



BOWEL CONDITIONS

Irregular bowel movement usually accompanied by pain and bloody discharge

DIVERTICULOSIS AND DIVERTICULITIS

The cause of diverticulosis (pouches in the colon that bulge out or protrude) and diverticulitis (when these pouches become inflamed or infected) are still unknown. However, a diet low in fiber may be one of the culprits. Also some genetic factors are a consideration.

Symptoms:

- For diverticulosis: bloating, constipation or mild cramps
- For diverticulitis: constant abdominal pain usually felt in the lower left side, fever, vomiting or nausea, chills, constipation or cramping

Get some bed rest to prevent diverticulosis (bloating, constipation or mild cramps).



DO:

- Get some bed rest.
- Take a liquid diet.
- Take some pain reliever to lessen discomfort.
- Eat a balanced diet with lots of fiber, vitamins, and nutrients.
- Learn coping techniques.
- Develop a strong support system of loved ones.

DON'T:

- Don't neglect proper medical attention.

CANCER

A disease characterized by uninhibited growth and the proliferation of abnormal cells that lead to the destruction of normal, healthy cells

To this day, the exact cause of the many forms of cancer is still unknown. However, some factors such as genetic predisposition and environmental factors have been known to cause this disease. Cancer is a destructive disease because it can metastasize or spread when the cancer cells break away from the tumor and travel through the bloodstream and lymph nodes. Some lifestyle choices such as the heavy use of alcohol, over-exposure to the sun, smoking or chewing tobacco, exposure to cancer-causing chemicals (carcinogens), and radiation have been linked to the development of cancer as well.

Symptoms

- Change in bowel or bladder movements
- Sores that don't heal
- Unusual bleeding or discharge
- Thickening lump in your breast or any other body part
- Difficulty in swallowing
- Obvious change in a wart or mole
- Nagging cough or hoarseness

DO:

- Eat a diet rich in fiber, fruits, vegetables.
- Exercise regularly.
- Get regular check-ups.
- *Slip, slap, slop*: slip on a t-shirt, slap on a hat, and slop on some sunscreen when going out to the beach or just going outside in the sun; also wear sunglasses to protect the eyes.
- Discuss fears, concerns and emotions with a doctor or a counselor.
- Try to lead as normal a life as possible by enjoying the same healthy and fun activities as before.
- Get the involvement of loved ones and be open about the disease.

DON'T:

- Don't smoke. Otherwise, quit now.
- Don't drink too much alcohol.