Fainting from not eating

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Fainting from not eating

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DEAR MAYO CLINIC: What causes are passed out? Is it always harmless, or can it be a sign of a more serious medical problem? ANSWER: Fainting happens when your brain doesn't get enough blood, and this makes you lose consciousness briefly. In many cases, faint is not a cause of concern. But, in some people — especially in those with a history of heart problems or those who fainted during the exercise — fainting may be caused by a more serious medical condition. In such cases, a health care provider should assess it as soon as possible. One of the most common reasons why people misfortune is in reaction to an emotional trigger. For example, sight of blood, or extreme excitement, anxiety or fear, may cause some faint people. This condition is called vasovagal syncope occurs when the part of the nervous system that controls the heart rate and blood pressure to fall. When this happens, your body cannot deliver the blood that your brain needs, and lose consciousness. This type of fainting does not require treatment. Because fainting is more likely when you get up, however, to avoid fainting, it can be useful for people prone to vasovagal syncope to lie down or sit with their heads between their knees if they start feeling light or dizzying head. Another kind of fainting can happen when you get up from sitting or lying down, and blood pressure drops quickly. This causes dizziness, lightness or a short loss of consciousness. It's called orthostatic hypotension. It's usually not a serious condition. Orthostatic hypotension is often caused by something that is easily solved, such as dehydration or being overwhelmed. However, if orthostatic hypotension occurs regularly, especially if you lose consciousness, see your health care provider. In this case, it could be a side effect of a drug or due to a underlying medical condition, such as a nervous system disorder. Fainting becomes a more serious concern when it happens to people who have a previous history of a heart attack, people who have heart diseases or an irregular heart rhythm. In these situations, faint could be a sign of a heart problem that requires treatment. For people who have heart diseases or an irregular heart rhythm. In these situations, faint could be a sign of a heart attack, people who have heart diseases or an irregular heart rhythm. In these situations, faint could be a sign of a heart attack, people who have heart diseases or an irregular heart rhythm. In these situations, faint could be a sign of a heart attack, people who have heart diseases or an irregular heart hythm. In these situations, faint could be a sign of a heart attack, people who have heart diseases or an irregular heart hythm. In these situations, faint could be a sign of a heart attack, people who have heart diseases or an irregular heart hythm. In these situations, faint could be a sign of a heart attack, people who have heart diseases or an irregular heart hythm. In these situations, faint could be a sign of a heart attack, people who have heart attack, people who is required. It is also extremely rare for someone to faint for no reason while doing some kind of physical activity or exercise. In particular, sudden fading without any sign of warning, lightness, dizziness or nausea before a fainting episode, must be evaluated by a health care provider. Although rare, young people without a previous history of heart diseases can experience fading as the first clinical symptom of a congenital heart condition below. If you lose consciousness as a result of a fall or another type of accident, you should be promptly evaluated by a health care provider to make sure you have not supported a brain emotion or another head injury. A ¢ â, ¬ "Dr. Win-Kuang Shen, cardiovascular disease, Mayo Clinic, Scottsdale, Arizona sudden, the transient, the loss of consciousness in an individual is known as syncope or fainting. The syncope can be terrifying, it is usually harmless and most likely does not mean a serious illness or a problem for threatening life. For most people, The syncope occurs once or twice in a lifetime; for others, various medical conditions can lead to numerous spells of fainting throughout life. Anyone who has a syncope should always immediately notify a doctor. If physical injury occurs as a result of fainting, then you should call 911 and head to the closer first aid. Syncope causes There are numerous causes of syncope: this type of syncope is correlated to heart, caused by an abnormal heart rhythm or from a structural damage to the heart. This is a dangerous form of syncope is correlated to heart, caused by an abnormal heart rhythm or from a structural damage to the heart. caused by a cardiac problem, but rather a transitional drop in blood pressure, heart rate or change in vagal tone, most of which is controlled by the autonomic nervous system. In some people, despite numerous tests, no obvious cause has ever been found. Syncope's diagnosis is always important to see a doctor if you fainted. The doctor will have to know the chronology surrounding the event, which is very important when trying to determine the cause of syncope. For example, symptoms such as dizziness, sweating, nausea, diarrhea, vomiting, headache, visual changes, anomalous movements of the body, the loss of control of the intestine or bladder and thoracic pain are important clues. Also, it's also useful to convey what you were doing when the event occurred. Many ill-deactivating spells are triggered by a vasovagal reaction (a sudden transient drop of blood pressure that resulting in a loss of temporary consciousness), which generally occurs during activities like eating, urging, defecting, or