

OBJECTIVE

There are medical symptoms that must **never** be ignored. We will **discuss** 34 of them.

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THIRTY-FOUR SYMPTOMS NEVER TO IGNORE

“Indecision and delay are the
parents of failure”

George Canning

(1770-1827)

ANOTHER QUOTE

- “Then indecision brings its own delays,
And days are lost lamenting o'er lost days.
Are you in earnest? Seize this very
minute;
What you can do, or dream you can, begin
it;
Boldness has genius, power and magic in
it.”

Johann Wolfgang von Goethe

A FEW MORE

“Delays breed dangers” John Lyly Poet

“Delays have dangerous ends” Shakespeare Playright

“The prescription comes too late when the disease has gained strength by long delays” Ovid Poet

“Procrastination is the thief of time” Edward Young Poet

“Indecision is debilitating; it feeds upon itself; It is, as one might say, habit forming; Not only that, but it is contagious: it transmits itself to others” A.H. Hopf Algebraist

Let's start with symptoms
(in alphabetical order)

BLOOD IN THE URINE

- Defined as greater than 4rbc/hpf
- Causes are age dependent

Children and young adults: Glomerular
Adults > age 40: fewer than 5% due to
glomerular disease. Cancers account
for 15-20% (2/3 are bladder)

Clear....tea colored....bright red

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BLOOD IN THE URINE

Causes:

- **Stone** (with or without pain)
- **Infection**
(Bacterial, Tuberculosis
Fungal)
- **Trauma**
- **Tumor**
(Benign or malignant)

BREAST CHANGES

The sudden appearance of a lump, skin changes, or nipple changes must be investigated to rule out cancer. This applies to men as well as women. *

BREAST CHANGES

- A spontaneous clear or bloody discharge from one nipple with or without an associated breast lump
- A sudden retraction or indentation of one nipple
- A change in the size or shape of one breast
- Indentation or flattening or retraction of the skin of the breast *

BREAST CHANGES

- Persistent nipple rash
- Localized breast redness
- Pitting of the skin of the breast, so its appearance looks like the skin of an orange
- *Any one or combination of the above mandates a physician evaluation and diagnostic studies to rule out breast cancer.*

BROKEN BONE AFTER SLIGHT FALL

The diagnosis is osteoporosis until proven otherwise. This treacherous condition progresses without symptoms, and the first evidence of the diagnosis is the fracture.

If the screening test proves osteoporosis, treatment is imperative to reverse the process of slow bone loss and prevent future fractures; they can cause disability, deformity and even death.

CHANGE IN BOWEL HABITS

- The development of loose bowel movements or diarrhea that persists for six weeks must be investigated. There are 2,122 causes for diarrhea.
- There are 694 causes of constipation.
- In both instances Cancer must be ruled out.
- But:

It's important to remember that a tumor can grow for years before causing any symptoms. In addition, these symptoms are very poor predictors. The best way to prevent colon cancer is to keep to a healthy life style and get regular screenings starting at age 50.

CHEST DISCOMFORT

- If you have chest discomfort while walking or running or lifting, you must be evaluated for coronary artery blockage.
- If you have a similar discomfort in the calves of your legs or buttocks area, especially when walking uphill, you must be evaluated for leg artery blockage.

CHEST PAIN

Especially if:

- Pain sudden in onset
- Occurs with exertion
- Located in the center of the chest
- Pressure
- Radiates

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CHEST PAIN

- Nausea
- Shortness of breath
- Fatigue
- Light-headedness
- Fainting

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CHEST PAIN

- Any one, or combination of these symptoms suggests a heart attack

MYOCARDIAL INFARCTION

CHEST PAIN ON INSPIRATION

- If breathing in causes a stabbing chest pain, you may have pleurisy.
- Anatomy
- Fluid *

CHEST PAIN ON INSPIRATION

The causes include:

- Viral or bacterial infection of the lower respiratory system
- Pneumothorax
- Trauma such as a fractured rib
- Tuberculosis *

CHEST PAIN ON INSPIRATION

- Pulmonary embolism
- Rheumatoid arthritis
- Lupus Erythematosus
- Pancreatitis
- Benign or malignant tumor impinging on the pleura

Sudden relief? watch out!

