

# QUESTIONS MR. MULLANEY DIDN'T HAVE ANSWERS FOR:

## HOW DOES A HAND FALL ASLEEP?

When you apply this pressure for a prolonged period of time, you actually cut off communication from your [brain](#) to parts of your body. The pressure squeezes [nerve](#) pathways so that the nerves can't transmit electrochemical impulses properly.

## WHEN YOU TAKE A BLOOD TEST, IS THERE CO2 IN IT?

NO ANSWER

## HOW DO BRAIN TUMORS FORM

They are created by an abnormal and uncontrolled [cell division](#), usually in the brain itself, but also in [lymphatic](#) tissue, in [blood vessels](#), in the [cranial nerves](#), in the brain envelopes ([meninges](#)), [skull](#), [pituitary gland](#), or [pineal gland](#).

## DOES HEAT MAKE YOUR FOOT FALL ASLEEP

NO

## WHY DO WE GET HEADACHES:

A headache is a pain sensed in the [nerves](#) and [muscles](#) of the head and neck, as well as the **meninges** (the membranous coverings of the [brain](#) and spinal cord). Your brain itself cannot sense [pain](#), so a headache has nothing to do with your brain hurting. It is really a pain somewhere around your brain, being picked up by nerve endings located in your head.

There are two main reasons why people get headaches, and doctors therefore classify headaches into two broad categories: **primary** and **secondary**.

- Primary headaches are not associated with any underlying medical condition.
- Secondary headaches are associated with medical conditions like infections, fever, head injury, hypoglycemia, tumors, dental conditions or increased pressure in the skull and/or sinuses (sinus headaches).

There are three main causes for primary headaches:

- **Migraine** - Migraine headaches can be caused by reduced **blood** flow to various areas of the cerebral cortex. Symptoms of migraines include sensitivity to light and noise, nausea, vomiting and intense throbbing pain that is usually on one side of the head. A neurotransmitter, **serotonin**, is thought to be involved in migraines because many of the drugs used to treat migraines alter the binding of serotonin to various receptors.
- **Tension** - Tension headaches are caused by muscular strains in the head and neck and/or emotional stress. Tension headaches are usually dull, steady, aching pains on both sides of the head. Sometimes, tension headaches develop into throbbing pains, leading researchers to believe that they may be closely related to migraines. **Eye** strain (poor vision) can trigger frequent tension headaches.

**Cluster** - Cluster headaches are headaches that occur repeatedly over a period of weeks or even months. Cluster-headache pain usually occurs on one side of the head and is centered around the eye. The causes of cluster headaches are unknown, but may be related to changes in blood flow because substances that affect blood flow, such as alcohol, can trigger cluster headaches.

## WHY DO WE GET FEVERS:

Why Do We Get Fever? First and foremost it is worth noting and knowing some fever facts. The first and important one being that fever is not illness. It's a defense mechanism of the body to fight infection. Fever works for the individual not against him/her. It is a sign that lets us know that our body is working against the infection. It is an important function of the body. Many infants and children get high fevers when they even have minor viral illnesses.

The average normal body temperature is 37°C or 98.6°F. It varies from individual to individual according to one's age, time of the day, activity, physical condition etc. Body temperature is generally highest during evening. It can go up as a result of physical activity, emotional outburst, eating, wearing heavy, thick clothes, medications, room temperature, and humidity. This holds especially true in case of little children.

## BRAIN FREEZE?

Brain freeze occurs when something extremely cold touches the upper-palate (roof of the mouth). It normally happens when the weather is very hot, and the individual consumes something too fast.

Dr. Jorge Serrador, a cardiovascular electronics researcher, who presented the team's finding at the *Experimental Biology 2012* meeting, San Diego, explained that until now, scientists have not been able to fully understand what causes brain freeze.

Dr. Serrador and team recruited 13 healthy adult volunteers. They were asked to sip ice-cold water through a straw, so that the liquid would hit their upper palate. Blood flow in their brain was monitored using a *transcranial Doppler test*.

They found that the sensation of brain freeze appears to be caused by a dramatic and sudden increase in blood flow through the brain's anterior cerebral artery. As soon as the artery constricted, the brain-freeze pain sensation wore off.

