



Symptoms of Serious Health Conditions

Symptoms that Come on Suddenly

Note: If you have any of these symptoms, do not wait to see your health care provider. You need to go right away to an emergency room or call 911.

- Sudden or developing problems with speech.
- Sudden or developing problems with sight.
- Sudden or developing trouble with balance and coordination.
- Sudden numbness or weakness in face, arms or legs.

Symptoms that Show as Gynecological, or in your Reproductive System

- Bleeding or spotting between periods.
- Itching, burning or irritation (including bumps, blisters or sores) of the vagina or genital area.
- Pain or discomfort during sex.
- Severe or painful bleeding with periods.
- Severe pelvic pain.
- Unusual (for you) vaginal discharge of any type or color, or with strong odor.

Symptoms that Show as Changes in the Breast

- Breast nipple discharge.
- Unusual breast tenderness or pain.
- Breast or nipple skin changes: ridges, dimpling, pitting, swelling, redness, or scaling.
- Lump or thickening in or near breast or in underarm area, or tenderness.

Symptoms that Show as Breathing/Coughing/Lung Problems

- Coughing up blood.
- Persistent cough that gets worse over time.
- Repeated bouts of bronchitis or pneumonia.
- Shortness of breath.
- Wheezing.

Symptoms that Show as Stomach/Intestinal/Digestive Problems

- Bleeding from the rectum.
- Blood or mucus in the stool (including diarrhea) or black stools.
- Change in bowel habits or not being able to control bowels.
- Constipation, diarrhea, or both.
- Heartburn or acid reflux (feels like burning in throat or mouth).
- Pain or feeling of fullness in stomach.
- Unusual abdominal swelling, bloating, or general discomfort.
- Vomiting up blood.

Symptoms that Show as Urination or Bladder Problems

- Difficult or painful urination.
- Frequent urination or loss of bladder control.
- Blood in urine.
- Feeling the urge to urinate when bladder is empty.

Symptoms that Show on the Skin

- Changes in skin moles; moles that are no longer round or turn blacker.
- Frequent flushing and redness of face and neck.
- Jaundice (skin and whites of eyes turn yellow).
- Painful, crusty, scaling or oozing skin lesions that don't go away or heal.
- Sensitivity to the sun.
- Small lump on skin that is smooth, shiny and waxy (red or reddish-brown).

Symptoms that Show as Muscle or Joint Pain and Stiffness

- Muscle pains and body aches that are persistent, or come and go often.
- Numbness, tingling (pins and needles sensation) or discomfort in hands, feet, or limbs.
- Pain, stiffness, swelling, or redness in or around joints.

Symptoms that Show as Sleep Problems

- Falling asleep suddenly when you don't want to.
- Loud snoring or breathing during sleep.
- Sleeping too much.
- Trouble falling asleep on a regular basis.
- Trouble staying asleep, or waking too early and not being able to go back to sleep.

Symptoms that are Emotional in Nature

Note: These symptoms can have a physical cause and are usually treatable.

- Anxiety and constant worry, even when nothing major is wrong.
- "Baby blues" that haven't gone away 2 weeks after giving birth, and seem to get worse over time.
- Depression: feeling empty, sad all the time, or worthless.
- Extreme fatigue, even when rested.
- Extreme tension that can't be explained.
- Flashbacks and nightmares about traumatic events.
- No interest in getting out of bed or in regular activities, including eating or sex.
- Seeing or hearing things that aren't there (hallucinations).
- Seeing things differently from what they are (delusions).
- Thoughts about harming yourself or your baby after giving birth.
- Thoughts about suicide and death.

Symptoms that Show as Headaches

Note: This does not include everyday tension headaches.

- Headaches between the eyes.
- Headaches anywhere that come on suddenly.
- Headaches that last longer than a couple of days.
- Seeing flashing lights/zigzag lines and temporary vision loss before a headache starts.
- Spreading pain in face that starts in one eye.
- Severe pain on one or both sides of head with upset stomach, nausea, or vision problems.

Symptoms that Show as Eating or Weight Problems

- Extreme thirst or hunger.
- Losing weight without trying.
- Desire to binge on food excessively.
- Desire to vomit on purpose.
- Desire to starve (not eat at all).