CONVULSION

A sudden convulsion in a previously healthy person must be investigated. There are numerous causes:

- Alcohol use
- Brain tumor (benign or malignant)
- Brain vascular malformation
- Brain trauma
- Choking

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CONVULSION

- Drug abuse
- Electric shock or lightning strike
- Fever
- Heart disease
- Heat stroke
- Hypertension (severe)
- Low blood sugar

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CONVULSION

- Meningitis or encephalitis
- Poisons
- Toxemia of pregnancy
- Uremia (kidney failure)
- Insect or snake bites
- Drug withdrawal.

COUGHING UP BLOOD

Can be due to:

- Infection

 - Bacterial (including tuberculosis)

 - Viral

 - Fungal

- Cancer must be considered even if you are a non-smoker

FLASHING LIGHTS

- You can experience an occasional flashing light as you age. This is caused when the clear, jelly-like substance (vitreous) in the interior of the eye shrinks and tugs on the retina. The lights can appear off and on for weeks or months, but when they increase and become persistent it indicates a retinal tear necessitating a quick ophthalmic consultation to prevent the visual defect that can occur.

FULL AFTER EATING

- If you notice that you feel full after eating only a small meal, and especially if it is associated with nausea and vomiting, the possibility of stomach, pancreatic, or ovarian cancer must be ruled out.

HOARSENESS LASTING MORE THAN SIX WEEKS

- This demands a look at your vocal cords to rule out benign polyps or, more importantly, laryngeal cancer. Other causes can include:
- Chronic exposure to irritants (smoke-chemicals)
- Myxedema (advanced underactivity of the thyroid gland—hypothyroidism)
- Neuromuscular disorders effecting the laryngeal nerve.

HOT, RED, SWOLLEN JOINT

- The first concern would be to eliminate the possibility of a septic joint, a bacterial infectious process that can be very destructive unless treated promptly. *

HOT, RED, SWOLLEN JOINT

- Other causes, after eliminating trauma, are:
- Tenosynovitis (inflammation of the tendon or joint covering)
- Bursitis
- Repetitive strain injury
- Gout
- Rheumatoid arthritis
- Many different types of connective tissue diseases (autoimmune disorders)

IMPOTENCE

- Years ago, erectile dysfunction was thought to have primarily psychological causes. Now it has been determined that it stems from poor blood flow to the penis, and this may herald the future development of coronary artery disease or diabetes mellitus. The penile arteries are small and they may block up earlier than the coronary or cerebral arteries. More than half of men aged forty to seventy have a problem with erectile dysfunction. And if they do, it could mean that they are at risk for other vascular disease—and may not realize it.

MENTAL STATUS CHANGE

- This is a broad definition that encompasses unclear thinking, disorientation, confusion and forgetfulness. It may be slow in coming or rapid in onset and be associated with aggressiveness.

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MENTAL STATUS CHANGE

Mental status changes demands immediate investigation. Causes:

- Brain tumor
- Head injury
- Low blood sugar
- Alcohol or drug intoxication
- Nutritional deficiencies
- Fluid and electrolyte imbalances

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MENTAL STATUS CHANGE

- High fever
- Medication reactions
- Infectious processes
- Dementia
- Sleep deprivation
- Seizures and post seizure state
- Any illness in the elderly

MOLE CHANGE

- Increase in size
- Change in shape
- Irregular appearance, especially at the edges
- Itchy
- Painful.
- Color change (darker or mottled)
- Bleeding
- Pigmented satellite lesions

MOUTH ULCER THAT HASN'T HEALED IN THREE WEEKS

- Mouth ulcers are common (canker sores) and should heal completely by, the most, three weeks. If they last longer than that, a consultation is mandatory to rule out oral cancer.

NAIL CHANGES

- The finger and toe nails are a mirror to 249 illnesses. So, I'll be brief here: If you notice any finger nail changes, get them evaluated.

NEW HEADACHE

- If you suddenly develop a headache, “Like I never had,” an investigation is warranted with or without the following symptoms: “getting worse,” fever, vomiting, aggravated by coughing, bending, lifting, or headache immediately after awakening. *

NEW HEADACHE

The causes can be serious and include:

- Brain tumor
- Meningitis
- Cerebral hemorrhage
- Glaucoma
- Migraine
- Temporal arteritis

NIGHT SWEATS

- Night sweats are defined as sweating while asleep, enough to drench your pajamas and the bed-sheets, and not associated with the temperature of the room.

