

Hospital Guide

Hospital Specialty and Symptom Guide

EMERGENCY (Call 108 or Go to ER)

This guide is for non-emergency appointment booking. You must seek immediate emergency medical care by calling **108** or going to the nearest **Emergency Room (ER)** if you experience any of the following:

- **Breathing:** Severe difficulty breathing, shortness of breath, or inability to speak in full sentences.
- **Chest:** Sudden or severe chest pain, pressure, tightness, or a squeezing sensation, especially if it radiates to your arm, jaw, or back.
- **Neurological:** Sudden weakness or numbness on one side of the body, facial drooping, sudden severe headache (often called "the worst headache of your life"), sudden confusion, difficulty speaking, or sudden loss of vision.
- **Bleeding:** Uncontrolled or heavy bleeding.
- **Trauma:** Major physical injuries, broken bones with bone visibly piercing the skin, or any significant head injury.
- **Consciousness:** Loss of consciousness (fainting) or seizures.
- **Fever:** A very high fever, especially when accompanied by a stiff neck, mental confusion, or severe vomiting.

General Physician

A General Physician is a specialist in internal medicine for adults and is the main point of contact for most non-surgical health issues. They are trained to diagnose and treat a wide range of conditions, manage chronic illnesses, and provide preventative care.

You should see a General Physician if you are an adult experiencing:

- **Common Illnesses:** Such as the flu (influenza), common cold, fever, sore throat, sinus infections, or cough.
- **Vague Symptoms:** If you feel "unwell," "sick," or "tired all the time" (fatigue) but are unsure of the cause.
- **Preventative Care:** For annual health checkups, routine

blood tests, and vaccinations.

- **Chronic Disease Management:** For ongoing management of conditions like **Type 2 Diabetes, high blood pressure (hypertension),** and **high cholesterol.**
- **Allergies:** For common seasonal allergies (hay fever) or mild allergic reactions.
- **General Pain:** For non-specific aches and pains.
- **Referrals:** A General Physician is the best person to see if you do not know what kind of specialist you need. They can provide a referral.

Pediatrics

A Pediatrician is a specialist in the health and medical care of **infants, children, and adolescents** (from birth up to age 18).

You should see a Pediatrician for any non-emergency health concern related to your child, including:

- **Routine Care:** Well-child checkups, growth and development tracking, and routine vaccinations or immunizations.
- **Common Childhood Illnesses:** Such as fevers, ear infections, coughs, colds, flu, and sore throats.
- **Skin Conditions:** Diaper rash, eczema in children, or common skin infections.
- **Digestive Issues:** Vomiting, diarrhea, or constipation in children.
- **Behavioral Concerns:** Questions about developmental milestones, behavior, or sleep.
- **Chronic Conditions:** Management of childhood conditions like **asthma** or **diabetes.**

Cardiology

A Cardiologist is a specialist who focuses on the heart and cardiovascular system.

You should see a Cardiologist for:

- **Chest Pain:** Pain, pressure, or tightness in the chest (angina).
- **Heart Rhythm Issues:** Sensations of your heart **fluttering,**

racing, or skipping beats (palpitations). This also includes an abnormally fast (tachycardia) or slow (bradycardia) heart rate.

- **Blood Pressure: High blood pressure (hypertension)** that is difficult to control.
- **Dizziness & Fainting:** Feeling lightheaded, dizzy, or experiencing fainting spells (syncope).
- **Breathing Issues: Shortness of breath** or swelling (edema) in your legs or ankles, which can be signs of heart failure.
- **Family History:** A strong family history of heart disease, heart attacks, or high cholesterol.

Dermatology

A Dermatologist is a specialist for conditions of the **skin, hair, and nails**.

You should see a Dermatologist for:

- **Acne:** Persistent or severe acne that does not respond to over-the-counter treatments.
- **Rashes & Itching:** Any new or persistent skin rash, redness, itching, or hives.
- **Chronic Skin Conditions:** Management of **eczema (atopic dermatitis)**, **psoriasis** (scaly patches), or **rosacea** (facial redness).
- **Moles & Skin Cancer:** Checking new, changing, or suspicious **moles**. Annual skin cancer screenings.
- **Infections:** Fungal infections (like athlete's foot or ringworm), warts, or bacterial skin infections.
- **Hair & Nails: Hair loss (alopecia)**, scalp issues like severe dandruff, or nail disorders (like fungal infections or ingrown toenails).

Endocrinology

An Endocrinologist is a specialist in glands and the hormones they produce. They treat hormone imbalances and metabolic disorders.

You should see an Endocrinologist for:

- **Diabetes:** Management of **Type 1 and Type 2 Diabetes**, including insulin management.

- **Thyroid Disorders:** Issues with an **overactive thyroid (hyperthyroidism)** or **underactive thyroid (hypothyroidism)**. This can cause symptoms like unexplained weight change, fatigue, anxiety, racing heart, or feeling cold.
- **Bone Disorders:** Conditions like **osteoporosis** (weak bones) or vitamin D deficiency.
- **Hormonal Imbalances:** Issues related to **menopause**, polycystic ovary syndrome (PCOS), or low testosterone.
- **Other Gland Issues:** Problems with pituitary, adrenal, or parathyroid glands.

Gastroenterology

A Gastroenterologist (or "GI doctor") is a specialist in the **digestive system**. This includes the esophagus, stomach, intestines, liver, and gallbladder.

