



NAIL PROBLEM

Discoloration, splitting, abnormal thickening of the finger or toe nails accompanied by pain, inflammation and redness of the area around the finger or toe nails

PARONYCHIA

Pulling off a hangnail (the bits of skin sometimes found on the skin around the nail) or frequently pushing back the cuticle during a manicure or pedicure can lead to paronychia, an infection caused by yeast, *herpes* or *staphylococcal fungi*. Simple over-the-counter remedies will abate the infection.

Symptoms:

- Red, swollen skin around the nail

DO:

- Soak fingers or feet in warm water. Do this twice a day for five to 10 minutes to diminish swelling.
- If ingrown fingernails are causing the swelling, push skin back with a cotton swab twice daily.
- Apply antibacterial skin cream or 1 percent gentian violet on affected areas.
- Nails should be trimmed every week to avoid growth of bacteria under the nails.

DON'T:

- Don't trim the nails too short – cut them so that they are even with the fingertips or the tips of the toes.
- Do not bite, pick or tear nails and cuticles.

OTHER CAUSES

Other possible causes include nutritional deficiency, psoriasis, thyroid disease, trauma or vascular insufficiency.

NAUSEA OR VOMITING

A queasy feeling in the abdominal area which may induce one to throw up

CAUSES

FOOD POISONING

Food poisoning is caused by eating food contaminated by bacteria, viruses, parasites or toxic chemicals. Common culprits are *Salmonella*, *E.coli*, or *Listeria*. If the nausea or vomiting is severe, medical help must be sought.

Symptoms:

- Nausea, vomiting, diarrhea
- Stomach cramps which come and go
- Fever and weakness

DO:

- Add a teaspoon of powdered ginger (*salabat*) to half a glass of warm water and take one or two sips every few minutes.
- To prevent dehydration, drink plenty of water but avoid alcohol, coffee, tea, milk or sodas.
- If symptoms persist for more than three days, medical help should be sought.
- Follow proper safety procedures for handling and preparing food.

DON'T:

- Don't eat solid foods. Also avoid extremely spicy, salty, or sugary food. A bland noodle soup is best, especially when the symptoms start to clear up.
- Don't drink alcohol, coffee, tea, milk or soda.



NAUSEA OR VOMITING

A queasy feeling in the abdominal area which may induce one to throw up

CAUSES

GASTROENTERITIS

See page 15.

OTHER CAUSES

Nausea and vomiting may also appear when one has bowel obstruction, brain tumor, gall bladder disorder, gastritis, excessive alcohol use, glaucoma, head trauma, hepatitis, kidney failure, migraine, motion sickness, peptic ulcer disease or if one is pregnant.

NECK PAIN OR STIFFNESS

Pain or stiffness in the neck

ARTHRITIS

See page 124.

MENINGITIS

Meningitis is a delicate nervous system condition requiring immediate medical attention. It involves the inflammation of the membranes surrounding the brain and spinal cord which may be caused by viruses, bacteria or fungus. The number of patients who have died due to meningitis is quite high and should therefore be treated as an emergency case when suspected.

Symptoms:

- Early symptoms include neck and back muscle stiffness that inhibit motion
- Severe headaches and high fever
- In an advanced stage, person may experience delirium, convulsions and photophobia (an abnormal negative reaction to light). These may eventually lead a person into a coma.

DO:

- Seek emergency help at once. Meningitis is a serious condition.

DON'T:

- Don't ignore symptoms. Meningitis is life-threatening.