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NIGHT SWEATS

The causes are numerous and must be sorted out:

- Menopause
- Infections of any type involving any part of the body
- Cancer—especially lymphoma
- Idiopathic hyperhidrosis (excessive sweating of unknown cause)
- Low blood sugar
- Hormone disorders
- Some unusual neurologic conditions
- Medications (antidepressants, niacin, tamoxifen, viagra, cortisone)

PALPITATIONS

- A rapid fluttering or pounding of the heart and extra isolated heart beats may be harmless. The causes include:
 - Anxiety or stress
 - Caffeine
 - Nicotine
 - Fever
 - Hormonal changes such as can occur with menstruation, pregnancy and menopause
 - Pseudoephedrine...an ingredient in cold or allergy medications.

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PALPITATIONS

- But:
- If you have a history of heart problems, and/or if the palpitations are associated with emotional distress, dizziness, light headedness, shortness of breath, chest discomfort or pain, or fainting, see a physician immediately as the possibility of coronary artery blockage, or other heart or valvular problems must be considered.

PERSISTENT FEVER

A temperature greater than 100.4 lasting more than a week, or a temperature greater than 103 with shaking chills demands investigation.

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PERSISTENT FEVER

The causes include:

- Any bacterial or viral infection
- Allergic reactions
- Cancer, especially lymphoma
- Autoimmune diseases *

PERSISTENT FEVER

- Excessive sun exposure
- Certain drugs
- Hormonal imbalances
- Damage to the hypothalamus (temperature regulating portion of the brain) due to stroke or brain tumor

RECTAL BLEEDING

Rectal bleeding shows up in two forms: bright red blood from the lower gastrointestinal tract; black stools from upper gastrointestinal bleeding. They are both potentially serious and demand immediate investigation.

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RECTAL BLEEDING

The causes include:

- Rectal or anal conditions such as hemorrhoids (dilated anal veins that can bleed).
- Anal fissures and infections
- Inflammations of the lower bowel (ulcerative colitis)
- Colorectal polyps
- Colorectal cancer

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RECTAL BLEEDING

- Diverticular disease of the colon (pockets in the colon wall)
- Angiodysplasia (changes in colon blood vessels as one ages)
- Upper gastrointestinal disease (ulcer, diverticula, cancer)
- Medications (anticoagulants, aspirin)

SHORTNESS OF BREATH WHEN LYING FLAT

- If you are awakened at night because you are gasping for breath (orthopnea), it could mean that the left ventricle of your heart (the main pumping chamber of blood to your body) is unable to effectively pump the blood arriving from your lungs. This will create a back pressure on your lungs where fluid will accumulate. The cause is left ventricular heart failure and demands an immediate investigation. Sleep apnea is another condition where one can awaken short of breath, but this is due, in most instances, to an obstruction to breathing in the back of your throat.

SHORT TERM VISUAL LOSS

- A sudden loss of vision to one eye lasting up to twenty-four hours demands immediate investigation to rule out a blocked cerebral artery. It usually means that a small plaque has broken off from the carotid artery and lodged in the retinal artery resulting in the transient, one-sided blindness. It could indicate that you are at risk for a major stroke.

SKIN RASH (PETECHIAL)

- Petechial rash occurs when blood oozes out of the capillaries into the skin leaving red spots less than three millimeters in diameter. If the spots are greater than three millimeters, it is called purpura. It suggests that the blood platelets have greatly decreased. There are eighty different causes for this phenomenon, many of them serious, and immediate investigation is mandatory.

STIFF NECK

- If you have developed a stiff neck, without evidence of any recent trauma, and the neck stiffness is very painful preventing an attempt to flex your chin on your chest, there is a concern about meningitis, an infection of the meninges, the covering or lining over your brain. *

STIFF NECK

If the stiffness is a result of the pain you get on flexion, it is important that you see a physician, especially if in the last few hours or days you have also experienced any one or more of the following:

- Fever
- Headache
- Trouble looking at bright lights
- Shared eating utensils with a sick person,
- Had physical contact with a sick person

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STIFF NECK

- Taken care of small children
- Have a chronic illness yourself
- Traveled to other parts of the world
- Live in a college dormitory
- A stiff, painful neck alone is enough for you to seek medical attention, but the urgency is more so with one or more of the above.

SWALLOWING DIFFICULTY

- There are two types of swallowing difficulty, so a distinction must be made between them:
 1. Difficulty swallowing liquids and solids alike may result from an esophageal motility problem.
 2. On the other hand, difficulty swallowing solids, which gradually worsens and then involves difficulty swallowing liquids as well, may be due to a mechanical obstruction. *

SWALLOWING DIFFICULTY

1. There are many neurological disorders that may cause dysphagia due to esophageal motility disorders.
2. The main causes of mechanical obstruction are esophageal scarring due to gastric reflux and esophageal cancer.

