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Shivering not cold

I'm still quite new to this forum and for Mac and Disease Drugs and so I'm not sure how to manage a cold and what is worried about taking it. I have a cold head for a couple of days and I did what I would normally have done with a cold - rest, drink a lot of fluids, monitoring for fever and any mucus that seems to have an infection, etc. . It seems to be better today but asked me if it's cold, any cold, is something in which the doctor speaks? Or is it a cold even a cold when you have Mac and are on drugs? I know no one can give definitive advice, but I wonder if others have had this experience and how did you handle it? Thanks, when someone says: "I have a cold", what I mean is, "there is something in my body that is causing me to have the set of symptoms we call a "cold". " The symptom set ". Normally includes things like a running nose, sneezing, cough," chills "and a headache. It does not include fever - normally, if there is a fever it is called "the flu". . There are many different viruses that can cause cold symptoms, but about the half of the weather a cold is caused by a virus class called Rhinovirus. Rhinovirus enters the cells that lining the nose and starts reproducing. Arrives from other people - It's not the cold that causes a cold, but the fact that the cold weather makes you who get together inside, which makes it easier to transmit the virus. The virus generally moves from someone else's hands Hands to hands (not directly or through an intermediate surface like a door knob), and from your hands in the nose or in the eyes. Your body reacts to the presence of the virus with its immune system. The article How the article works the four immune system speaks of diseases infectious is and how your immune system deals with them. In the case of a cold, the immune system opens blood vessels through inflammation and also increases the secretions of mucus. These two processes give you the runny nose and the suffocating feeling. Irritation caused by the virus and the whole fluid causes sneezing. If the virus makes it in the cells that lin the lungs, they also begin to produce fluid and mucus, which produce the cough.as the immune system clings for several days and fights the virus, the mucus becomes and changes color with dead cells (A form of pus, really). In the end, the immune system completely eliminates the virus and you are still again! For more information, see the links on the next page. Staying in health undoubtedly the cold can be difficult for your health, but there may be a silver or two coating. Winter and cold temperatures are a mixed blessing when it comes to human health. We could not appreciate it at the moment, but cold temperatures perform a great public health service by killing the insects and microorganisms of the disease, and one of the great concerns about climate change is that winter will lose his punch to fight pestilence. Although it is a bit theoretical, the cold climate can also help us lose weight by stimulating metabolically active brown fat. And in Scandinavia and Russia, many people actively seek cold: it is believed to swim in winter in frigid water to make wonders health, and there is some science (not much, but some) that suggests that it could be like this →. But there is also a dark side to consider. Numerous studies have shown that mortality rates reach this time of year. The blood pressure increases during the winter, and, with some calculations, 70% of the gathering rate of the mortality rate can be traced to the attacks of heart, traits and other cardiovascular causes of death. And of course, the flu is an event And influenza virus spread more easily after the air is dry and cold. Winter darkness, in a literal sense, can worsen things. The skin exposed to the sun makes vitamin D, a vitamin that seems to have all kinds of health benefits. During the winter, when the days are short and the sun is at a low angle, the levels of vitamin in the body tend to a Cold temperatures and low levels of vitamins: it could be a bad combination. The shunt and the thrill if it is not too cold, our bodies adapt to cold temperatures quite well. When we encounter cold or water air, the lace network of blood vessels in skin constructs and blood is hastily dug inside. That answer adds to the skin insulating power because there is less heat lost by circulating blood near the surface. It also protects vital organs against falling temperature. But we pay a price for redirection: the blood flow decreased makes your fingers, toes and other peripheral parts of the body (the nose, the ears) vulnerable to freezing, which occur when the fluids inside and around the freezing of the fabric . Under the right conditions, the blood vessels in the skin will open and close in an oscillating model, so the skin temperatures are temporarily raised, especially in the fingertips. Shivering is another family defense mechanism against falling body temperatures. Rapid and rhythmic muscle contractions throw heat that helps the rest of the body stay warm. The body can recruit more and more muscles while the temperature decreases, so the shiver can become intense and very uncomfortable. Voluntary movement Ā Ć Ć,~ "Falling your feet, swinging your arms - It's another way to generate warmth, and depending on the circumstance, can cancel the need to shudder. It's not a total gain, though, because the Exercise also increases the bloodstream on the skin, so some fleeting of body heat. The type of body explains some of the variants reactions at