



Dysentery & Diarrhea

Prof. Dr. Ragy Bishay
Prof. Dr. R. Bishay (MD, PhD, NFS)

— M.D, PhD, NFS —
 — INTEGRATIVE —
 WESTERN MEDICINE



What is Dysentery?



diarrhea mixed with blood,
mucus and pus
often associated with abdominal
pain, tenesmus
often occurring in the summer or
autumn season, and includes
both sporadic and pandemic
occurrences



Two types of Dysentery in Chinese medicine

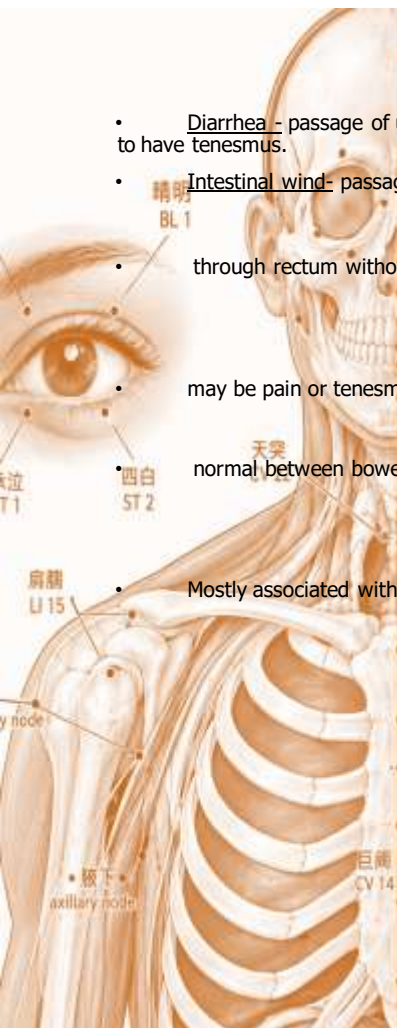
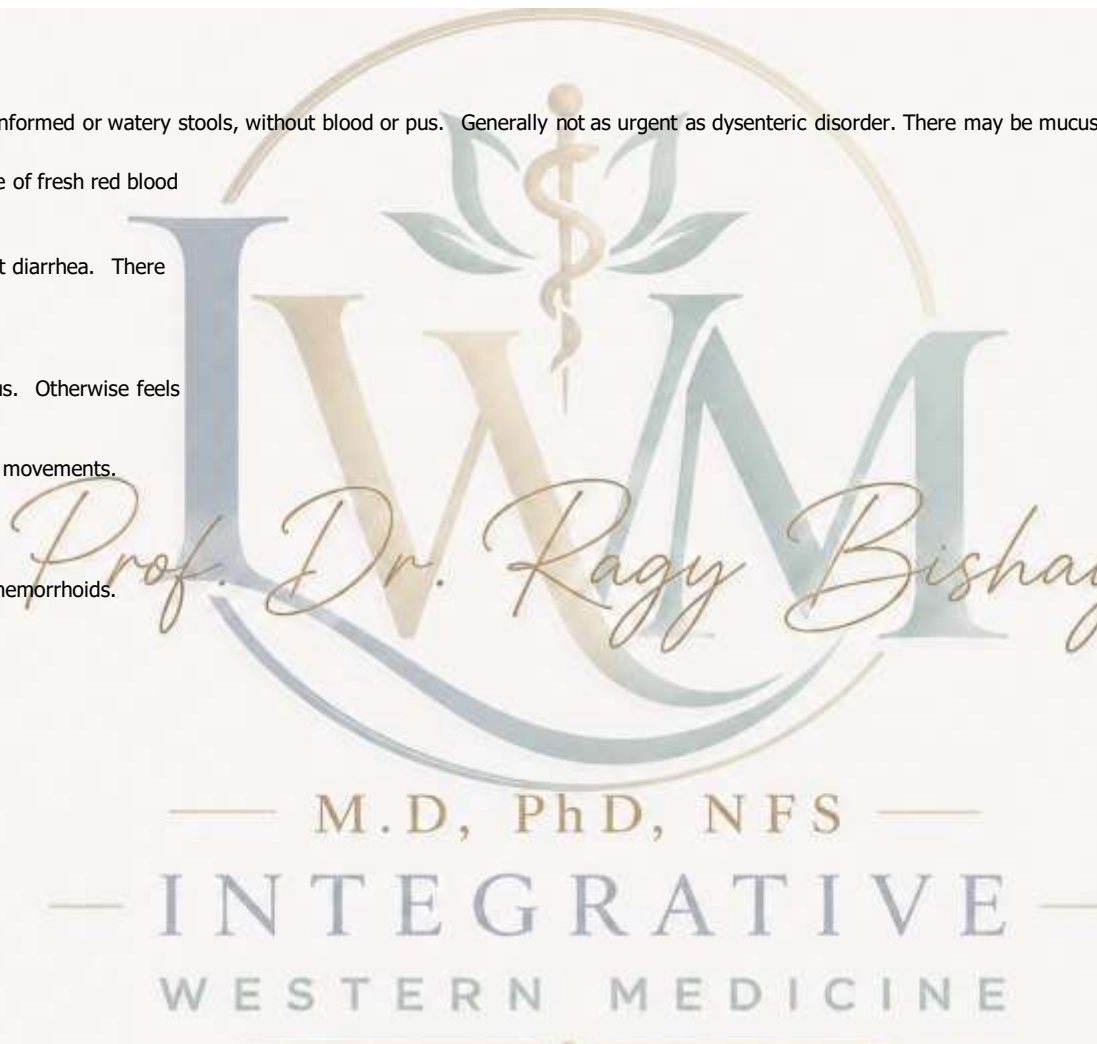


1. Infectious type: infection of the large intestine by organisms by *Shigella sonnei*, *S. Flexneri*, *S. boydii*, *S. dysenteriae*, *Entamoeba histolytica* (not commonly seen in TCM clinics here in North America).
 - Often self resolve quickly and we often see the aftereffects
 - and complications of these conditions in practise.
2. Non-infectious type: Chronic inflammatory bowel disease
3. with internal organ
 - dysfunction that is chronic with intermittent flare ups.
 - Includes systemic complications and often requires
 - persistent treatment.

Differential Diagnosis



- Diarrhea - passage of unformed or watery stools, without blood or pus. Generally not as urgent as dysenteric disorder. There may be mucus in some cases, but unlikely to have tenesmus.
- Intestinal wind- passage of fresh red blood
 - through rectum without diarrhea. There may be pain or tenesmus. Otherwise feels normal between bowel movements.
 - Mostly associated with hemorrhoids.



TCM Etiolog

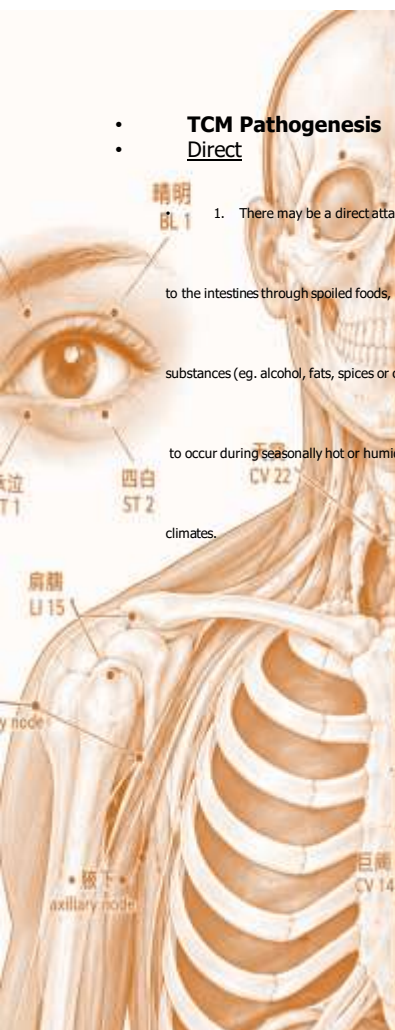


- **EPI (Damp-heat, toxic heat, spoiled food or heat through excessive alcohol, fats spices or chili, external cold damp**
- **Diet (eating spoiled or contaminated food, overuse of heat clearing herbs or antibiotics)**
- **Emotions (frustration, anger, resentment, repressed emotions, stress, or anxiety, prolonged fearfulness, severe shock)**





