



VISION PROBLEM

Deteriorating ability to see; blurry or double vision; seeing flashing lights or floating spots

GLAUCOMA

See page 128.

RETINAL DETACHMENT

Retinal detachment occurs when the retina, the light-sensitive membrane that receives images and transmits them to the brain, moves away from the outer wall of the eyeball. If the problem is not treated within 24-72 hours, permanent damage can occur.

Symptoms:

- Seeing “floaters” and bright flashes of light
- Peripheral or central vision loss

DO:

- Seek medical help immediately to prevent permanent damage.

DON'T:

- Don't be afraid to discuss symptoms with a doctor.

OTHER CAUSES

Other causes may include diabetes, eye strain, migraines, optic neuritis, temporal arteritis or wet macular degeneration.



WART

Small, raised, usually painless, protrusions on the skin that are of the same color as the surrounding skin or slightly darker

CAUSES

Warts are caused by viral infections in the top layer of the skin. There are several common types of warts – *common wart*, *foot or plantar wart*, *flat wart*, *digitate wart* and *periungual wart*.

The following are some types of warts:

- *Common warts* typically appear on the hands and fingers, more common on broken skin such as where nails are bitten or the hangnails picked. The protrusions have small, black dots at the center.
- *Plantar or foot warts* normally appear on the soles of the feet and are normally pushed back into the skin because of the pressure of walking. Small black dots also appear on the center of the wart.
- *Periungual warts* are found around the fingernails and toenails.
- *Digitate warts* are small, finger-like projections usually found on the scalp.
- *Flat warts* tend to grow in large numbers and are clustered together. They are usually found on the beard area in men, and legs in women.
- *Genital and anal warts* are warts transmitted through sexual contact.

Many warts are painless and harmless but some can be bothersome and uncomfortable like foot warts which feel like pebbles in the shoe. Consultation and treatment by a dermatologist is recommended.



WART

Small, raised, usually painless, protrusions on the skin that are of the same color as surrounding skin or slightly darker

CAUSES

DO:

- Try using over-the-counter wart removers. They usually contain salicylic acid and may sting slightly when applied.
- Practise safe sex.

DON'T:

- Do not put salicylic acid on irritated warts, warts on the face or genitals. Consult a dermatologist for safe treatment.
- Do not bite or pick the wart as this will cause it to spread and multiply.
- Do not touch someone else's wart as the virus can infect anyone through direct contact.

For more information, see p. 109.

WEIGHT GAIN

Steady or sudden weight gain without having changed eating or exercising patterns

MEDICATION

Steroids or cortisone drugs (oral contraceptives, anti-depressants, etc.) are medication which may induce sudden weight gain. Seek medical advice whether to substitute non-steroidal medications.

EDEMA

Edema is the accumulation of fluid in the bodily tissues that may be caused by underlying diseases such as congestive heart failure or kidney disease. When accompanied by other symptoms, it can be life-threatening and a doctor should be consulted.

Symptoms:

- Weight gain
- Swollen ankles, legs or abdomen
- Infrequent urination or more frequent during the night

DO:

- Seek medical help. This condition is dangerous if left untreated.

DON'T:

- Don't be afraid to discuss symptoms with a doctor.



Sudden changes in weight are usually symptoms of an illness. It is thus important to regularly monitor your weight.