

healthreport

DON'T ignore sudden changes or pain in your body - you may be having serious medical symptoms!

We all know that severe chest pain can signal a heart attack, but here are some lesser known ways the body tells us when something may be dreadfully wrong.

Dr. Neil Shulman, associate professor of medicine at Emory University in Atlanta, Ga., tells GLOBE, "I worked in emergency rooms and was bothered that people waited a long time before checking out something that was important."

"There are symptoms that are more common and others that are more unusual but can be disastrous," says Shulman, who offers a few tips from his new book, *Your Body's Red Light Warning Signals: Medical Tips That May Save Your Life*, co-authored with Drs. Jack Birge and Joon Ahn.

1. Sudden leg pain. Pain or tenderness in the back of your lower leg, especially if it appears to be sudden and swelling, may signal a blood clot that could break off and travel to your lungs which could be life-threatening. This is called Deep Vein Thrombosis or DVT.



6 DEADLY SYMPTOMS YOU DARE NOT IGNORE

Simple checks can save your life

2. Sudden numbness, tingling or speech problems. If you suffer paralysis of your arms or legs and feel weakness or numbness especially on one side of the body, you may be having a stroke which needs immediate attention.

3. Blood in the urine. Blood even without pain can signal a serious problem. The most common causes are kidney stones or prostate infection but it can also be cancer.

4. Bleeding gums. According to Dr. Mehmet Oz, the national talk show host, this can be a sign of leukemia. People with leukemia bleed more readily than those with normal blood platelets. Other symptoms include fatigue, nosebleeds, fever and night sweats.

5. Striped hair. It could also be a lack of dietary protein and iron, say Joan Liebman-Smith and Jacqueline Nardi Egan, authors of *Body Signs: How to Be Your Own Diagnostic Detective*. The stripes may turn blond, gray or reddish. They may also be a sign of ulcerative colitis, a bowel disease that causes inflammation of the digestive tract or another condition like irritable bowel syndrome.

6. Seeing spots or floaters. Dr. Cary Silverman of Vision Care 20/20 in New Jersey says that if you see tiny spots or flecks or a flashing light in your vision, this can be a sign of a retinal tear or detachment in the eye.

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Update

GPS shoes to track Alzheimer's patients

+NEW shoes containing built-in GPS systems have been developed to help track down dementia-suffering seniors who wander off and get lost! Manufacturer GTX Corp has shipped 3,000 pairs of the high-tech footwear to Aetrex Worldwide after two years of development. The GPS-equipped clogs will sell for about \$382 a pair and people who purchase them will be able to set up a monitoring service to help locate missing seniors suffering from memory-robbing Alzheimer's disease.

Alcohol linked to heart attack survival

+WOMEN who drink have a 35 percent better chance of living for 10 years after a heart attack than teetotalers, reveals a stunning new study. Harvard Medical School researchers, who published their findings in the *American Journal of Cardiology*, found that only 18 percent of heavy drinkers - regardless of the type of alcohol - died in the decade after suffering a coronary, compared to 25 percent for light drinkers and a whopping 44 percent of non-drinkers.

Aspirin can slash bowel cancer risk

+A DAILY dose of aspirin cuts the chances of getting bowel cancer by more than 50 percent, scientists have shown. In a test by researchers at England's Newcastle University, only 10 volunteers with a family history of the disease who took 600mg of aspirin a day contracted bowel cancer compared to 23 who took a placebo. Even taking 75mg can slash the risk by a third, they write in a paper for *The Lancet* journal.