- **TCM Pathogenesis**
- Direct



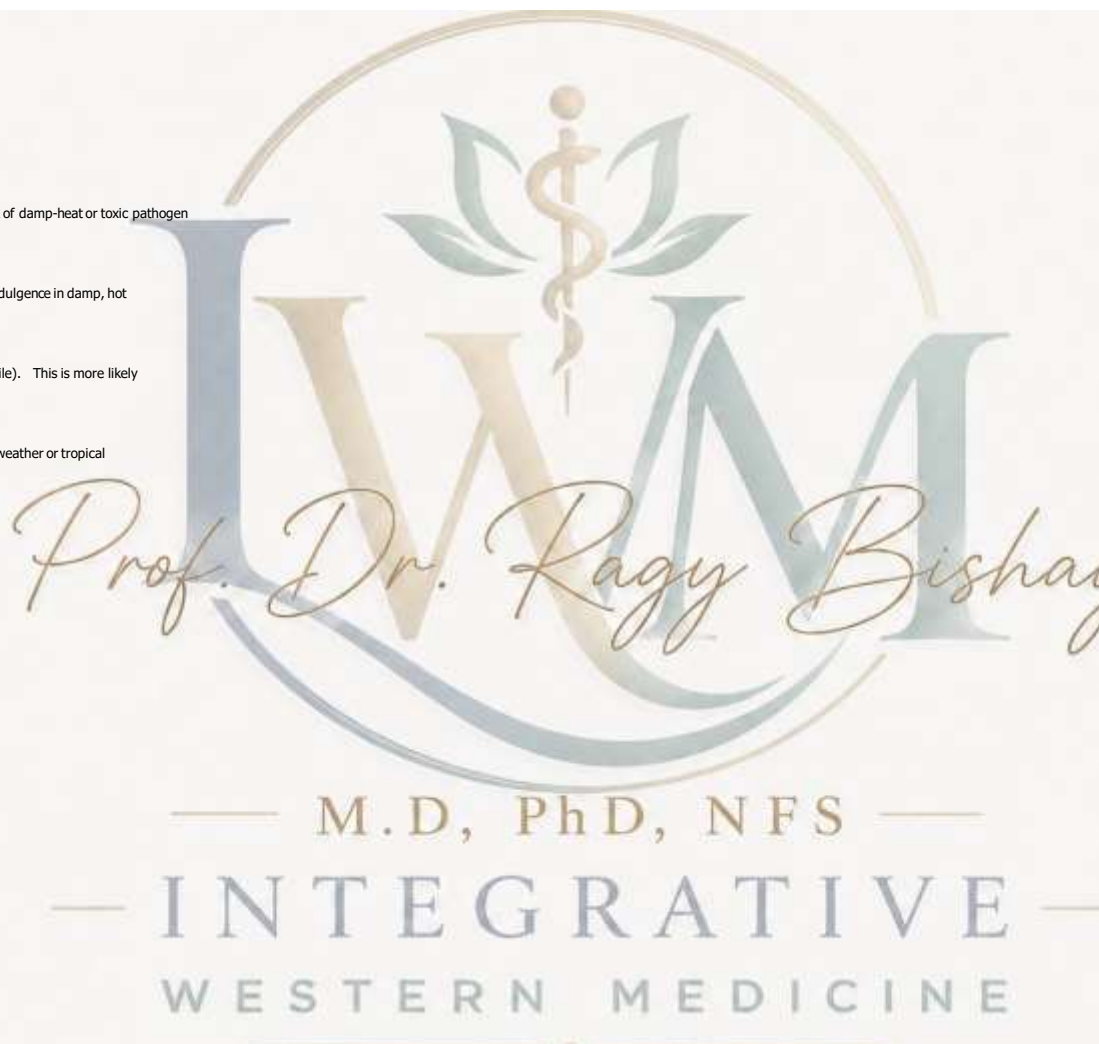
1. There may be a direct attack of damp-heat or toxic pathogen

to the intestines through spoiled foods, indulgence in damp, hot

substances (eg. alcohol, fats, spices or chile). This is more likely

to occur during seasonally hot or humid weather or tropical

climates.





2. Inappropriate use of antidiarrheal agents during acute episodes can lock pathogens into intestines lead to chronic or dysenteric disorder.

2. Overeating, eating spoiled or contaminated foods, eating at irregular hours

especially at night can weaken the spleen and stomach qi.

This can lead to food stagnation, unprocessed food that is undigested generates dampness and heat in the stomach and thereby the large intestine due to its yangming relationship

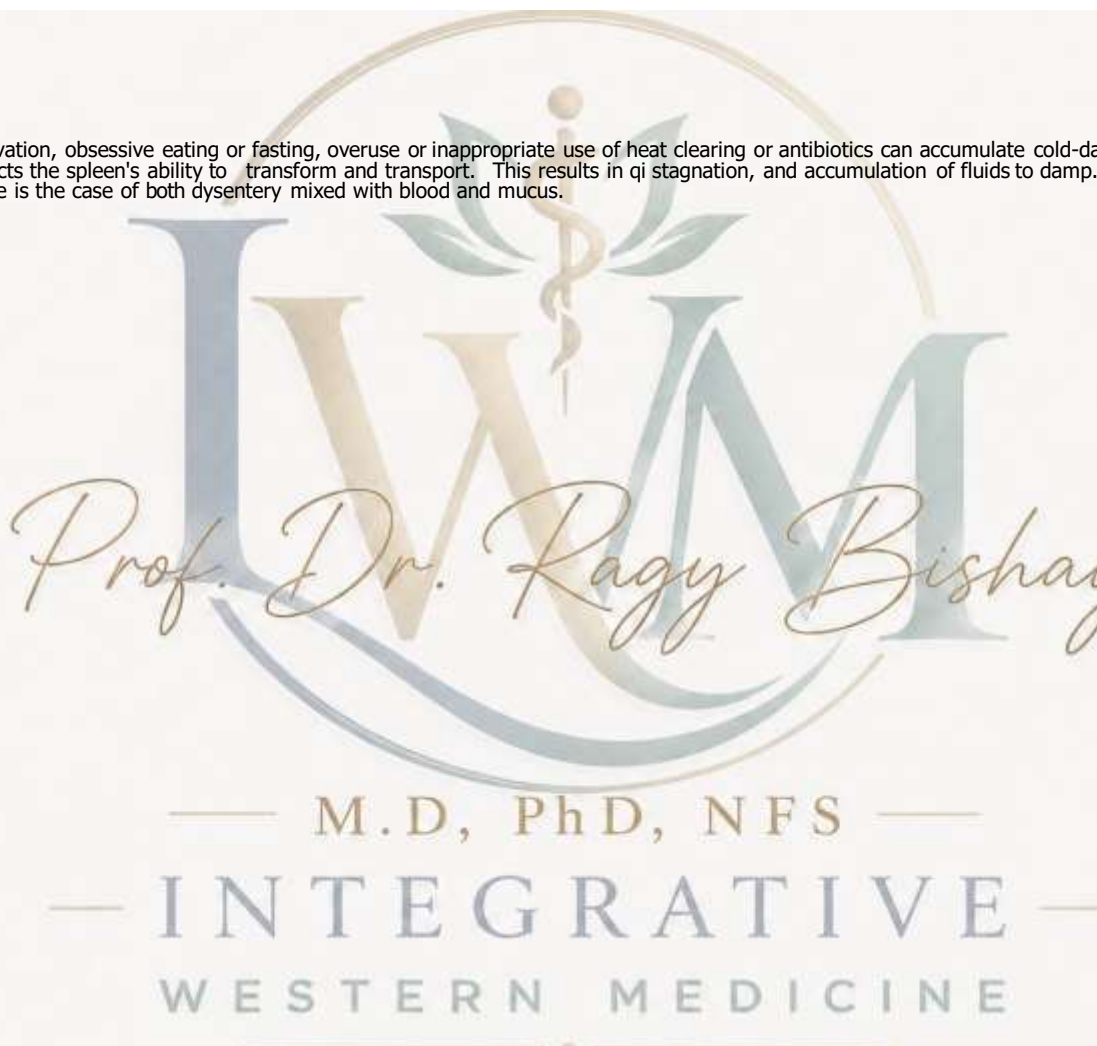


Copyright © 2026 by RAGY

RISHAY all rights reserved.



- A diet of cold, raw, starvation, obsessive eating or fasting, overuse or inappropriate use of heat clearing or antibiotics can accumulate cold-damp, and/or weaken Spleen yang qi which then affects the spleen's ability to transform and transport. This results in qi stagnation, and accumulation of fluids to damp. Also because spleen's qi cannot hold blood, there is the case of both dysentery mixed with blood and mucus.



