



HOARSENESS OF VOICE

Raspy voice or loss of voice

CAUSES

OVERUSE

Hoarseness of the voice may be a result of straining or overusing the vocal chords. Excessive talking, singing and shouting are the usual causes of a strain of the vocal chords.

Symptoms:

- Hoarseness of voice
- Scratchy, sore feeling in throat

DO:

- Rest your throat and voice by speaking as little as possible.
- Drink warm fluids to help ease the swelling of the throat.

DON'T:

- Don't smoke or drink alcohol if you are suffering from laryngitis, as these will only irritate the throat.

INSOMNIA

Having a hard time falling asleep or going back to sleep after waking up in the middle of the night

CAFFEINE, ALCOHOL AND OTHER SUBSTANCES

Caffeine and alcohol are substances known to affect the body's system with restlessness and inability to sleep. In moderate amounts they can combat drowsiness, but if taken in excess, a person may have difficulty sleeping despite being very tired. Smoking, some decongestants and some diet pills may also have this effect on the body.

Symptoms:

- Difficulty in sleeping
- Drowsiness during the day

DO:

- Normalize your sleeping pattern by setting regular times to sleep and wake up.
- Try drinking warm milk to help you sleep.
- Get some regular exercise.
- Reduce your intake of caffeine, alcohol and other substances that might keep you awake at night.
- Avoid taking long naps during the day.
- Make your bed as comfortable as you would like.

DON'T:

- Don't struggle to fall asleep. Read a book instead, listen to music or try other relaxation techniques.
- If you are having trouble going back to sleep after waking up in the middle of the night to urinate, don't drink fluids right before going to bed.



INSOMNIA

Having a hard time falling asleep or going back to sleep after waking up in the middle of the night

MEDICAL CONCERNS

The difficulty in sleeping may be due to existing medical concerns. These may include angina, sleep apnea, urinary tract infection, respiratory infection, allergy or menopause. Seek help to determine what condition is causing the insomnia to receive the proper treatment.

Symptoms:

- Difficulty in sleeping
- Drowsiness during the day

DO:

- Normalize your sleeping pattern by setting regular times to sleep and wake up.
- Try drinking warm milk to help you sleep.
- Get some regular exercise.
- Reduce your intake of caffeine, alcohol and other substances that might keep you awake at night.
- Avoid taking long naps during the day.
- Make your bed as comfortable as you would like.
- Seek help to receive proper treatment of any medical conditions that are causing the insomnia.

DON'T:

- Don't struggle to fall asleep. Read a book instead, listen to music or try other relaxation techniques.
- If you are having trouble going back to sleep after waking up in the middle of the night to urinate, don't drink fluids right before going to bed.

JAUNDICE

Yellowing of the whites of the eyes and skin

CAUSES

BILE DUCT OBSTRUCTION

Gallstones are pieces of solid material (usually cholesterol or salts) that form in the gall bladder. Sometimes gallstones form a blockage in the bile duct, which results in symptoms of jaundice. It is possible, though, for some people to not manifest any symptom at all despite having gallstones.

Symptoms:

- Yellowing of the whites of the eyes and skin
- Itching
- Pain under the ribs by the right abdomen

DO:

- Seek help as soon as symptoms are noted.

DON'T:

- Don't eat food high in salt and cholesterol.

For symptoms of jaundice, professional help is necessary.

