

"I THREW SINGLES' PARTIES TO FIND 'THE ONE' - AND I DID"

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MANUAL • HEALTH

IT'S WRITTEN ALL OVER YOUR FACE

BELIEVE IT OR NOT, OUR FACES TELL THE WORLD A LOT ABOUT OUR GENERAL WELL-BEING. HERE'S WHAT TO LOOK OUT FOR

PUFFY EYES

These are usually due to insufficient sleep or hormone imbalances. But if you also have swelling in the limbs or abdomen, you may have fluid retention due to a weak heart, an impaired liver or kidney failure, says Dr Wong Choo Wai, senior family physician at the Bedok Day & Night Clinic. Puffy eyelids accompanied by lethargy and weight gain may also be symptoms of hypothyroidism (low thyroid hormone levels).

DRY, CRACKED LIPS

If drinking more water and applying lip balm don't do the trick, you may have a vitamin C deficiency, says Dr Wong. If the cracks are at the corners of the mouth and split easily, you may have a fungal infection but the condition can also be a result of taking certain acne medication. Dr Low Chai Ling, medical director of The Sloane Clinic, adds that if you also have thinning hair, dry, brittle nails and often feel tired, you may have an iron or vitamin B deficiency.



PERSISTENT FLUSHING AND BROKEN CAPILLARIES

If you have these on and around the nose, cheeks, forehead and chin, you may have a skin disorder called rosacea, says Dr Low. Recurrent inflamed pimple-like bumps and marked skin sensitivity are also common symptoms.

BLOODSHOT EYES

If this occurs with an itchy and runny nose, you're probably allergic to your contact lenses, mascara or makeup remover, says Dr Wong. If you also have joint pains, an unexplained fever or rashes, get checked for lupus or rheumatoid arthritis.

OILY SKIN AND ZITS

Adult acne breakouts that occur after you're 25 and don't go away with treatment may indicate an underlying hormonal disorder such as hyperthyroidism (high thyroid hormone levels) or polycystic ovary syndrome (PCOS) where one has multiple cysts on the ovaries, says Dr Low. Symptoms of hyperthyroidism include unexplained weight loss, feeling jittery and insomnia. PCOS is often present with an irregular menstrual cycle and excessive facial hair growth.

DRY, ITCHY SKIN

You may have a vitamin C deficiency or eczema, says Dr Wong. External triggers include dehydration from excessive sauna treatments, or an allergic reaction to cosmetics, chemical peels or laser treatments. If you also have dry and itchy skin on other parts of your body, these may be indicative of liver or kidney failure.

(NOTE: TO SEE YOUR DOCTOR IF YOU HAVE ANY OF THESE SYMPTOMS.)

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BY JARRELLA MARSH FOR HER WORLD