Copyright © 2026 by RAGY

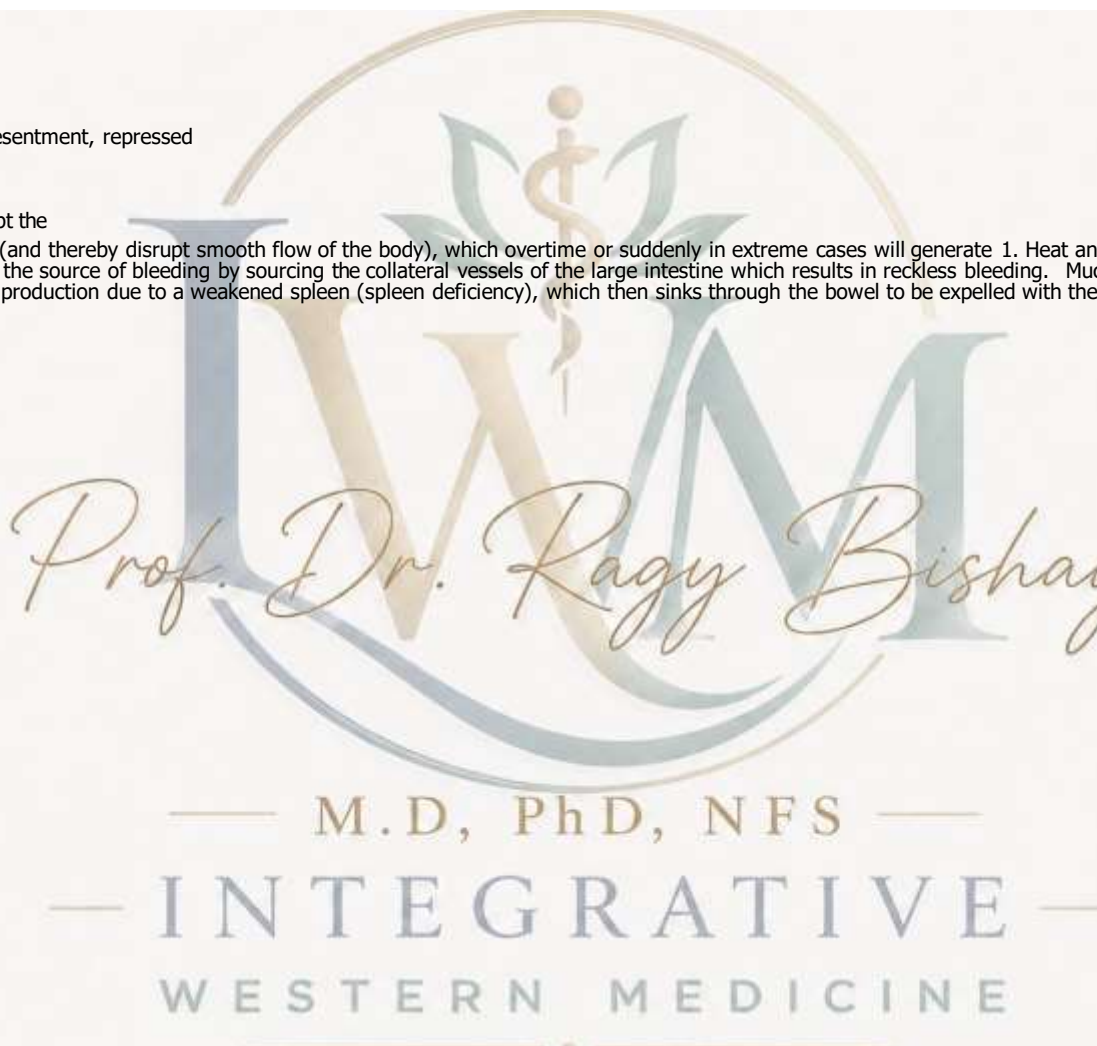
BISHAY all rights reserved.

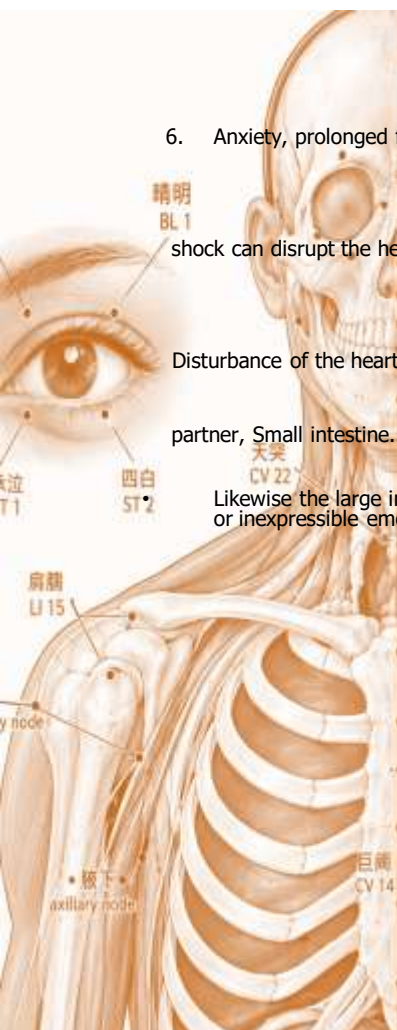
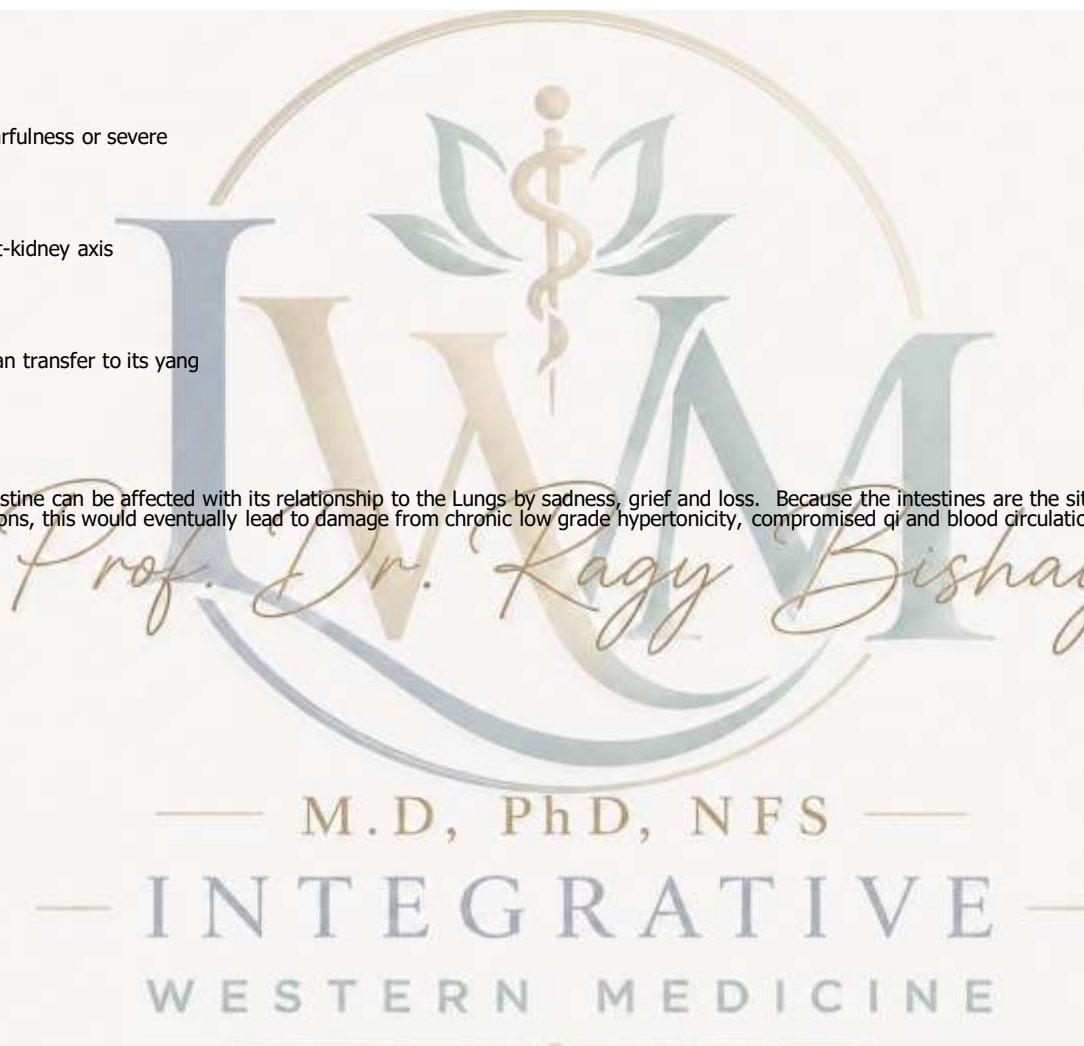


4. Frustration, anger, resentment, repressed

emotions and stress disrupt the

- circulation of liver qi (and thereby disrupt smooth flow of the body), which overtime or suddenly in extreme cases will generate 1. Heat and 2. disrupt Spleen. This heat generated is thereby the source of bleeding by sourcing the collateral vessels of the large intestine which results in reckless bleeding. Mucus component of dysentery is related to dampness production due to a weakened spleen (spleen deficiency), which then sinks through the bowel to be expelled with the stool.







