



# 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.
- Maintain proper hygiene especially 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.

### 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.



# VISION PROBLEM

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## GLAUCOMA

See page 128.

## RETINAL DETACHMENT

Retinal detachment occurs when the retina, the light-sensitive membrane that receives images and transmits them to the brain, moves away from the outer wall of the eyeball. If the problem is not treated within 24-72 hours, permanent damage can occur.

### Symptoms:

- Seeing “floaters” and bright flashes of light
- Peripheral or central vision loss

### DO:

- Seek medical help immediately to prevent permanent damage.

### DON'T:

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

## OTHER CAUSES

Other causes may include diabetes, eye strain, migraines, optic neuritis, temporal arteritis or wet macular degeneration.



# WART

Small, raised, usually painless, protrusions on the skin that are of the same color as the surrounding skin or slightly darker

## CAUSES

Warts are caused by viral infections in the top layer of the skin. There are several common types of warts – *common wart*, *foot or plantar wart*, *flat wart*, *digitate wart* and *periungual wart*.

*The following are some types of warts:*

- *Common warts* typically appear on the hands and fingers, more common on broken skin such as where nails are bitten or the hangnails picked. The protrusions have small, black dots at the center.
- *Plantar or foot warts* normally appear on the soles of the feet and are normally pushed back into the skin because of the pressure of walking. Small black dots also appear on the center of the wart.
- *Periungual warts* are found around the fingernails and toenails.
- *Digitate warts* are small, finger-like projections usually found on the scalp.
- *Flat warts* tend to grow in large numbers and are clustered together. They are usually found on the beard area in men, and legs in women.
- *Genital and anal warts* are warts transmitted through sexual contact.

Many warts are painless and harmless but some can be bothersome and uncomfortable like foot warts which feel like pebbles in the shoe. Consultation and treatment by a dermatologist is recommended.