



## VAGINAL BLEEDING

Bleeding between menstrual periods, during pregnancy or after menopause

### ECTOPIC PREGNANCY

Ectopic pregnancy is a type of pregnancy wherein the fetus develops outside the uterus and often within the fallopian tubes. Regular check-ups with the doctor is important so that this kind of pregnancy is prevented from developing further. An ectopic pregnancy will eventually rupture the fallopian tube and cause severe internal bleeding. When diagnosed early, the fetus will have to be removed.

#### Symptoms:

- Sharp pain in the abdomen or pelvis which may be intermittent or constant
- Irregular vaginal bleeding often after a skipped period
- Abdominal tenderness
- Dizziness or fainting

#### DO:

- Seek emergency help.

#### DON'T:

- Don't be afraid to discuss symptoms with a doctor.

### OTHER CAUSES

Other causes may include cervical polyps, cervicitis or dysfunctional uterine bleeding.



## VAGINAL ITCH OR DISCHARGE

Vaginal itching; excessive, yellowish or greenish foul-smelling discharge

### CAUSES

#### YEAST INFECTION

Yeast infection is caused by the fungus *Candida albicans* and is extremely uncomfortable though not a very serious condition. It is triggered by a pH imbalance in the vaginal area which then causes yeast, a fungus normally present in that area, to reproduce rapidly. Certain medications, pregnancy, a weakened immune system, poor nutrition, stress, or illness may cause the pH level in the vagina to become imbalanced. It is a common problem for women and often recurs throughout a woman's lifetime.

#### Symptoms:

- Abnormally large quantity of white, yellow or green discharge with a foul odor
- Vaginal itch, burning sensation
- Pain when passing urine or during intercourse

#### DO:

- Avoid foods that are high in carbohydrates and yeast such as alcoholic beverages, cheese, dried fruits, melons, peanuts, potatoes, corn and yams. Try to eat more green, leafy vegetables, fish and poultry.
- Wear loose, cotton-made underpants and jeans.
- When suffering from yeast infection, separate underwear and wash in very hot water
- Women who engage in sexual activity must ensure that their partner is also treated for fungal infections.
- Maintain proper hygiene especially in during menstrual periods.

#### DON'T:

- Don't stay too long in a wet bathing suit . Shower immediately and dry thoroughly.
- Don't use public tubs.



# VAGINAL ITCH OR DISCHARGE

Vaginal itching; excessive, yellowish or greenish foul-smelling discharge

## CAUSES

### TRICHOMONIASIS

Trichomoniasis is an infection of the genital and urinary tract that is due to the unicellular microorganism *protozoa*, and is commonly passed through sexual contact. Since the discharge here is often foul-smelling, this condition can be very unpleasant. It often occurs simultaneously with other sexually transmitted diseases, especially gonorrhea.

#### Symptoms:

- Greenish or foul-smelling discharge

#### DO:

- Avoid foods that are high in carbohydrates and yeast such as alcoholic beverages, cheese, dried fruits, melons, peanuts, potatoes, corn and yams. Try to eat more green, leafy vegetables, fish and poultry.
- Wear loose, cotton-made underpants and jeans.
- When suffering from yeast infection, separate underwear and wash in very hot water
- Women who engage in sexual activity must ensure that their partner is also treated for fungal infections.
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### OTHER CAUSES

Other causes may include atrophic vaginitis, a forgotten tampon or diaphragm, or sexually transmitted diseases.

# VISION PROBLEM

Deteriorating ability to see; blurry or double vision; seeing flashing lights or floating spots

### AGING

Vision loss usually accompanies the aging process. This problem affects those who are 50 years or older. Corrective glasses may be needed.

### CATARACTS

See page 128.

### DRY MACULAR DEGENERATION

Macular degeneration occurs when the *macula*, a small part of the retina in charge of the most acute and detailed vision necessary for reading, recognizing faces, needlework, etc., is physically disturbed. The more common type of macular degeneration is dry (rather than wet) wherein the macular tissues thin out and experience disturbed pigmentation. This disease is common in elderly people. It cannot be treated completely and the cause is unknown.

#### Symptoms:

- Blurred vision that progresses to a blurred spot in the center of one's eyesight

Proper eye care helps prevent eye strain and other types of eye irritation.