



WEIGHT LOSS

Sudden or unexplained weight loss

CAUSES

CHRONIC INFECTION

Chronic infections may cause weight loss in some people. When accompanied by other symptoms, consult a doctor for a diagnosis.

Symptoms:

- Weight loss
- Night sweats
- Recurring fever
- Bloody cough
- Sick, weak feeling

DO:

- Consult a doctor for a diagnosis.

DON'T:

- Don't ignore symptoms and weight loss. They could point to a more serious health condition.

OTHER CAUSES

Other causes may include inflammatory disorders, malignancies, metabolic disorders, nutrient malabsorption or thyroid conditions.

WOUND (PUNCTURE)

Wound caused by a sharp or pointed object

Puncture wounds, whether large or small, have the risk of being infected. A medical practitioner may prescribe antibiotics immediately if the wound is considerable and is in an area that can be easily infected. *Tetanus*, an infection which causes muscular spasm of voluntary muscles such as those in the jaw, can be avoided by booster shots injected every five years.

Symptoms:

- A deep or shallow wound from a sharp or pointed object
- Bleeding

DO:

- If the object is small and still inside the wound, remove with a pair of alcohol-sterilized tweezers being careful not to damage the tissue further. Clean the wound thoroughly with warm water and soap. Leave uncovered and keep dry. If the affected area is in a place where dirt can easily accumulate, cover with gauze and change two to three times a day.
- If the object is large and remains in the wound, seek emergency help.
- If blood is spurting from the wound or oozing out uncontrollably, seek emergency help.

DON'T:

- Don't let dirt settle in.

Use alcohol-sterilized tweezers to remove foreign objects that are inside the wound.