You should see a Gastroenterologist for:

- **Abdominal Pain:** Persistent or severe pain in your stomach or abdomen.
- **Reflux:** Frequent or severe **heartburn** or **acid reflux (GERD)**.
- **Bowel Changes:** **Chronic constipation** or **chronic diarrhea**. This also includes blood in your stool or black, tarry stools.
- **Other Symptoms:** Persistent nausea, vomiting, bloating, gas, or **unexplained weight loss**.
- **Screening:** For a routine **colonoscopy** (recommended for adults 50+ to screen for colon cancer).
- **Liver & Gallbladder:** Issues like **jaundice** (yellowing of the skin and eyes), gallstones, or fatty liver disease.

Gynecology

A Gynecologist is a specialist in **female reproductive health**.

You should see a Gynecologist for:

- **Routine Care:** Annual preventative exams, including **Pap smears** and breast exams.
- **Menstrual Issues:** Irregular, heavy, painful, or absent periods.
- **Pelvic Pain:** Any chronic or acute pain in the pelvic or lower abdominal area.

- **Infections:** Symptoms of vaginal infections, such as unusual discharge, itching, or odor. This includes **urinary tract infections (UTIs)** in women.
- **Family Planning:** Consultation for birth control or contraception.
- **Other Concerns:** Conditions like **endometriosis, ovarian cysts, or menopause** symptoms.

Nephrology

A Nephrologist is a specialist in **kidney** function and diseases.

You should see a Nephrologist for:

- **Kidney Disease:** **Chronic kidney disease (CKD)** or **kidney failure**.
- **Abnormal Tests:** Abnormal kidney function tests (blood or urine tests) found by your general physician.
- **Blood in Urine:** Persistent **blood in your urine (hematuria)**.
- **Kidney Stones:** Frequent or recurrent **kidney stones** (though acute, painful stones may be seen by a Urologist).
- **Fluid Retention:** Swelling (edema) in the legs, ankles, or around the eyes that is related to kidney problems.
- **Dialysis:** Management of hemodialysis or peritoneal dialysis.

Neurology

A Neurologist is a specialist in the **nervous system**, which includes the brain, spinal cord, and nerves.

You should see a Neurologist for:

- **Headaches:** Frequent, severe, or debilitating **headaches** or **migraines**.
- **Dizziness:** Persistent **dizziness, vertigo** (a spinning sensation), or loss of balance.
- **Numbness or Tingling:** Unexplained **numbness, tingling, or weakness** in the face, arms, or legs.
- **Seizures:** Any episode of a **seizure** or **epilepsy**.
- **Memory Issues:** **Memory loss** or confusion (dementia, Alzheimer's disease).

- **Movement Issues: Tremors**, shaking, or difficulty walking (such as in Parkinson's disease).
- **Vision Issues:** Sudden vision loss or double vision.

Ophthalmology

An Ophthalmologist is a medical and surgical doctor for the **eyes**.

You should see an Ophthalmologist for:

- **Vision Changes: Blurry vision**, difficulty seeing at night, or gradual loss of vision.
- **Eye Exams:** Comprehensive or routine eye examinations and eyeglass prescriptions.
- **Eye Diseases:** Management of **glaucoma** (high eye pressure), **cataracts** (cloudy lens), or **macular degeneration**.
- **Other Symptoms: Eye pain**, redness, dry eyes, excessive tearing, or seeing "floaters" or flashes of light.
- **Diabetic Eye Care:** Annual eye exams if you have diabetes.

Orthopedics

An Orthopedic specialist (or surgeon) focuses on the **musculoskeletal system** (bones, joints, ligaments, tendons, and muscles).

You should see an Orthopedic specialist for:

- **Injuries: Broken bones (fractures), sports injuries**, sprains, or strains.
- **Joint Pain:** Chronic pain in your **knee, shoulder, hip, ankle, or elbow**.
- **Back & Neck:** Persistent **back pain** or **neck pain**, including issues like a "slipped disc" (herniated disc).
- **Arthritis:** Diagnosis and management of **osteoarthritis**.
- **Hand & Wrist:** Conditions like **carpal tunnel syndrome** or hand pain.
- **Loss of Mobility:** Difficulty walking, climbing stairs, or using your joints.

Psychiatry

A Psychiatrist is a medical doctor who specializes in **mental, emotional, and behavioral health**.

You should see a Psychiatrist for:

- **Mood Disorders:** Feelings of persistent sadness, hopelessness, or worthlessness, which are signs of **depression**. This also includes mood swings, from depression to mania (bipolar disorder).
- **Anxiety:** Overwhelming feelings of **anxiety, worry, or panic attacks**.
- **Sleep Issues:** Chronic **trouble sleeping (insomnia)**, especially if related to stress or mood.
- **Trauma:** Dealing with the effects of past trauma (PTSD).
- **Cognitive Issues:** Trouble concentrating, **ADHD**, or obsessive-compulsive disorder (OCD).
- **Medication:** If you believe you may need medication to help manage your mental health.

Pulmonology

A Pulmonologist is a specialist in the **respiratory system**, primarily the **lungs**.

You should see a Pulmonologist for:

- **Cough:** A **chronic cough** that lasts for several weeks.
- **Breathing Difficulty:** **Shortness of breath (dyspnea)** or **wheezing**.
- **Chronic Conditions:** Diagnosis and management of **asthma** or **COPD (Chronic Obstructive Pulmonary Disease)**, which includes emphysema and chronic bronchitis.
- **Sleep Issues:** **Loud snoring** or **sleep apnea** (stopping breathing during sleep).
- **Lung Infections:** Recurring or severe lung infections like **pneumonia** or **bronchitis**.

Urology

A Urologist is a specialist who treats conditions of the **urinary tract** in both men and women, as well as the **male reproductive system**.

You should see a Urologist for:

- **Urination Problems:** Frequent urination, painful urination (**dysuria**), or a weak urine stream.
- **Infections:** Recurrent or frequent **urinary tract infections (UTIs)**. To add this information to a PDF, you can: