, or steroids
2. Psychological- stress, difficulty in a relationship, depression, or low self esteem

What does it look like?

Inability to attain or maintain an erection can occur only occasionally or continually. Continually may have a gradual or sudden onset. Physiological- gradual onset; Psychological- sudden onset.

What do I need to do?

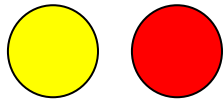
Determination of the cause will decide the course of treatment.

Seek medical attention with primary doctor to determine the treatment.

Physiological: drug treatment, intraurethral devices, or penile implants

Psychological: counseling
Don't be afraid to seek medical attention. Unresolved problems can have long term consequences.

Electrolyte Imbalances



What is it?

Dehydration or too much or too little of sodium, potassium, calcium or magnesium

What does it look like?

Dehydration: drowsiness, confusion, dry mouth, thirsty, increased heart rate, increased breathing, decreased urine output, weakness, and/or weight loss

Sodium:

High- restless, agitation, twitching, intense thirst, dry/swollen tongue, weight loss/gain, weakness, lethargy, and flushed skin

Low- irritability, confusion, dry mouth, cold/clammy skin, nausea, vomiting, diarrhea, weight gain, fast heart rate, and/or headache

Potassium:

High- irritability, anxiety, abdominal cramping, weakness of lower extremities, and/or irregular pulse

Low- fatigue, muscle weakness, nausea, vomiting, decreased reflexes, weak/irregular pulse, and/or increased urine

Calcium:

High- lethargy, weakness, depressed reflexes. Decreased memory, confusion, anorexia, nausea, vomiting, bone pain, and/or dehydration

Low- easy fatigability, depression, anxiety, confusion, numbness, and/or muscle cramps/spasms

Magnesium:

High- same signs as low calcium and muscle problems

Low- confusion, muscle weakness, and/or cardiac problems

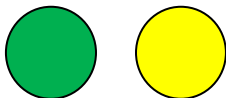
*Note: Calcium and Magnesium work opposite of each other

What do I need to do?

Determine which imbalance and correct it with replacement of water and electrolytes. Gatorade provides both water and electrolytes for minor imbalances. Seek medical attention with major imbalances with severe symptoms to assure proper treatment. This most often occurs with severe vomiting and diarrhea.

F

Fever



What is it?

The body's natural coping mechanism to fight infection. A fever is the increase of the body temperature set point to initiate defense mechanisms. Chills and shivers are part of the response to increase the body temperature to the new set point.

What does it look like?

Temperature up to 103* is considered a moderate fever. Above 104* is a severe fever that could result in tissue damage.

What do I need to do?

Antipyretics (Tylenol or Ibuprofen [Motrin, Advil]) are given to decrease the set point. This is the best treatment. Medications really should not be taken unless the fever is above 100*.

Food Poisoning



What is it?

Acute gastrointestinal symptoms caused by the intake of contaminated food or liquids

What does it look like?

Nausea, Vomiting, diarrhea, and colicky abdominal pain

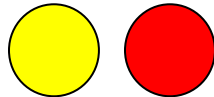
What do I need to do?

Allow the episode to pass and stay hydrated. IV fluids can help dehydration. Antibiotics are NOT necessary.

But, Prevention is the key:

1. Cook all ground beef and hamburger thoroughly
 2. Keep raw meats separate from ready to eat foods
 3. Drink only pasteurized milk, juice or cider
 4. Wash fruits and vegetables thoroughly, especially if uncooked.
-

Fractures



What is it?

Breaking a bone because of trauma.

What does it look like?

- Immediate localized pain
- Decreased function
- Inability to bear weight or use affected part

What do I need to do?

*Don't move extremity more than necessary to prevent soft tissue and neurological damages.

Immobilize extremity in a splint

The goal to allow bone healing is realignment and immobilization. The following treatments may occur:

1. Surgery to insert pins, rods screws, wires or plates for internal immobilization.
2. Cast
3. Brace if break is not severe

Pain management through medications (muscle relaxants)

Go to the Emergency Department to prevent further injury

G

Gallstones (Cholelithiasis)



What is it?

Built up cholesterol that forms and can move down to obstruct the bile duct.

What does it look like?

Symptoms vary from indigestion to moderate to severe pain, fever and jaundice. Pain in right upper quadrant of the abdomen; it may radiate or disguise itself as right shoulder pain. Nausea, vomiting, restlessness and profuse sweating may occur. Pain frequently occurs 3 to 6 hours after a heavy meal or when you lay down.

What do I need to do?

Seek medical attention with your primary doctor.

Treatments include:

- Non-surgical procedures to extract or crush the stones
 - Surgical laparoscopy to remove gallbladder
 - EAT A LOW-FAT DIET
 - Pain management medications
-

Gastritis



What is it?

Inflammation of the stomach

*Note: Use of NSAIDS (Ibuprofen and Advil) can increase the risk of gastritis

What does it look like?

- Anorexia
- Nausea/ vomiting
- Epigastric tenderness
- Feeling of fullness
- Gastric Bleeding can occur with Alcohol Abuse.

What do I need to do?

Antacids, Antiemetics (nausea medications) if indicated, severe cases: rest stomach by fasting (not eating) then gradually starts with clear liquids once symptoms subside.

Gastroenteritis



What is it?

Inflammation of the stomach and small intestines.

What does it look like?

- Nausea/vomiting
- Diarrhea
- Abdominal cramping
- Bloating of abdomen

What do I need to do?

Rest and stay hydrated

Gastroesophageal Reflux Disease (GERD)



What is it?

Syndrome with a reflux of gastric contents into the lower esophagus.

The lower esophageal sphincter that separates the esophagus from the stomach becomes incompetent

*Note: Can occur from caffeine use, obesity, pregnancy, and hiatal hernia.

What does it look like?

Heartburn (burning, tight sensation)

What do I need to do?

Consult doctor if symptoms occur more than once a week, severe or occur at night and wakes you up from sleeping.

Heartburn can subside with milk, alkaline substances or water.

Avoid caffeine such as chocolate, peppermint, coffee and tea.

Begin with antacids and consult doctor for further interventions.

Genital Herpes



What is it?

Herpes Simplex Virus enters body through an open orifice (urethra of penis or vagina) from an infected person.

What does it look like?

- Burning and tingling
- Multiple small lesions on penis, scrotum, vulva, perineum, perianal region, vagina, or cervix
- Lesions rupture and form shallow, moist ulcerations; painful urination, abnormal vaginal discharge

Primary lesions last for 17 to 20 days, but new lesions can continue to develop for up to 6 weeks. Lesions heal spontaneously

Recurrent HSV occurs in 50-80% of individuals during the year following the primary episode. Outbreak can be triggered by stress, fatigue, sunburn and menses

What do I need to do?

Seek medical attention from your primary doctor.

- Antiviral medications
- Good hygiene
- Loose fitting cotton undergarments
- Clean and dry lesions
- Aveeno (colloidal oatmeal) and Burow's Solution may provide itching relief, and/or pain management can help.

HSV can be transferred during asymptomatic periods. Please use a condom

Gonorrhea



What is it?

Infection of genitalia, rectum and/or mouth by Neisseria gonorrhoeae that is spread by direct physical contact with an infected person during sexual activity. It can cause the formation of fibrous tissue and adhesions. Fibrous scarring can lead to chronic pelvic pain and infertility in women.

What does it look like?

Men: Profuse, purulent urethral (penis) discharge developing 2 to 5 days after exposure. Painful or swollen testicles may occur. Unusual to be asymptomatic because obvious and distressing

Women: Asymptomatic or so minor that it is often overlooked. May complain of vaginal discharge and urinary frequency. May have redness and swelling at the site of contact. A greenish-yellow

purulent drainage may develop with a potential for abscess formation. The disease can spread to the uterus, fallopian tubes and ovaries.

What do I need to do?

Treatment in the early stages is curative.

Seek medical attention from your primary doctor. Your doctor may recommend:

Antibiotics (Rocephin, Suprax, Floxin, Levaquin, or Cipro).

Graves Disease (Hyperthyroidism)



What is it?

Autoimmune disease that causes hyperactivity of thyroid gland that occurs more commonly in women of highest frequency in 20 to 40 year olds.

What does it look like?

- Protrusion of eyeballs
- Increased pressure of eyes
- Increased heart rate
- Increased respiratory rate
- Increased appetite/thirst
- Weight loss
- Warm/moist skin
- Fine silky hair
- Sweating
- Fatigue
- Muscle weakness
- Nervousness
- Difficulty focusing eyes
- Exhaustion
- Insomnia
- Menstrual irregularities
- Decreased fertility
- Intolerance to heat
- Elevated temperature
- Eyelid retraction
- Rapid speech

What do I need to do?

Seek medical attention from your primary doctor.

Antithyroid medications

Surgical thyroidectomy where the gland is removed

High calorie diet with low seasoned and low fiber foods

Avoid caffeine

Grieving (Bereavement)



What is it?

Emotional response to the loss of a significant person or traumatic crisis. Grief affects thoughts, feelings, and behaviors. Everyone is different and expresses it differently.

What does it look like?

Although it is unique on an individual basis, it can be categorized into four groups.

1. Feelings: despair, guilt, loneliness, sadness and anger
2. Behaviors: crying spells, social withdrawal, and agitation
3. Thoughts: preoccupation with thinking about dead person or traumatic situation, hopelessness, helplessness, and problems with memory and concentration
4. Physical Manifestations: not eating, insomnia, fatigue, headache, excess alcohol intake and heart palpitations

This is not an exhaustive list of normal grieving symptoms.

There are different models to the stages of grieving.

Kubler-Ross method is Denial, Anger/Bargaining, Depression and Acceptance

What do I need to do?

Work through the stages of grieving. It may take months to years. Grieving over the loss of a significant person never really goes away, but one must learn how to adapt and eventually perform productive activities. The process takes time, energy and work. Good goals to have are to resolve emotion, reflect on the dying person, and express feelings of loss and sadness.

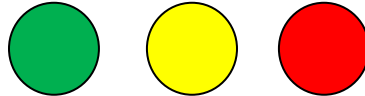
Seek help at the Jewell Counseling service, if you are having trouble coping. You are not a bad person or a failure if you have to ask for help

Jewell Counseling Service Information located on page 2.

H

Headache

What is it?



There are three types of headaches-

Tension-type: painful contraction of muscles of the scalp and neck

Migraine: unknown but could be the tightening followed by dilation of the blood vessels or a biochemical change

Cluster: repeated headaches that occur for weeks to months at a time, dysfunction of the cranial blood vessels, nervous system and pain modulation systems.

What does it look like?

Tension-type: Bilateral and pressing/tightening at base of skull and/or in face, usually with a stiff neck

Migraine: Unilateral, throbbing that is continuous for hours or days, nausea, vomiting, irritability, sweating, and sensitivity to light and sound.

Cluster: Unilateral, radiating up or down from one eye that is severe for 30 to 90 minutes. It can awaken you from sleeping and there is agitation and restlessness. Usually last for 4 to 8 weeks, then go into remission for months to years

What do I need to do?

Aspirin, Acetaminophen, Ibuprofen and relaxation therapy are the main treatments. Seek medical advice from your primary doctor for further helpful medications.

Hemorrhoids

What is it?



Dilated hemorrhoidal veins that can be internal or external

What does it look like?

Rectal bleeding, itching, and pain. Constipation and diarrhea can aggravate these symptoms.

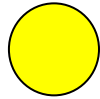
What do I need to do?

Treatments include:

- Relieve constipation
- Use ointment, creams, suppositories (pills inserted at the rectum) or topical (administered on the skin) steroids.
- Severe cases may lead to different procedures that are performed by a doctor.
- Surgical removal occurs when hemorrhoids protrude out of the anus, excessively bleed, painful or enlarged hemorrhoids.

Seek attention from your primary doctor if hemorrhoids become so painful that it is unbearable.

Hepatitis A



What is it?

Virus that causes liver inflammation that can infect anyone of any age. It is transmitted because of poor hygiene, improper handling of food, crowded situations and poor sanitary conditions.

What does it look like?

You can be infected without any symptoms present.

Acute Phase: Lasts from 1 to 4 months with symptoms of tiredness, anorexia, nausea, occasional vomiting, and right upper abdominal discomfort. There is also a possibility of headache, low-grade fever, skin rashes and jaundice (yellowing of the skin).

What do I need to do?

There is no specific treatment for acute cases. Adequate nutrients and rest is best.

Seek medical attention from primary doctor for diagnosis.

Hepatitis B



What is it?

Virus that causes liver inflammation that is passed by pregnancy to the fetus, needle sticks and blood or body fluid exposure. It is a sexually transmitted disease and there is a slight risk of transmission through kissing. It is more infectious than HIV.

What does it look like?

You can be infected without any symptoms present. There are two phases of the disease: acute and chronic.

Acute Phase: Lasts from 1 to 4 months with symptoms of tiredness, anorexia, nausea, occasional vomiting, and right upper abdominal discomfort. There is also a possibility of headache, low-grade fever, skin rashes and jaundice (yellowing of the skin).

Chronic Phase: Tiredness and enlarged liver.

What do I need to do?

There is not specific treatment for acute cases. Adequate nutrients and rest is best. For chronic cases, drug therapy is available to decrease the viral load. Prevention is the key to this disease. This includes good hand washing, proper personal hygiene, use condoms and avoid sharing toothbrushes and razors. Vaccinations are available.

Seek medical attention from primary doctor for diagnosis.