The scientists were able to trigger the artery's constriction by giving the volunteers warm water to drink.

## HOW MANY PLATELETS DOES A HUMAN HAVE

A normal platelet count in a healthy individual is between 150,000 and 450,000 per  $\mu\text{L}$  (microlitre) of blood.

## HICCUPS:

"Hic!" You've just hiccuped for what seems like the tenth time since you finished your big dinner. Wonder where these funny noises are coming from? The part to blame is your diaphragm (say: **die**-uh-fram). This is a dome-shaped muscle at the bottom of your chest, and all hiccups start here.

The diaphragm almost always works perfectly. When you inhale, it pulls down to help pull air into the lungs. When you exhale, the diaphragm relaxes and air flows out of the lungs back out through the nose and mouth.

But sometimes the diaphragm becomes irritated. When this happens, it pulls down in a jerky way, which makes you suck air into your throat suddenly. When the air rushing in hits your voice box, you're left with a big hiccup.

Some things that irritate the diaphragm are eating too quickly or too much, an irritation in the stomach or the throat, or feeling nervous or excited. Almost all cases of the hiccups last only a few minutes. Some cases of the hiccups can last for days or weeks, but this is very unusual and it's usually a sign of another medical problem.

You've probably heard lots of suggestions for how to get rid of hiccups, and maybe you've even tried a few. Holding your breath and counting to 10 is one way some people can get rid of their hiccups. Other people say that drinking from the "wrong" side of a glass of water is the way to become hiccup-free.

Putting sugar under your tongue might work, too. And maybe the most famous treatment — having someone jump out and scare you when you're not expecting it — helps some people wave goodbye to their hiccups. Boo!

## **WHAT IS HYPERVENTILATION?**

Hyperventilation is rapid or deep breathing that can occur with anxiety or panic. It is also called overbreathing, and may leave you feeling breathless.

When you breathe, you breathe in oxygen and breathe out carbon dioxide. Excessive breathing creates low levels of carbon dioxide in your blood. This causes many of the symptoms of hyperventilation.

Feeling very anxious or having a panic attack are the usual reasons that you may hyperventilate.

Often, panic and hyperventilation become a vicious cycle. Panic leads to rapid breathing, and breathing rapidly can make you feel panicked.

## **WHY IS AN ADAM'S APPLE CALLED AN ADAM'S APPLE?**

But why is it called an Adam's apple? If you think it's called that after the story of the Garden of Eden where Adam ate a piece of the forbidden fruit that got stuck in his throat, you're right. An Adam's apple sometimes looks like a small, rounded apple just under the skin in the front of the throat.

## **What Causes Nosebleeds?**

Most nosebleeds occur when little blood vessels that line the inside of your nose break and bleed. These blood vessels are very fragile and lie very close to the surface, which makes them easy targets for injury.

Common reasons are:

- nose picking or sticking something up the nose
  - a cold or allergy, especially with sneezing, coughing, and nose blowing
- dry, heated, indoor air (often occurring during winter), which causes the inside of the nose to become cracked, crusted, and itchy.

## THROWING UP

Normally, your [digestive system](#) carries food down your throat, into your stomach, and on through your intestines until what's left of the food reaches the end of the line at your rectum and comes out as a bowel movement (what you might call poop).

But if you have a virus or other germs in your stomach or intestine, eat food with lots of bacteria (say: **bak**-teer-ee-uh) in it, feel very nervous, or spin too fast on the merry-go-round, your stomach or intestines might say "this food is stopping here." When that happens, the muscles in your stomach and intestines push food up instead of down and carry that food right back up to where it started — your mouth.

## SIDE CRAMPS WHILE RUNNING

The cramps that you are getting while running are also called "side stitches" and can be caused by ligaments connecting the liver to the diaphragm. When breathing deeper you allow the diaphragm to go low enough to relieve stress in those ligaments. One more way to help is to gradually go into a run so that you don't immediately shock your body with all the movement and bouncing caused by running. Start at a walk then power walk then jog then run.

