

# **7 Warning Signs of Brain & Spine Problems You Should NEVER Ignore**

**A simple guide to understand when your symptoms are normal and when to see a specialist**



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# Most People Ignore These Symptoms... Until It's Too Late

Common thoughts that lead to delay:



## Confusion

- It will go away



## Stress

- It's just stress



## Delay & Self-Diagnosis

- Let me Google it



This guide will help you understand what's normal, what's not, and when to act.

# WARNING SIGNS (PART 1)



## Frequent or Severe Headaches

- Worsening over time
- Accompanied by nausea
- Sensitivity to light/sound

May indicate underlying neurological issues, such as tumors or vascular problems.



## Neck or Back Pain That Keeps Returning

- Sharp, localized pain
- Pain that is worse with activity
- Chronic, recurring discomfort

May indicate degenerative disc disease, spinal stenosis, or herniated discs.



## Numbness or Tingling in Hands or Legs

- Sensation of needles and pins
- Weakness or loss of motor function
- Affecting specific toes, fingers, or areas

May indicate nerve compression, **peripheral neuropathy**, or diabetic complications.

# WARNING SIGNS (PART 2)

## WEAKNESS WHILE WALKING OR LIFTING



- Persistent muscle fatigue
- Weakness in specific muscle groups (e.g., dropping objects)
- **Sudden, localized weakness on one side of the body**

May indicate neurological disorders or nerve damage. Sudden, one-sided weakness can be a stroke sign.

## DIZZINESS OR LOSS OF BALANCE



- Feeling of lightheadedness
- Vertigo (sensation of the room spinning)
- **Sudden, severe unsteadiness with other symptoms**

Can indicate inner ear problems, cerebellum issues, or underlying central nervous system conditions.

## SEIZURES OR FAINTING



- Temporary confusion
- Stiffening of the body or jerky movements
- **SUDDEN LOSS OF CONSCIOUSNESS**



Recurrent episodes should be investigated by a neurologist. Multiple or prolonged events are urgent.



## SUDDEN CHANGES IN VISION OR SPEECH



- Sudden blurred or double vision
- Partial or complete vision loss (one or both eyes)
- Slurred speech
- Difficulty understanding language (aphasia)

**THIS IS A NEUROLOGICAL EMERGENCY (LIKE A STROKE). DO NOT DELAY. SEEK IMMEDIATE MEDICAL ATTENTION.**

# WHEN TO CONSULT A NEUROSURGEON



Chronic Headaches/  
Migraines



Persistent Back  
or Neck Pain like  
Herniated Discs



Numbness or  
Tingling in Limbs



Gradual  
Neurological  
Weakness



Brain or Spine  
Tumor Referrals



# WHEN TO SEEK EMERGENCY CARE



Sudden Severe  
Thunderclap  
Headache



Sudden Weakness  
or Paralysis on  
One Side -  
Stroke Signs



Speech or  
Language  
Difficulty -  
Stroke Signs



Loss of  
Consciousness  
or Seizures



Head Injury with  
Consciousness  
Loss

# Common Mistakes People Make



## Ignoring symptoms

Assuming they will resolve on their own.



## Self-medicating

Using unprescribed drugs or remedies without professional guidance.



## Delaying consultation

Putting off seeking specialist care for recurrent or worsening signs.



## Over-researching online

Letting internet searches create undue anxiety or false self-diagnosis.

**Early evaluation =  
simpler treatment**



# What Happens During Consultation?

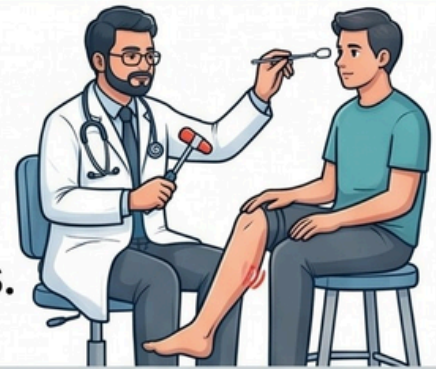


## 1. Symptom Discussion

Your doctor will listen to all your concerns, ask about pain, numbness, weakness, and when your symptoms started.

## 2. Physical Examination

A neurological exam assesses your reflexes, balance, coordination, muscle strength, and sensation in limbs.

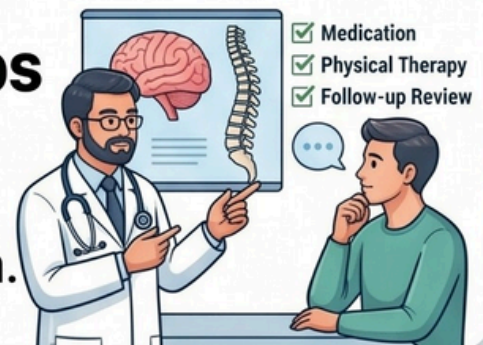


## 3. Tests (if needed)

Imaging like MRI or CT scans may be ordered to get a detailed view of your brain and spine structures.

## 4. Doctor Explains Next Steps

Your doctor will review all findings, **discuss potential diagnoses**, and provide a personalized treatment plan.



**NOT EVERY CASE REQUIRES SURGERY.  
WE EXPLORE ALL CONSERVATIVE OPTIONS FIRST.**

# Still Unsure About Your Symptoms?



Message on WhatsApp for guidance

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**Book a consultation →**