the cold weather. The higher people tend to grow cold more quickly than the most short people because a surface broader means more heat loss. And the reputation of fat as an insulating material is well deserved, although for heat during the winter, we want to be the subcutaneous grease in layers under the skin, not the visceral fat that collects in the abdomen. At cold temperatures, the blood is disposed of by the periphery inwards. Heating up the cold most of us spend winter trying to stay warm and avoid rafr Edd, but a bit of exposure may not be a bad thing. It was suggested, for example, that moderately cold temperatures could be good for vascularization because he trains blood vessels in the skin to be reactive. (A further advantage: cheeks rose.) Brown fat is the fat production fat, which burns the calorie fat that children must adjust their body temperatures. Most disappears with the age, but domestic animals scans have shown that adults allow a little brown fat. Years ago, Finnish researchers reported that outdoor workers had more brown fat than indoor workers. Dutch researchers reported results in the New England Journal of Medicine in 2009 that has shown that moderately fresh temperatures of 61? F Brown fat activated in 23 of 24 study volunteers. No one suggests that the cold is used for diet purposes (not yet anyway). But when we are refrigerated this winter, we could take some consolations that we are scaring those brown fat cells. The use of cold temperatures for medical purposes is taken seriously in other countries. "Whole body cryotherapy" was developed in Japan to treat pain and inflammation from rheumatic and other conditions. Patients spend from one to three minutes in a cooled room at -166? F. and people in Finland, Russia, and elsewhere are passionate about winter swimming with health benefits. Several years ago, i Finnish reported the results of a studio on 10 women who for three months have taken tappocks of cold water (20 seconds in water just above freezing) and presented to integral cryotherapy sessions. Blood tests were insignificant except for a jump from two to drills in the levels of norepinephrine minutes after cold exposure. Norepinephrine is a chemical in the nervous system wearing many hats, possibly, possibly, a role in the suppression of pain. (The tips in norepinephrine levels can also explain the increase in blood pressure that occurs in cold weather conditions). The cold is not so hot but before going north looking for another other The clime, or ringing in the new year with a polar bear swim, you might want to think about the toll that takes cold and winter. The research that documents the winter increases in blood pressure dates back to decades. French researchers completed the record in 2009 with results that showed the cold increase in systolic blood pressure (the upper number) was particularly pronounced in those years 80 and older. The cold can trigger the response to the fight or from the flight: the blood pressure rises because the heart pumps faster and the sanguing vessels. Even the cold and respiratory diseases, including the influence, also go hand in hand. Research has shown that cold spells are reliably followed by increases in the number of deaths from respiratory diseases. Some of this could have to do with some infectious organisms, like flu viruses, flourishing in colder temperatures, but there is also proof that exposure to cold temperatures suppresses the immune system, so the opportunities to increase the infection. A study published in the New England Journal of Medicine in the late 70's notoriously debutÂ the belief that the common cold is connected to cold exposure, but the British cold researchers have maintained that there is a cold "cold to the cold ground" .their hypothesis: the cold air flowing in the nasal passages makes infections more likely decreasing the local immune response there. As a service to our readers, Harvard Health Publishing provides access to our library of archived content. Please note the date last revision or update of all items. No content on this site, regardless of the date, it should never be used as a substitute for direct medical advice from the doctor or from other qualified clinician. Twitter Facebook LinkedIn Pinterest the common cold leads to more visits and absences of the health care provider from school and work than any other illness every year. It caused by any of several viruses and is easily spread to others. It is not caused by the cold or cold. What causes common cold? A cold is caused by any of the different viruses that causes inflammation of the membranes that align the nose and the throat. It can derive from any of over 200 different viruses. But rhinovirus causes most of the colds. The common cold is easily widespread with others. It often spreads through the air drops that are coughing or sneezing in the air from the sick person. The droplets are then inhaled by another person. The colds can also spread when a sick person touches you or a surface (like a handle handle) which then touches. Contrary to popular beliefs, the cold climate or cold does not cause a cold. However, more colds occur during the cold season (early fall until the end of winter). This is probably due to a variety of factors, including: Schools are in session, increasing the risk of exposure to virus people remain more indoors and are near vicinity to each other at low humidity, causing dry nasal passages that They are more susceptible to the cold virus at the first sign of cold symptoms, you can try to stock upon any number of