

Jamison: Patient Education and Wellness

HANDOUT 7.2: SELF-SCREEN FOR RED FLAGS

See symptom checker:

<http://www.mayoclinic.com/health/symptom-checker/DS00671>

- ☐ urination associated with burning, frequency or urgency
- ☐ a lump or unexplained thickening is detected.
- ☐ a sore which fails to heal
- ☐ a mole or wart which undergoes a change
- ☐ a persistent cough or hoarseness
- ☐ persistent indigestion or difficulty in swallowing
- ☐ blood passed per rectum, coughed up or vomited. Women also need professional evaluation if their menstrual cycle becomes abnormal
- ☐ a headache which:
 - ☐ persists without respite for more than 24 hours
 - ☐ suddenly changes or progressively worsens
 - ☐ presents as a persistent localized pain
 - ☐ is aggravated by:
 - exertion
 - bending, stooping
 - coughing, sneezing, straining at stool
 - overnight by lying down, i.e. is worst on waking
 - ☐ is associated with:
 - a progressive neurological deficit or unequal pupil size
 - a personality change or memory disturbance
 - convulsions
 - neck stiffness or fever
 - sudden alteration in consciousness
- ☐ abdominal pain with any one of the following:
 - a tender abdomen
 - bloody diarrhoea
 - vomiting red blood or passing a tarry stool
 - a temperature of over 101⁰F
 - a history of previous abdominal surgery
 - suspect you are pregnant

Each tick is a red flag, indicating a health risk. You need to get a professional opinion.

See health warning signs:

<http://www.webmd.com/heart-disease/features/6-serious-medical-symptoms>

<http://www.mayoclinic.com/health/symptoms/GA00054>