

4 Symptoms

WOMEN SHOULD NEVER IGNORE

Women are often guilty of putting off going to the doctor and putting aside their own health in favour of helping others in the family and the workplace – putting their own lives at risk.

Four symptoms women should never ignore:

1. Acute Fatigue

Why it's dangerous: Unfortunately, women are used to being tired. Who doesn't have a book-length "to-do" list? Even with an overwhelming number of responsibilities to take care of, exhaustion and tiredness is something a woman just shouldn't ignore.

Constant fatigue could also be a sign of a medical problem. There are several medical conditions linked to fatigue, including depression, liver failure, anemia, cancer, kidney failure, cardiovascular disease, thyroid disease, sleep apnea and diabetes.

2. Pain or Discomfort in Chest

Why it's dangerous: The signs of coronary artery disease, which can lead to a heart attack, are typically much more subtle in women. Chest pain isn't always obvious in women, sometimes it's just discomfort or an unwell feeling. Women might misdiagnose the discomfort as acid reflux or a "burpy" sensation too. Along with chest pain, if you experience weakness, hot flashes, shortness of breath, cold sweats and pain in the left arm or shoulder, immediately see a doctor.

3. Swelling in Legs or Persistent Pain in Joints

Why it's dangerous: Chronic or constant pain in joints could mean something more serious than arthritis, such as lupus or rheumatoid arthritis. Swelling in one leg can also mean a blood clot, which is even more dangerous if left untreated. Swelling, redness or blistering on the legs needs to be checked by a doctor.

4. Shortness of breath

Why it's dangerous: Walking up flights of stairs or a steep hill leaves many people winded. However, being short of breath after only light activity could be an early sign of a serious lung or heart problem.

Stave off illness with these amazing products:



OptiBoost
30 softgel capsules
A great immune booster!

OptiC
30 softgel capsules
This amazing vitamin C supplement contains potent antioxidants to fight infections and protect against heart disease and cancer.



OptiVite
60 softgel capsules
Contains 12 essentials vitamins and 9 minerals to improve your health.

OptiDerm
60 softgel capsules
Improves skin, hair and nail health.

