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## Cold sweats and throwing up

Nausea involves an upset stomach with the feeling that one may vomit, while cold sweat is a clammy dampness on the skin that doesn't feel the same as warm perspiration after exercise. Nausea and cold sweat experienced together can be caused by many different conditions. Some of the most common causes of cold sweat and nausea are low blood sugar, menopause, nightmares, fear, anxiety and migraines. Migraines are chronic types of headaches experienced by some people, usually on a regular basis. Oftentimes, the pain is only on one side of the head, but it may be mild, moderate or severe in intensity. A person suffering a migraine headache may experience cold sweat and nausea. Other common migraine symptoms include dizziness, plus sensitivity to light and noise. Feelings of anxiety and fear are common causes of nausea and cold sweat. If a person becomes stressed about something to the point of extreme worry, anxiety or fear, he or she may experience nausea and an upset stomach as well as chilled, clammy skin. The body's natural response to a fear, or phobia, that must be faced can also cause cold sweat and nausea. For example, if someone who is extremely afraid of needles has to get a blood test, he or she may become so anxious and worried that these feelings might cause nausea as well as cold sweat. If the symptoms become severe, this may even lead to fainting. Nightmares, or bad dreams during sleep, are also connected to cold sweat and nausea. A person's body may react this way upon awakening after a dream. Cold sweat during sleep may not be related to dreams, but rather to night sweats. Night sweats are very common in women in menopause. Menopause is the natural stoppage of menstrual periods that occurs as part of the aging process for women. Nausea as well as tender muscles are other symptoms of menopause that often accompany night sweats. Cold sweats with nausea during the night may also signal a disease or an infection. Night sweats, with or without nausea, should be reported to a doctor for further examination. For diabetics, a common cause of cold sweat that is often accompanied by nausea, along with other signs such as shaking and confusion, is low blood sugar. People who aren't diabetic typically won't have their blood sugar dip low enough to cause such severe symptoms. Low blood glucose, or sugar, is medically known as hypoglycemia. When diabetics experience symptoms such as cold sweat and nausea, they should use a blood sugar monitor to check their glucose level. Consuming sugar tablets, orange juice, candy or other sweeteners if the body's glucose level is much too low will usually bring it back up to a reasonable level. Top answers from doctors based on your search:HealthTap uses cookies to enhance your site experience and for analytics and advertising purposes. By using our website, you consent to our use of cookies. To learn more, please visit our Cookie Policy. This combination of symptoms and signs point to infection and I would consider gastroenteritis, cholecystitis (gallbladder infection), tuberculosis, hepatitis, kidney infection, lymphoma, and leukemias. Call your doctor. While the list below can be considered as a guide to educate yourself about these conditions, this is not a substitute for a diagnosis from a health care provider. There are many other medical conditions that also can be associated with your symptoms and signs. Here are a number of those from MedicineNet: Anxiety is a feeling of apprehension and fear characterized by symptoms such as trouble concentrating, headaches, sleep problems, and irritability. Anxiety disorders are serious medical illnesses that affect approximately 19 million American adults. Treatment for anxiety may incorporate medications and psychotherapy. The common cold (viral upper respiratory tract infection) is a contagious illness that may be caused by various viruses. Symptoms include a stuffy nose, headache, cough, sore throat, and maybe a fever. Antibiotics have no effect upon the common cold, and there is no evidence that zinc and vitamin C are effective treatments. Food poisoning is common, but can also be life threatening. The symptoms for food poisoning are fever, abdominal pain, headache, diarrhea, nausea and vomiting. Food poisoning has many causes, for example, chemicals (from toxic fish or plants) and bacteria (Staphylococcus aureus or Salmonella). Treatment of food poisoning depends upon the cause. Mycobacterium tuberculosis is the bacterium that causes tuberculosis (TB). Symptoms and signs of TB include bloody sputum, fever, cough, weight loss, and chest pain. Treatment depends upon the type of TB infection. At MedicineNet, we believe it is important to take charge of your health through measures such as a living healthy lifestyle, practicing preventative medicine, following a nutrition plan, and getting regular exercise. Understanding your symptoms and signs and educating yourself about health