• Western Medicine

• Infectious

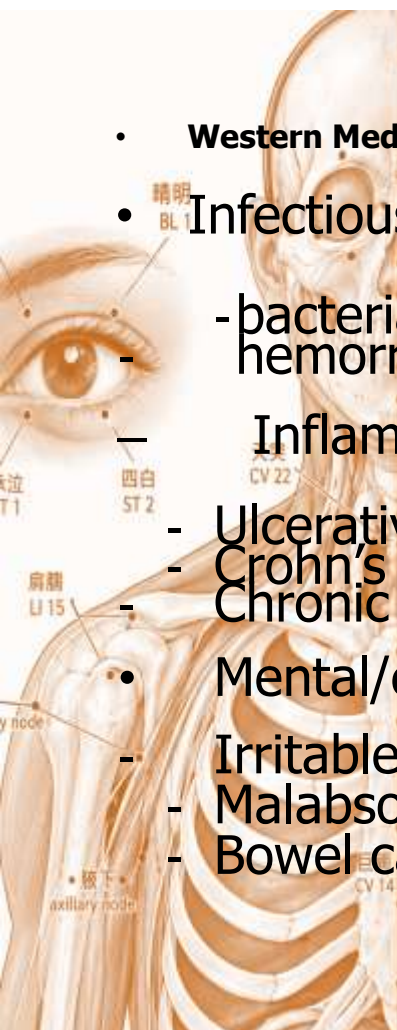
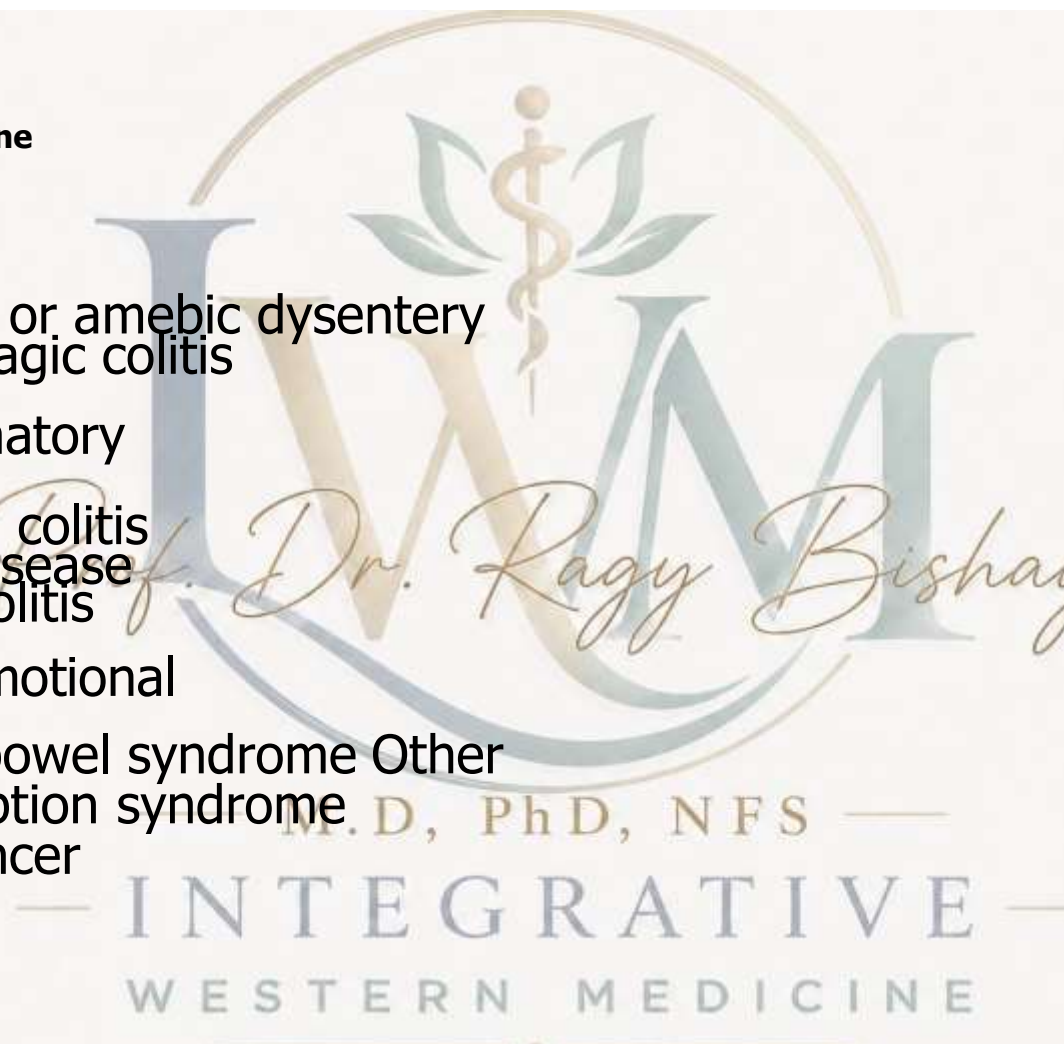
- bacterial or amebic dysentery
- hemorrhagic colitis

Inflammatory

- Ulcerative colitis
- Crohn's disease
- Chronic colitis

• Mental/emotional

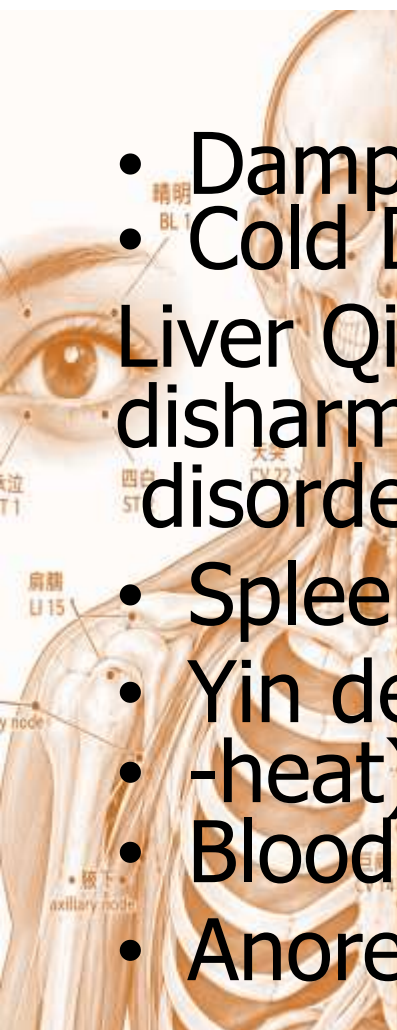
- Irritable bowel syndrome
- Malabsorption syndrome
- Bowel cancer





Patterns

- Damp heat Toxicity heat
- Cold Damp (encumbering SP)
- Liver Qi invading spleen (LV SP disharmony with heat) Relapsing dysenteric disorder
- Spleen and Kidney Yang deficiency
- Yin deficiency (with residual damp
- -heat)
- Blood stagnation
- Anorexia



— M.D, PhD, NFS —
INTEGRATIVE
WESTERN MEDICINE

Damp heat



• Signs and Symptoms

- 精明 BL 1 • Frequent, foul smelling, explosive diarrhea with blood, mucus and pus; mixture of mucus and blood varies depending on balance of heat and dampness. More heat = more blood; more damp=more mucus
- 四白 ST 2 • Tenesmus and/or burning sensation in anus
- 肩髃 LI 15 • Colicky abdominal pain; abdominal distention
- 腋窝 axillary node • Red eyes, complexion
- 天突 CV 22 • Dry mouth, thirst (however with little desire to drink)
- 中府 LU 1 • Early stage of acute dysenteric disorder first few
- 中脘 CV 17 • days may be fever and chills, headache, and floating pulse
- 腹中 CV 17 • Chronic, afternoon fever, or contained fever, with
- 腹中 CV 17 • sporadic night sweats may be noted





• Tongue and Pulse

- **T** Greasy, yellow coat;
- with more heat, red tongue body and dry coat; with more dampness, thick, greasy tongue coat