standing for long periods. Medical history (including drugs) and ages are also important when trying to determine the cause of syncope. People are at greatest risk of serious conditions, alcohol or drug problems, known seizure disorders, diabetes or neurological disorders are more likely to have of fainting. A revised doctor from Suzanne Falck, MD, FACP â € "Written by Corey Whelan â €" Updated January 24, 2017CaUSessymPtoms What to do a Distributed Doctor Overview Fainting, or faint, it is medically indicated as a synchronopal episode, or syncopo. Syncopal episodes are typically triggered by a sudden, temporary drop of blood flow to the brain, which leads to the loss of muscle consciousness and control. The person to resume consciousness. Syncope is more common than you can think about. It can happen to any age, including childhood, even if fainting happens more frequently to people as they age. Syncopal episodes usually last only seconds or minutes. They can be accompanied by temporary feelings of confusion when we find consciousness. The syncope can be caused by a underlying medical condition or environmental triggers. FAINTING can also derive from an emotional response to a very difficult situation. Intense pain, low blood sugar, or a blood volume change can also cause syncope. If a decrease in blood pressure or dilated blood vessels heart changes in posture, such as standing too quickly, which can cause blood to pool in feet or gambestanding for long periods of time extreme pain or stress of fear some people fainted at blood sight. The syncope can also be activated by more factors, as if you are dehydrated and have low blood sugar. In combination, these two things could make you faint, even if you would not be fainted by one or the other. Syncopal episodes are often preceded by warning signals or symptoms. These can include: nauseaslurred discorsweak pulsachanges in body temperature that make you feel suddenly blossom or freddosudden, clammy skindisturbance sweater to your vision, how to see points, vision tunnel, blurry vision, or dilatate pupils feeding as if the sounds are suddenly very far away Head of light, wooziness, or feeling as if your head and body are stiff feeling divertigo if warning signs occur and feel like you are going to faint, stop what you are doing and sit or lie down. Try to lower the body to the ground and raise the highest legs. This helps support the flow of blood to the brain and can be sufficient to prevent a synchronopal episode. And if you do faint, sit or lie down you will also help you avoid injury to fall, like hitting your head. If the feeling does not pass or if you repeatedly feel like you faint, call the doctor. They can help determine the next steps. If the doctor asks you to come to their office, have someone else drive. Operation of a power-driven vehicle You feel weak is extremely dangerous. Help others who worried that someone in your surroundings might faint, help them sit or lie down. Train tight garments that could hinder breathing, like a neck scarf or a tie. If a person comes in the presence and fails to regain consciousness within one to two minutes, call your local emergency medical services. While you are waiting for help to get there, gently roll the person on their side. Check to make sure they breathe. Don't leave them alone, and make sure they reprotected until the help comes. If your fainting was caused by an identifiable trigger, such as extreme heat, make sure you avoid such trigger if possible. If the blood can transmit standing or the legs is a concern, flexes and exercises the feet. You can also benefit from compression socks. You should also drink a lot of fluids following an episode and avoid stressful situations. Usually fainting is not proof of a serious condition, but it is a good idea to let the doctor know if you passed out. Call their office now. He'll let you know if you should be seen immediately. Make sure you see a doctor if: you passed out more than once it took more than two minutes to regain the suspicion of consciousness that you are taking in pregnancy that you lost control of your bladder or intestine when you passed out, you have a beaten or irregular heart disease, high or low blood pressure, or diabetes When you visit the doctor, you will do a physical examination and can do several tests. These tests may include: blood pressure reading test, if there is the possibility of having the possibi your heart and blood pressure responds to the differences in the posture of your doctor may also ask your medical history, which includes: current account and past diagnosis of what happened during the use of eventmediation, both the counter and the expected in prescription in as much detail as possible. This will help your doctor identify any triggers, such as extreme heat or stress, which may have played a role. If you don't remember fainting, but someone else who was there can provide this information, let them come with you to your doctor in the office syncope is usually not serious, but excludes a medical cause is important. Fainting can also be a sign that you need to reduce stress or pay more attention to food or fluid intake. Read more: 10 simple ways to relieve stress A slighting is Remember, if you feel like fainting, follow these tips: you'll try to stay calm and control your breathing. Give with your head between your legs, or lie down with your legs raised. According to your doctor you Feel weak, make notes every time about what happened leading to that feeling. It could be something you need your doctor's help to identify, such as low blood pressure. Even if you think you've identified your triggers, it's important to let your doctor know how you feel. Latest medical review on 15 December 2016

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