

Health History Vocabulary

Persistent symptoms Problems that you have often

Unexplained weight loss/gain	lose or gain weight quickly when you do not try
New mole or change in mole	to have a brown circle on your skin that is new or changes size or shape
Breast lump	a hard circle you can feel when you touch your breast
Change in vision	sometimes you cannot see very well
Palpitations (fast or irregular heart beat)	your heart pumps very fast or it is not regular
Loud snoring	noise comes out of your mouth when you sleep
Heartburn or reflux	your throat burns after you eat
Muscle or joint pain	your muscles hurt or the place where two bones meet (elbow, knee) hurts
Easy bruising	your skin becomes black or purple when you touch it
Swollen glands	glands at the top of your neck (under your chin) feel large
Anxiety	you often feel very nervous or worried
Irritability	you feel angry or annoyed quickly
Lack of concentration	you cannot focus or concentrate on one thing
Problems with menstrual cycles	you have pain during your period (when you bleed every month); you have gas; you feel very sensitive or sad

Medical Conditions Diseases or health problems

Anemia	little iron in your blood
Arthritis	your joints—the place where your bones meet—hurt (fingers, knees)
Asthma	problems breathing
Autoimmune Disease	your body cannot fight diseases
Coronary Heart Disease	cause of heart attack
Eczema	your skin is itchy, red and dry
Glaucoma	pressure in your eye that can cause blindness (when you cannot see)
Hypertension	very high blood pressure
Migraine Headaches	very strong pain in your head that causes you to feel nauseous and hurts your eyes
Osteoporosis	weakness in your bones
Seizure	you lose control of your muscles
Stroke	similar to a heart attack but in the brain; blood does not go to the brain