- **P** slippery and rapid

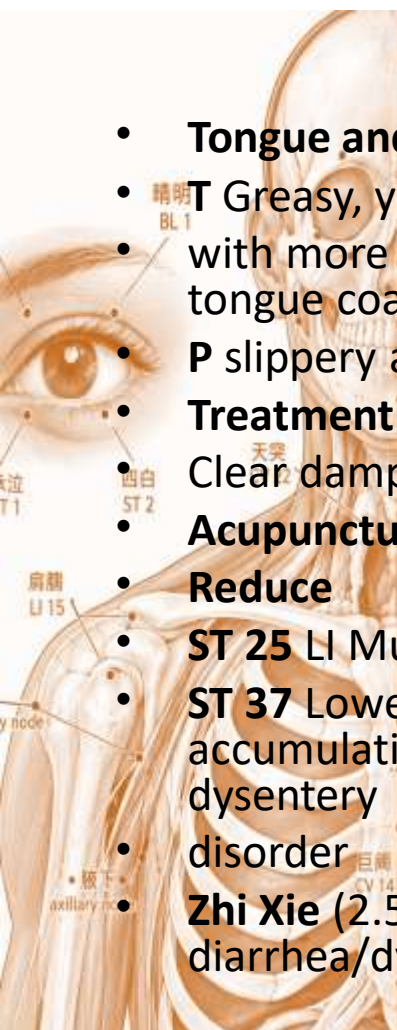
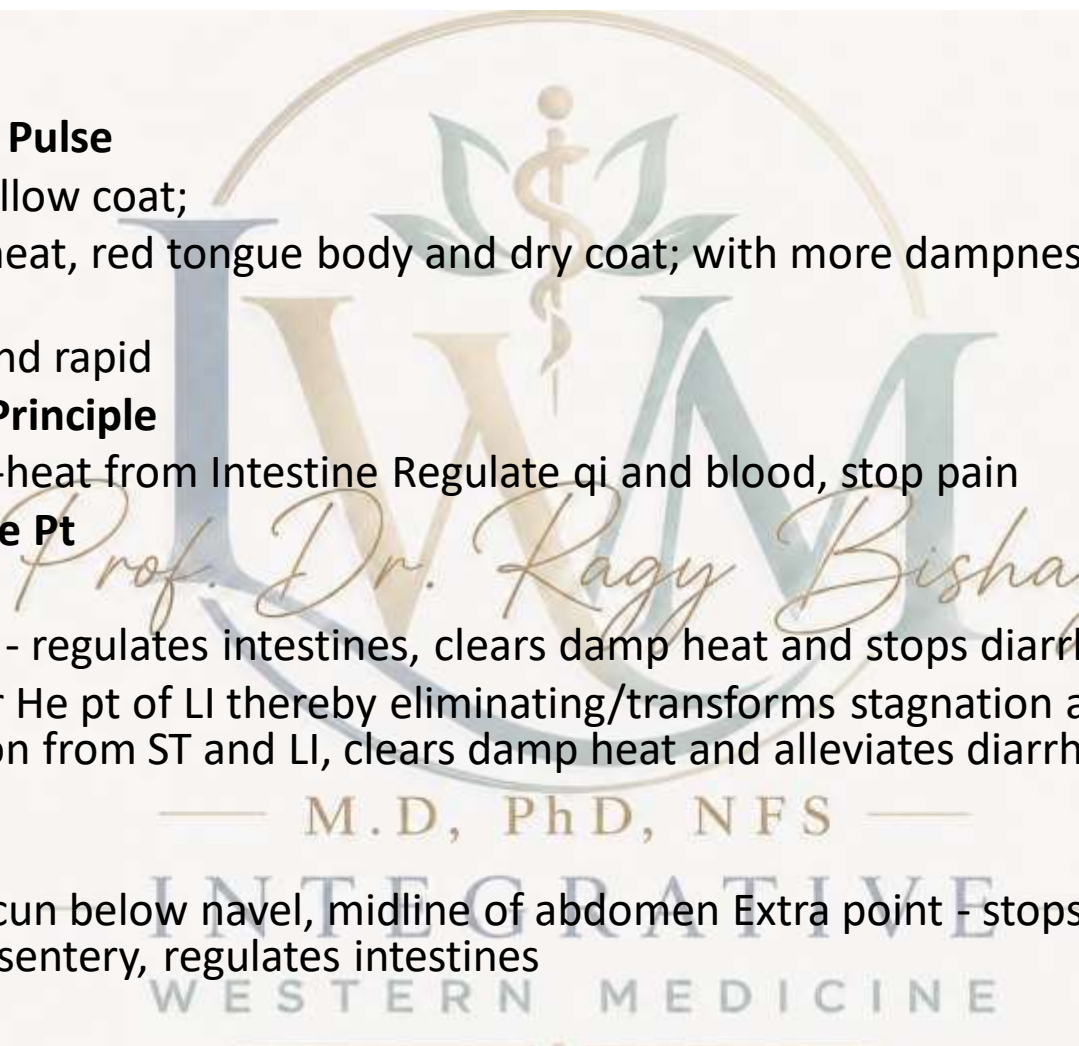
• Treatment Principle

- Clear damp-heat from Intestine Regulate qi and blood, stop pain

• Acupuncture Pt

• Reduce

- **ST 25** LI Mu - regulates intestines, clears damp heat and stops diarrhea
- **ST 37** Lower He pt of LI thereby eliminating/transforms stagnation and accumulation from ST and LI, clears damp heat and alleviates diarrhea and dysentery
- disorder
- **Zhi Xie** (2.5cun below navel, midline of abdomen Extra point - stops diarrhea/dysentery, regulates intestines





- **Ashi** between ST 36 and ST 37 to clear heat and stagnation from Intestines
- **LI 11** He sea of LI, clears heat from yang ming level
- **ST 44** and **LI4** together clear heat from yangming

Other Modalities

- Auricular: zero point, large intestine, small intestine, sympathetic, distal segment rectum, shen men Cupping w/ or w/out blood letting to **BL25** and **Du 14**
- **Lifestyle changes/medical referrals?**
- **Recommended referral to WM**
- Avoid hot and damp forming foods such as, spicy, greasy foods, dairy, fatty meats, chocolate etc
- Regulate eating time Avoid eating late at night
- Light simple foods, some raw and leafy greens
- Encourage damp heat resolving foods like celery raw or lightly cooked until damp heat resolves.
- Avoid dairy if possible
- Maintain fluid and electrolytes
- *frequent acupuncture twice daily Limit time spent in hot humid weather

Copyright © 2026 by RAGY

RISHAY 2026 by RAGY BISHAY all rights reserved.

Toxicity-heat



• Signs and Symptoms

- Sudden onset of frequent, explosive, foul-smelling diarrhea with fresh red, dark red or purple blood mixed with mucus and pus. Rarely diarrhea-like bloody water
- High fever
- Severe abdominal pain, tenesmus, nausea, vomiting
- In severe cases there may be delirium or confusion, muscular spasm and cramps or convulsions, cold limbs, skin rashes and respiratory difficulties

• Tongue and Pulse

- **T** red or scarlet with dry, yellow coat
- **P** slippery and rapid

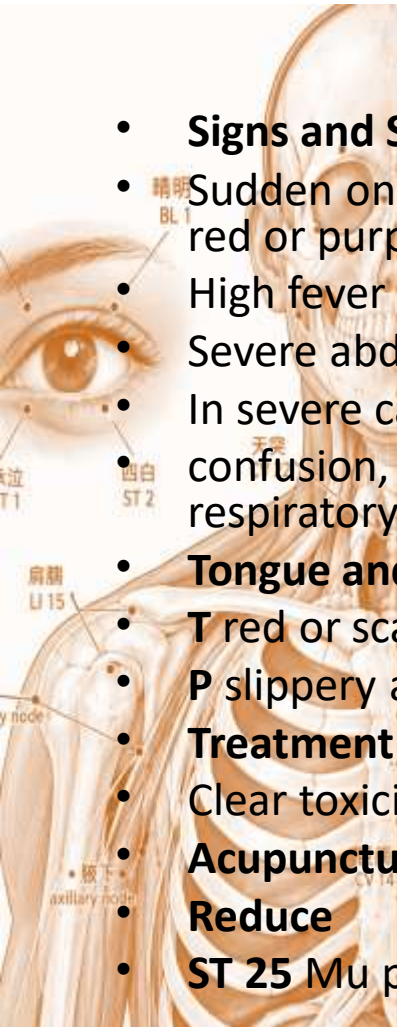
• Treatment Principle

- Clear toxicity-heat and damp-heat Cool blood, stop dysentery

• Acupuncture Pt

• Reduce

- **ST 25** Mu point of LI - clears damp heat and stops diarrhea





- **ST 37** Lower He pt of LI thereby eliminating stagnation and accumulation from ST and LI, clears damp heat **Zhi Xie** (2.5cun below navel, midline of abdomen Extra point - stops diarrhea/dysentery, regulates intestines Ashi between ST 36 and ST 37 to clear heat and stagnation from Intestines
- **LI 11** He sea of LI, clears heat from yang ming
- **ST 44** and **LI4** together clear heat from yangming **Bleed PC3** and **BL40** Cool the blood and clear toxicity heat
- **Other Modalities**
- Auricular: zero point, large intestine, small intestine, sympathetic, distal segment rectum, shen men Cupping w/ or w/out blood letting to BL25 and Du 14
- **Lifestyle changes/medical referrals?**
- **Can be life threatening and should be managed in hospital - Refer to WM and advise to maintain fluid and electrolytes**

Cold Dampness (encumbering Spleen)



• Signs and Symptoms

- Diarrhea with more mucus than blood, or passing of pure mucus, accompanied by dull abdominal pain which improves with warmth, but worsens with pressure, tenesmus is frequent. Feels distended in abdomen and lack any appetite, sense of taste or thirst

- Heaviness in the head and body, foggy head

- Clear, copious urine

- Lethargy and listlessness

- May be chills, mild fever, muscle aches, no sweating and floating pulse with the remnants of an external pathogen

