



WART

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

CAUSES

DO:

- Try using over-the-counter wart removers. They usually contain salicylic acid and may sting slightly when applied.
- Practise safe sex.

DON'T:

- Do not put salicylic acid on irritated warts, warts on the face or genitals. Consult a dermatologist for safe treatment.
- Do not bite or pick the wart as this will cause it to spread and multiply.
- Do not touch someone else's wart as the virus can infect anyone through direct contact.

For more information, see p. 109.

WEIGHT GAIN

Steady or sudden weight gain without having changed eating or exercising patterns

MEDICATION

Steroids or cortisone drugs (oral contraceptives, anti-depressants, etc.) are medication which may induce sudden weight gain. Seek medical advice whether to substitute non-steroidal medications.

EDEMA

Edema is the accumulation of fluid in the bodily tissues that may be caused by underlying diseases such as congestive heart failure or kidney disease. When accompanied by other symptoms, it can be life-threatening and a doctor should be consulted.

Symptoms:

- Weight gain
- Swollen ankles, legs or abdomen
- Infrequent urination or more frequent during the night

DO:

- Seek medical help. This condition is dangerous if left untreated.

DON'T:

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



Sudden changes in weight are usually symptoms of an illness. It is thus important to regularly monitor your weight.