TO: Senior Newsletter  
FROM: Lisa Cross, Health Educator  
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RE: When Should I go to the Doctor?

There are plenty of symptoms that warrant a visit to the doctor. Basic care can often reveal conditions that may need further testing or explanation. Medical advances have come a long way in recent years enabling better diagnostic tools, which in turn provide for a better prognosis and quality of life, both essential to healthy living.

Symptoms to send you to the doctor

- persistent cough or blood tinged saliva  
- change in bowel habits  
- blood in the stool  
- unexplained anemia  
- breast lump or breast discharge  
- lump in the testicles  
- change in urination  
- blood in the urine  
- hoarseness  
- indigestion or difficulty swallowing  
- unusual vaginal bleeding or discharge  
- unexpected weight loss, night sweats, fever  
- continued itching genital/anal area  
- non-healing sores  
- headaches  
- back pain, pelvic pain, bloating or indigestion
Investing the time in your physical body is the most precious gift that you can give yourself. Listen to what your body is saying. For further information, please seek the attention of a licensed healthcare provider.

This article has been provided by Central Michigan District Health Department, which serves the local residents of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon Counties. Visit our website at www.cmdhd.org. Join us (Central Michigan District Health Department) on Facebook.

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