• Tongue and Pulse

- **T** Normal or pale with greasy, white coat

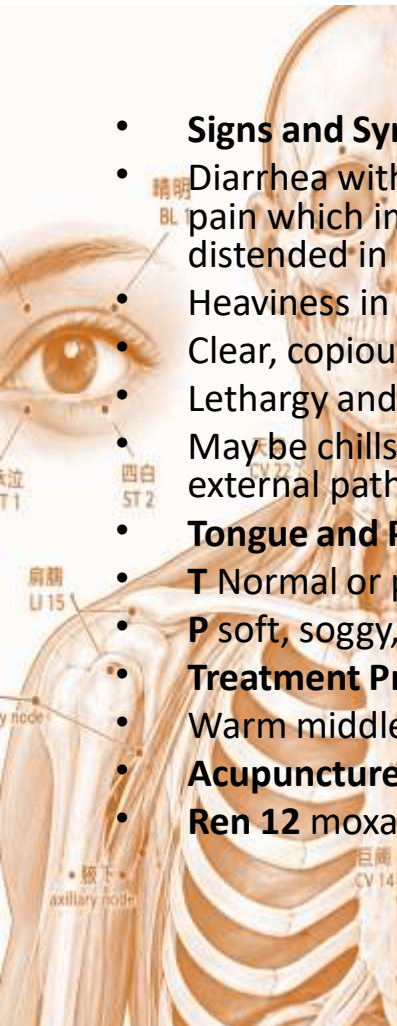
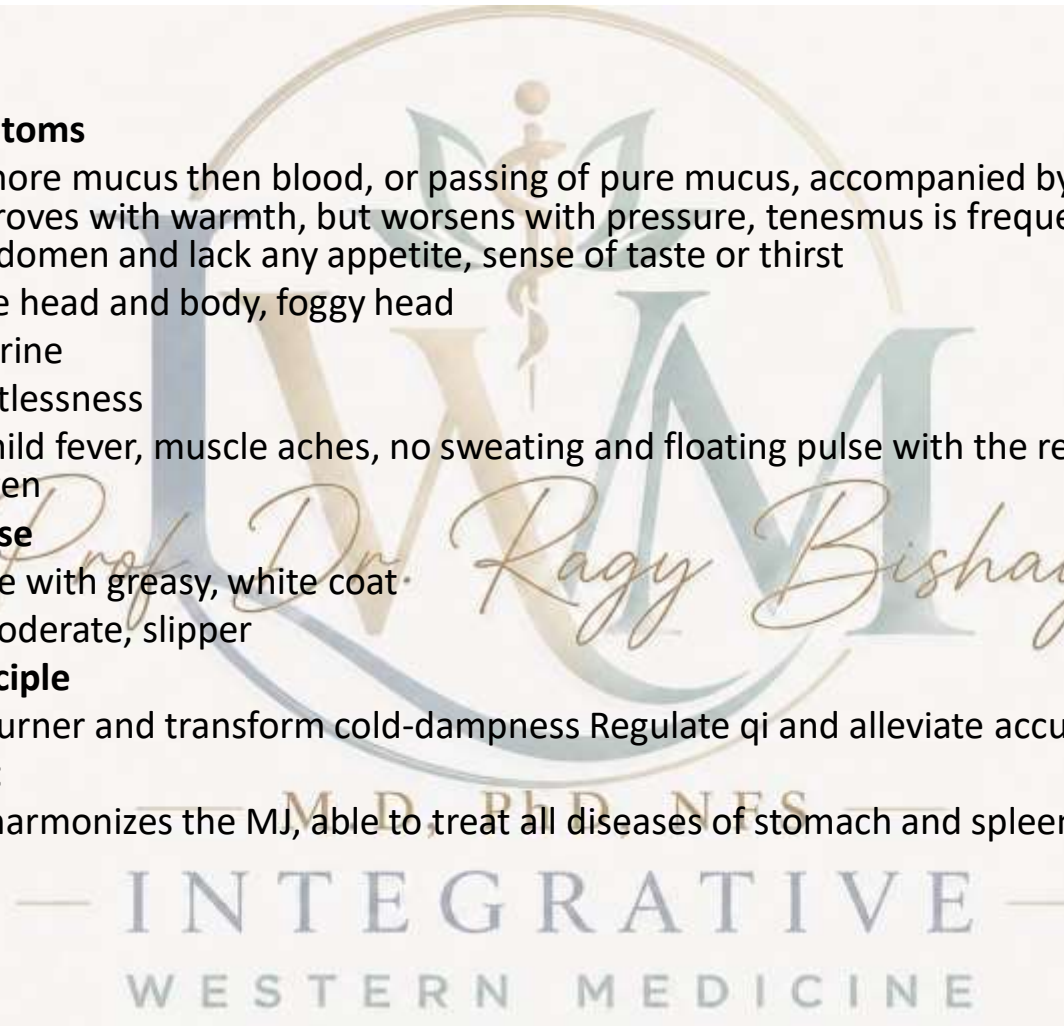
- **P** soft, soggy, moderate, slipper

• Treatment Principle

- Warm middle burner and transform cold-dampness Regulate qi and alleviate accumulation

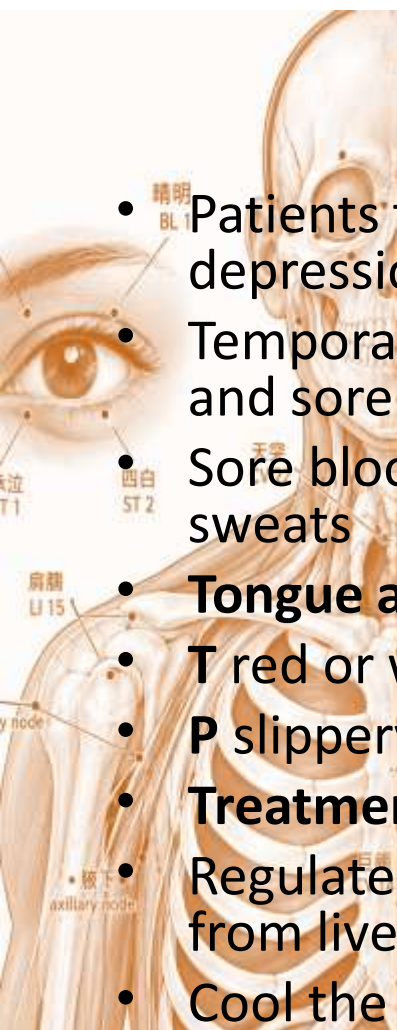
• Acupuncture Pt

- **Ren 12** moxa - harmonizes the MJ, able to treat all diseases of stomach and spleen





- Patients tend to be irritable, easy to anger, prone to mood swings or depression
- Temporal or tension headaches; neck and upper back muscles tight and sore
- Sore bloodshot eyes, facial flushing, heat intolerance, may be night sweats
- **Tongue and Pulse**
- **T** red or with red edges or red spots on the edges and a yellow coat
- **P** slippery and rapid
- **Treatment Principle**
- Regulate Liver qi and harmonize the Liver and spleen Clear heat from liver and intestines
- Cool the blood and stop bleeding diarrhea





ST 37 Lower He pt of LI thereby eliminating stagnation and accumulation from ST and LI, clears damp heat **Zhi Xie** (2.5cun below navel, midline of abdomen Extra point - stops diarrhea/dysentery, regulates intestines Ashi between ST 36 and ST 37 to clear heat and stagnation from Intestines

- **LI 11** He sea of LI, clears heat from yang ming
- **ST 44** and **LI 4** together clear heat from yangming **Bleed PC3** and **BL40** Cool the blood and clear toxicity heat
- **Other Modalities**
- Auricular: zero point, large intestine, small intestine, sympathetic, distal segment rectum, shen men Cupping w/ or w/out blood letting to BL25 and Du 14
- **Lifestyle changes/medical referrals?**
- **Can be life threatening and should be managed in hospital - Refer to WM and advise to maintain fluid and electrolytes**



- **ST36** moxa - Fortifies the spleen and resolves dampness, its ability to support yuan qi can also assist with warming the spleen and stomach. Can supplement qi to transform cold damp
- **Zhi Xie** (2.5cun below navel, midline of abdomen Extra point - stops diarrhea/dysentery, regulates intestines **Ashi** between ST 36 and ST 37 to clear heat and stagnation from Intestines
- **ST37** sedate- Lower He pt of LI thereby eliminating stagnation
- **SP9** sedate- the sea of spleen, promotes urination and drains damp
- **SP6** sedate- Strengthens spleen, supplements qi and drains damp
- **SP3** and **ST 40** (Luo) sedate- Yuan luo pair, strengthen SP and transform dampness and phlegm
- **BL25** sedate moxa- (shu of LI) remove cold damp
- **BL27** moxa- (shu of SI) remove cold damp