Hepatitis C



What is it?

Virus that causes liver inflammation that is passed by blood with needle sticks and pregnancy.

What does it look like?

You can be infected without any symptoms present. There are two phases of the disease: acute and chronic.

Acute Phase: Lasts from 1 to 4 months with symptoms of tiredness, anorexia, nausea, occasional vomiting, and right upper abdominal discomfort. There is also a possibility of headache, low-grade fever, skin rashes and jaundice (yellowing of the skin).

Chronic Phase: Tiredness and enlarged liver.

What do I need to do?

There is not specific treatment for acute cases. Adequate nutrients and rest is best. For chronic cases, drug therapy is available to decrease the viral load. Prevention is the key to this disease. This includes good hand washing, proper personal hygiene, use condoms and avoid sharing toothbrushes and razors. There are no vaccinations are available for this disease.

Seek medical attention from primary doctor for diagnosis.

Herpes Zoster (Shingles)



What is it?

This is the same virus that causes chickenpox. After having chickenpox, the virus hides in your body and is reactivated by a weak immune system (sickness) when you grow older. The virus is contagious to anyone who has not had chickenpox.

What does it look like?

Painful, blistering skin rash. There is pain, burning, numbness or tingling, a red rash that begins a few days after the pain, blisters that break open and crust over, itching. Symptoms may include fever and chills, general achiness, headache, and fatigue.

What do I need to do?

Seek medical attention with your primary doctor. Your doctor may recommend:

- Antiviral medications
 - Wet compresses
 - Vaseline on blisters
 - Pain medications
 - Sedative to sleep.
-

Human Immunodeficiency Virus (HIV) (also see AIDS)



What is it?

A virus that is a pandemic transmitted by sexual intercourse, blood exposure or to a fetus during pregnancy or the birthing process.

What does it look like?

HIV is a long term disease that has an acute and chronic phase.

Acute: flu-like symptoms, fever, swollen lymph glands, sore throat, headache, tiredness, nausea, muscle and joint pain, diarrhea, and/or rash. Usually occurs 1 to 3 weeks after infection and lasts for 1 to 2 weeks.

Chronic: There are three stages include early, intermediate and late. Disease process can be explained more in depth by your doctor. The late stage is AIDS that is categorized by an opportunistic infection, development of an opportunistic cancer, wasting (excessive weight loss), and dementia (memory loss and confusion).

What do I need to do?

Seek medical attention from your primary doctor.

Treatments include

- Antiretroviral therapy
- Drug therapy for opportunistic infections
- Maintain healthy and supportive relationships.

Prevention is the key to this disease.

I

Irritable Bowel Syndrome



What is it?

This is not classified as a disease. Instead it is termed a “symptom complex” that is defined by intermittent and recurrent abdominal pain with diarrhea and/or constipation. It can be caused by stress, psychological factors, prior gastroenteritis, and/or specific food intolerances.

What does it look like?

- Diarrhea and/or constipation
- Abdominal distention
- Excessive gas
- Bloating
- A continual urge to defecate
- Urgency

What do I need to do?

Seek medical attention with your primary doctor when symptoms are unbearable.

- Usual treatments include eating at least 20mg of fiber a day
 - Keep a diary of diet
 - Stress and episodes
 - Eliminate common gas-producing foods
 - Antispasmodic drugs
 - Stress management techniques.
-

Impetigo



What is it?

A bacterial infection on the skin

What does it look like?

Pustules that produce a thick, honey-colored crust surrounded by red spots and itching. They are most common on the face as a primary infection.

What do I need to do?

Seek medical attention from your primary doctor.

- Antibiotics
 - Warm saline soaks
 - Topical antibiotic cream
 - Good hygiene.
-

Influenza (Flu)



What is it?

Influenza viruses change over time. Annual vaccines try to predict the seasonal viruses.

There are many types/strains of Influenza. The Influenza A viruses are constantly changing, and they might adapt over time to infect and spread among humans. Recent ones that have made the news within the last couple of years include Avian Flu and H1N1.

Recent Types: Consult CDC website for latest updates

H1N1 (Swine Flu)

- Found in Pigs
- Causes severe illness

H5N1 (Avian Flu)

- Found in Birds
- Causes severe illness

What does it look like?

- Quick onset
 - Cough
 - Fever
 - Tiredness
- Usually subside within 7 days.

What do I need to do?

There is no need to go to the doctor.

- Lots of rest
- Drink more fluids
- Tylenol and/or Ibuprofen to relieve pain
- Can receive Tamiflu for your doctor

Seek medical attention with your primary doctor only if symptoms become severe or last longer than 7 days. You should get the vaccine every year at your local health center (Clay County Health Center) or from your primary doctor.

Flu Vaccine- The flu vaccine is a unique vaccine for the expected flu strains of that season. Recently, the H1N1 vaccine was separate from the annual flu vaccine because that strain was not included in the annual one. According to the Centers for Disease Control and Prevention (CDC), when the match between flu vaccine and circulating strains of flu virus is close, a flu shot is between 70 and 90 percent effective in warding off illness in healthy people under age 65

K

Kidney stones (Renal Calculi/ Nephrolithiasis)



What is it?

Stones that cause an obstruction in the kidney. Stones are made from a buildup of calcium phosphate, calcium oxalate, uric acid, cystine, and struvite.

What does it look like?

- Abdominal pain
- Severe lower back pain
- Bloody urine
- Sometimes nausea and vomiting
- Pain from the passage of a stone is intense and intermittent.

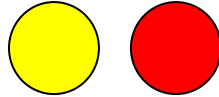
What do I need to do?

Seek medical attention with your primary doctor. Your doctor may recommend:

- Pain management
 - Adequate hydration
 - Reduce salt in your diet
 - Other drug treatment.
 - If the stone cannot pass naturally, there is cystoscopic lithotripsy, uteroscopes, or percutaneous nephrolithotomy. These are all procedures performed by a doctor. Ask your doctor for more information.
-

L

Ligament Injury



What is it?

A sprain that is classified as ligament fibers torn.

What does it look like?

There are three degrees of injury:

1. Tearing only a few fibers with mild tenderness and minimal swelling.
2. Partial disruption of tissue with more swelling and tenderness.
3. Complete tear of the ligament with moderate to severe swelling and can be extremely painful.

What do I need to do?

Seek medical attention with your primary doctor ONLY if injury is severe. It may take 3 to 6 weeks to obtain full function again. Use ice and elevation for 24 to 48 hours after injury to reduce swelling. Use compression on the involved extremity and provide pain management with medications.

Lyme Disease



What is it?

An infection transmitted by an infected deer tick.

What does it look like?

Localized redness within 2 to 30 days after exposure,

Also

- Fever
- Chills
- Headache
- Stiff neck
- Fatigue
- Swollen lymph nodes
- Joint and muscle pain

If not treated, can progress into nervous system problems such as severe headaches, temporary facial paralysis (loss of facial muscle movement) or poor motor coordination. Severe if you become confused or forgetful.

