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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Do I Need To See A Doctor?

By Sharon Stajda

When you are sick, do you immediately make an appointment to see your doctor? Do you ever consider making an attempt to treat your illness without seeking a doctor's advice?

If you consider treating minor illnesses at home, you may save yourself, not only hundreds of dollars, but time. Naturally there are illnesses that only a Physician can diagnose, and treat. I am referring to illnesses that almost all of us at one time or another has been plagued with.

For a good example, the common cold can be easily treated at home with over the counter medication, increased fluids, and rest. Yet millions of people continue to seek a doctor to treat a common cold?

Illnesses that can be treated at home:

Just what illnesses can be safely treated in ones home, without consulting a doctor? Many Illnesses can be treated at home with over the counter medication. Illnesses such as; colds, flu, stomach aches, mild diarrhea, stress headaches, and minor skin irritations. All of the above illnesses can be treated safely from home, without a costly visit to a doctor. Naturally one should keep in mind there are guidelines to follow when deciding, doctor or no doctor?

Here are some guidelines to follow when deciding to treat illnesses at home.

– You feel only slightly ill – Your symptoms are mild, and relieved with rest. – You temperature is under 100 degrees. – You are not getting relief of symptoms with over the counter medication. – Nausea and or vomiting are relieved by over the counter medication within 4 hours. – Diarrhea that is relieved within 8 hours with over the counter medication. – Headache Pain is relieved with over the counter medication within 4 hours. – Depending on the problem, minor skin problems can be treated with hosts of over the counter medications. Note; improvement should be noted within time period that is listed on given medication information. Otherwise see ones physician.

When to see a Doctor:

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If your illness requires you to see a doctor, go to your doctor's appointment prepared to supply him with a good description of your illness. Inform the doctor of any and all over the counter medication you have taken. Along with any prescribed medication you take on a daily bases. Give him a clear description of your symptoms. When did the symptoms appear? When or what makes the symptoms worse? Did any measures you tried at home decrease the symptoms? A good description of your illness can help the doctor better understand your condition, and aid greatly in the doctors treatment plan.

– Chest pain or heart related pain should always be considered an emergency. A doctor should be seen as soon as possible. – Pain that is unusual, in severity and duration. Also, it is out of the normal that you have ever experienced before. – No pain relief with over the counter medication or a notable increase in discomfort. – Dizziness or visual disturbances. – Speech irregularities. – Nausea and or vomiting that is unrelieved by over the counter medication within 4 hours. – Diarrhea that does not subside within 8 hours or shows increase in liquidity. – Notable Blood in stool. – Temperature over

101.0 degrees. – Symptoms that are out of the norm, those appear to be chronic and unrelieved, and have become worrisome. – A cold, flu or stomach problems that seem to be getting worse, ever though you are getting rest, fluids, and over the counter medications. – A sore throat, that is more painful then you have ever experienced. One loses the ability to speak because of laryngitis. – Sputum that is overly thick, and odd in color. Such as gray, yellow or green or blood tinged. Sputum that is odorous. – A cough that is chronic. – Any injury due to an accident, bone breaks, burns, etc. One should always seek emergency medical care. – Increase and unusual bruising, skin discolorations, lesions that won't heal, unexplained lumps. Any moles should be assessed by a doctor.

I hope these tips will help you in deciding how to treat some simple medical problems and when you should truly seek help from your doctor.

Sharon Stajda is a retired registered nurse. She practiced her profession for twenty years. For more information, please visit:

<http://www.oldandsold.com/articles35/common-cold-12.shtml>

Health Insurance: How We Can Make It Better

By Gabriel Adams

You almost have to take out a loan to pay for health insurance these days. Even if your company pays for half or more of your premium, a premium for a family still runs at least two to three hundred dollars a month. This is ridiculous, especially for people that do not visit the doctor very often. However, everyone is worried that if they do not have health insurance, then they will need it and they will not be able to get the help that they need, or they will get substandard healthcare because they do not have insurance. Many factors have surfaced over the years that cause health insurance to continue to stay on the rise.

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One of the major problems that cause health insurance to continue to rise is the amount of frivolous malpractice lawsuits that are filed against doctors every year. Even if a doctor does not do anything wrong, they still have to pay the court costs, which usually are paid for out of their malpractice insurance. And if a doctor does make a mistake they can pay ten's of millions of dollars in damages. All of this causes doctor's to pay more for malpractice insurance, which translates into higher costs to their patient's so they can continue to survive. One of the best ideas I have heard to help combat this problem, is legislature that puts a cap on monetary awards that are awarded for punitive damages in these lawsuits. Anything over the cap will be given to the state to help pay for schools, roads, and other things for the community. This will slow people down who want to sue just to get rich quick, but will still allow people to sue if a wrong has truly been committed.

Another major problem that causes health insurance problems is the ability of health insurance companies to get out of paying the full amount requested by a doctor. Health insurance companies rarely pay half of what a doctor's office requests, so the doctor's office usually has to eat the lost costs. This causes doctor's offices to raise their prices to help shoulder the burden of these lost profits. An easy solution would be to implement some kind of regulations that would allow doctor's offices to collect the full amount for a visit. These regulations would force health insurance companies to pay the amount that doctor's charge, thus lowering the prices of doctor's visits for all of their patients.

You may not be able to transform the insurance industry today (and neither can we, unfortunately) but you CAN visit NC Health Insurance to get the best insurance for your money!

<http://www.ibdinsurance.com/>



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