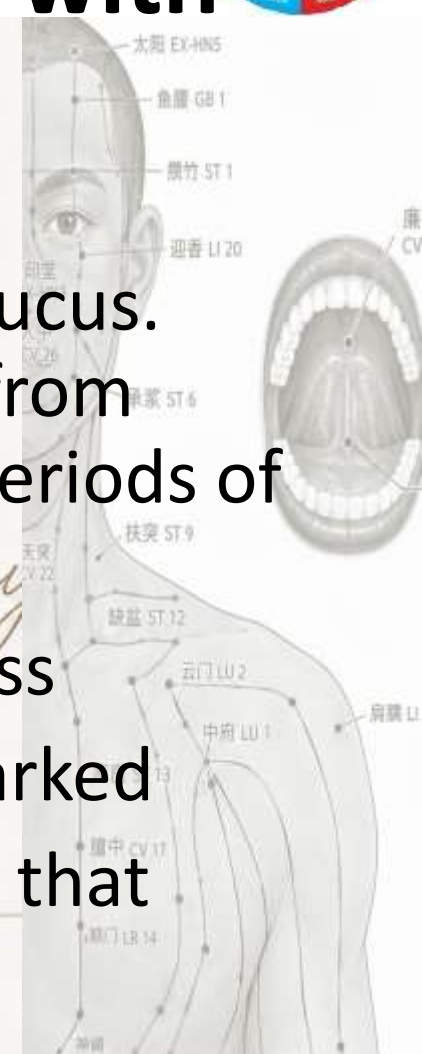
-

Liver and Spleen Disharmony with heat (Liver qi invading spleen with heat)



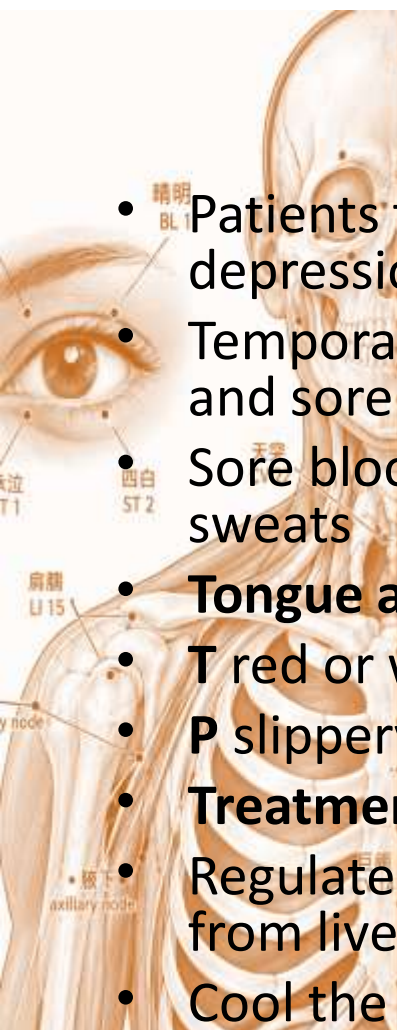
• **Signs and Symptoms**

- Recurrent diarrhea with blood and/or mucus. Diarrhea occurs in cycles which can run from weeks to months, followed by variable periods of remission.
- Emotional component, preceded by stress
- Can alternate with constipation, with marked
- abdominal distention and cramping pain that precedes diarrhea.



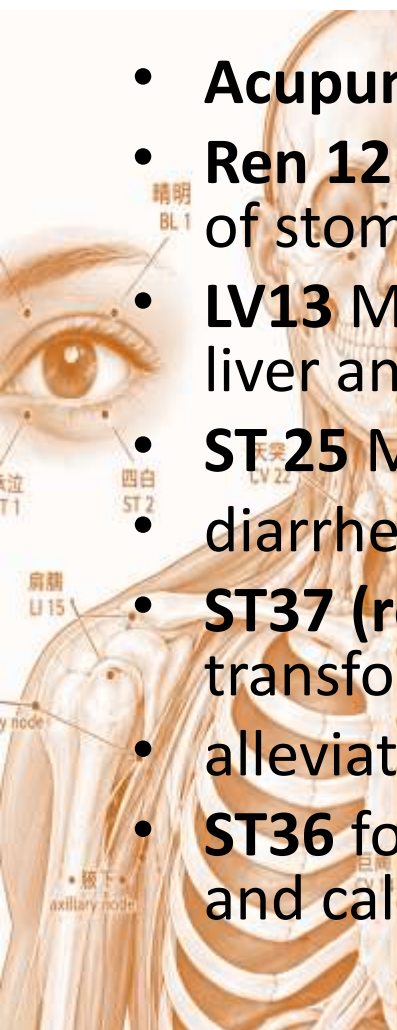


- Patients tend to be irritable, easy to anger, prone to mood swings or depression
- Temporal or tension headaches; neck and upper back muscles tight and sore
- Sore bloodshot eyes, facial flushing, heat intolerance, may be night sweats
- **Tongue and Pulse**
- **T** red or with red edges or red spots on the edges and a yellow coat
- **P** slippery and rapid
- **Treatment Principle**
- Regulate Liver qi and harmonize the Liver and spleen Clear heat from liver and intestines
- Cool the blood and stop bleeding



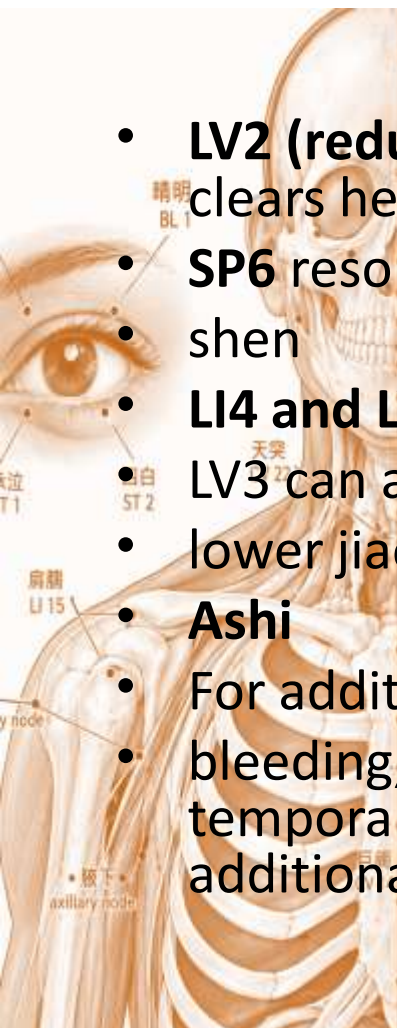


- **Acupuncture Pt**
- **Ren 12** moxa - harmonizes the MJ, able to treat all diseases of stomach and spleen
- **LV13** Mu of spleen, harmonizes liver and spleen, spreads liver and regulates qi
- **ST 25** Mu point of LI - clears damp heat and stops diarrhea
- **ST37 (reduce)** Lower He of LI thereby regulates intestines, transform stagnation, clears damp heat,
- alleviates diarrhea and dysentery
- **ST36** fortifies the spleen and resolves dampness, clear fire and calm shen



