**Common Medical Red Flags Part Two (Condensed)**

**FATIGUE**

1. **Chronic Fatigue with Shortness of Breath (SOB) and/or Chest Pain**

Condition assumed until proven otherwise: Significant Cardiopulmonary Disease

1. **Chronic Fatigue with enlarged Lymph Node(s) and/or Abdominal Mass**

Condition assumed until proven otherwise: Widespread Cancer

1. **Chronic Fatigue in a Patient with Jaundice and/or an Enlarged Liver**

Condition assumed until proven otherwise: Liver Disease or Liver Cancer

1. **Chronic Fatigue with Unintended and unexplained Weight Loss**

Condition assumed until proven otherwise: Cancer

1. **Chronic, Debilitating Fatigue, Weakness, Muscle Pain and Sleep Disturbance**

Condition assumed until proven otherwise: Chronic Fatigue Syndrome

**FEVER**

1. **A Fever Above 105 degrees F.**

Condition assumed until proven otherwise: Can Cause Brain Damage

1. **Persistence of a fever 101.5 degrees F for more than two weeks**

Condition assumed until proven otherwise: Occult Infection, Metabolic or Autoimmune

Disease

1. **Fever higher than 103.5 degrees F plus severe sore throat**

Condition assumed until proven otherwise: Strep Throat (streptococcal throat infection)

**HEARING AND BALANCE PROBLEMS**

1. **Progressive Unilateral Loss of Hearing and Balance**

Condition assumed until proven otherwise: Acoustic Neuroma (tumor of vestibulocochlear nerve)

**INDIGESTION AND NAUSEA**

1. **Indigestion, right upper abdominal pain, feeling of fullness under diaphragm following a meal**

Condition assumed until proven otherwise: Acute Gallbladder Inflammation (acute cholecystitis)

**MENSTRUAL PROBLEMS**

1. **A History of No Menstruation or Late Menarche with Skipped Menses and Extremely Light Menstrual Flow Thereafter**

Condition assumed until proven otherwise: Inadequate Estrogen in the Blood – consequences of osteoporosis, extreme vaginal dryness, hot flashes, depression

1. **Amenorrhea, Anorexia and Athleticism in Young Women**

Condition assumed until proven otherwise: Female Athletic Triad – toward lifelong osteoporosis

**PSYCHOLOGICAL PROBLEMS**

1. **Sudden severe Anxiety, Smothering Sensation, Chest Pain with Complete Recovery**

Condition assumed until proven otherwise: Panic Disorder

1. **Non-drug Induced Auditory Hallucination, Delusions, Tangential Thinking**

Condition assumed until proven otherwise: Schizophrenia

1. **Patient who Feels Pessimistic, Hopeless and Helpless**

Condition assumed until proven otherwise: Major Depression

1. **Depression Followed by an Episode of Hyper-excitation and Euphoria**

Condition assumed until proven otherwise: Bipolar Spectrum Disorders

1. **Personality Change, Social Withdrawal, Unstable Relationships, Evasiveness and Decreased Academic Performance in an Adolescent or Adult**

Condition assumed until proven otherwise: Drug Abuse or Addiction

**PULSE ABNORMALITIES IN GENERAL**

1. **Palpations that Occur Reliably with Exercise and Go Away with Rest**

Condition assumed until proven otherwise: Some Type of Heart Disease

1. **Resting Heart Rate is Greater than 100 bpm, Hypervigilant, Warm Skin**

Condition assumed until proven otherwise: Hyperthyroidism

1. **Irregularly Irregular Pulse with Rate greater than 100 bpm**

Condition assumed until proven otherwise: Atrial Fibrillation (A-fib)

**SENSORY AND MOTOR PROBLEMS**

1. **Persistent and Progressive Tingling, Numbness, ort Weakness in any Part of the Body**

Condition assumed until proven otherwise: Progressive Neuronal Destruction

1. **Acute Paralysis or Loss of Strength, Balance or Coordination**

Condition assumed until proven otherwise: Acute Neuronal Damage

1. **Fifteen Minute Episode of Unilateral Tingling/Numbness that Resolves Completely**

Condition assumed until proven otherwise: Transient Ischemic Attack (TIA) – sign of potential imminent stroke

1. **Slow Onset of Patchy Numbness and Weakness of more than One Body Area**

Condition assumed until proven otherwise: Multiple Sclerosis (MS)

**SKIN PROBLEMS, LUMPS AND BUMPS**

1. **Growth or Change in Dark Skin Lesion**

Condition assumed until proven otherwise: Malignant Melanoma

1. **Unilateral, Painless Lymph Node Swelling in the Neck, Arm or Groin**

Condition assumed until proven otherwise: Lymphoma – cancer lymphocytes in lymph nodes

1. **Painless and Hard Area within the testicle of a Young Adult Male**

Condition assumed until proven otherwise: Testicular Cancer

**SWELLING**

1. **One-sided Ankle/Distal Calk Swelling or Asymmetric Bilateral Swelling (> 3 cm dif.)**

Condition assumed until proven otherwise: DVT – Blood Clot in Deep Vein of Calf

1. **Bilateral, Pitting Ankle Swelling with Shortness of Breath**

Condition assumed until proven otherwise: Congestive Heart Failure

1. **Swelling of One Arm with Shoulder and/or Armpit Pain**

Condition assumed until proven otherwise: Subclavian Vein Deep Vein Thrombosis

1. **Swelling and Itching of Lips Following Insect Sting or Food, Herb, Supplement, or Drug Ingestion**

Condition assumed until proven otherwise: Impending Anaphylactic Reaction

**VISION PROBLEMS**

1. **Sudden, Painless Loss of Vision in One Eye**

Condition assumed until proven otherwise: Detached Retina

1. **Transient, Painless “Curtain” Coming Down Over Vision of One Eye then Lifting**

Condition assumed until proven otherwise: Amaurosis Fugax (AF)

1. **Double Vision Following Blunt Trauma to One Eye that Subsequently Appears Lower than the Other Eye**

Condition assumed until proven otherwise: “Blowout fracture” of the eye orbit w/ entrapment of rectus muscle in the fracture

1. **Blurry Vision, Frequent Urination, Increased Hunger and Fatigue in an Adult**

Condition assumed until proven otherwise: Adult Onset Diabetes Mellitus (Type 1)

**WEIGHT FLUCTUATIONS**

1. **Unexplained and/or Unintended Weight Loss Less Than 5 Percent of Body Weight in an Adult or Child**

Condition assumed until proven otherwise: Cancer, Metabolic Diseases like Hyperthyroidism or Diabetes, Major Chronic Disease, Malnutrition, Eating Disorders, Combinations of These

1. **Mild Weight Gain (5-10 lbs) with Lethargy, Dry Hair and Cold Extremities**

Condition assumed until proven otherwise: Hypothyroidism

1. **Weight Loss and/or Failure to Maintain Adequate Body Weight Due to Body Image Concerns**

Condition assumed until proven otherwise: Anorexia Nervosa

END.