



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.





JAUNDICE

Yellowing of the whites of the eyes and skin

CAUSES

HEPATITIS

Hepatitis is an inflammation of the liver. There are a number of hepatitis viruses that cause this inflammation, the most common of which are Hepatitis A, B, and C. One of the symptoms of this condition is jaundice and help must be sought as soon as symptoms are manifested.

Symptoms:

- Yellowing of the whites of the eyes and skin
- Fever
- Pain and aching in the joints
- Nausea, vomiting
- Feeling weak and tired
- Flu-like symptoms
- Loss of appetite

DO:

- Consult a doctor as soon as symptoms are noted.

DON'T:

- Don't delay seeking medical attention.

JAW PAIN

Tenderness or pain in the jaw and in front of the ears

DISLOCATION OR FRACTURE

Trauma or a hard blow to the face may fracture or dislocate the bones in the jaw. This results in pain in the jaw area, as well as difficulty in speaking and eating. Emergency help must be sought to treat this kind of injury.

Symptoms:

- Pain, stiffness or tenderness in the jaw area
- Jaw bone may feel broken or out of alignment

DO:

- Refrain from opening the mouth too widely.
- Seek help immediately.

HEART ATTACK

See page 9, 24.