What do I need to do?

Seek medical attention with your primary doctor. Treatment is antibiotic therapy. Reducing exposure to ticks is the best prevention.

M

Malabsorption syndrome (also see Electrolyte Imbalance)



What is it?

An impaired absorption of fats, carbohydrates, proteins, minerals and vitamins. You may be eating a balanced diet, but your digestive system is not absorbing the nutrients.

What does it look like?

- Steatorrhea stool (Bulky, foul-smelling, yellow-gray, greasy stools with putty-like consistency)
- Weight loss
- Gas (flatulence)
- Anemia
- Bone pain
- Muscle cramps/ twitches
- Bruising
- Night blindness
- Low blood pressure
- Increased heart rate
- Lower extremity swelling.

What do I need to do?

Seek medical attention with your primary doctor because this could indicate another serious illness.

Male infertility



What is it?

A couple's inability to achieve conception despite 1 year of frequent unprotected intercourse. Causes include but are not limited to testes infection (mumps, STDs, bacterial infections), medications, radiation, substance abuse, steroid use, environmental hazards, and varicocele (obstructed blood vessels on the testicles).

What does it look like?

Inability to conceive during intercourse with a couple.

What do I need to do?

Seek medical attention with your primary doctor. Treatment options include medications, avoidance of scrotal heat, substance abuse and high stress, in vitro fertilization, and corrective surgery.

Mastitis



What is it?

Inflammation of the breast that happens with lactating women.

What does it look like?

Breast is warm and tender to touch, red, painful, and sometimes a fever.

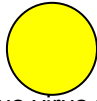
What do I need to do?

Seek medical attention with your primary doctor. Your doctor may recommend:

- Antibiotics

- Continue breastfeeding unless there is an abscess or drainage.
-

Measles



What is it?

A very contagious virus that is in your mouth or throat. If you are infected, you are contagious from four days before the rash appears to four days after.

What does it look like?

Usually appears 10 to 12 days after exposure.

- Fever
- Dry cough
- Runny nose
- Swollen eyes
- Tiny white spots with bluish-white centers found inside the mouth on the inner lining of the cheek, called Koplik's spots
- A skin rash made up of large, flat blotches that often flow into one another

What do I need to do?

Get an immunization to prevent the disease because it can be fatal if you contract it as a child. There is no specific treatment for the disease so you want to treat the symptoms. Seek medical attention from your primary doctor. Your doctor may recommend:

- Receive vaccine if you have NOT been immunized
 - Pain medications
 - Antibiotics
 - Isolation from other people because it is highly contagious
-

Meningitis



What is it?

An acute inflammation of the meningeal tissues surrounding the brain and spinal cord caused by a bacteria or virus.

What does it look like?

- Fever
- Severe headache
- Nausea
- Vomiting
- Neck stiffness*
- Decreased loss of consciousness
- Photophobia (sensitive to light)
- Skin rash
- Coma and seizures are signs of a poor prognosis.

What do I need to do?

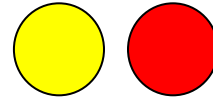
Seek medical attention immediately. This is a medical emergency.

Treatment may include bed rest, IV fluids, and multiple drug therapy.

If you are not treated, mortality (death) rate is 100%.

Tell everyone you were in contact with.

Methicillin-resistant Staphylococcus aureus (MRSA)



What is it?

A drug (specifically Methicillin) resistant bacterial infection that is contagious. It is usually confined to a skin infection, but it can become life threatening if it gets into your bones, joints, surgical wounds, the bloodstream, heart valves and lungs. It can be contracted from anyone who has the infection. This bacteria can live on environmental surfaces and clothing for days.

What does it look like?

Depends on the location of the infection.

- Small, red bumps that resemble pimples, boils or spider bites
- Can turn into deep, painful abscesses that require surgical draining

What do I need to do?

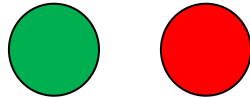
Seek medical attention from your primary doctor. Your doctor may recommend:

- Antibiotic treatment (Usually Vancomycin)

Help Prevent Other Antibiotic Resistant Infections

- Do not take antibiotics to prevent illnesses
 - Wash your hands frequently
 - Follow directions and finish antibiotic treatment
 - Do not request an antibiotic for Flu or Colds
 - Do not take leftover antibiotics
-

Miscarriage



What is it?

It is a spontaneous abortion that occurs naturally before 20 weeks.

What does it look like?

Uterine cramping and vaginal bleeding. Cramping is absent if vaginal bleeding is caused by polyps.

What do I need to do?

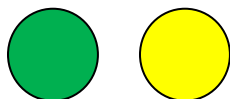
This is a natural process that resolves by itself.

Bed rest and avoiding vaginal intercourse is recommended.

Go to the emergency department if you are experiencing excessive bleeding. Excessive bleeding can require a dilation and curettage procedure that can be performed by a doctor.

N

Nausea/Vomiting



What is it?

Symptoms are usually associated with gastrointestinal diseases

What does it look like?

Nausea is a discomfort in the throat and stomach that has the feeling "I am going to throw up". Vomiting is a forceful ejection of partially digested food from the stomach. Persistent vomiting can lead to dehydration and electrolyte imbalances quickly.

What do I need to do?

Determining the cause of the vomiting is best for deciding treatment.

To treat at home with dehydration and electrolyte imbalance:

- Begin drinking liquids when the symptoms subside.
- Start with clear liquids that are room temperature (not hot or cold). Carbonated beverages or warm tea is usually tolerated better.
- Be careful with broth and Gatorade because they are high in sodium.
- Water is the best fluid to start with. Sip small amounts every 15 to 20 minutes rather than large amounts less frequently.
- Dry toast and crackers may alleviate nausea.

If symptoms are severe (usually if accompanied with diarrhea), seek medical attention with your primary doctor or emergent care. Drugs can help decrease nausea. The most common drugs prescribed are (Ondansetron) Zofran and (Promethazine) Phenergan.

Nicotine Dependency (Smoking)



What is it?

An addictive behavior to smoking that can lead to many health problems. It is absorbed into the blood through the lungs when smoked. It stimulates the heart, brain and gut. It causes physiological and psychological effects of increased arousal and alertness, performance enhancement, increased heart rate, decreased appetite, fine tremors, and increased urination.

Smoking can lead to many health problems including but not limited to chronic obstructive pulmonary disease (COPD), cancers of the lung, mouth, larynx, esophagus, stomach, pancreas, bladder, prostate, and cervix, coronary artery disease, and peptic ulcer disease.

Withdrawal symptoms include craving, restlessness, depression, hyperirritability, headache, insomnia, decreased blood pressure and heart rate, and increased appetite.

What does it look like?

