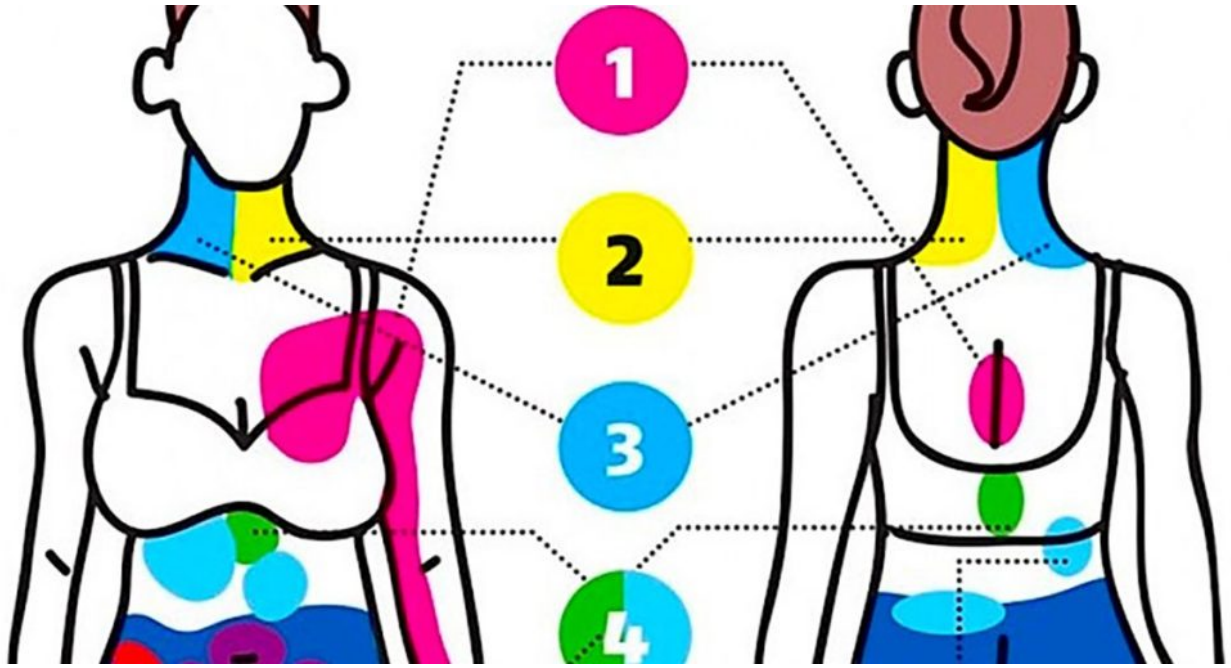
HEALTHY TIPS

7 Types Of Pain You Should Never Ignore

By bestfolkmedicine · 06/08/2018 · 3 min read



According to Ba Bamail, physical pain is considered to be a part of our everyday lives and we can experience it as a result of an injury, disease, or exercising. And, there is a lot of physical pain that may be explained without going to the doctor's, but when we cannot find a reason for our chronic headaches or the dull, chronic back ache, it is pivotal to take action and seek medical help as this may indicate a more serious health problem going on in the body.

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With this in mind, and to increase the awareness of physical pain, check out the 7 types of pain you should never ignore below.

Never Ignore these Types of Pain

1. **Persistent chest, throat, jaw, arm, or belly ache**

Chest pain and discomfort, as seen on Ba Bamail, is associated with cardiac issues and sometimes, the pain may also be experienced in the jaw, arm, stomach, or throat. You may also be prone to acid reflux due to the potential heart issues. Consult your physician as soon as possible to find the underlying cause for the pain.

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2. **Severe and chronic headache**

Headaches can be caused by a long list of factors ranging from stress and dehydration to sinus congestion. If you have been also feeling constant headaches that do not seem to go away with rest, meditation, and sleep, it is best to consult your physician as it may be a warning sign of a more serious health issue.

3. **Abdominal ache**

Ongoing pain in the abdominal area of the body, which is sharp, intense, and sudden, may be associated with a variety of health problems with the gallbladder, stomach, intestines, or appendix. Therefore, if you have been struggling with abdominal pain that does not go away, consult a doctor to find the underlying issue and treat it adequately.

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4. **Painful calves**

Cramps, pain, or swelling in the calves do not necessarily indicate a serious health issues when they occur on their own, however, when all of these symptoms occur together, they could be an indicator of a serious health problem like deep vein thrombosis, that is, when a blood clot breaks off and travels through the heart and lodges in the lungs. Other tell-tale symptoms, besides the ones mentioned above, are discoloured skin in the affected leg, surface veins, as well as warm skin.

5. **Unexplained or combined pain**

This type of pain does not necessarily happen in one specific body part, but it is more spread out and subtle. But, it should not be ignored because it may be a symptom of some serious health problem,

including depression.

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6. **Back ache**

Chronic back ache can develop due to leading a sedentary lifestyle, having a poor posture, or straining, but sometimes, it may indicate a chronic health issue. If the pain comes all of a sudden and if it is rather sharp and uncomfortable, it may signal a deadly aorta tear, a condition that requires fast medical attention.

7. **Pain in the legs or feet**

Diabetic neuropathy is a health problem which is often manifested through a burning ache or a tingling and numb sensation in the feet or legs. According to Ba Bamail, a lot of people usually ignore common diabetes symptoms, which may further cause serious complications. If you also experience itchy dry skin, dry mouth, constant hunger and thirst, and slow healing of wounds, do not hesitate to consult your doctor as soon as possible.

Sources:

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