

8 abnormal signs on the skin warning the body is having serious health problems

Let us explore the 8 abnormal signs on the skin that warn the body of serious health problems that you should not ignore!

1. If you don't want cancer to knock on the door, don't forget to apply sunscreen to your eyelids!
2. How to protect skin from UV rays while indoors?
3. 7 scientific tips that help goodbye wrinkles effectively

Health problems can easily be recognized through our appearance and our skin is one of those recognizable signs. This is why it's important to **recognize signs of instability on the skin** .

We have synthesized common problems that may appear on the skin to warn the body of serious health problems, such as acne-prone skin, hives, brown spots on the face . That Not a skin disease, but a serious health problem.

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8. Brown spots



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If brown spots suddenly appear on the skin, this may be a symptom of **adrenal insufficiency** or **Addison 's disease** .

People with this disease often feel pain in their muscles, joints and reduce appetite. They often have low blood pressure and low blood sugar. These symptoms are very dangerous, if you have such symptoms, you should see a doctor for timely advice.

7. Psoriasis



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Diseases that cause loss of pigmentation called **vitiligo** - **vitiligo** (a pigmentation in the skin, hair, and hair due to the loss of pigmentation in pigmented cells resulting in skin lesions such as laceration and loss pigment array).

The cause of psoriasis is that white blood cells are " *killed* " by the body's immune system, causing white patches of skin. Better yet, see an endocrinologist or dermatologist for a specific examination.

6. Rash



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Any case of a sudden skin rash shows that something is wrong with your body. The rash may be due to food allergies, weather, chemicals, drugs or even other infectious diseases such as chicken pox.

In any other case, it is best to see specialists because allergic reactions on the skin can lead to serious consequences, such as **Stevens-Johnson syndrome** or **Lyell's syndrome** . On the other hand, chickenpox can also cause complications, especially in adults.

5. Edema



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If you often find that your body is in a state of edema, see your doctor immediately because it can be a sign of **thyroid disease - hypothyroidism** .

The cause of edema may be because the thyroid gland does not produce enough hormones. This symptom may also be caused by dry skin. If there are signs of edema in the face, edema, hair loss, nail fragility and weight gain . see a doctor for advice and immediate examination.

4. Appears many moles



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There are a lot of reasons why there are so many moles on the skin. May be due to genetic factors. If your parents have a large birthmark, you can also have them. Or because of excessive sun exposure, hormonal imbalance also causes moles.

Most moles are harmless but if a mole suddenly appears, with a speed of rapid spread, changes in color, size, you should seek medical advice immediately.

3. Acne

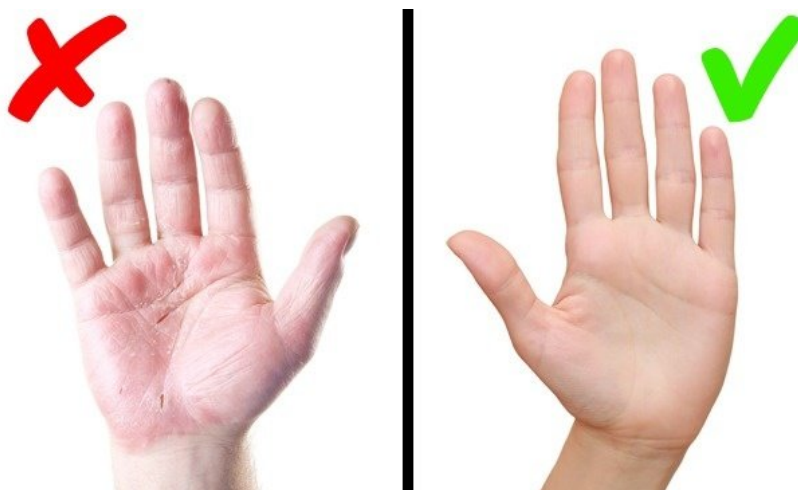


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There are many causes of **acne** : because oily skin clogs pores or hormonal imbalances in the body, it can also be caused by digestive problems.

Acne is always left to the skin. Of course, you need to take care of your skin appropriately. However, to thoroughly eliminate acne, it is advisable to find a specialist to find out the cause of treatment properly.

2. Skin flap



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The reason for dry, flaky skin is due to **vitamin deficiency** and **hormonal imbalance** , allergy or seborrhea, psoriasis and other diseases. When flaky and accompanied by other symptoms, it may be a sign of a serious

disease. See a specialist for a proper diagnosis.

1. Too much sweat



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If you are in a place with a cool space with moderate temperatures and there is nothing to worry about and still have a lot of sweat like you are attending a long distance marathon, then go to the doctor.

Excessive sweating can be caused by **toxic diffuse tumors** , **Gravas disease** - an autoimmune disease that affects the thyroid gland. Your skin becomes fragile and itchy constantly, so go to the doctor to find out the cause of early treatment.

See more: 12 natural foods that help your skin stay young

Having fun!

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