Addiction to cigarettes, cigars or tobacco

*Note: "Cigarette smoke contains hundreds of chemicals and gases, including at least 45 cancer-causing or tumor-promoting agents and a number of hydrocarbons or solvents" (Lewis, 168).

What do I need to do?

Tobacco cessation is difficult, but possible. A combination of medications, behavioral approaches, and support is the most effective way to stop long-term. Seek medical attention with your primary doctor to determine the best treatment for you. Drugs such as Chantix® and Wellbutrin® have been helpful to many people who have stopped smoking.

O

Obesity



What is it?

Obesity is an abnormal amount of fat cells.

Health risks associated with obesity include but not limited to heart attack, hyperlipidemia, heart failure, high blood pressure, sleep apnea, asthma, diabetes mellitus, polycystic ovary disease, gallstones, infertility, overdue births, end-stage renal disease, osteoarthritis, gastroesophageal

reflux disease, chronic low back pain, and cancers of breast, cervix, gallbladder, colon, and prostate.

What does it look like?

The determination of obesity is measured by the Body Mass Index which calculates kg per meters squared. There are ranges of BMI for each category. According to the scale overweight is a BMI of 25 to 29.9, obese is 30 to 34.9, and morbidly obese is more than 40. To calculate your BMI take your weight in pounds divided by your height in inches squared and multiple by 703. The overweight category is not considered obese.

What do I need to do?

Lose weight. Seek medical attention with your primary doctor or a nutritionist for the best treatment plan for you. Obesity is affected greatly by psychological factors. Determine your perspective and belief about obesity. Motivation is an essential part of your treatment plan. Restriction of food intake is the main way to lose weight. People eat too many calories each day. Calorie intake should be weighed with physical exercise. The most important part of changing a diet is to restrict calories, but not nutrients. You should set realistic and healthy goals like losing 1 to 2 pounds per week. Weight loss requires a change in diet, exercise, AND behavior with proper support from others.

Orchitis



What is it?

Inflammation of the testes. Causes include but not limited to epididymitis, trauma, influenza, mumps, pneumonia, tuberculosis, syphilis, or complicated urinary tract infections.

*Note: Mumps can cause infertility. This can be prevented by childhood vaccinations.

What does it look like?

Testes are painful, tender and swollen.

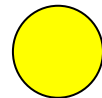
What do I need to do?

Seek medical attention from your primary doctor.

Treatment includes

- Antibiotic therapy
- Pain medication
- or
- Bed rest with scrotal elevation and an ice pack.

Otitis (Inner Ear infection) or (External Ear Infection/ Swimmer's Ear)



What is it?

It is an infection of the middle ear. It can be acute or chronic. Acute is a onetime episode while chronic is untreated or repeated infections. Chronic episodes are more common in early childhood.

What does it look like?

Acute: pain, fever, tiredness, headache, and reduced hearing.

Chronic: Pus drainage and inflammation of ear, painless, nausea, episodes of dizziness, hearing loss, and/or vertigo.

What do I need to do?

Seek medical attention from your primary doctor. Treatment is usually antibiotic or antihistamine therapy. Surgery may be required in severe cases.

P

Pharyngitis (Strep Throat)



What is it?

Inflammation of your throat caused by a viral, bacterial or fungal infection.

What does it look like?

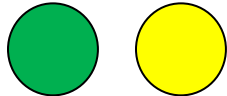
- Main complaint is “scratchy throat”
- Red and swollen throat with possible yellow patches

What do I need to do?

Seek medical attention from your primary doctor, if your symptoms are unbearable. Your doctor may recommend:

- Gargle salt water
- Antibiotics for positive strep test
- Nystatin swish and swallow for fungal infections

Plantar warts



What is it?

Warts on your foot caused by Human Papillomavirus.

What does it look like?

Warts are usually painful and cluster on pressure points.

What do I need to do?

- Use ointments with Salicylic Acid
- May use liquid nitrogen (consult a doctor for proper treatment)
- Contact primary doctor if does not disappear with treatment. Can be surgically removed
- May disappear without treatment

Pleurisy



What is it?

Inflammation of the pleural cavity in the lungs. Can be caused by pneumonia, TB, chest trauma, and lung infections.

What does it look like?

- Pain is abrupt, sharp and worse with inspiration
- Shallow, rapid breathing

What do I need to do?

- Treat the underlying cause
- Pain medications as needed
- Splint the chest when coughing

Pneumonia



What is it?

Inflammation of the lungs. It is the seventh leading cause of death in the US. Conditions that increase the risk for pneumonia include: cigarette smoking, air pollution, malnutrition, leukemia, alcoholism and diabetes mellitus.

What does it look like?

Sudden onset of symptoms

- Fever
- Shaking chills
- Shortness of breath
- Cough
- Possible lung chest pain

Not typical gradual onset

- Dry cough
- Headache
- Body ache
- Tiredness
- Sore throat
- Nausea
- Vomiting
- Diarrhea

What do I need to do?

Seek medical attention from your primary doctor

- Antibiotic therapy
 - Pain relief medications
 - Antipyretics (Reduce fever)
 - Rest
 - Drink fluids (at least 3 liters/day)
 - Vaccination
 - Severe cases may lead to hospitalization
-

Pneumothorax



What is it?

Air in the lungs. Can be caused by trauma or spontaneously. Spontaneous pneumothorax is common in underweight, male, cigarette smokers between 20 to 40 years old. It is a rupture of a bleb (pocket full of air) in the lungs.

What does it look like?

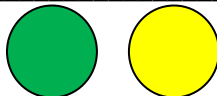
- Rapid heart rate
- Shortness of breath (Gasping for air)
- Chest pain
- Cough (with or without blood)

What do I need to do?

THIS IS AN EMERGENCY

- No treatment may be needed if it is not severe enough. It will resolve spontaneously.
 - Chest tube placed to release air
 - Repeated accounts may be treated with surgery
-

Premenstrual Syndrome (PMS)



What is it?

A group of physical and psychological symptoms the last few days of the menstrual cycle and the first few days of menstruation. Some women have a genetic disposition to the severity of these symptoms.

What does it look like?

- Breast discomfort
- Peripheral edema
- Abdominal bloating
- Sensation of weight gain
- Episodes of binge eating
- Headache
- Anxiety
- Depression
- Irritability
- Mood Swings

What do I need to do?

There are numerous treatments. You must choose which options work best for you.

- Stress Management
- Diet Changes
- Exercise
- Ibuprofen
- Vitamin B6
- Calcium
- Magnesium
- Oral Contraceptives

Psoriasis



What is it?

Chronic skin infection that involves excessively rapid turnover of skin.

What does it look like?

- Silvery scaling plaques on scalp, elbows, knees, palms, soles and/or fingernails

What do I need to do?

