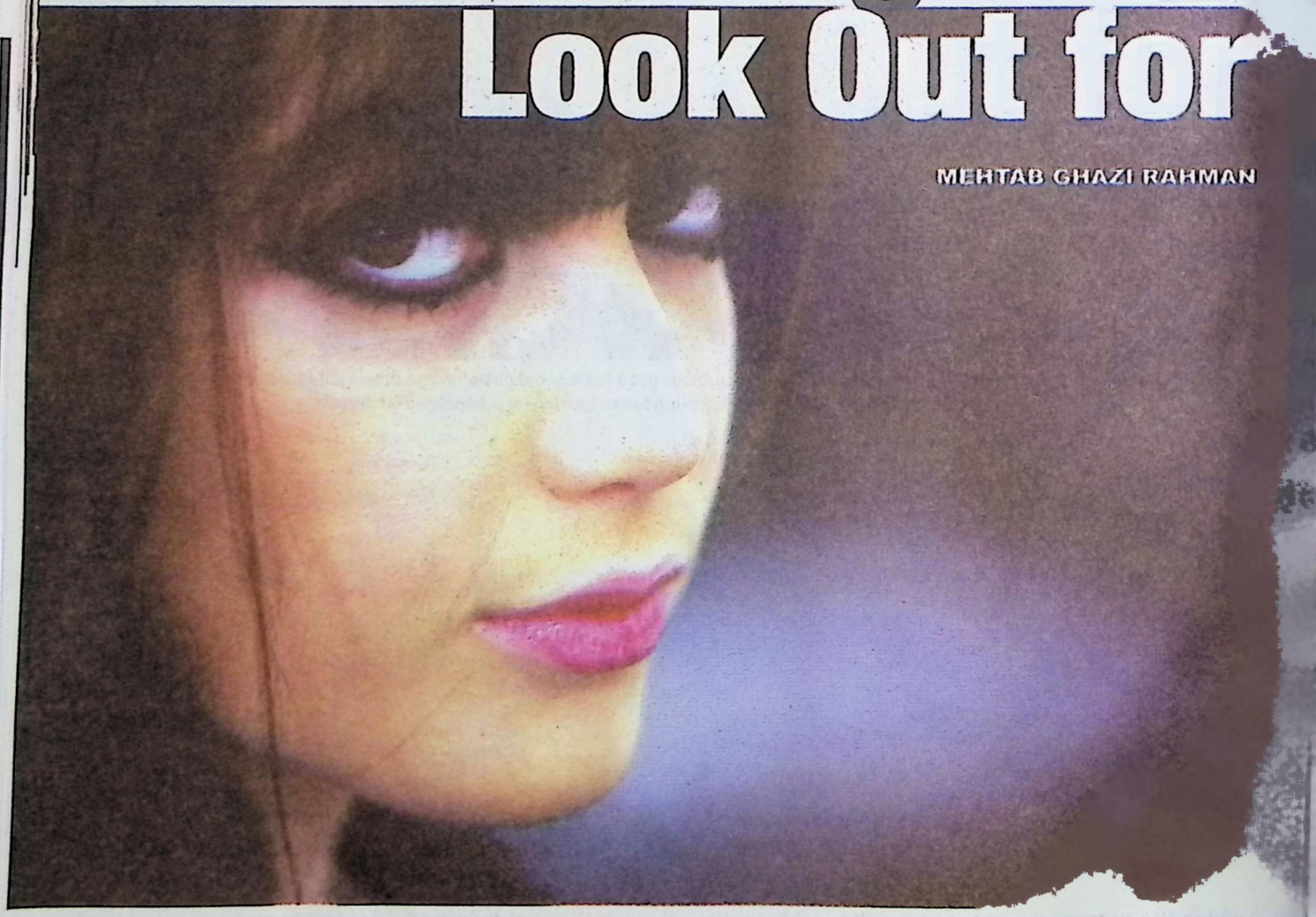
Ten Warning Signs to Look Out for

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It's very surprising to see patients go to hospital with sinister health problems at a very late stage of their illness, only because they do not know whether their signs and symptoms are serious enough to warrant medical attention or not. The earlier a medical condition is diagnosed, the better the prognosis for its treatment.

A 'sudden' headache: If you are a person in your mid-40s or above and develop a sudden headache that comes on in a matter of seconds, which feels like someone has suddenly 'struck' your head with a hard object, you should immediately seek medical attention. A stroke or a rupture of a brain aneurysm (a permanently dilated blood vessel) usually presents as a sudden headache, often described by patients as the 'worst headache' they have ever had.

Change in your toilet habits: It is important to keep track of your bowel habits. Do not get too worried if you have diarrhoea for a few days; just ensure you drink plenty of fluids and juices during this time. However, if your diarrhoea lasts for more than a week or you have constipation lasting for more than a few weeks, it may warrant medical attention. Also keep an eye on the colour and nature of your stool. Dark stool or blood in your