

A man with a beard and glasses is shown in profile, coughing. A large spray of white droplets is visible coming from his mouth, filling the right side of the frame. The background is a dark, textured grey.

54. Signs of disease

Joonas Jokinen M.A. Sport Sciences

Basic symptoms

Fever



Pain

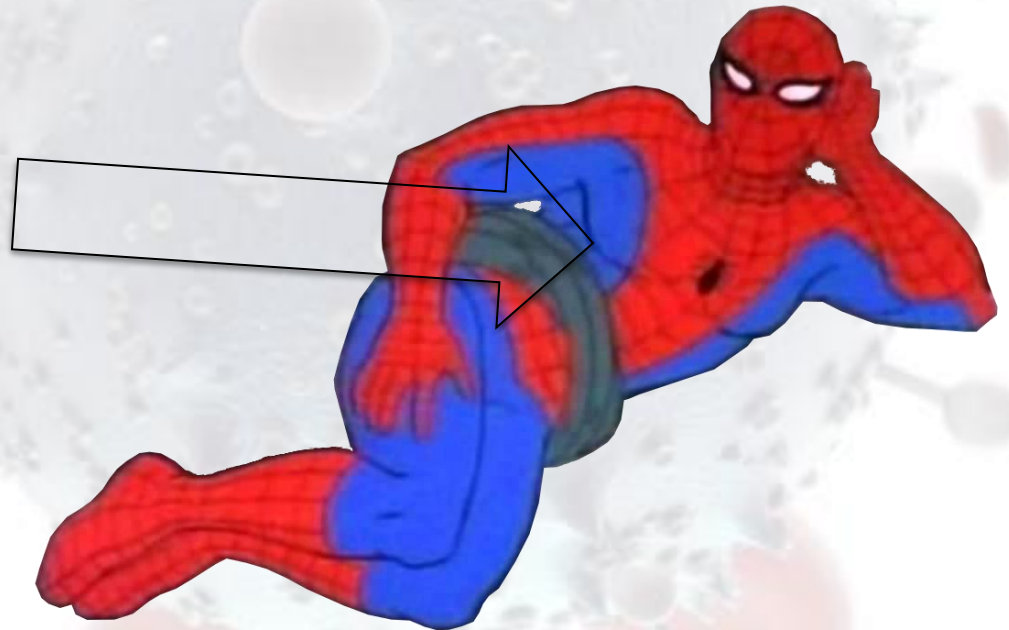


Fatigue



Symptoms are signs of disease

Microbe



Symptoms are signs of disease

- Germination time is the time between microbe exposure and first symptoms
- The time can vary between hours to days to even years