Seek medical attention from your primary doctor

- Topical corticosteroids
- UV light/ Sunlight
- Other medications may be recommend by your doctor

*Note: There is no cure, but control is possible.

R



Rabies

What is it?

Disease contracted through the saliva from a bite of infected animals. Common animals are dogs, raccoons, skunks, bats and foxes. This disease causes acute, progressive viral encephalitis (virus in the brain).

What does it look like?

Encephalitis from Rabies

- Flu-like symptoms: fever, headache, nausea, vomiting and tiredness.
- Tingling, pain and numbness at bite site

Neurological Symptoms begin 2 to 7 days after infection

- Agitation
- Hypersensitivity
- Scared of Water

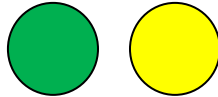
- Vertigo (Unbalanced)
- Hallucinations
- Coma within 7 to 10 days followed by death

What do I need to do?

- Avoid contact with wild animals
 - Thoroughly clean the wound with soap and water. Iodine and Alcohol may also help reduce transmission.
 - Determine whether the animal is rabid
 - Vaccine given directly after exposure (Rabies Immune globulin)
-

Renal Calculi (Kidney Stones)

Repetitive Strain Injury



What is it?

Cumulative traumatic injury from prolonged, forceful or awkward movements (Also known as overuse syndrome). Repeated movements strain the tendons, ligaments and muscles that cause tiny tears that become inflamed. Tendons and muscles can deteriorate while the nerves become hypersensitive.

What does it look like?

- Inflammation, swelling and pain in the muscles, tendons, and nerves in the neck, spine, shoulder, forearm, and hand.
- Pain, weakness, numbness and impairment of motor function

What do I need to do?

Prevention is the key.

- Take stretch breaks (At least hourly if you are exercising/ playing for a long time)
 - Ice and heat
 - Ibuprofen
 - Rest
 - Physical therapy
 - Lifestyle change to stop the repetitive motion
-

Rotator Cuff Injury



What is it?

A tear from gradual repetitive motion or sudden traumatic injury to the collection of the four muscles known as the rotator cuff

What does it look like?

- Shoulder weakness, pain and decreased range of motion

What do I need to do?

Seek medical attention from your primary doctor

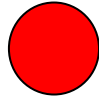
Conservative treatment

- Rest
- Ice and heat
- Pain medications (ibuprofen)
- Corticosteroid injections
- Physical therapy

For severe injury,

- Surgery

Seizures (Epilepsy)



What is it?

Spontaneously reoccurring seizures. Heredity of disease is unknown. It can cause brain tumors, trauma, or vascular disease.

What does it look like?

There are many different types of seizures:

Generalized

Tonic-clonic (Grand mal): loss of consciousness, stiffen neck, jerking of extremities, cyanosis, excessive salivation, tongue or cheek biting, and incontinence (loss of bladder and bowel control).

Absence (Petit mal): brief staring spell that lasts only a few seconds.

Myoclonic: sudden excessive jerk of the body or extremities

Atonic: loss of muscle tone and person falls to the ground

Clonic: loss of consciousness, loss of muscle tone, limb jerking

Partial

Simple: no impairment of consciousness, but motor or sensory symptoms such as a twitch. Last less than 1 minute.

Complex: clouding of consciousness, lip smacking or other repetitive movements that may not be appropriate), last longer than 1 minute

What do I need to do?

If bodily harm occurs during the seizure, seek emergent medical attention.

For first time seizures, seek a doctor's advice as soon as possible.

What to do if someone around you is having a seizure:

- Keep Calm
- Don't hold the person down or try to stop his movements
- Time the seizure with your watch
- Clear the area around the person of anything hard or sharp
- Loosen ties or anything around the neck that may make breathing difficult
- Put something flat and soft under the head
- Turn him gently one side without holding them down
- Don't force the mouth open with a hand object or your fingers (A PERSON HAVING A SEIZURE CANNOT SWALLOW HIS TONGUE)
- Stay with the person until the seizure ends naturally
- Be friendly and reassuring as consciousness returns

If a person has epilepsy, there is no need for them to go to the emergency room if they regain consciousness.

A seizure needs immediate medical attention if the person has these conditions:

Diabetes
Brain Infection
Heat Exhaustion
Pregnancy
Poisoning
Hypoglycemia
High Fever
Head Injury

Best treatment is: Antiseizure medications and wear a medical bracelet.

Shingles (see Herpes Zoster)

Sleep Apnea



What is it?

Stop breathing for longer than 20 seconds while you are sleeping. There is no airflow because your tongue and soft palate fall backward and partially or completely obstruct the throat. This is when you stop breathing causing a loud snore to open up the airway. This agitation will cause you to wake up even if you don't remember waking up. You can be at an increased risk if you are obese, older than 65, and/or a neck circumference greater than 17 inches.

What does it look like?

Symptoms may be subtle. A bed partner can help identify these.

- Loud snoring
- Observed episodes of breathing cessation during sleep
- Frequent awakenings during the night
- Excessive daytime sleepiness
- Awakening with a dry mouth or sore throat
- Difficulty staying asleep
- Morning headaches
- Irritability
- Personality changes

Complications

- Include: Cardiovascular problems, Risk of stroke, Daytime fatigue, Complications with medications and surgery, Sleep-deprived partners.
- People with sleep apnea may also complain of memory problems, morning headaches, mood swings or feelings of depression, a need to urinate frequently at night (nocturia), and impotence. Gastroesophageal reflux disease (GERD) may be more prevalent in people with sleep apnea. Children with untreated sleep apnea may be hyperactive and may be diagnosed with attention-

What do I need to do?

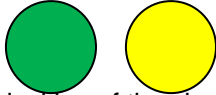
Consult a medical professional if you experience, or if your partner observes, the following:

- Snoring loud enough to disturb the sleep of others or yourself
- Shortness of breath that awakens you from sleep
- Intermittent pauses in your breathing during sleep
- Excessive daytime drowsiness, which may cause you to fall asleep while you're working, watching television or even driving
- Many people don't think of snoring as a sign of something potentially serious, and not everyone who has sleep apnea snores. But be sure to talk to your doctor if you experience loud snoring, especially snoring that's punctuated by periods of silence
- Ask your doctor about any sleep problem that leaves you chronically fatigued, sleepy and irritable. Excessive daytime drowsiness (hypersomnia) may be due to other disorders

Your doctor may recommend:

- Avoid sedatives and alcoholic beverages for 3-4 hrs before sleep
 - Lose weight
 - Oral appliances to align jaw and tongue
 - Continuous positive airway pressure (CPAP) mask or BiPap mask
-

Sinusitis



What is it?

Narrowing or blocking of the sinus cavity by mucous. If this infection is not treated, it can become bronchitis.

What does it look like?

- Pain, purulent drainage
- Nasal congestion
- Inability to breathe properly
- Fever

What do I need to do?

Try over the counter medication first.

