

HEALTH TIPS FOR THE MONTH OF JUNE 2018

8 SIGNS OF DISEASE THAT ARE WRITTEN ALL OVER YOUR FACE

When doctors chat with patients eye to eye, it's not just about creating rapport. Certain facial traits may reveal vital clues to underlying health conditions. We asked doctors around the country to share what they look for while examining patients. The most important tip we took away: you should worry most about a change in appearance. If symptoms are new, tell your physician.

Dry, Flaky skin or lips

This is a common warning sign of dehydration. It may also indicate a more serious problem that affects sweat gland function, such as hypothyroidism (marked by insufficient levels of thyroid hormone) or diabetes. Other signs of hypothyroidism include feeling cold, weight gain and fatigue. Diabetes symptoms include extreme thirst, frequent urination, and blurry vision.



Excess facial hair

Unwanted hair, particularly along the jawline, chin and upper lip, could be a symptom of polycystic ovary syndrome, a hormone imbalance in which male hormone levels are elevated.



Eye bags and puffiness

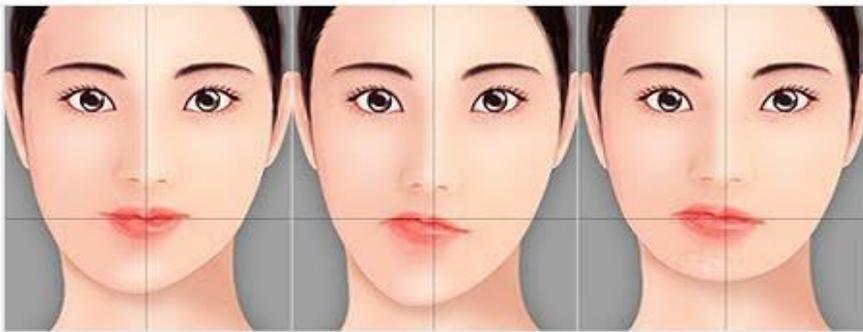
Tired-looking eyes could be a red flag for chronic allergies, which dilate blood vessels and cause them to leak. In the sensitive skin under your eyes, this creates puffiness and a dark purple-blue hue.



Facial asymmetry

This can be one of the first signs of stroke. “Patients will often describe it like this: ‘I looked in the mirror, and my face looked different.’” You might also notice that one side of your face is numb or feel as if you can’t fully smile. Alternatively, you might have trouble speaking. Never ignore these signs of a stroke. If you suspect that you or a relative may have had a stroke, call 999 right away.

Correction of Facial Asymmetry without Surgery by Orthotropics



Discolored complexion

Even slight changes may indicate that something may be wrong. Paleness could be a sign of anemia. A yellow tone could indicate liver disease. A bluish tint in lips or nail beds could indicate heart or lung disease.



Before

After

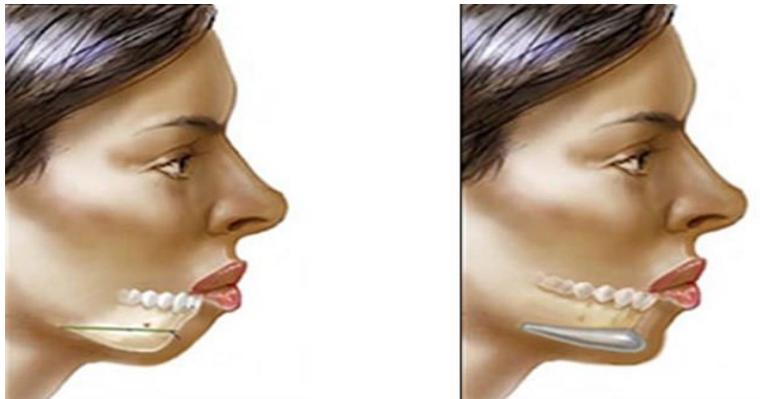
Rashes and blotches

Certain digestive problems may show up on skin. Itchy clusters of red bumps could indicate celiac disease, an autoimmune disorder in which the body reacts to gluten. A butterfly-shaped rash across the cheekbones and over the bridge of the nose can be a sign of lupus, an autoimmune disease. Allergies, eczema and rosacea, and certain infections can also trigger facial rashes.



Receding chin

Along with traits like a thick neck and a small jaw, this could be a sign of sleep apnea, a disorder in which your breathing repeatedly stops for ten seconds or more while you sleep. If you snore loudly, get headaches first thing in the morning, or feel excessive fatigue during the day.



Soft, yellow spots on eyelids

Patients with these cholesterol-filled lesions, called xanthelasmata, may have a higher risk of heart disease.



Source: Goldman LA, Katz SI, Gschneit BA, Faller AS, Leffel DJ, Wolff K: Fitzpatrick's Dermatology in General Medicine, 5th Edition: www.accessmedicine.com

Copyright © The McGraw-Hill Companies, Inc. All rights reserved.



Medical Team

JSS International School

clinic@jssisdubai.com

04-3256886, 0505489717, 0559450467