

Signs, Symptoms & Supports



Related Health Conditions

- Cirrhosis
- Esophageal varices
- Type 2 diabetes
- Kidney stones
- Gall Stones and enlarged gall bladder
- Graves' disease

Day to Day Support Reminders ...

My responsibilities:

- Take Propranolol and Protonix everyday. (Must)
- Check blood pressure and blood sugar; high is not good. (3+ times per week unless concerned)
- Exercise - walk 2-5 miles. (5+ times per week)
- Glucose tabs close at hand. (Must)
- Do not eat raw cabbage, garlic or onions, temperature/spice hot foods, desserts, candy. (Must)
- No alcohol (Must) or diet sodas.
- Making and keeping appointments for quarterly labs, ultrasound, occasional endoscopies. (Must)

Support I need:

- Reminders of opportunities to be active (e.g., taking a walk to the Farmer's market).
- Encouragement to stick to it all.

Warning Signs and Symptoms ...

Call doctor:

- Fatigued more than usual (could take 3 or more naps a day).
- Losing weight fast (3-4 pounds per week without dieting).

Go to Emergency:

- Severe pain under right rib cage.
- Urine and excretions have extreme discoloration. (Red and black)
- Persistent high temperature.
- Vomiting.
- Extreme back pain.

Support I need:

- If I look like I'm not feeling well, ask me what's wrong. I can't seem to lie.
- Encouragement to call nurse or go to emergency rather than waiting to see if it goes away.
- A ride to the hospital without panic or drama.