How to Remain in Control of Your Medical Needs

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Everyday Domestic Emergencies

In the case of a life-threatening allergic reaction referred to as anaphylaxis, one should always remain calm. Anaphylaxis may be caused by stings or bites from insects, consuming specific foods, or taking medication that causes a sensitive reaction to occur.
Some reactions people have to it may include dizziness, severe rashes, queasiness, and hard time breathing. A good solution is to take Benadryl immediately. Be sure to read and follow the dosage requirements exactly as stated on the package.

Some people know they have a specific allergy and always carry an epinephrine self-injector; it is critical to use it immediately and then go to an emergency division. It is important to not wait for a fatal allergic reaction to leave on its own because its symptoms can heighten in no time. Head injuries are one of the most reasons people visit emergency divisions every year.

It is crucial to watch out for sleepiness, weakness, queasiness, and blurred vision. These signs may indicate brain damage and the person must seek immediate help from an emergency division. Bear in mind that the greater numbers of people recover fast from head injuries. If he or she is not feeling weak or dazed, one can treat the pain at home with a cold icepack and by taking acetaminophen. Contrary to belief, don't take ibuprofen or aspirin as they may amplify bleeding.

Heart attacks are the number one cause of death in American women, beating out cancer. Chest discomfort may include shortness of breath or queasiness. Although a person experiencing these conditions ought to phone an ambulance quickly, taking an aspirin immediately following these symptoms may assist in preventing heart

damage. It is very important ***not*** to wait to receive attention from a medical center; even if the pain diminishes. There are medications used to soften blood clots within a few hours.

Cuts from stepping on sharp objects (knives or nails) or from animal bites should **always** be treated as a serious emergency. Be sure to go to an emergency division quickly. Because of their high infection rate, a person would probably need prescription antibiotics and a shot.

Be sure **not** to manually remove pencils, knives, nails, and other sharp objects that are deeply penetrated into the body. Even though one may think this would help the wound, but instead, pulling objects out could make the damage worse; pulling a knife out would make more blow flood out rapidly causing severe blood loss. A good strategy to do, until arriving to an emergency room, is to keep the object in place with a clean bandage and tape.

Common heat burns are generally slow healing and infections are very common. The best solution is to saturate the infected area with cold water for five minutes because it decreases the temperature in the skin and assists in preventing damage from leftover heat. Then, pat the areas until no water is left over and apply an antibiotic balm; loosely covering the area with a gauze pad will ease pain even more. If there is swelling and discomfort, then take an ibuprofen or aspirin.

It is not wise to apply ice or extremely cold water to burns because it harms the skin further. *Defiantly don't* place petroleum jelly or butter on it as oil traps heat and reduces air circulation. It is important not to pop burn blisters on purpose because they help prevent bacteria from entering and causing infection.

Deep gashes need to be taken care of by an emergency official immediately if it's greater than one inch, if one can see the concealed tissue, and/or when the area around the gash is numb or turns the color blue. When the cut occurs, use a heavy load of water pressure

when cleaning it; the pressure spreads the tissues apart and provides more thorough cleansing. Be sure to use cool or slightly warm water and saturate the gash for two to three minutes.

One may wash with regular bath soap to prevent contamination. Apply pressure using a gauze or clean cloth to stop the bleeding. Do not wash gashes with hot water as it magnifies blood vessels and may contribute to increase bleeding.

When consuming poisonous substances, it is critical to go to an emergency room immediately. First things first, phone an emergency division or poison control center for advice while waiting for help to arrive. It is helpful to have the product container handy so one can specifically describe what was taken.

Please note: Don't force vomiting without having the medical advisory allowing one to do so. A lot of substances will cause more damage on the way up through the esophagus; there is a chance the vomit will get into the lungs also.

Back pain is usually caused by muscle strains. Acting immediately on the problem can be the difference between a quick and relatively painless recovery to spending days or weeks in bed. It is important to take aspirin, acetaminophen, or ibuprofen quickly. If the back discomfort comes with a fever or loss of control in the bladder or bowels, seek immediate help from an emergency official.

If the discomfort doesn't come with the symptoms mentioned above, then place a cold ice pack on the area for twenty minutes every two hours; this may prevent swelling. *Please note*: *Never* place heat on a back injury when it occurs because it may magnify swelling. One may place heat on the back area after twenty four hours; it may help calm muscle spasms.

To stop a nose from bleeding, blow it gently to remove any blood clots. A person should sit upright with their head leaning forward and

pinch both nostrils below the nose-bridge for twenty minutes. A person should use their second and third fingers to pinch the nostrils with, since they are the strongest. If the bleeding doesn't subside doing this technique, then it is serious and the person must go to an emergency room.

If a person has a continuous cough, he or she should not use over-the-counter medicine. Most temporary coughs subside on their own within a week or two. A continuous cough may mean there is asthma, an allergy, or other dangerous conditions which should be taken up by a physician.