conditions are also a part of living your healthiest life. The links above will provide you with more detailed information on these medical conditions to help you inform yourself about the causes and available treatments for these conditions. A B C D E F G H I J K L M N O P Q R S T U V W X Y Z Hi,Thanks for the query.Has he eaten food from outside the house, like from roadside vendors?Has he vomited any blood?Does he have fever, please do check again with the thermometer?Is there any loose stools, jaundice, chest pain?Is he passing blood in urine, any bleeding spots in the mouth, from nose or does he appear pale?Yes, it is possible he has the stomach flu or Viral gastroenteritis.The fact that he has a headache, vomiting, goes in favour of viral origin though is not conclusive. He needs to be well hydrated. I would recommend that he take WHO-Oral rehydration solution (ORS)as a good source of fluid and electrolytes as this is standard of care for those losing fluid from gastrointestinal tract. Mix one XXXXXXX of WHO-ORS in a bottle of previously boiled and cooled water and administer it to him as much as he wants, but preferably in sips if he is still vomiting.If he has fever he can take Paracetamol/Acetaminophen provided he has no known allergies to this drug. Also eat diet XXXXXXX in proteins like cereals, pulses, chicken but avoid anything spicy. He can have yoghurt or curds with sugar to help keep his stomach in good condition and prevent excess vomiting.This treatment should work, but if he is not getting better within 3-4 days he will require to be examined by his Doctor to rule out other causes or complications of viral fever.Watch out for severe abdominal pain, severe intractable vomiting, coughing blood or nasal bleed, dizziness, weakness, or not passing enough urine; physical consultation with a physician is entailed. He may also be given anti-emetic under medical supervision to stop excessive vomiting.Let him keep warm. Avoid cold food or fluid intake.I hope I have answered your query. I will be available to answer your follow up queries.Regards, Cold sweats is far different condition from ordinary sweating and is regardless of how hot and cold it is in the atmosphere. Cold sweat is recognized as sudden chills felt in your body.It often begins with your palms, armpits, and soles. It is usually the body's reaction to stress that helps us to react in a threatening situation.Sweating is the creation of fluids by sweat glands generated by fear or anxiety which you can also relate to the cold sweat.Cold sweats are not night sweats; they are both different things, as night sweat appear only during the night.Related Reading: Itchy Armpits: 12 Causes, Treatments and Prevention TipsCold Sweats vs. Night Sweats: Are They Same?Cold sweats and night sweats are two different terms with altogether distinct signs, symptoms, causes, and remedies. It is not a medical problem itself, but symptoms of a severe one.Cold sweat can cause severe injury, shock, shortness of breath, heart attack and too little sugar in the bloodstream.While night sweats or excessive sweating during the night can cause menopause, idiopathic hyperhidrosis, infections, and cancer.It's essential to identify both cold sweats and night sweats in their particular manner. It would be beneficial if you are providing first aid, as it can be a sign of significant injury or illness.Cold Sweats: Is It a Sign of Heart Attack?In some cases, yes. Cold Sweats can assist the heart attack along with:Chest pain or pressure in your chestPressure on the neck or armPain or discomfort in your jaw, stomach or backBreathing problemA feeling that you'll be deadLight-headednessGo for a medical emergency as soon as possible, if cold sweats also come with symptoms mentioned above.Make patient to have a chewable aspirin while waiting for the ambulance to arriveCold Sweats: 12 Possible CausesAnything that sources flight and fight response in the body can cause cold sweats. What must be your action to fix it, depends on the underlying causes, which can be:1. ShockWhen there is lack of blood flow that eventually delivers the less amount of oxygen and nutrients to the brain, you may get shocks. It is a severe, and life-threatening condition that cold sweats can identify.Other symptoms to be observed are:Rapid pulse (over 100 beats per minute)Rapid breathing (over 20 breaths per minute)Pale skinWeakness while sitting up and standing2. Infection or SepsisAny virus that leads to fever can cause cold sweats along with coldness, shivering, high temperature, high pulse, and rapid breathing. It can cause your immune system to be eliminated and will make your tissues inflamed.3. Nausea or VertigoNausea is a sensation of discomfort in the stomach, it may lead to vomiting, but a person can get infected form nausea even without vomiting.Vertigo is a situation in which a person feels that the objects around him are moving when they are not. It is an inner ear disorder.4. FaintingYou may suddenly turn unconscious and