

## Symptoms to Discuss with Your Doctor

ECD can affect almost any organ in your body. This can lead to different kinds of problems. It is important to keep your doctor informed of any new symptoms you experience. By catching them early your doctor will be able to treat problems early, reducing your risk of serious complications.

Below are some example symptoms that you would want to discuss with your doctor should you notice them. You may NEVER experience these symptoms; they are included simply to help you stay in control of your health.

Symptom	Discuss with your doctor:
Marked increase in thirst and/or the amount of urine produced.	Possible testing for diabetes insipidus. The symptoms of this disorder can be treated with medication.
Sudden and urgent need to urinate.	Possible bladder issues. There are medicines, surgical techniques and products that can be used to help alleviate some of these symptoms.
Back or flank pain.	Possible kidney issues. Close watch on the kidneys may be very important to keep them functioning as well as possible. May want to check for hydronephrosis (stretching of the kidneys caused by a blockage of the urine flow from the kidney to the bladder). There are surgical techniques that might be able to help with this situation.
Repeated choking when swallowing or difficulty in swallowing.	Possible swallowing test to ensure there is no aspiration of liquids or foods into the lung. There are products (eg, ThickIt found in drug stores) and techniques available to help live with swallowing difficulties. Speech therapy might be able to help.
Loss of balance or coordination.	Physical therapy might be able to help.
Sudden weight gain.	Possible fluid retention. In some cases there are medicines that can be used to treat this problem.
Shortness of breath not related to exertion or exercise.	May want to have the heart and lungs checked out thoroughly to ensure there are no issues that need to be addressed.
Unexplained sores or rashes.	Skin problems can be part of ECD, from the fats below the eyes (xanthelasma) to the lumps in tendons (xanthomas), and also the itchy small lumps and bumps that can be anywhere. These small lesions can be biopsied easily.
Night sweats and/or increased feeling of fatigue.	May want to make sure the red blood cell level is okay and there is no concern regarding anemia. There are medicines and treatments that can be used to help with anemia.

Symptom	Discuss with your doctor:
Heart palpitations, rapid heart rhythms.	In some circumstances there are medicines and other treatments that can help with this situation.
Increased sleepiness and fatigue.	Some patients have found that the medicine, provigil helps them stay awake with more energy during the day.
Vision Disturbances	Early treatment by a qualified eye doctor along with the primary care physician is important to help keep sight issues to a minimum. Every effort should be made to see an ophthalmologist whenever a change in sight is experienced.
Dental Issues	Proper dental care is important to quickly address any issues that may arise with the teeth and/or gums. Consistent dental care should be maintained and the dentist should be notified that ECD has been shown to affect the jaw bones and gums in some patients.
Bone Pain	Bone pain can sometimes be addressed with over the counter pain relievers. Sometimes this requires prescription medications. By talking with a doctor the best course of treatment to maintain comfort can be discussed.