## WHAT IS SCOLIOSIS

The word **scoliosis** (say: sko-lee-OH-sis) comes from a Greek word meaning crooked. If you have scoliosis, you're not alone. About 3 out of every 100 people have some form of scoliosis, though for many people it's not much of a problem. For a small number of people, the curve gets worse as they grow and they may need a brace or an operation to correct it.



Someone with scoliosis may have a back that curves like an "S" or a "C." It may or may not be noticeable to others. While small curves generally do not cause problems, larger curves can cause discomfort. The [X-ray](#) image to the right shows what scoliosis looks like.

No one knows what causes the most common type of scoliosis called **idiopathic** (say: ih-dee-uh-PA-thik) **scoliosis**. (Idiopathic is a fancy word for *unknown cause*.) Doctors do know that scoliosis can run in families. So if a parent, sister, or brother had scoliosis, you might have it, too.

## **WHY DO I SWEAT WHEN I SLEEP?**

Nobody likes to wake up in a pool of sweat in the middle of the night, and in order to figure out what might be causing night sweats, it's important to look at all of the possible variables. The first and most obvious thing to consider is temperature and overall comfort of the sleeping environment. Heat isn't the only environmental factor that might cause night sweating; humidity can also play a significant role. Other possible contributors to night sweats could include heavy blankets or pajamas, or general discomfort caused by an old mattress, a loud environment or even bedbugs.

The next thing to look at is your overall health. Has your diet changed? Have you been feeling fatigued? [Flu symptoms](#) include fever, which is a normal response to infection. Night sweats can result from a fever associated with a cold or flu symptoms for one or two nights, but beyond that, it could be something more serious.

## **WHY DO OLD PEOPLE'S BONES BREAK EASILY?**

Osteoporosis is a condition that affects the bones, causing them to become thin and weak. Osteoporosis happens more commonly in old age when the body becomes less able to replace worn-out bone. Special cells within the bones, called living bone cells, are no longer able to break down old bone and renew it with healthy, dense new bone.

As you get older, you also lose a certain amount of bone, causing the bones to become thinner. The bones become fragile and more likely to break (fracture), particularly the bones of the spine, wrist and hips.

## **WHY DOES PEE SMELL WEIRD AFTER EATING ASPARAGUS?**

Scientists are still not entirely sure which set of chemical compounds contained in nutritious spring vegetable actually cause the smelly pee. The stalks themselves do not acquire a similar odor as they are prepared, so whatever happens most likely happens after ingestion. Experts believe that those with a certain gene produce a digestive enzyme which breaks down the asparagus into various chemical compounds. One of those compounds is called methyl mercaptan, which is the same chemical which gives a skunk its defensive smell. One theory suggests that the veggie breaks down quickly in the body and an enzyme releases methyl mercaptan, which eventually goes through the kidneys and is excreted as a waste product in the urine.

Others suggest that the smell is created by other chemical compounds called thioesters. There is also a compound called asparagusic acid, which, surprisingly, is not found primarily in asparagus. If these compounds are broken down and mixed with the genetically-created enzyme, the results could be a strong smelling urine. This smell is actually considered to be good news, since it proves that the asparagus eater's kidneys are functioning as they should.

## **DOES SAYING PINEAPPLE STOP A SNEEZE?**

If you see someone about to sneeze, or if they state that they feel a sneeze coming on, say "Wow Pineapple!" The absurdity and timing of the word sometimes forces the brain to "forget" about the sneeze.

## **Why Do Your Eyes Shut When You Sneeze?**

You're 5 years old, and word on the playground is that if you sneeze with your eyes open, they'll pop right out of your head. Given that you've got a nasty cold, this rumor is relatively terrifying for you. After all, what could be worse than your eyeballs shooting out of your face like bullets?

Now let's fast-forward to adulthood, a time in which you're no longer terrified of eyeball expulsion but nevertheless still wonder about that sneezing myth of yore.

Some people's eyes don't shut when they sneeze, but most people's do. So if there's no concern that our eyes will pop out of our heads, then why do they close automatically?

You might think the eyes close as a defensive mechanism -- to keep all those projectile germs and bacteria out of the eye. But that's unlikely to be the case since the force of a sneeze sends the particulates away from the face, not toward it.

