



When to See a Doctor



Overview

You feel bad. Was it something you ate? Maybe it's just a common cold. But what if it's something more serious? When you're sick, it's not always easy to know when you should see a doctor. But ignoring illness can be dangerous. Here are some signs that you need to get help.

Symptoms are getting worse

First, do you have a fever? A high fever, or a fever that won't go away, can be a sign of a serious infection. You also need to watch for things like a bad cough, severe muscle aches and difficulty swallowing. Vomiting and sudden weight loss are serious. Never ignore intense pain in your chest, abdomen or pelvic region. And never ignore sudden changes in your urine or bowel movements.

Your breathing is affected

If your breathing is affected, that's a serious sign, too. Shortness of breath can come on suddenly and strongly. If it happens, get to a doctor fast.

Your vision is affected

Are you seeing bright flashes or spots? These could be signs of retinal detachment. Do not ignore these signs. See an eye doctor as soon as you can.

You're confused

Are you confused? Are you having trouble thinking clearly? Are you having mood swings or anxiety? These can point to a mental health problem. They could also be signs of infection, a bad drug interaction or some other problem. Get to a doctor quickly.

You've had a head injury

Have you recently had a head injury or a fall? If you're having headaches, difficulty concentrating, sleep problems or other issues, get to a doctor. You may have a concussion, and you need to be checked out.

You've just had a medical procedure

And finally, are you recovering from a recent medical procedure? Have you had surgery? Have you been vaccinated, or have you started taking a new medication? If you have, and you're noticing new medical problems, there could be a link. You need to tell your doctor immediately.

Conclusion

If you follow these tips and listen to your body, you can avoid serious complications.