SWOLLEN GLAND LASTING MORE THAN A MONTH

- Swollen glands (lymph nodes) frequently enlarge as a response to a viral or bacterial infection, but this should resolve within a few weeks. If the gland enlargement persists beyond four weeks, the possibility of a lymph node cancer or a cancer spreading from a nearby site must be considered.

SWOLLEN TENDER CALF

- A swollen, tender calf, especially painful when the foot is flexed, may well be a deep thrombophlebitis (a clot in the deep vein in the calf). If the clot should break off it may travel to the heart, pass through it and lodge in the lung. If large enough, it can cause death. This is becoming an important problem as these leg clots can be precipitated by a long car or plane ride. So, if you're traveling a long distance in a car or airplane, get up and walk every few hours or exercise your legs often.

TESTICULAR LUMP

- Many testicular lumps are benign and non painful and many are painful, but the main concern is a malignancy, which is principally a disease of young men. *

TESTICULAR LUMP

The causes of a painful lump include:

- Injury
- Epididymitis
- Mumps orchitis (testicular inflammation)
- Other forms of orchitis
- Testicular torsion
- Testicular cancer
- Spermatocele (cystic collection of fluid and dead sperm cells)
- Varicocele (dilated veins) *

TESTICULAR LUMP

The causes of a non-painful lump include:

- Testicular cancer
- Hydrocele (fluid filled scrotum)
- Varicocele
- Spermatocele
- Loop of bowel from a hernia

The moral of this story is the same: any lump must be investigated.

VAGINAL BLEEDING

Any vaginal bleeding not related to normal menstruation is considered abnormal.

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Vaginal bleeding

The causes include:

- Cancer of the cervix or uterus or vagina or ovary
- Uterine fibroid tumors or polyps
- Infection of the cervix or uterus
- Endometrial hyperplasia
- Miscarriage
- Hypothyroidism
- Stopping birth control pills or hormone replacement therapy (withdrawal bleeding)

WAXY RING AROUND THE IRIS

- If, surrounding the iris in your eye, you see a circular white, grey arc or ring, see your doctor because this suggests an elevated cholesterol. This is especially true in younger people and may not be true in the elderly.

WEIGHT LOSS

- If you have had a five percent weight loss within a few weeks, or have lost ten percent of your weight over a period of six months, all without trying, you need to be evaluated.

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WEIGHT LOSS

There have been 1,414 causes listed. I'll shorten it:

- Cancer
- Diabetes Mellitus
- Digestive disorders: irritable bowel syndrome, Crohn's disease, colitis, malabsorption (inability to absorb nutrients).
- Hyperthyroidism
- Medications
- Mood changes
- Pancreatitis

Unexplained weight loss must be investigated.

HAVE YOU NOTICED?

- About two-thirds of all the SYMPTOMS
could
have been due to
CANCER

IT'S WORTH DISCUSSING

Rah-rah England

- In 1981, Oxford University scientists said:
30 to 35% of all cancers are caused by food
- Since 1995 161 Brits have died of Mad Cow disease (Creutzfeld-Jacob)
- Population ANGERED “Give us safe food”
- Government responded by developing
Food Standards Agency (FSA)
They lead the world with this agency
What have they done?

Food Standards Agency

- SALT 33 % REDUCTION
- BAD FATS LOWER SAT AND TRANS FATS
- FOOD ADDITIVES GET RID OF FOOD DYES AND THE PRESERVATIVE SODIUM BENZOATE

TO ELIMINATE ATTENTION DEFICIT HYPERACTIVITY DISORDER

- FOOD LABELS HIGH MEDIUM LOW

FOR FAT, SAT FAT, SODIUM, SUGAR

LATEST DATA

INCREASED RISK

CONVINCING PROBABLE SUGGESTIVE

- RED MEAT (suspicions about causing cancer since 1970's)

CONVINCING....COLORECTAL
CANCER

SUGGESTIVE....ENDOMETRIUM
PANCREAS
LUNG
ESOPHAGUS

?RED MEAT?