The more likely reason that eyes close during a sneeze is for no reason. It's just an involuntary reaction with no real purpose. The eyes may close during a sneeze for the same reason your leg kicks out when your knee is tapped. It's not just the muscles in your eyelids that react during a sneeze. Many muscles all over your body react. For example, many people with stress incontinence experience urine leakages when they sneeze -- the result of those muscles tensing and releasing involuntarily.

So it's a pretty disappointing conclusion: The body forces your eyes to shut during a sneeze, but there's no real purpose for this action. Instead, it's a reflex that may have had a purpose at one time, but serves no function now.

## **HOW TO STOP HICCUPPING?**

1. Hold your breath for 30 seconds and then release it.
2. Breathe into a paper bag five times in a row.
3. Sip 10 consecutive gulps slowly from a glass of water without stopping to take a breath.
4. Immerse your face in ice-cold water for 30 seconds.
5. Swallow a teaspoon of dry white granulated sugar.
6. If you began to hiccup after taking a medication, seek medical help. Also see a doctor if the hiccups don't stop after 24 hours (3 hours for young children) or if they are extremely painful.

## **WHAT IS THE NAME FOR THE FLAP OF SKIN AT THE ELBOW**

The most common slang term for the skin at the elbow is "the weenis," though this is not a medical term nor even recognized as an actual word. The real term for this skin would be olecranal skin. "Olecranal" refers to the part of the ulna that makes up the bone at the elbow, the olecron.



# WHY DOES A CHICKEN RUN WITH ITS HEAD CUT OFF?

Freshly decapitated chickens will flop around a lot. They will even run around with their heads cut off for a few seconds, flapping their wings wildly.

The adrenalin in the muscle tissue gives the bird convulsions, making it look like it is still alive. Chickens flap and flop around for about thirty seconds before they are totally dead. That flopping/flapping movement can carry the headless chicken along a few metres. The chicken isn't really running, but it looks like it is.

'Running around like a chicken with its head cut off' has become an expression we use about someone who is frenzied. We also call this going ape, having kittens, flipping your lid or blowing your stack. All of these expressions mean you are in a flap or in a dither, or excited, frantic and harried.

## ALLERGIC REACTIONS, ANAPHYLAXIS

Someone with certain types of allergies (like food allergies) can be at risk for a sudden, potentially life-threatening allergic reaction called anaphylaxis. If it happens to you, it can seem scary: You may start out feeling as if you are having a mild allergic reaction, then faint, have trouble breathing, or feel like your throat is closing, for example. But, with the right action, anaphylaxis can be treated.

Anaphylaxis isn't common. But some people with allergies are more at risk than others. People with allergies to insect bites and stings, foods, or certain medications are most at risk for anaphylaxis. So if you have allergies (or a friend or family member does), it's good to know about anaphylaxis and be prepared.

For example, someone may feel tightness or closing in the throat (respiratory system) together with a fast heartbeat (cardiovascular system).

Here are the most common signs that a person who has been exposed to an allergen might have anaphylaxis:

- difficulty breathing
- tightness in the throat or feeling like the throat or airways are closing
- hoarseness or trouble speaking
- wheezing
- nasal stuffiness or coughing
- nausea, abdominal pain, or vomiting

- fast heartbeat or pulse
- skin itching, tingling, redness, or swelling

## **LACTOSE INTOLERANCE:**

What Is Lactose Intolerance and What Causes It?

Lactose intolerance is the inability to digest a sugar called lactose that is found in milk and dairy products.

Normally when a person eats something containing lactose, an enzyme in the small intestine called lactase breaks down lactose into simpler sugar forms called glucose and galactose. These simple sugars are then easily absorbed into the bloodstream and turned into energy — fuel for our bodies.

People with lactose intolerance do not produce enough of the lactase enzyme to break down lactose. Instead, undigested lactose sits in the gut and gets broken down by bacteria, causing gas, bloating, stomach cramps, and diarrhea.

## **What Is GERD?**

Gastroesophageal (pronounced: gas-tro-ih-sah-fuh-jee-ul) reflux disease is a disorder that results from stomach acid moving backward from the stomach into the esophagus. GERD usually happens because the lower esophageal sphincter (LES) — the muscular valve where the esophagus joins the stomach — opens at the wrong time or does not close properly.