- Avoid antigen/ trigger that is causing allergy
- Antibiotic medications
- Antihistamines

Seek medical attention from your primary doctor, if severe.

Smoking



What is it?

Consumption of cigarettes or other tobacco containing products enclosed in a wrapper of thin paper.

What does it look like?

When you smoke, your breathing becomes shallow and your lungs fill with smoke

- **Smoke**
 - Cigarette smoke contains carbon monoxide. This gas takes the place of oxygen in your blood.
- **Nicotine**
 - This drug raises your blood pressure and heart rate. It reduces blood flow to your arms and legs, and slows digestion.
- **Tar –**
 - Tar is what's left after tobacco is smoked. This sticky brown material gums up your lungs, so less oxygen gets into your bloodstream

Cigarette smoke contains over 4,000 other chemicals, including formaldehyde, arsenic, and lead. Dozens of these chemicals are known to cause cancer.

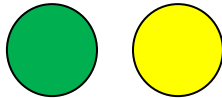
- Complications?
 - Major risk factor for cardiovascular disease
 - Increased risk of heart attack (myocardial infarction) or stroke

- Can lead to osteoporosis, low bone density = fractures
- Second-hand smoke causes decreased blood flow velocity of arteries – decreasing healing and causing wrinkles
- Enhances process of hardening of arteries (atherosclerosis)
- Increases risk for clot formation and vessel occlusion
- Carbon monoxide – decreases amount of oxygen content in blood
- Increased blood pressure (hypertension) from release of catecholamines
- Increased risk for pulmonary embolism
- Initiates and promotes cancer – 30% of cancers diagnosed in North America are related to tobacco use
- When combined with tobacco and alcohol - increased risk for cancers of lung, esophagus, cervical, bladder, stomach, mouth, pharyngeal, laryngeal, pancreatic, kidney, liver, myeloid leukemia
- In pregnant women may cause miscarriage, stillbirth or birth defects

What do I need to do?

- Stop smoking if you can – it will decrease risk of coronary artery disease by up to 80% in one year
 - Especially women also taking oral contraceptives
- Join a smoking cessation program if want to quit – a structured program is essential for support
- Reduce weight, become more physically active

Sprains/Strains



What is it?

Sprain is an injury related to the tendon to ligament structures. Strain is an excessive stretching of a muscle and the outer lining of the muscle fibers.

What does it look like?

- Mild to severe tenderness, inflammation, pain, and decrease in function of injured site

Sprain- injury to the tendons and ligaments

Mild: Mild tenderness and minimal swelling (*Tears a few fibers*)

Moderate: More tenderness and swelling (*Partial disruption of the tissue*)

Severe: Moderate to severe swelling and extremely painful (*Complete tearing of the ligament*)

Strain- excessive stretching of a muscle

Symptoms similar to a sprain

Mild: Slightly pulled muscle

Moderate: Moderate torn muscle

Severe: Severely ruptured or torn muscle

What do I need to do?

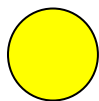
Do not see doctor unless there is a suspected fracture.

Remember RICE (Rest, Ice, Compression, Elevation)

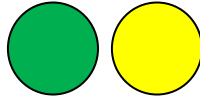
- Ice and moist heat compresses (20 minutes on and 20 minutes off)
- Elevation of affected area
- For severe injuries, surgical repair

STDs

Chlamydia
Genital Herpes
Gonorrhea



Stress



What is it?

Perception of not being able to meet the demands that have been set towards a person resulting in emotional and psychological distortion.

What does it look like?

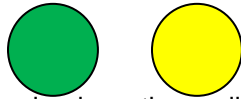
You may have one or a few of these symptoms. Symptoms include but not limited to:

- Fatigue
- Headaches
- Depression
- Insomnia
- Irritable bowels
- Erectile dysfunction
- Menstrual irregularities
- Hypertension

What do I need to do?

Everyone has their own coping mechanisms. Find your own ways to relieve stress. Some suggestions include exercise, relaxation techniques, meditation, guided imagery, musical relaxation, and professional counseling.

Sty (Hordeolum)



What is it?

External infection of the glands on the eyelid that develops rapidly.

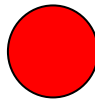
What does it look like?

Red, swollen, tender area on eyelid

What do I need to do?

Apply warm, moist compress at least 4 times daily
Possibly antibiotic ointment/drops, if severe

Supraventricular Tachycardia



What is it?

Occasional or intermittent rapid heart rate.

What does it look like?

These symptoms usually occur in episodes. They may be initiated with exercise.

- Dizziness
- Clamminess
- Shortness of breath
- Light-headedness
- Rapid heartbeat
- Chest pain
- Palpitations, sensations of a racing, uncomfortable, irregular heartbeat or a flopping in the chest

- Blackouts
- Visual problems
- Fainting (syncope)

What do I need to do?

Seek medical attention from your primary doctor.

- Medications
 - Surgery
-

Swimmer's Ear



What is it?

Infection and swelling of the external ear and ear canal caused by swimming, trauma or piercing of cartilage.

What does it look like?

- Pain and swelling of the bony ear canal
- Possible drainage
- Elevated temperature
- Dizziness

What do I need to do?

Seek medical attention from your primary doctor to prevent potential hearing loss.

- Pain medications
 - Antibiotic drops
 - Possibly antifungal medications
 - Warm moist compresses
-

Syphilis



What is it?

Sexually transmitted disease caused by bacteria which enters the body through small breaks in the skin or mucous membranes often occurring during sexual intercourse.

What does it look like?

Lesions are highly contagious

Primary stage: Painless lesions on the penis, vulva, lips, mouth, vagina, and rectum.

Secondary stage: Weeping lesions with flu-like symptoms of fever, sore throat, headaches, and fatigue. Also a rash appears on the trunk, palms, and soles.

Latent stage: Absence of signs and symptoms.

What do I need to do?

Seek medical attention from your primary doctor. Usually Penicillin is given.

T

Tendonitis



What is it?

Inflammation of tendon as a result of overuse or incorrect use.

What does it look like?

Pain, inflammation of affected area

Possible redness and warm to the touch

What do I need to do?

- Rest
 - Ice
 - Over the counter pain medications
 - Protective brace, if necessary.
-

Tetanus



What is it?

Painful tightening of muscles frequently affecting the jaw

What does it look like?

- Lockjaw
- Neck and abdominal stiffness
- Difficulty swallowing
- Severe muscle spasms
- Seizure like activity

What do I need to do?

Seek medical attention from your primary doctor.

- Tetanus and diphtheria booster injections
 - Muscle relaxants
 - Pain medications
-

Thyroid Hormone Dysfunction



What is it?

Increase (hyperthyroidism), or decrease (hypothyroidism) in production of the thyroid hormone T3 and/or T4 affecting the overall body metabolism, energy production, and fluid and electrolyte balance and controlling the use of fats proteins, and carbohydrates.

