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Ideas * Tips * Life with a Reality Check

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HEALTH ALERT

10 Symptoms you should never ignore

Extra Savings!
Cut the costs
of your favorite recipes



Family food



• Quick & healthy dinners

• Treat 'em to red velvet cupcakes



Affordable style

• Try a new look that works on your body



Feel great



• Squeeze more exercise into your day

• Treat a sore throat

Money matters

• Pay less tax and save \$\$\$ this year

• Start a home-party business

Sweet ways to *share the love!*

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Don't ignore these sneaky symptoms

Know when a call to the doctor could save your life

You've got a tickle in the back of your throat that won't go away, a mole on your right elbow and a pain in your lower back. Of course you don't need to tell your doctor about every little twinge, but you certainly don't want to keep her in the dark about the one symptom that could tip her off to a serious illness. Read the stories of seven women whose symptoms led to an unexpected diagnosis.

By Lambeth Hochwald

SYMPTOM:
Arm pain

DIAGNOSIS: HEART ATTACK



“Three years ago my right arm and shoulder started hurting.

It felt as if someone were squeezing me. I couldn't do the dishes or fold clothes. Eventually it eased off and things got back to normal. A month later, I was stung by a wasp. I'm allergic, so I had to go to the emergency room. My blood pressure was out of control, so they ran other tests that showed that I'd suffered a heart attack. I didn't know pain in the arm, shoulder, back, chest or even stomach can signal a heart attack for a woman.” —Pauletta Horn, 42, Inez, Ky.

THE MEDICAL VIEW: Arm pain can be a sign of a heart attack (in which blood flow is cut off to the heart) because it sometimes indicates that an artery bringing blood to the heart is blocked. This telltale pain often accompanies exertion and then goes away with rest.

OTHER SYMPTOMS TO WATCH FOR: chest pain, sweating, nausea, indigestion, dizziness, difficulty breathing

Dr. Lupton's view...

SYMPTOM:
Blisters

DIAGNOSIS: SKIN CANCER



“Four years ago I got what I thought was a fever blister.

It was above my top lip instead of on the lip itself. It tingled, and I scratched it. It blistered and bled, then it healed. A few months later, it came back in the exact same spot. It blistered and bled again. When I pointed it out to my dermatologist, he did a biopsy, and it turned out to be a basal cell carcinoma. He removed the cancer, then I needed plastic surgery since I lost three-quarters of my lip.”

—Jeanne Marie Brino, 44, Woodbury, Minn.

THE MEDICAL VIEW: Basal cell carcinoma is a slow-growing, painless form of cancer that tends to occur on sun-exposed areas like the upper lip. These skin growths can look like fever blisters and can bleed or become crusted. If you have a sore that takes more than two weeks to heal, see your doctor.

OTHER SYMPTOMS TO WATCH FOR: dry, scaly patches, nodules on the skin that may resemble pimples or appear pearly or shiny



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