



## 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.





# JAW PAIN

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

# JOINT PAIN

Stiffness or pain in the joints

## CAUSES

### TEMPOROMANDIBULAR DISORDERS (TMD)

The temporomandibular joint refers to the joint of the jaw, that may become swollen or strained due to overuse or trauma. Health conditions like arthritis may make incidences of TMD more likely to occur in some people. TMD is characterized by pain when chewing, speaking and moving the jaw.

#### Symptoms:

- Pain and clicking in the jaw when opening and closing the mouth
- In some cases, the inability to close the mouth.
- Pain in the jaw in the morning, upon waking up

#### DO:

- Refrain from opening the mouth too widely.
- Eat food that is easy to swallow and chew.
- Apply ice to the affected area if a hard blow is the cause of the pain.
- Seek help if the symptoms persist.

*A temporary case of jaw pain may be relieved by applying ice to the affected area. However, a fractured or dislocated jaw needs emergency medical treatment.*

### ARTHRITIS

See page 124.

### GOUT

A person suffering from gout may experience symptoms of an intensely painful arthritis. This metabolic disease brings on the inflammation of the joints, usually one joint at a time. Gout is caused by a build-up of uric acid in the blood, the crystals of which form in the joints and tissues, resulting in inflammation. The condition runs in families and is more common in men than women.

#### Symptoms:

- Intense pain in the joint, worsened by movement
- Redness, tenderness and swelling of the joint
- Fever, in some cases

#### DO:

- Apply an ice pack on the affected area. Remove the ice when the area begins to feel numb.
- Get some rest and try not to move the affected joints for a while.
- Drink lots of water and juice to lessen the risk of kidney stones.
- Try over-the-counter pain relievers like ibuprofen and acetaminophen.
- Review your diet and avoid an excess of purine-rich food like animal liver, wine, alcohol and sardines.
- Seek help if you suspect a gout attack.

#### DON'T:

- Don't engage in high-impact physical activity if your joints are still painful and swollen.