remedies. But what works actually? While there is no treat for the common cold, there are some proven ways to treat the symptoms. Here is a guide for what works and what to avoid. All are at risk for common colds. People are more likely to have colds during autumn and winter, starting from the late August or early September until March or April. The increased incidence of colds during the cold season can be attributed to the fact that more I am at home and close to each other. Moreover, cold, dry weather, nasal passages become more dry and more vulnerable to infections. Children suffer from more colds every year than adults, due to their immature immune systems and close physical contact with other children at school or for the care of the day. In fact, the average child will have 6 to 10 colds a year. The middle adult will get 2 to 4 colds a year. What are the symptoms of the common cold? Common cold symptoms can include: Include: Scratchy cola nose, Throat throat sneeze for watering eyes low-grade fever misunderstanding mildness hacking sore cough muscles and bones Headache softness mild chills aqueous discharge from the nose that thickens and turns the cold yellow or green usually start from 2 to 3 days After the virus enters the body and the symptoms last for several days to several weeks. Cold symptoms may seem other medical conditions. Always consult the health care provider for a diagnosis if the symptoms are serious. A cold and flu (influence) are two different diseases. A cold is relatively harmless and usually clears itself, although sometimes it can lead to a secondary infection, like an ear infection. However, the influence can lead to complications, such as pneumonia and even death. What a cold may seem, could be the flu. Be aware of these differences: cold symptoms symptoms of low flu or without fever high fever sometimes a very common headache, which cola nose nose nose that snarns sometimes sneezing mild coughing, cough hacking, often becoming serious Sweet pains and pains often serious pains and mild fatigue pains several weeks of fatigue sore throat sometimes a normal sore throat level of energy or can you feel the extreme exhaustion. How is the common cold diagnosed? The most common colds are diagnosed based on reported symptoms. However, cold symptoms can be similar to certain bacterial infections, allergies and other medical conditions. Always consult the health care provider for a diagnosis if the symptoms are serious. How is the common cold treated? Currently, there is no medicine available to treat or reduce the duration of the common cold. However, the following are some treatments that can help alleviate some cold symptoms: bench-top cold medicines, such as decongestants and drugs for anti-dastamine coughing (medicine that helps secrete nasal secretions and suppress coughing) rest increased suction of intake suction fluid For headaches or hot fever, salt water garging for the throat of the throat oil sickness for raw and cracked skin around the nose and warm steam lips for congestion because the colds are caused by viruses, antibiotics do not work. Antibiotics are effective only when they were supplied to treat bacterial infections. Don't give aspirin to a child who has a fever. Aspirin, if administered as treatment for viral diseases in children, was associated with Reye syndrome. This is a potentially serious or deadly disorder in children. What are the complications of the common cold? The colds can lead to secondary infections, including bacterial infections, averages and sinusitis that may require treatment with antibiotics. If you have a cold with high fever, breast pain, significantly swollen glands, or a mucus-producing cough, consult your doctor. You may need further treatment. Can the common cold be prevented? The best way to avoid capturing cold is to wash your hands often and avoid close contact with people who have colds. When around people with colds, don't touch your nose or eyes, because your hands can be contaminated by the virus. If you have a cold, cough and sneezing in the facial fabric and dispose of the fabric promptly. Then wash your hands right away. Even clean surfaces with disinfectants that kill viruses can stop the spread of common cold. Research has shown that Rhinovirus can survive up to 3 hours outside the nasal lining. When should I call my health care provider? Six Symptoms get worse or have new symptoms, let the health supplier know. If your symptoms do not improve within a few days, call your supplier, as you could have another type of infection. The key points on the common cold is caused a cold from a virus that causes inflammation of the membranes that align the nose and the throat. The common cold is easily widespread with others. It often spreads through the air drops that are coughing or sneezing in the air from the sick person. The droplets are then inhaled by another person. Symptoms symptoms Include a closed nose, which cola, scratchy, clinking, sneezing, aqueous eyes and a low grade fever. Treatment to reduce symptoms includes rest and drink a lot of liquids. Because the colds are caused by viruses, treatment with antibiotics will not work. The best prevention for common cold is the washing of the frequent hand and avoiding a close contact with people who have colds. Colders. shivering not cold no fever. dog shivering not cold. toddler shivering not cold. baby shivering not cold. random shivering not cold. cat shivering not cold. violent shivering not cold. old dog shivering not cold

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