



# SWEATINESS

Excessive perspiration

## MENOPAUSE

See page 117.

## HYPERTHYROIDISM

See page 138.

## OTHER CAUSES

Other causes may be anxiety, hyperhidrosis or certain medications.

*Obesity, aside from being a problem in itself, may cause more health hazards such as heart disease, high blood pressure, back problems and other forms of cancer. Try to lose weight through a well-balanced diet and exercise.*



# THIRST (EXCESSIVE)

Very dry mouth, lips and skin

## CAUSES

### DEHYDRATION

Dehydration is the condition wherein the body loses a large amount of water. It may be a symptom of other conditions such as diabetes, exposure to severe heat or diarrhea. Typically, when a person feels thirsty, drinking fluids can quickly replenish the loss. However, when the water is not replenished for very long, it may develop into severe dehydration.

### Symptoms:

#### *Mild Dehydration*

- Thirst
- Dry lips and tongue

#### *Severe Dehydration*

- Remarkably decreased urine that may be very yellow and thus, highly concentrated
- Faster and shallow breathing
- Noticeably drier skin
- Low blood pressure, faster heart rate
- Eventual loss of consciousness

### DO:

- Drink plenty of water.
- Suck on ice chips to moderate the amount of water taken in and to not shock the body system.
- Hydrate before, during and after exercise.
- If severe dehydration is suspected, rush to the nearest hospital as treatment is imperative.
- For dehydration in infants or children caused by diarrhea, seek emergency help immediately.

### DON'T:

- Do not drink alcoholic or caffeine beverages as these may only aggravate the problem.