For people who suffer from heartburn, there are things that can be done to alleviate the condition, without the use of medication. For starters, a person should avoid foods that trigger the condition such as fat, spearmint, alcohol, chocolate, caffeine, over-the counter medicine, carbonated drinks, and peppermint.

It will tremendously help a person (if they are overweight) to lose weight, as this will alleviate heartburn symptoms; it is wise not to smoke as well. If a person experiences heartburn in their sleep, raise the head of the bed about five inches on blocks. It is important to not lie down with a full stomach. Try to eat light dinners most of the time, but if a person does eat a heavy dinner, try to wait three hours at the minimum before going to bed.

A person may prevent a migraine from revisiting with magnesium and vitamin B-2. A person may take the over-the-counter product named *Migra-Lieve*; this product contains magnesium, B-2, and an herbal remedy that is proven to be successful against migraines. Or, he or she may increase their intake of either magnesium or B-2 through supplementation or foods.

A Common Undiagnosed Condition

Approximately one million Americans have *Celiac* disease and don't even know they do! The condition is caused by the body's prejudice to the protein in wheat, rye, oats, and barley called gluten. The concluding intestinal inflammation blocks the absorption of nutrients and can lead to seizures, infertility, cramping, anemia, diarrhea, and even osteoporosis. The good thing about the condition is that if people wipe bread, beer, pasta, and other gluten-having foods from their diets, their conditions improve in just a week.

A person doesn't have to never eat bread or pasta again if they have this condition; there are breads and pastas that state they are "gluten free." They may be available at natural health food stores or even in the health section in supermarkets. There are also cookies and other goodies that state they are gluten free on their packages. If a person loves a particular food with gluten and wants to have it in a "gluten-free" form, it may be a good idea to write the company and request they produce a gluten-free version to the product. The company may respond and it'll open up more potential customers for them.

How to Lower the Risk of Developing Kidney Stones

A person may lower their risk of developing the painful condition known as kidney stones by eating less protein. Kidney stones are rigid masses formed from crystals that separate from the urine and stock up on the inner surfaces of the kidney. Naturally, urine contains chemicals that prevent these crystals from developing, but not everyone has their urinary tract working that efficiently.

If a person is diagnosed with kidney stones, the protein that should be limited (or avoided completely) should be from animal sources such as all meats, eggs, cheeses, dairy, etc. Drinking more water will alleviate some symptoms. Other foods that should be avoided (or consumed in tiny amounts) are foods with artificial vitamin D added, all sodas (including diet), chocolate, coffee, beets, spinach, strawberries, teas, and rhubarb.

Making a Personal Emergency Kit

Don't automatically rely on first aid kits because some of them may not contain very important items. If a personal aid kit doesn't contain these important items that will be listed, then don't purchase it. Instead, stock up on these items separately and add in a clean, ample, and accessible box (this assumes one is not allergic to any of these items of course).

Be sure to use a permanent black marker and write the words "emergency kit" in big bold letters. The kit should contain:

- ü A stretchable bandage
- ü Aspirin, ibuprofen, or acetaminophen
- ü Various sizes of gauge pads
- ü Ice packs
- ü Germ-destroying ointments
- ü Benadryl
- ü Stacks of bandage tape
- ü Any prescription medication for serious allergy suffers (such as an epinephrine self-injector) or other prescription medications.

The Most Common Threats People Face from Doctors and What Can Be Done

Sadly, many professionals in the health care industry are skill-less or careless with their work. Review these scary findings in the health care field worth knowing about.

Finding number one: Many doctors don't follow critical guidelines when caring for *elderly* pneumonia patients. In a study of more than fourteen thousand pneumonia patients, a large group of doctors did

not take blood cultures nor did they give antibiotics appropriately or on a timely manner.

Finding number two: Radiologists unsuccessfully detect cancerous breast tumors that are present on mammograms almost fifty percent of the time!

Finding number three: The most substantial diagnostic tool for the treatment of adult diabetes is the glycosylated hemoglobin test. However, in a study done by Medicare, eighty four percent of the physicians did not give the test to ninety seven thousand diabetics!

Finding number four: In a study that involved four hundred and fifty three medical locals, only one in five heart aberrations that should have been easily identified using the stethoscope was accurately diagnosed! Physicians are becoming more dangerously careless in their work. It is critical to find a physician who knows what he or she is doing because it may very well be one's own life that is at stake.

Tips on How to Know If a Physician is Efficient in Their Practice

There is no use trying to sugar-coat this, but there is no simple way that an outside person can tell if a doctor is efficient in his or her practice. Any doctor is capable of making a careless mistake that may very well be someone's life. The best strategy to do is to search for proof that other medical professionals have judged the physician's efficient-ness.

Be sure that one's physician has a medical school diploma, admitting privileges to a legitimate hospital, and be board-certified in his or her special field. If someone is unsure if their physician may be board-certified, contact the *directory of physicians in the United-States* and the *directory of board certified American medical specialists*; these resources are available at most public libraries. The wisest choice for most people is to search for a private doctor who has a faculty

arrangement at a medical school. These doctors usually are more modern than other doctors. A person may also speak with the chair of the appropriate department of a medical school if there is a special medical problem; a lot of them take special patients.

