

## CLINICAL SIGNS AND SYMPTOMS

**Your Health Care Provider will need to know what symptoms you are experiencing currently or have experienced in the past.**

Many common symptoms may be triggered by exposures to Oil-Chemical pollutants and other environmental health hazards. The chart below provides examples of affected body systems and types of symptoms that someone with such exposures might experience. Familiarize yourself with these symptoms before completing your exposure history in the next section.

Affected Systems	Potential Symptoms
Blood	Bleeding from nose, ears, rectum, or meatus (pee hole); difficulty maintaining appropriate blood pressure and chemistry; drug and alcohol intolerance; rapid or irregular heart rate; worsening of pre-existing issues
Cardiovascular	Chest pain; irregular or skipped heart beats, palpitations, too fast or too slow heart rate; dizziness, fainting; blood pressure too high or too low; problems with circulation as indicated by cold hands and feet, tingling or numbness in feet or hands; easily bruised; difficulty healing
Central Nervous	Problems with thinking clearly or concentrating; forgetfulness; poor memory; headaches; learning or speaking difficulties; vertigo; dizziness; fainting; poor balance; clumsiness; tingling hands and feet; seizures; feeling intoxicated and/or “hung over”; ringing in ears; blurred or double vision; failing vision; seeing “spots”; worsening of pre-existing issues
Endocrine	Excessive feelings of being sick and tired; low energy; restlessness; trouble sleeping and/or staying awake; obesity or wasting away; worsening diabetes; acceleration of the normal aging process
Emotional/ Spiritual	Mood swings; anxiety; fear; nervousness; increased tearfulness; irritability; anger; mistrust; depression; sadness; inability to enjoy life; feeling “poisoned”; personality changes; alcohol and substance use; feelings of hopelessness
Financial	Loss of ability to work; loss of income
Gastroenterological (gut)	Nausea; vomiting; diarrhea or constipation; abdominal discomfort such as bloating, belching, passing gas, cramps; heart burn and other problems with digestion; urinary tract issues such as incontinence or bladder, kidney, and ureter infections
Immune	Allergic type hypersensitivity reactions; discharge and itching in eyes, ears, nose and throat; increased healing time; tendency for increased incidence of opportunistic infections such as viral, fungal, and yeast problems, i.e., pink eye, ring worm, athlete’s foot, etc.; cancers – initial diagnosis and/or reoccurrence

# LEARNING GUIDE

<b>Affected Systems</b>	<b>Potential Symptoms</b>
Physical Musculoskeletal (bones & muscles)	Loss of strength and stamina; more rest periods required; need to pace activity; stiffness; limited movement; blurred vision; twitching; aching; “pins and needles”; spasms; swollen and painful joints; problems with hand/eye coordination; handwriting difficulties; excessive loss of calcium in bone or teeth
Respiratory	Cold- or flu-like symptoms; ear, nose and throat pain, drainage or congestion; difficulty breathing, shortness of breath; coughing; sneezing; chest pain; increased hypersensitive reactions to pollutants such as diesel exhaust, new carpets, detergents, etc., and to smells and odors such as cigarette smoke, perfumes, fragrances, or other cosmetics; worsening of pre-existing conditions like asthma, bronchitis, COPD, or pneumonia
Reproductive	Menstrual cycle irregularities such as skipped, missed, or heavier than normal menses; difficulty becoming (men and women) or staying (women) pregnant, miscarriages, developmental deformities, genetic and DNA damage
Skin	Rashes or lesions; open wounds that take a long time to heal; itching, burning, tingling, psoriasis, eczema, dermatitis, rosacea, seborrheic dermatitis, acne, and allergic contact dermatitis; skin growths, skin tags, and cancers; excessive sweating