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A hat in time how to change colors

Skin changes color usually because something is going on in the body. For example, a person may look yellow because of liver problems, slightly blue because of breathing problems, bruised because of blood disorders, or pink or red because of skin problems or extra sensitivity to sunlight. In cancer patients, changes in the skin color can be due to the side effects of cancer treatment , tumor growth, or sun exposure. Some color changes may improve over time, while others may be long lasting. Certain patients may have a condition called hand-foot syndrome , which causes redness, swelling, pain, and sometimes tingling in the palms of the hands and soles of the feet. Talk to your cancer care team about your treatment and the risk for changes in your skin color, and let them know if you notice any. What to look for Yellowish skin and/or the whites of the eyes. May also have deep orange to brown urine and/or white or clay-colored (light brown or gray-looking) stools. Bruises or areas of blue or purple skin that have no known cause Very pale or blue-tinged skin, lips, or nail beds. Often with trouble breathing. Redness or rash on skin Swelling in an area that's discolored Itching What the patient can do Clean the skin gently with warm water, gentle soap, and a soft cloth. Rinse the affected area carefully and pat dry. Ask your cancer care team what the best skin products for the affected skin may be. Keep your skin moisturized. Protect the affected area from heat and cold. Wear loose-fitting, soft clothing. Apply medicines prescribed for skin reactions. Protect all of your skin from the sun. (For instance, wear a wide-brimmed hat, sunglasses, and long-sleeved shirts when outside.) Apply broad-spectrum sunscreen with an SPF of 30 or higher on any skin exposed to the sun. Re-apply every 2 hours if in the sun, and after bathing or sweating. What caregivers can do If a patient's hands are affected, do not let the patient do tasks involving hot water. Offer gentle massages with moisturizing lotions or creams. Call the cancer care team if the patient Develops yellowish skin or whites of the eyes (or has urine that stays dark or orange for a day or more and/or stool that looks white or clay-colored for 2 or more bowel movements) Has severe itching Has bruises that don't go away within a week, or new bruises showing up for 3 days Has pink or red patches or rash-like areas on the skin I spent a couple of hours outside every day this weekend walking the dog and listening to motivation-type CD's. (Yes, CD's, because I don't know how to use itunes and ipods and all that stuff. In fact, I bought a portable CD player last week just to listen to all the CD's I have stockpiled in my house.) Anyways, I was listening to a CD from speaker, Nido Qubein, who told the story of the Koi fish and a self-development lesson it teaches. As you might know, a Koi fish grows in proportion to its environment. If you keep it in a pail of water, it grows only 2 inches. But if you let loose in the wild it can grow up to 2 feet. Are you like the Koi fish who has been kept in a pail? Is your environment stifling your growth? Is it time for you to change? On the same CD, Qubein suggested you do this exercise: "Make a list of the 10 people you spend the most time with and your top 5 goals and top 5 values." "Compare the lists. Are the people you spend the most time with congruent with your values and goals? If not, you might be held back by this association." You need to spend more time with positive people and in a positive environment. And he's not the only one who believes this. Last week, I received an email newsletter from Google expert Perry Marshall that I've changed slightly for all of us who are seeking better health and fitness. "*****" "How fit and healthy you are during the next 2-5 years will probably be the average of all the people you are associating with RIGHT NOW. Who are you associating with? How fit and healthy are they? Is it time to raise the power of your peer group?" ***** Those are powerful questions you must ask yourself today. Take stock of the people you hang around with at work and in your spare time. Are they helping or hindering you from reaching your goals? Should you be attending seminars and spending more time with others who share the same ambition as you? I know I do, and it has made all the difference. If you want to soar with eagles you can't hang around turkeys, Craig Ballantyne, CSCS, MS Creator, Turbulence Training This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io 1 35 Years Later, the World Still Grapples With Chernobyl's Lasting Effects 2 What Are the Different Types of Microcomputers? 3 How Many Quarters Are in a Game of Football? 4 What Is the Opposite of a Democracy? 