



# PROSTATE CONDITIONS

Inflammation, enlargement or cancer of the prostate gland

## PROSTATE CANCER

The exact causes of Prostate Cancer are unknown although male hormones and heredity seem to factor in. In advanced stages, removal and radiation therapy are employed.

### Symptoms:

- In the beginning no easily detectible symptoms are exhibited.
- As the tumor grows, symptoms resembling those of BPH begin to manifest themselves.
- Prostate cancer that has spread or metastasized usually exhibits the following: fatigue, back pain, pain in the ribs, hips, shoulders and other bones

### DO:

- Schedule regular prostate exams.
- Eat a low-fat diet rich in vegetables.
- Seek professional medical help.

### DON'T:

- Don't neglect to inform the doctor of any symptoms.

# SINUSITIS OR HAY FEVER

Inflammation of the sinuses

## SINUSITIS

Sinusitis, which causes the sinuses to be blocked, can be caused by either a cold or flu and can be acute or chronic. Also, airborne irritants such as dust, chemicals, smoke and fumes have been found to cause this condition. Smoking also poses a threat, as well as abnormalities such as nasal polyps, unusually narrow openings, and a deviated septum.

### Symptoms:

- Inflamed mucous membranes
- Headaches
- Pressure on the bridge of the nose, cheeks, upper jaw or teeth, especially upon waking up
- Watery eyes
- Swollen eyelids
- Thick, yellowish-green nasal discharge
- Low grade fever and chills
- Loss of sense of smell and taste
- A nasal or scratchy voice quality
- Bad breath in some cases

### DO:

- Wash hands frequently to avoid the risk of introducing irritants into the body.
- Take oral or nasal decongestants as directed by a physician.
- Use a saline spray or cool-mist vaporizer or humidifier to soothe nasal passages.
- Take pain relievers.
- Apply ice packs or heating pads to relieve pain and headaches.
- Take antibiotics prescribed by your doctor.

### DON'T:

- Don't go near people with colds.
- As much as possible, do not touch doorknobs with your hands. Use your elbows instead.



# SINUSITIS OR HAY FEVER

Inflammation of the sinuses

## ALLERGIC RHINITIS OR HAY FEVER

Those sensitive to allergens such as dust, pollen, molds, mites, animal hair or skin shedding, medication and certain food may develop allergic rhinitis or hay fever.

### Symptoms:

- Sneezing
- Nasal congestion
- Itching
- Red, itchy and watery eyes
- Cough
- Headache
- A nagging tickle in the mouth or throat
- Clear and watery nasal discharge

### DO:

- Use air conditioners or air purification systems and change their filters regularly.
- Stay indoors during peak allergy seasons or in times of high pollen count.
- Keep pets clean and groomed.
- Wash hair at night.
- Change pillow cases and bed linens frequently.
- Take antihistamines.
- Get shots for protection against allergens.

### DON'T:

- Don't go near people with colds.
- Don't expose yourself to allergens.
- Don't do household chores that expose yourself to allergens such as dusting, mowing the lawn and gardening.
- Don't let pets into the bedroom.

# STROKE

The interruption of blood flow to the brain

The interruption of blood flow to the brain caused by either blockage in an artery or damage to a blood vessel does harm to cells because of the lack of oxygen. This condition may be fatal. A blood clot, plaque or other tissue obstructing the artery may cause the damage. This is called an *ischemic stroke*. In a *hemorrhagic stroke*, the blood vessel in the brain ruptures or bleeds until pressure or a blood clot stops it.

*TIA or transient ischemic condition* is also related and occurs when an artery is temporarily blocked. TIAs are sometimes called "mini-strokes". Risk factors include high blood pressure and heart disease, smoking, diabetes, sickle cell disease, high cholesterol, or family history. TIAs affect people 65 and older and are more common in men. For women, the risks are increased by oral contraceptives.

### Symptoms:

- Numbness or weakness in the face, arm or leg
- Confusion
- Speech difficulty
- Blurred, double or impaired vision
- Trouble walking, dizziness or loss of balance and coordination
- Sudden intense and inexplicable headache

### DO:

- Exercise regularly.
- Eat a balanced diet that is low in fat and cholesterol.
- Maintain healthy weight.
- Take medication exactly as directed.
- Seek the involvement of family and friends.

### DON'T:

- Don't smoke.