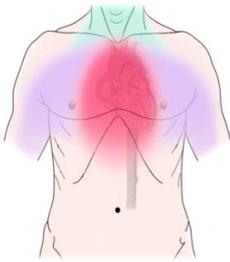
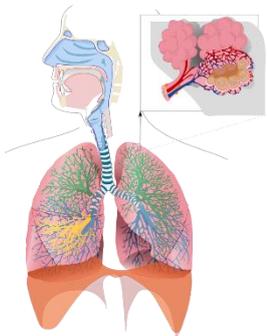


SYMPTOMS NOT TO IGNORE: IN MOST CASES THEY WON'T BE SERIOUS BUT BEST TO BE SAFE.

We know its tempting to feel “I shouldn’t bother you with this doctor when there are these people sick with the Covid-19 virus” but there are some symptoms you should report straight away:



Chest pain: Extreme discomfort that feels like squeezing, pressure or tightness. May be accompanied by pain radiating down an arm, nausea, vomiting, sweating (usually a cold/clammy sweat) or difficulty breathing. **What it might mean:** A heart attack. Other possibilities include gastrointestinal reflux disease or GORD (sometimes called acid reflux), which happens when stomach contents flow back up into the esophagus. GORD isn't life-threatening, but it can become a chronic condition.



Sudden shortness of breath: A sudden feeling that you're breathing faster than usual, without obvious explanation, and without good effect. Worsens when you lie flat or exert yourself. Wheezing or gasping. **What it might mean:** A blood clot or embolism has lodged in the lungs or chronic obstructive pulmonary disease, both very serious. Other possibilities include asthma, bronchitis, pneumonia and extreme emotional distress or anxiety.

Stroke Awareness - Act FAST

- Face** Does one side of the face droop?
Ask the person to smile.
- Arms** Is one arm weak or numb?
Ask the person to raise both arms - one arm drift downward?
- Speech** Is speech slurred?
Ask the person to repeat a simple sentence - repeated correctly?
- Time** Any of these symptom
Call AMBULANCE Immediately! www.dwarkaparichay.com

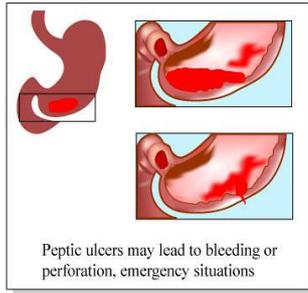


Sudden intense headache: This is head pain unlike anything you've felt before, peaking in seconds or minutes. **What it might mean:** An aneurysm or burst blood vessel in the brain. Immediate medical attention is required. Other possibilities include meningitis or shingles.

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Unexplained weight loss: Losing more than 5 percent of your body weight without trying in less than six months. **What it might mean:** Cancer. severe, unwanted weight loss is a common feature of many types of cancer. Other possibilities include disorders such as diabetes, overactive thyroid or clinical depression.



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polyps or fibroids.

Unusual bleeding: For example, rectal bleeding or black or tarry stools. Or bloody vomit. **What it might mean:** Ulcers and colon cancer can cause rectal bleeding; stomach, lung and esophageal cancers can trigger bloody vomit. Other possibilities include hemorrhoids. Coughing up blood may be linked to bronchitis, pneumonia or tuberculosis. Blood in urine can be the result of bladder or kidney infections. Postmenopausal (after the menopause) vaginal bleeding may be due to the growth of

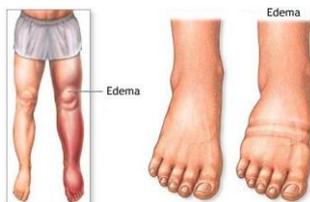


High or persistent fever: Anything 38.5 degrees Fahrenheit or higher warrants an immediate trip to the doctor, without exception. A low-grade fever 37.5 – 38 for several weeks with no obvious cause should also be checked out. **What it might be:** Fever is part of your body's infection-fighting defences, but an extremely high fever may signal severe illness, from a urinary tract infection and pneumonia to endocarditis (inflammation of the heart lining) and meningitis. More rarely a persistent low-grade fever could be a sign of a sinus infection or of some cancers, such as lymphoma and leukaemia. Other possibilities include a viral infection, which depending upon the bug and general health of the person might require hospitalization.



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Sudden confusion: Or inexplicable changes in personality, aggression or an inability to concentrate. **What it might be:** Worst case scenario – a brain tumor or bleeding in the brain. Stroke is another possibility, especially if confusion is combined with numbness or weakness in the face, hands or legs and slurred speech. If so, immediate medical attention is essential to reduce the chance of irreversible brain damage. Other possibilities include reactions to new medicines or interactions between medicines, alcohol or infection. Abnormal blood pressure, low blood sugar and dehydration may also be causes.



Swelling in the legs: Persistent, accumulated fluid (edema) in the extremities. **What it might be:** Swollen legs are a symptom of many conditions many of them not a cause for concern, but can sometimes indicate heart failure. The heart just isn't circulating blood through the body properly, causing some blood and other fluids to back up in the limbs. Other possibilities include vein problems and hypothyroidism (not enough of the thyroid hormone).



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Sudden or severe abdominal pain: Centralized around the tummy button. Sharp and unexpected. **What it might be:** Rare but worrying an aortic aneurysm or rupture, which is a bulge in the aorta, the largest artery in the body. Alternatively, it could be a perforation of the viscus (stomach, intestine or other hollow organ), usually due to an ulcer. Or a problem with blood flow slowing or being stopped to the intestines, causing oxygen starvation in affected tissues (ischaemia). Other possibilities include gallstones, diverticulitis (inflammation in the large intestine), irritable bowel syndrome or

appendicitis.

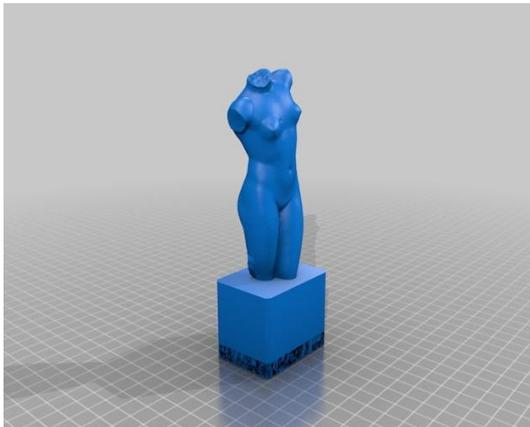


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Flashes of light: Bright spots, flashes or other visual disturbances. **What it might be:** A detached retina, which means immediate medical care is needed to prevent permanent vision loss. Lights can also signal the coming or arrival of a migraine.



Back pain: Many people experience back pain from time to time but if you have never experienced back pain before or this pain feels different to your “usual” back pain – speak to your GP as it could be a sign of a more serious problem – cancer, especially breast, prostate or blood cancers.



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Breast lump : a breast lump which is new should always be examined. The risks of breast cancer are higher with age but all lumps should be checked.

Largely adapted from material on the UC San Diego website March 2020.