



HAIR LOSS

Hair strands that are falling out; receding of hairline; thinning of hair

RINGWORM

Ringworm is a fungal infection that may cause patches of hair to fall out. The infected area is a round spot on the scalp that is itchy and appears scaly and blistered.

Symptoms:

- Hair loss on infected area
- Itching, scaly, blistered scalp

DO:

- Use a wide-tooth comb instead of a brush when fixing the hair.
- Be gentle to your hair. Use a mild shampoo and conditioner to reduce tangles. Carefully dry your hair with a towel.
- Wear a waterproof cap when swimming to protect the hair from chlorine.
- Seek help in case anti-fungal medicine applied externally does not relieve the symptoms.

DON'T:

- Don't blow-dry your hair often. The excessive heat may contribute to the hair prematurely falling out.
- Don't scratch your scalp, as it might worsen the infection.



HAND PAIN

Pain or swelling in the hand

CAUSES

ARTHRITIS

See page 124.

INJURY

In a muscle sprain, the ligaments connecting the tissues to a joint are torn. This condition causes considerable pain. Sprains usually occur during strenuous physical activity (such as sports) or if a hard blow has injured the hand. A mild sprain can be treated at home.

Symptoms:

- Pain in the hand
- Swelling
- Redness
- Difficulty moving the hand

DO:

- Apply the PRICE remedy (Protect, Rest, Ice, Compress, Elevate).
- Try over-the-counter pain reliever such as ibuprofen and acetaminophen.

DON'T:

- Don't apply pressure to the hand or over-exert it if healing is not yet complete. This may worsen the sprain.

Over-exerting an injured or sprained hand if it has not yet completely healed may worsen the condition.



HAND PAIN

Pain or swelling in the hand

CAUSES

CARPAL TUNNEL SYNDROME (CTS)

Carpal Tunnel Syndrome is also called *repetitive motion injury*. Caused by performing the same task continually, it often affects computer programmers, writers, grocery store checkers, factory workers and office workers exposed to computer work all day. It also affects persons afflicted with other disorders such as arthritis, diabetes, and kidney problems that require regular hemodialysis.

Symptoms:

- Tingling sensation (like pins and needles) that may sometimes progress into numbness and pain in the wrist, thumb and fingers
- The wrist and hand may become swollen as an indication of CTS resulting to a weakened grip
- The pain in the wrist may appear at night.

DO:

- If there is mild pain and swelling, rest.
- For workers who do the same movements repeatedly every day, take a five-minute break for every hour of work to break the repetitiveness.
- Get a soothing massage.
- Good posture should be practised at all times.
- Vitamin supplements such as Vitamin B6 and B2 help prevent and treat CTS.
- Exercise and do muscle work-outs regularly.
- When pain becomes severe and unbearable, it is best to seek professional help.

DON'T:

- Don't stay in one position too long. Varying movements once in a while can help the muscles recover.

HEADACHE

Pain in the head

TENSION

In a tension headache, victims experience pressure on the top of the head, or the back of the neck. It may happen often, and is not necessarily coupled with other symptoms. No particular cause has been determined for these headaches, but they are associated with stress, lack of sleep and poor posture.

Symptoms:

- A dull pain on the top of the head, the back of the neck or the temples
- Sore neck

DO:

- Apply an ice pack to the affected area.
- Massage the head, shoulders and neck area to help relieve tension.
- Try over-the-counter pain relievers such as ibuprofen and acetaminophen.
- Try a hot or cold shower to relax you.

DON'T:

- Don't take coffee, tea or any other beverage with caffeine as this may worsen the headaches.
- Don't go out into bright sunlight without sunglasses to protect your eyes.

MIGRAINE

See page 132.

SINUSITIS

See page 136.