If a person wants to find out if a particular physician has been trained properly, then write to the agency that oversees the licensing of physicians (this will vary depending on the state). The agency will be able to give information on the physician being asked about. There is a consumer advocacy group *Public Citizen* that publishes 20, 125 questionable doctors.

This book lists doctors who have been slammed with disciplinary actions by state medical boards or by the federal government. The book should be available at a public library, but if it isn't call 202-588-1000 to order. Also, a person may get referrals from friends or family members. Preferably look for people who have stayed with the same doctor for some time.

Pointers on What to Look For in Hospitals

The finest hospitals are those that have been accredited with approval by the *Joint Commission on Accreditation of Healthcare Organizations.* Any other type of accreditation (such as regular) doesn't mean anything at all! Go to www.jcaho.org to reach a charitable agency that will send a report (of no cost) on any hospital. If the closest hospital in the area doesn't have the top ranking from the Joint commission, then search for the closest university hospital. For very urgent medical problems, these types of hospitals usually offer better care than public ones.

The Two Top Dangers that Hospitalized Patients Face

The first top danger faced by hospitalized patients is medicine mistakes. To prevent being given the wrong drug or amount, consume pills only if they are given by a registered nurse, licensed practical nurse, or physician. The physician should be able to tell the patient the common name of any drug prescribed, the size and color of the pills, how many pills (and how often) are to be consumed, and all the potential side effects. Medicine mistakes and side effects kill approximately fifty thousand Americans every year.

The second top danger faced by hospitalized patients is contagion. Be sure to ask a competent professional the name of the intravenous drug and how often the bag should be changed. This is important because if a hospitalized person is left unattended for a while, he or she will know when to page a doctor or nurse to change the bag.

How a Person Can Do Their Own Medical Research to Protect their Well-Being

Most people accept physician's advice without question; this can be deadly considering that many times people are misdiagnosed! Sometimes people are diagnosed with a condition correctly, but are told he or she will probably die and there is nothing that can be done about it. In that case, there are things that can be done to reverse the disease, but sadly people just don't know about it or take the time to question it. Even the most compassionate doctor is still a human being prone to errors and doing their job.

The key to remember is if a person is diagnosed with a fatal illness is to be sure to examine the advice closely. How to go about doing this? There are steps to going about this procedure that are worth remembering. The first step a person is to do is educate themselves about their disease, the different types of treatment alternatives, and (probably most importantly) what the most up-to-date research states about new and potentially exploratory treatments.

Please note: A person could really save their own life by researching what the most modern medicine for their condition is because doctors can't be up to date on the treatment for **every** disease. Whenever in doubt, always seek a second opinion because it can very well the difference from being alive or dead. Medication is a quickly growing field, and physicians vary broadly in their expertise. There are some physicians who are very hard-working and keep up to date within their field, but there are some who don't and cost many people their lives. A person is their safest if they search for a few (five opinions plus, if a person wants to!) more opinions on their condition; the odds will only expand that a person will find a physician who knows a particular medication that will help their condition.

How to use a Medical Library

Medical information on the most up-to-date findings in cures for every disease is easily accessible and available. The most important concept to remember is to know how and where to find the information. The best places to look for the most accurate and detailed information are libraries linked with medical schools or huge hospitals. It is good to know that if a person is hospitalized, the federal law states the patient has a right to access the hospital library; the hospital librarian is required to respond to a patient's requests for assistance in researching.

If a person is not in the hospital and wants to do research for a particular disease, he or she may phone the library and ask if it's open to the public. If it is not open to the public, then a person may find out which ones are public close to that area. If there is no such luck in finding any that is open to the public, then a person may ask if there are any exceptions and what they are. Generally, at least one medical library is open to the public in many states.

Now the question of how to find specific information in a medical library comes up. A good idea is to ask the librarian to assist in

looking up closely related studies to one's condition in the Index Medicus. Be sure to write down the names of related articles in a top notch medical journal (like The New England Journal of Medicine). In the articles be sure to look for the general information about the disease and the latest findings on the cures for it.

It is great to know all the different kinds of methods for cures, success rates, possible difficulties, side effects, and clinical experiments that examine the most modern experiments. Of course being apart of the most modern experiments will have risk, but at least it provides some hope. Even with all the risks associated with these kinds of trials, more patients have been helped than harmed. If a person finds an article that has details on a new treatment that he or she wants to try, phone the author of the article or ask one's physician to do it. Generally, some researchers would rather speak with other medical professionals than patients.

Medical information is not only available in hospital libraries, but also in medical online databases. What may take days to find in a medical library, could take only ten minutes online.

A helpful resource is Medline; it offers a major assemblage of medical-related articles that provide information about the most modern medicines and other treatments for numerous forms of cancer. A person may hire a medical research company to do it for them. *Planetree* is a great company; phone them at 415-600-3681.