What does it look like?

Hyperthyroid: nervousness, irritability, hyperactivity, weakness, easily fatigued, exercise intolerance, increase in weight loss, increase in appetite, insomnia, warm sweaty skin, hair loss.

Hypothyroid: weakness, fatigue, cold intolerance, constipation, weight gain, depression, joint or muscle pain, thin and brittle fingernails and hair.

What do I need to do?

Seek medical attention from your primary doctor.

- Thyroid hormone therapy
-

Tick bites



What is it?

Penetration by the insect through the skin resulting in irritation and/or disease.

What does it look like?

Tick bites can go unnoticed. You should check your body for ticks after coming in from forest-like areas

Lyme disease: flu like symptoms, with a bull's eye-like rash

Rocky Mountain spotted fever: pink rash on palms, wrists, soles, feet, and ankles appearing within 2 wks of initial bite. Fever, chills, malaise, and headaches may accompany other symptoms.

What do I need to do?

- Remove tick with tweezers (Grasp at point of entry and pull upward)
- Clean with soap and water

If you get sick from a tick bite, seek medical attention with your primary doctor as soon as possible. Your doctor may recommend:

- Antibiotic treatment
-

Tuberculosis



What is it?

Infectious bacterial disease that affects the lungs. This disease can be deadly if not treated. Drug therapy can take 6 months for treatment. This is not like influenza that will NOT go away in a few weeks. TB is transmitted through infected water droplets that are placed in the air by a person infected with TB who coughs, sneezes, speaks or sings.

What does it look like?

- Persistent cough with blood streaked sputum (thick mucus)
- Fatigue
- Weight loss
- Night sweats
- Fever

What do I need to do?

Seek medical attention in an emergency department, immediately.

- Heated and humidified oxygen therapy
 - Medication therapy (possible Rifampin)
 - Increase fluid intake
 - Nutrition: increase intake of calories, protein, iron, and vitamin C
-

U

Ulcerative colitis



What is it?

An immunological disorder that causes a swollen bowel/ colon/ large intestine. It is similar to Crohn's disease but is usually contained within the colon. Most often, the disease begins between the teens to the mid-thirties.

What does it look like?

- Diarrhea
- Abdominal cramping pain
- Fever during attacks
- Rectal bleeding

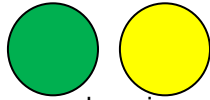
What do I need to do?

Seek medical attention from your primary doctor. Your doctor may recommend:

- Steroid treatment or other medications.
- Removing the diseased portion of the colon can be a cure.

Ulcers

What is it?



Ulcers can occur anywhere in or on the body, but are most often thought to be in the stomach. Stomach ulcers (Peptic Ulcers) are caused by an increase of gastric acids in the stomach that erode the lining.

What does it look like?

- Heartburn
- Bloating
- Nausea
- Pain worsening with food ingestion.

What do I need to do?

- Avoid spicy foods
- Eat smaller meals
- Try using Tums

Seek medical attention from your primary doctor, if symptoms don't resolve. Your doctor may recommend:

- Antacid medication (Prilosec)
- Antibiotics

Urinary Tract Infection

What is it?



Bacterial infection somewhere between your kidneys and your urethra. It is more common in women.

What does it look like?

- Painful urination
- Small amounts of urination
- Low back pain
- Inability to control urination
- Purulent/foul smelling drainage
- Red or cola colored urine
- Fever

What do I need to do?

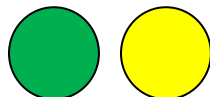
Seek medical attention from your primary doctor. Your doctor may recommend:

- Antibiotic therapy
- Increase fluid intake
- Drink cranberry juice

V

Varicose Veins

What is it?



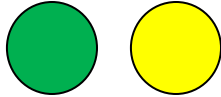
Enlarged veins that cause incompetent valves in blood vessels which are necessary to return blood to the heart from the legs. Women are more susceptible with a strong family history, weakness of vein structure, use of hormones, increasing age, obesity, pregnancy and occupations that require prolonged standing.

What does it look like?

- Ache or pain after prolonged standing, which is relieved by walking or elevating the limb
- Pressure or cramp like sensation in the legs
- Swelling and leg cramps during sleep may occur.

What do I need to do?

Wear compression stocking, and/or exercise. Herbal remedy of horse chestnut seed extract. Surgical repair may be required if severe.

Viral Infections**What is it?**

A wide variety of infections that are caused by a virus. Viruses are not cells, but can only reproduce in cells.

What do I need to do?

These illnesses usually have to run their course. Treat the symptoms of the illness such as runny nose. Depending on the illness, antiviral medications may be recommended.

Common viral diseases:

Chickenpox, Croup, Encephalitis, Hepatitis, Herpes, HIV, Influenza, Measles, Meningitis, Mononucleosis, Mumps, Pneumonia, Rabies, SARS, Strep Throat, Syphilis.

Vitiligo**What is it?**

Illness when the skin loses pigmentation. This condition may be temporary or permanent. This is not a health threatening condition, but if severe can create emotional distress from self image.

What does it look like?

Patches of skin are lighter.

What do I need to do?

Seek medical attention from your primary doctor or a dermatologist. Your doctor may recommend:

- Topical steroids
 - Exposure to UVA light treatment (Phototherapy)
 - Cosmetic and/or stain for camouflage and deemphasize of patches.
-

Vomiting (See Nausea)

W**Wheezing****What is it?**

Musical sound that you can hear to indicates some degree of airway obstruction. Examples of obstruction include asthma or aspiration of foreign objects.

What does it look like?

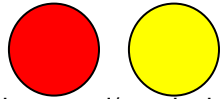
Shortness of breathing (difficulty breathing) and chest tightness.

What do I need to do?

Seek medical attention from your primary doctor. Your doctor may recommend:

- Determining cause of wheezing
 - Rescue Inhaler for episodes such as Albuterol
-

Withdrawal



What is it?

Physical signs of drugs and/ or alcohol leaving your body. Usually causes opposite effects from the purpose of the drug (ie. A stimulant such as cocaine will cause sleepiness/ depressant effects during withdrawal). This may be a life threatening condition.

What does it look like?

Depends on the abused substance. Common ones include

- Acute anxiety
- Protracted depression
- Jitteriness
- Hallucinations

Alcohol withdrawal usually occurs four to six hours after last drink and may last for three to five days.

Stimulant withdrawal (Cocaine and Amphetamines) can occur hours to days after cessation.

- Fatigue
- Prolonged sleep
- Craving for the drug
- Headache

What do I need to do? (As a friend)

Make sure your friend is safe.

Seek emergent medical attention if severe (Such as your friend has compromised breathing problems)

Decrease agitation

Provide reassurance and reorientate for friend

Motivate friend to stop using substances

Seek therapeutic help from a counselor or doctor