5 What Is Dyadic Communication? Photo Courtesy: kateho Seisa/E+/Getty Images Have you ever wondered why your bruises change color, or if those colors signify something? Bruises, also known as hematomas, get their signature dark purple-bluish color from the presence of blood under the skin. Injury to the site where the bruise forms causes red blood cells to break down, and with each new stage of breakdown comes a slightly different bruise color. Though the red blood cells undergo breakdown, the area itself under the site of injury is going through a process of healing. When you see your bruise start to change colors, rest assured that your body is performing the appropriate processes to heal your wound. A bruise develops at the site of an injury on the skin, typically when some sort of trauma causes bleeding under the surface of the skin without actually breaking the surface. With minor injuries, such as bumping your arm or pinching your finger, the bleeding is usually confined to your skin. The bruise will likely appear within minutes to hours. Photo Courtesy: Francesca Dagrada/EyeEm/Getty Images With more forceful trauma, such as twisting your ankle, running into the corner of a table or getting hit with a baseball, bleeding typically occurs in the deeper tissues of your body. The blood then gradually seeps into your skin over a period of hours to days. This is why you might not see a bruise for a day or two after you've had a fall or other injury. The size of a bruise depends on what caused your injury and the amount of force involved in creating it. The more forceful the injury is, the greater the amount of bleeding and the larger your bruise will be. The closer to your skin's surface the bruise is, the more intense the colors of the bruise will likely be, too. Fresh bruises can develop anywhere from minutes to days after an injury, depending on how deep below your skin's surface the bleeding is. Typically, a new bruise progresses from red to blue to purple within the first few days after an injury. Photo Courtesy: Wanchai Yoonsumran/EyeEm/Getty Images Red Bruises: When you first get a bruise — especially one near the surface of your skin — it usually appears red. The color comes from fresh blood leaking into your tissues. Fresh blood is bright red because it contains a protein called hemoglobin, which carries oxygen from your lungs to other parts of your body. Blue Bruises: Within a few hours, blood that has leaked from your injured blood vessels loses the oxygen it was carrying. As this occurs, the blood becomes darker and the bruise begins to look more bluish or purple. Purple Bruises: Typically, over one to three days (depending on the severity of your injury), a bruise becomes more intensely purple and may even appear black. This occurs as red blood cells break down and iron is released into the injured area. Note that, if you have a deep bruise, the red stage may have already passed by the time you're first able to see the bruise. In this case, the first color you see may be blue or purple. As mentioned, when red blood cells break down, they release an iron-rich protein called hemoglobin. While your bruise begins to heal, your body converts the hemoglobin into other pigmented proteins. The presence of these proteins causes your bruise to change color as it heals. Photo Courtesy: cipella/E+/Getty Images Green Bruises: A green bruise indicates that the site of injury has entered its final stages of healing. The bruise may transition from purple to green at the edges or center of the injury site. The green color is due to the presence of a hemoglobin breakdown product called biliverdin. The last part of the word, "verdin," comes from the Latin word for "green." Yellow Bruises: The final step of healing involves the bruise turning a yellowish color. This is from the final breakdown product of hemoglobin appearing in your skin; it's known as bilirubin. As your body clears the remaining cellular and other debris from the bruised area, the yellow pigment fades and your skin returns to its original tone. You may have noticed that many bruises tend to be multicolored. This is because the amounts of blood in different areas of the bruise vary, so the stages of healing overlap. There are a few things you can do to limit the extent of a bruise and help it heal quickly. The most commonly suggested technique involves a process known as RICE, which stands for "rest, ice, compress and elevate": Photo Courtesy: Dmitry Marchenko/EyeEm/Getty Images Rest. Once you notice your injury, try to rest the affected area. For example, if you've sustained a blow to your elbow, try not to use that arm when possible. Ice. Wrap an ice pack or a bag of frozen vegetables in a clean towel prior to applying it to the affected area to minimize skin irritation. Do not leave the ice pack on for longer than 20 minutes at a time. You can repeat your icing sessions throughout the day to help prevent swelling. Compress. Compression of the area can help reduce swelling and limit the amount of bleeding under your skin. This can lessen the severity of your developing bruise. Compression involves applying slight pressure without cutting off circulation or blood flow. Elevate. If possible, keep the injured area above the level of your heart to minimize swelling. You should see a healthcare professional if any of the following apply to you: You seem to find bruises all over your body and cannot account for injuries that would've caused them. You've sustained trauma to your face (particularly in the case of a black eye). Your bruise continues to become larger or stays painful even after following the RICE method for three days. You have a family history of bleeding or clotting disorders. You cannot functionally use the area affected by the bruise, such as not being able to walk on a bruised ankle. Though bruises can be painful, they're signs of healing and indicate your body is working hard to mend your injury. The next time you get a bruise, you'll know how to interpret the changing colors of your injury and can tell exactly where you are in the healing process. Medical content reviewed by Dr Samantha Miller, MBChB Resource Links:

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