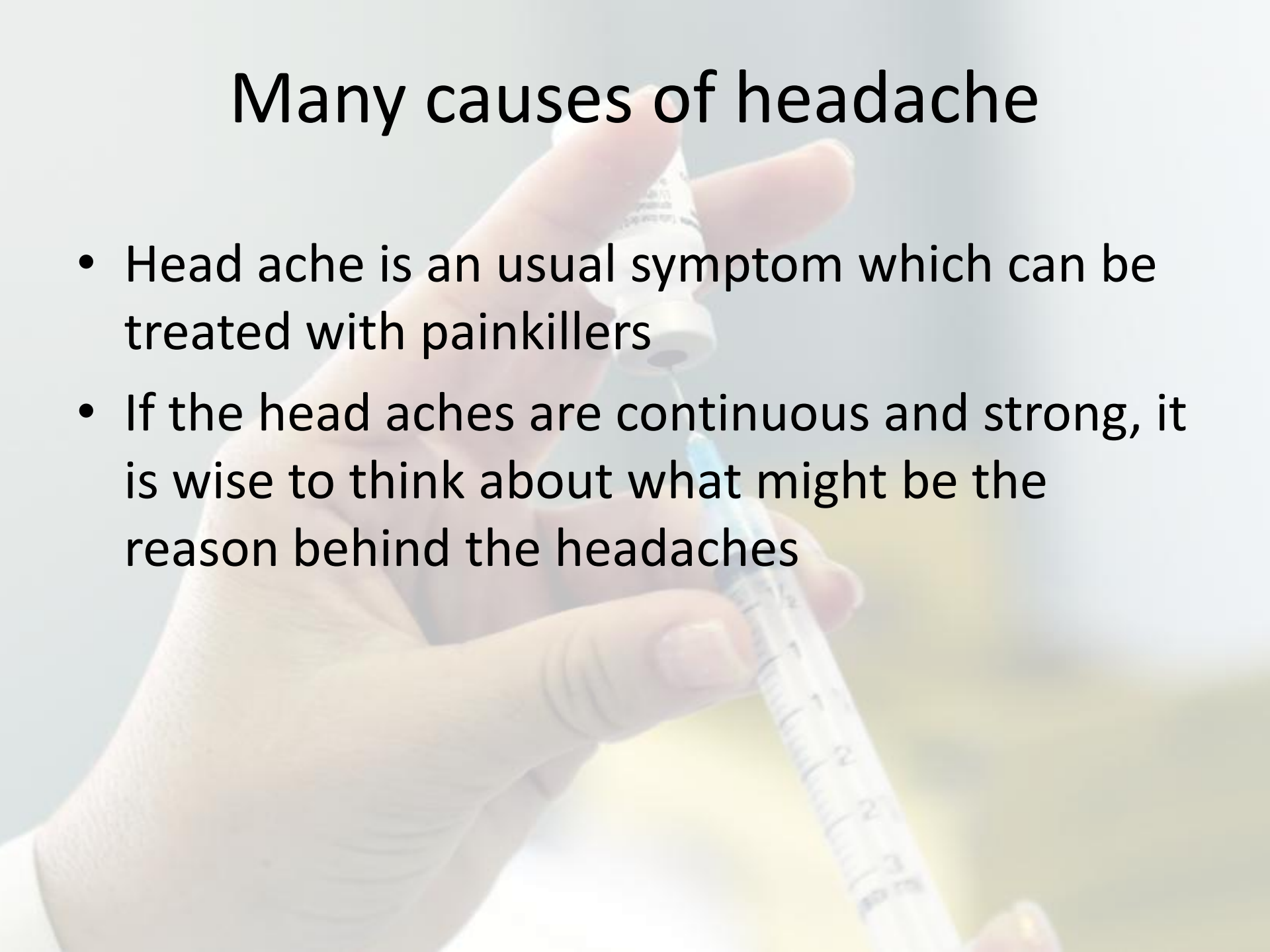


Germination time

Disease	Germination time	Symptoms
Stomach disease	From few hours to a couple of days	Nausea, vomiting, fever, diarrhea
Chicken pox (vesirokko)	Approximately 2 weeks	Fever, head ache, spots in face and chest which later spread to everywhere on the body
HIV	From few months to a couple of years	Weakening of immunity system, fever, loss of weight, diarrhea and many other symptoms

Many causes of headache

- Head ache is an usual symptom which can be treated with painkillers
- If the head aches are continuous and strong, it is wise to think about what might be the reason behind the headaches



Many causes of headache

Habits and environment

Insomnia
and sleep
deprivation

Malnutrition

Bad posture
and
ergonomics

Stress

Poor air
indoors

Tobacco

Emotional
stress

Defects & injuries

Problems with
eyesight

Strike or
trauma
to head

Problems with occlusion
(purentavika)

Illnesses

Flu, influenza,
migraine, sinusitis
(poskiontelon-tulehdus)

Fever is a common symptom

- When your body temperature rises above the normal range ($\sim 37\text{ C }^\circ$)
- It's important to drink lot of fluids during fever because fever speeds up your metabolism and you lose fluids faster than normal

Go see a doctor if:

1. you have very high fever (above 40 C °)
2. fever lasts longer than 5 days
3. you have no other symptoms besides fever
4. after few feverless days fever rises again

Homework

A close-up photograph of a hand in a white lab coat sleeve drawing liquid from a small white vial into a clear syringe. The background is a soft, out-of-focus light blue and yellow.

- Migraine is a common illness
- What are the symptoms of migraine?
- How can migraine be treated?