

VitaMin

Vital health information in a minute



Listen to your body

Is your body trying to tell you something? Check out this list of clues to find out.

Excessive sweating

Breaking a sweat is the body's way to keep you cool. Sometimes sweating can be triggered by stress or hormone changes such as menopause, which is perfectly normal. What if you sweat all the time for no reason? This may be hyperhidrosis, a condition that can be helped by medical treatment.

Quick tip: Stay cool by dressing in breathable clothing and use deep breathing to reduce sweat caused by stress.

Warning: Sudden heavy sweating could be a symptom of a heart attack. Always listen to your body and don't hesitate to call for help if you think you may be having a heart attack.

Dark urine

When your urine is pale yellow in color, that's a good sign. Dark-colored urine usually means you're not drinking enough water.

Quick tip: Drink more water and see if anything changes.

Warning: If your urine is pink to reddish in color, it could be a sign of a bladder infection or issues with your kidneys or prostate. It might also be due to something you ate or a medication you're taking. If you have any concerns, check with your doctor.

Chapped lips

Chapped lips may be a sign that you're dehydrated. Taking certain medicines can also cause dry mouth and chapped lips.

Quick tip: Drink more water throughout the day.

Warning: See your doctor if you have severe symptoms or sores on your mouth that don't heal within a few weeks.

Gnarly nails

Stress, aging, poor nutrition, certain medications, diseases and other factors can affect your nails. In rare cases, brittle nails could signal that you're lacking important nutrients like biotin, iron or zinc.

Quick tip: Cleaning products, nail polish removers and other chemicals can damage your nails. If that's the case, moisturizing your nails and wearing gloves while cleaning can help.

Warning: Significant changes in the color of nails (yellow, brown, green or bluish-gray), peeling or pitting of nails can be a sign of something more serious.

What else do you notice about your body? Are you dealing with stress, fatigue, frequent headaches, pain, digestive and other issues? Sometimes these clues help uncover a problem that can be improved with treatment or by making a few simple changes in your life.¹

Source:

1. Cleveland Clinic. "Your Body Holds Important Clues to Your State of Health." <https://health.clevelandclinic.org/2015/10/body-holds-important-clues-state-health/> (last reviewed/updated October 20, 2015)

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice before undertaking a new diet or exercise program.



Together, all the way.®

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., Cigna Health Management, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All pictures are used for illustrative purposes only.

910140 01/18 © 2018 Cigna. Some content provided under license.