When the stomach contents move backward into the esophagus, this is known as gastroesophageal reflux. (Because the stomach makes acid to help a person digest food, gastroesophageal reflux is also known as acid reflux.) Almost everyone has this type of reflux at some time. Often a person isn't even aware this is happening.

Sometimes reflux causes the burning sensation of heartburn that most of us occasionally feel. But although lots of people have heartburn from time to time, that doesn't mean that they have GERD. When a person has GERD, heartburn or other symptoms happen much more often and cause serious discomfort.

GERD can be a problem if it's not treated because, over time, the reflux of stomach acid damages the tissue lining the esophagus, causing inflammation and pain. In adults, long-lasting, untreated GERD can lead to permanent damage of the esophagus and sometimes even cancer.

# STOMACHACHES:

## What Causes Belly Pain?

Pain is the body's way of signaling that something is going on. Stomach pain alerts us to something that's happening inside us that we might not know about otherwise.

Some reasons for stomach pain are obvious — like when someone gets hit in the gut or eats spoiled macaroni salad. Often, though, belly pain might be hard to figure out. With so many organs in the abdomen, different problems can have similar symptoms.

Here are some of the things that cause tummy troubles:

### Infection

When bacteria or viruses get into a person's digestive system, the body reacts by trying to rid itself of the infection — often through vomiting or diarrhea.

- Bacterial infections cause what we call "food poisoning." Bacteria are also responsible for other conditions that may give a person belly pain, such as pneumonia, urinary tract infections, strep throat, sexually transmitted diseases (STDs), or the rare condition toxic shock syndrome.

- Viruses, another type of infection, are behind what we call "stomach flu." Both bacteria and viruses can be easily passed from person to person. The good news is you can often avoid them simply by washing your hands properly and often and by not sharing cups, straws, or utensils with others.

### Constipation

Being constipated is one of the most common reasons for frequent belly pain. People usually become constipated because their diet doesn't include enough fluids and fiber.

### Irritation and Inflammation

When one of the body's internal organs becomes irritated or swollen, that can bring on belly pain. Pain from problems like appendicitis, ulcers, irritable bowel syndrome, and inflammatory bowel disease (IBD) is the body's way of telling us to get medical help.

### More Belly Pain Causes

## Food Reactions

Food reactions can be more than eating too much or basic indigestion. When people are unable to digest certain foods, doctors say they have a food intolerance. Conditions like lactose intolerance often cause belly pain when someone eats the food (milk products in the case of lactose intolerance). If you notice a reaction after eating certain foods, make an appointment with your doctor.

Conditions like celiac disease (a reaction to proteins in certain grains) or food allergies (like peanut allergy) are different from food intolerance. They involve immune system reactions that can actually harm the body beyond just producing a temporary reaction. Someone who has a true food allergy must always avoid that food — even a small amount could be deadly.

## Reproductive Problems

The digestive system isn't the only cause of bellyaches. Menstrual cramps are a common example of pain in the reproductive organs. Infections in the reproductive system, such as pelvic inflammatory disease (PID) or other STDs, also can cause abdominal pain in girls.

Testicular injuries can make a guy feel sick or even throw up if they are particularly severe.

Women often feel nausea during pregnancy. Ectopic pregnancies (when the pregnancy implants in the wrong place) can cause abdominal pain. Because problems like ectopic pregnancy need to be treated immediately, girls who have belly pain and think they might be pregnant should call a doctor right away. And girls who have had unprotected sex should be tested for STDs — if untreated, they can cause problems like infertility and long-term pain.

## Anatomical Problems

Some diseases or defects can interfere with the way the organs do their jobs, causing pain. Crohn's disease can cause the wall of the intestine to swell and scar enough that it may block the intestine.

Hernias can also block the intestines, as can growths like tumors. Torsion is a medical term that means "twisting." Torsion can affect the intestine, ovaries, and testicles, cutting off blood supply or blocking their functions.

## Emotional Distress

When people get stressed out, anxious, or depressed, their emotions can trigger physical symptoms, such as headaches or stomach pain.

In addition to these causes, belly pain also may be a result of problems that can happen when people have certain illnesses, such as sickle cell disease or diabetes.