



## SIGNS YOU SHOULDN'T IGNORE

There is so much medical and self-care information available on the internet these days that many individuals overlook conditions/symptoms that really do warrant a call to their personal physician. It's time to stop practicing medicine without a license when:



1. You experience mysterious changes; unexplained weight loss, persistent cough, unusual headaches, a sore throat that won't heal, a change in a mole or a lump in your breast.
2. You experience bleeding: rectal bleeding, blood in your urine, blood when you vomit or cough.
3. You experience blues you can't beat. Everyone experiences episodes of sadness, but if it lasts for more than two (2) weeks, you might be suffering from depression.

PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL

