



SWALLOWING DIFFICULTY

Pain or discomfort when attempting to swallow; difficulty in swallowing any sort of food

CAUSES

INFECTION

Sometimes, difficulty in swallowing that is linked to other symptoms may indicate a viral or bacterial infection in a person's upper respiratory tract.

Symptoms:

- Sore throat
- Fever
- Headache
- Fatigue
- Loss of appetite
- Difficulty in swallowing

DO:

- Take throat lozenges to help soothe the upper respiratory tract.
- Consult a physician as antibiotics may be in order.

DON'T:

- Don't smoke.

OTHER CAUSES

Dry throat or a foreign object (such as a fish bone) lodged in one's throat may cause discomfort or pain in swallowing. Drink plenty of water to alleviate dry throat.

SWEATINESS

Excessive perspiration

OBESITY

Obesity is a problem that is not only physical but also sometimes emotional and mental. Eating a high-calorie diet that is more than what the body consumes can induce a person to become overweight, a condition which may eventually lead to obesity. The person may also indulge in very little physical activity and have a low metabolic rate.

Obesity, aside from being a problem in itself (lethargy, sleepiness, shortness of breath, ridicule from society) can also give rise to certain complications such as heart disease, high blood pressure, high blood cholesterol, back problems, and some forms of cancer.

Symptoms:

- Body weight that is at least 20% in excess of the normal body weight for one's height, age, sex and build
- Waist measurement greater than 40 in men and 35 in women
- Shortness of breath
- Sweatiness

DO:

- Dress comfortably in light clothes that are preferably made of cotton which absorb sweat and allow the skin to breathe.
- Use a deodorant stick or roll-on that contains anti-perspirant ingredients for the underarms.
- Try to lose weight through a well-balanced diet and regular exercise.

DON'T:

- Don't eat food high in sugar, fat and cholesterol.



SWEATINESS

Excessive perspiration

MENOPAUSE

See page 117.

HYPERTHYROIDISM

See page 138.

OTHER CAUSES

Other causes may be anxiety, hyperhidrosis or certain medications.

Obesity, aside from being a problem in itself, may cause more health hazards such as heart disease, high blood pressure, back problems and other forms of cancer. Try to lose weight through a well-balanced diet and exercise.



THIRST (EXCESSIVE)

Very dry mouth, lips and skin

CAUSES

DEHYDRATION

Dehydration is the condition wherein the body loses a large amount of water. It may be a symptom of other conditions such as diabetes, exposure to severe heat or diarrhea. Typically, when a person feels thirsty, drinking fluids can quickly replenish the loss. However, when the water is not replenished for very long, it may develop into severe dehydration.

Symptoms:

Mild Dehydration

- Thirst
- Dry lips and tongue

Severe Dehydration

- Remarkably decreased urine that may be very yellow and thus, highly concentrated
- Faster and shallow breathing
- Noticeably drier skin
- Low blood pressure, faster heart rate
- Eventual loss of consciousness

DO:

- Drink plenty of water.
- Suck on ice chips to moderate the amount of water taken in and to not shock the body system.
- Hydrate before, during and after exercise.
- If severe dehydration is suspected, rush to the nearest hospital as treatment is imperative.
- For dehydration in infants or children caused by diarrhea, seek emergency help immediately.

DON'T:

- Do not drink alcoholic or caffeine beverages as these may only aggravate the problem.