

# LIFESTYLE

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mood; sleeping too little or too much; reduced appetite and weight loss, or increased appetite and weight gain; difficulty concentrating or remembering; and restlessness or irritability.

**5. CHANGE IN MOLES** Skin cancer is one of the most common types of cancer, but it's also highly curable if treated early. Watch for changes in moles or skin irregularities. Use the ABCD rule to detect common melanoma symptoms: Asymmetry — one half of the mole doesn't match the other half; Border irregularity — a ragged-edge mole; Color — the same mole has different shades of brown, black, red, or blue; Diameter — a mole bigger than a pencil eraser.

**6. RECTAL BLEEDING** Blood in the stool, commonly caused by hemorrhoids, can also be a symptom of cancer. Cancers of



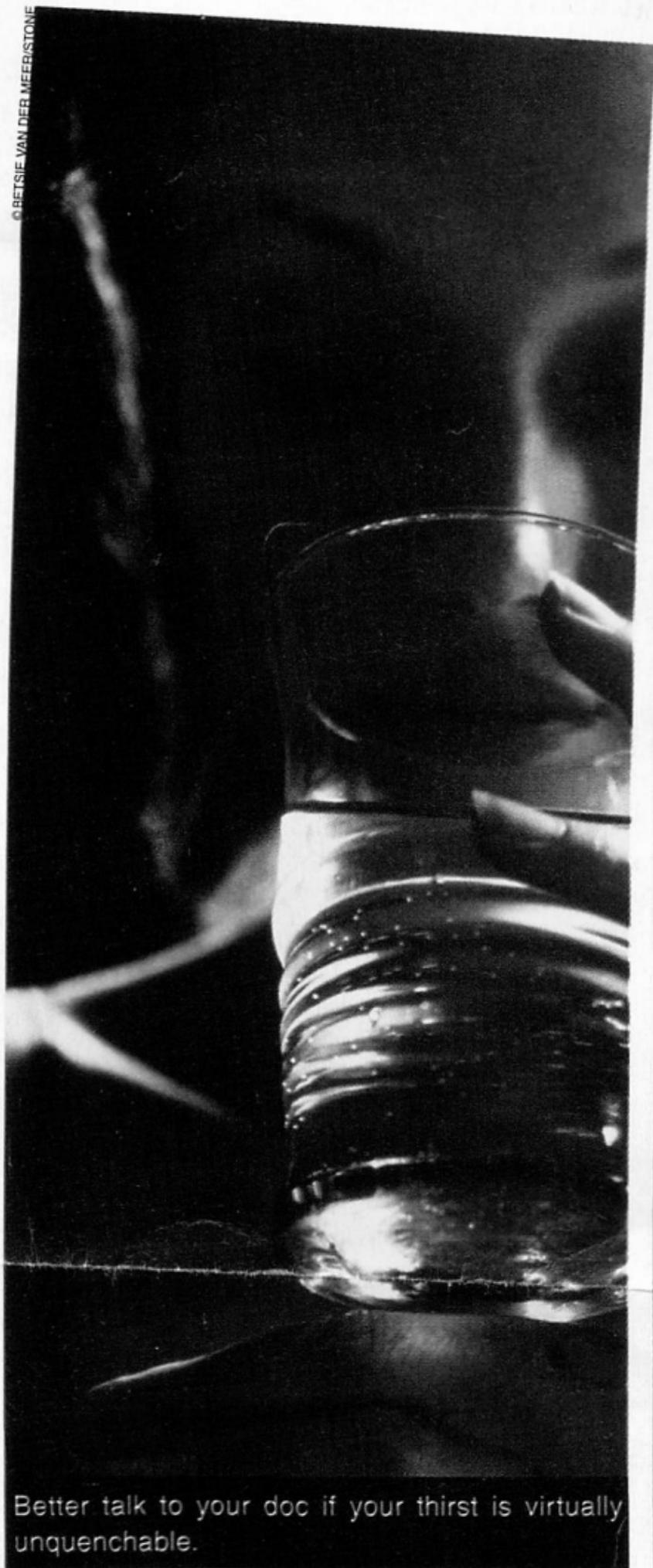
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Keep an eye on moles for skin cancer warning signs, like changes in shape, color, and border.

# LIFESTYLE

RED ALERT!

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Better talk to your doc if your thirst is virtually unquenchable.

kidney damage, and blindness. According to the American Diabetes Association, 5.4 million of the estimated 15.7 million people with diabetes are unaware that they have it. A simple blood-sugar test can confirm if you do.

**4. PROLONGED DEPRESSION** Everybody has a bad day, but if your bad day stretches into bad months, you may be clinically depressed. Depression requires medical help and should never be brushed off. The National Mental Health Association warns against accepting the common myth that it's "normal" for certain people to feel depressed — such as women, older people, employees with work-related stress, or people with chronic illness. While depression knows no age, gender, race, creed, or income, it does have some common symptoms: a persistent sad or anxious

If the cold's long gone but the cough's not, you may need to be tested for TB.

the colon and rectum occur in both men and women, and are most often found among people over the age of 50. If you have rectal bleeding accompanied by a change in either bowel habits or the shape or size of stool, abdominal discomfort, unexplained weight loss, or constant tiredness, see your physician.

**7. PERSISTENT COUGH.** Tuberculosis, once thought to be past history, is making a comeback. According to the U.S. Center for Disease Control and Prevention, more than 15,000 Americans contract the disease every year. Medical personnel who work with TB patients, children under 5, the elderly, and recent immigrants are at particularly high risk. In addition to a chronic cough, other symptoms include fever, night sweats, chest pain, and weight loss.

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