- In the 1970's researchers discovered that something in fried beef was MUTAGENIC
- First thoughts:
HERBICIDES IN CATTLE FEED
- Nope: Probable culprit is:
Heterocyclic amines which form
when meat is heated beyond 350

HCA'S

- Twenty discovered
- Created in meat, when cooked at high temperatures
- Causes colon, breast, and prostate tumors in rats.
- Therefore reasonably anticipated to be human carcinogens.

HCA's

- The higher the temperature and the drier the meat gets the more the HCA's
No smoking gun yet, but it pays to be cautious.

So:

PREVENT HCA'S

- Marinate prevents drying
- Microwave first 1 ½ to 2 minutes and throw out the Juices. This eliminates 90%
• Of HCA's
- Bake, roast, or stir fry (grill barbeque generate most heat)
- Flip frequently (flip once per minute =no HCA's)
- Skip the drippings

OH WELL

- **Myths, Distortions and Lies About Beef**

Yummy! He really looks delicious.

- This web site will prove that eating red meat and natural animal fats while restricting carbohydrates is not only healthy but will prevent and cure many diseases.

LATEST DATA

- PROCESSED MEAT

Meats that are salted, cured, smoked or preserved with nitrate are considered processed meats. This includes bacon, sausage, ham, hot dogs, salami, luncheon meat and other cured meats. They are usually high in fats and salt, which means they are not heart-friendly, either.

CONVINCING COLORECTALCANCER

SUGGESTIVE....PROSTATE

STOMACH

LUNG

ESOPHAGUS

LATEST DATA

- DIETS HIGH IN CALCIUM
PROBABLE....PROSTATE
- SALT
PROBABLE....STOMACH
- ALCOHOL
CONVINCING....BREAST PREMENOPAUSE
BREAST POSTMENOPAUSE
COLORECTAL
ESOPHAGUS
MOUTH THROAT LARYNX

SUGGESTIVE....LIVER

LATEST DATA

OBESITY (GENERALIZED)

CONVINCING....KIDNEY

ENDOMETRIUM

BREAST

(POSTMENOPAUSE)

COLORECTUM

PANCREAS

ESOPHAGUS

LATEST DATA

OBESITY (GENERALIZED)

PROBABLE....GALLBLADDER

SUGGESTIVE....LIVER

LATEST DATA

ABDOMINAL OBESITY

CONVINCING....COLORECTAL
CANCER

PROBABLE....ENDOMETRIUM
PANCREAS

BREAST

POSTMENOPAUSE

LATEST DATA

WEIGHT GAIN AFTER AGE 18

PROBABLE....BREAST

PREMENOPAUSE

PHYSICAL ACTIVITY....CONVINCING EVIDENCE THAT IT DECREASES THE INCIDENCE OF COLORECTAL CANCER AND PROBABLE EVIDENCE FOR DECREASING POSTMENOPAUSAL BREAST CANCER AND ENDOMETRIAL CANCER.

LACTATION....CONVINCING EVIDENCE THAT IT REDUCES RISK OF PRE AND POSTMENOPAUSAL BREAST CANCER AND SUGGESTIVE EVIDENCE THAT IT DECREASES RISK FOR OVARIAN CANCER.

IT ADDS UP TO

- In the new report, the WCRF and AICR estimate that in the U.S., eating a nutritious diet, being physically active, and keeping body fat under control may prevent:
 - **38% of breast cancers**
 - **45% of colorectal cancers**
 - **36% of lung cancers**
 - **39% of pancreatic cancers**
 - **47% of stomach cancers**
 - **69% of esophageal cancers**
 - **63% of cancers of the mouth, pharynx, or larynx**
 - **70% of endometrial cancers**
 - **24% of kidney cancers**
 - **21% of gallbladder cancers**
 - **15% of liver cancers**
 - **11% of prostate cancers**
- Diet, physical activity, and limited body fat could prevent 34% of those 12 cancers overall in the U.S., and 24% of all cancers, according to the report.

ADVICE FOR YOU

- Avoid weight gain and increases in waist circumference after age 21
- Be physically active
- Limit consumption of calorie dense foods
avoid sugary drinks
- Eat mostly plant origin foods...at least five daily servings of fruits and vegetables excluding starch vegetables like potatoes and sweet potatoes *

ADVICE FOR YOU

- Limit intake of red meat and avoid processed meat
- Booze..no more than 2/day for men 1/day for women
- Limit salt no more than 2400 mgm/day
- Dietary Supplements...not recommended for cancer prevention...meet nutritional needs through diet alone
- Breast feed up to six months and continue after they start eating food

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QUESTIONS

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