fall. It happens when your body is going through dehydration, feeling hot and experiencing too much sweat after exercise or external temperature.Fainting occurs due to the decrease in blood supply to the brain which leads to loss of oxygen.Other signs are:Getting too hot or sweating too much due to exercise or external temperatureBlood not flowing out of your legs quickly enough (pooling)Being overly exhausted5. HypotensionIf you feel dizzy or confused, have blurry vision or pass out without warning, you can also call it hypotension or low blood pressure. It is because, in hypotension, your blood pressure level falls much below the normal.6. Intense Pain from an InjuryAmputations or Injuries like fractures can lead to cold sweats. Suppose a person with a broken ankle is in sweats, it means he is in the state of extreme unbearable pain.7. MigrainesMigraines may emerge from stress or environmental factors causing severe headaches for an extended period. Trouble in speaking, feeling numb or weak on either side of the body, loss of vision are a few symptoms can be noticed in this situation.Related Reading: Pressure Points for Headaches and Migraine Pain Relief8. MenopauseCold sweats are one of the symptoms of menopause. It is a natural decline in reproductive hormones in the woman's body, and she's no longer to bear children, or it is the time when menstrual periods stop permanently.9. HypoxiaInsufficient levels of oxygen in the body can cause hypoxia, like, on high altitudes or polluted areas which are full of smoke and dust particles.10. Stress or AnxietyUnexplained pain, vomiting, and tensed muscles are identification marks for anxiety or stress. Triggered by an instance anxiety is the reaction to stress which leaves annoyed and frustrated.11. HypoglycaemiaHypoglycaemia is the situation in which blood sugar decreases from the average level. In this case, you might observe the signs of clumsiness, confusion, and loss of consciousness or even death.12. HyperhidrosisConditions like menopause, tumor, obesity, diabetes, mercury poisoning and hyperthyroidism (overactive thyroid gland) can cause Hyperhidrosis.It is also known as excessive sweating and results in a lot of unhappiness.Symptoms Associated with Cold SweatsCold sweat is the first and foremost symptom, or it can come along with other signs simultaneously. Suppose, you get back to your work out, then it is apparent that you must sweat.But the cold sweats occur at any time or any room temperature and has no relevance to your work out.Sometimes sweats appear at night; they are the night sweats. And night sweats are different from cold sweats, but both need your attention.Treatment of Cold SweatsLike others, cold sweats also have procedures and remedies by which you can protect yourself. To avoid such infections, we suggest:1. Try and Change Your Sleeping EnvironmentWear loose clothes, to eliminate the effect of cold sweats. Use dark or black curtains to block that unwanted extra light in your room. Switch off the lights of your room before sleeping.2. Distract and be ProductiveKeep yourself busy in some of the activities that entertain you like reading, playing, listening music and others.3. RelaxYou can take up yoga, jog, or bathing in warm water to relieve you of the stress and anxiety.4. DietConcentrate on the healthy food and avoid taking meals before bed. It will inevitably reduce the chances of sweats.5. Medical interventionTherapies would be a better than over the counter medicines, to deal with cold sweats. Especially, Prescription antiperspirantsBotox injections and Nerve blockers which can block or restrictBotox neuro-signals to and from your brainAntidepressantsDrink plenty of water through the day to keep yourself hydratedExercise regularlyAvoid unhealthy habits of smoking or drinking excessive alcoholJust a little bit of extra care is all that you need to prevent and overcome cold sweats.When to See Your Doctor?You may always prefer to consult experts, rather than being a doctor of your own. Especially when you are facing one of these:Delirium, lethargy, confusion, hallucinations or a change of behavior, state of mindLoss of consciousness or level of alertnessSevere painUncontrollable bleeding, blood vomits, bloody stool, bleeding from the rectumHigh fever - Over 101 degrees FahrenheitHeart palpitationsDifficulty in breathing, wheezingSwelling of the face, mouth, or tonguePain, pressure, or tightness in the throat, chest, jaw, shoulder, arm, or upper backGrey or bluish discoloration of lips, nails, or skin Sources: "Cold Sweats Causes and Treatments", MD health website, November 10, 2017; Luo, E., "What Causes Cold Sweats and What Can You Do About It?", health line website, July 12, 2017; Brouhard, R., "Causes and Treatment of Cold Sweats", very well website, August 14, 2017; Andre, D., "Cold sweats causes, symptoms, and treatment", Bel Marra Health website, November 4, 2017; Sharing is caring! Your love and support motivates us!

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