Prof. Dr. Ragy Bishay
M.D., Ph.D., N.E.S.
INTEGRATIVE
WESTERN MEDICINE





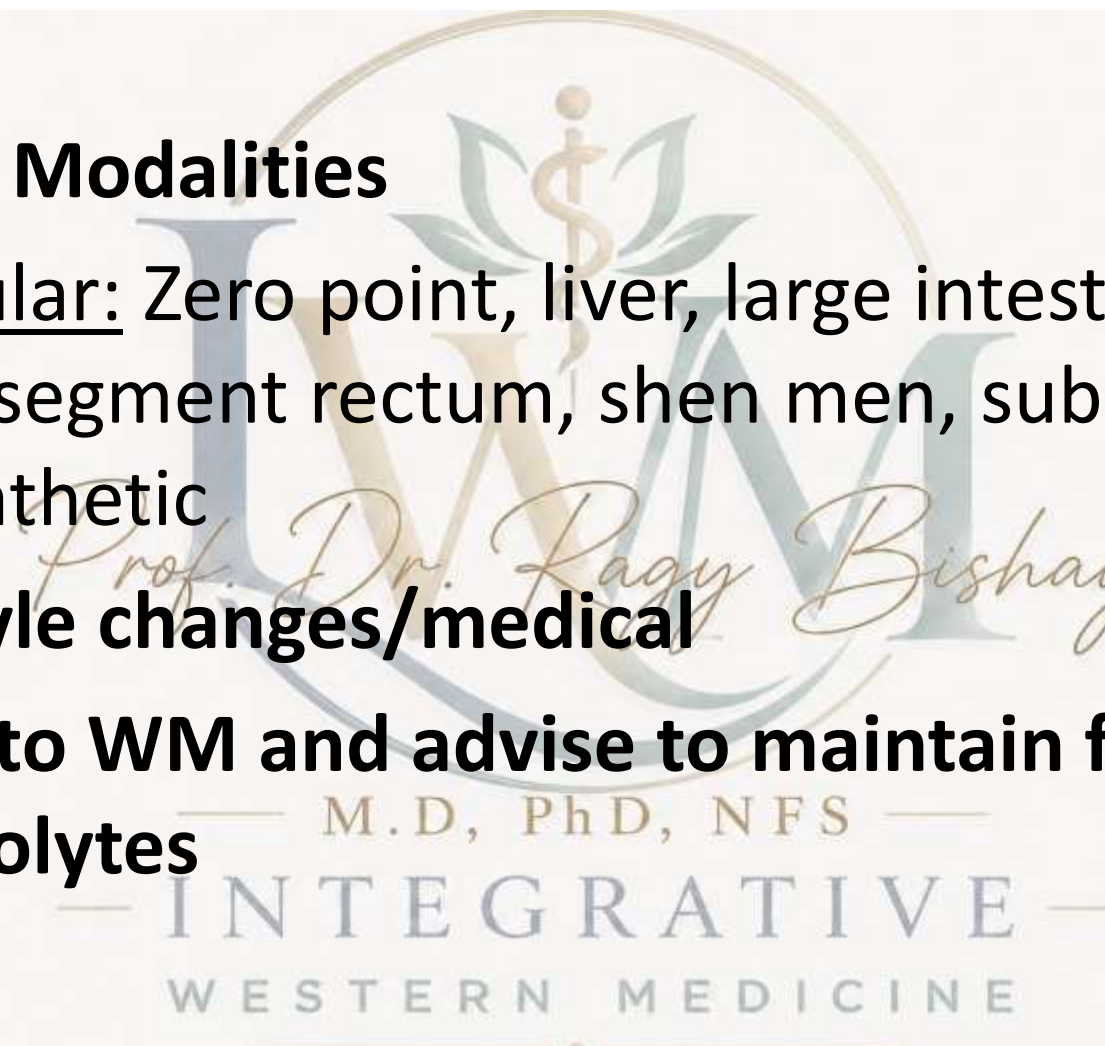
-





• Other Modalities

- Auricular: Zero point, liver, large intestine, distal segment rectum, shen men, subcortex, sympathetic
- Lifestyle changes/medical
- Refer to WM and advise to maintain fluid and electrolytes

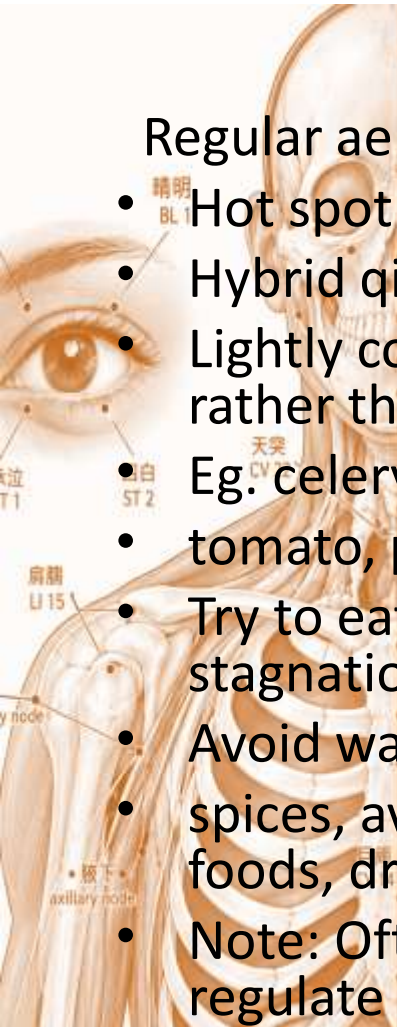


referrals?



Regular aerobic exercise - eg walking, swimming, yoga, tai qi

- 精明 BL 1 Hot spot therapy
- Hybrid qi regulating and heat reducing diet
- Lightly cooked/shorter cooking times, more water based cooking rather than frying
- Eg. celery, spinach, cucumber, watermelon, pear, tomato, pear, apple, etc.
- Try to eat earlier during the day, a little pungent food is okay for qi stagnation
- Avoid warming or stagnating foods - greasy oily, hot
- spices, avoid cold or refrigerated foods, processed or adulterated foods, drugs, eating while upset, eating quickly or overeating.
- Note: Often seen in patients who work shift so may be difficult to regulate

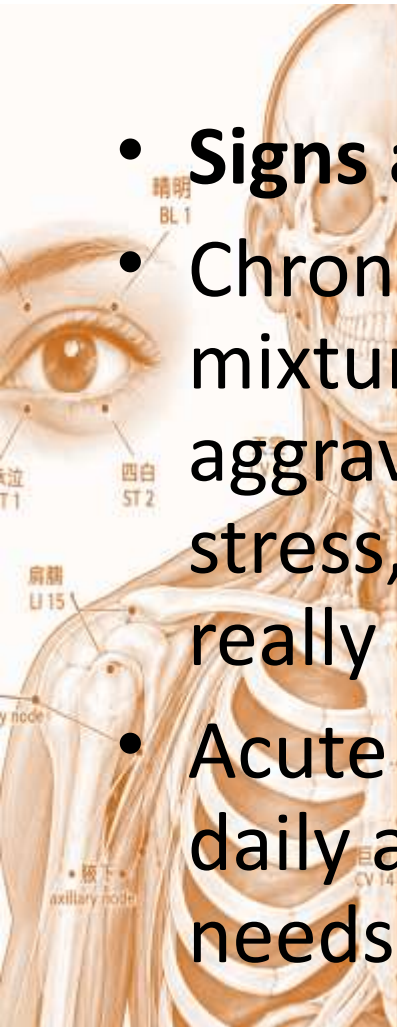
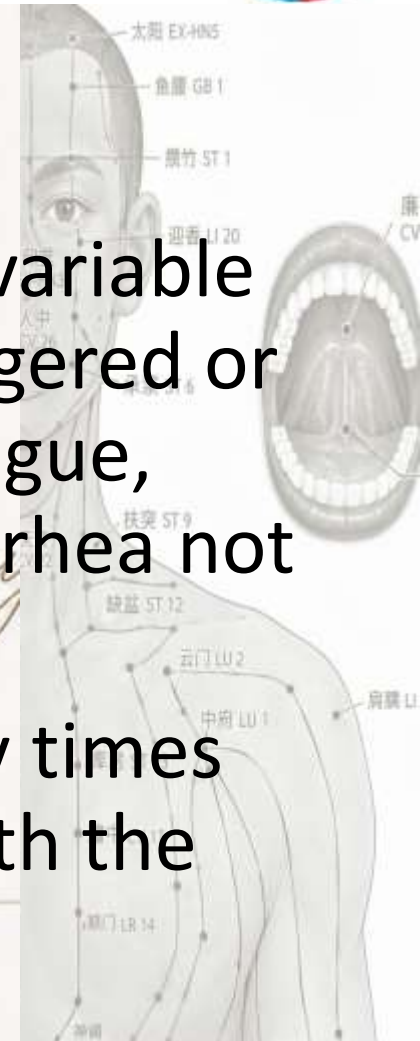


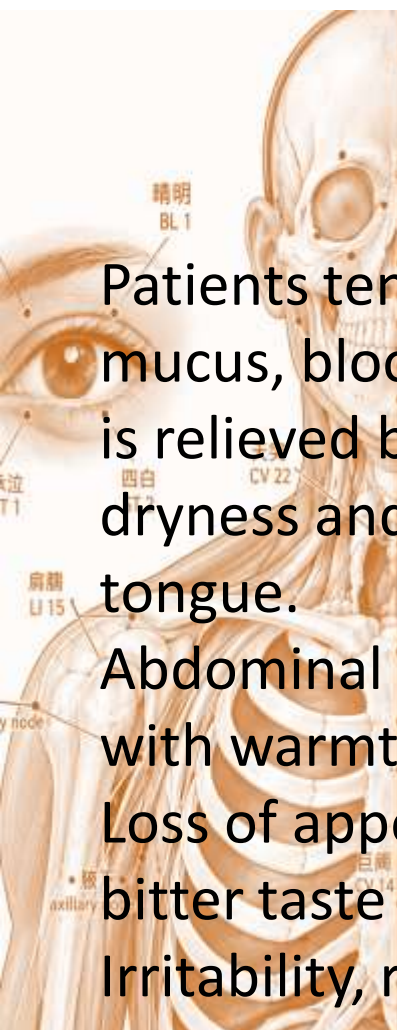
Chronic Relapsing Dysenteric Disorder



- **Signs and Symptoms**

- Chronic, intermittent diarrhea with a variable mixture of mucus, pus and blood, triggered or aggravated by overexertion, colds, fatigue, stress, or with no obvious trigger. Diarrhea not really offensive
- Acute phase: diarrhea can occur many times daily and wake the patient at night with the needs to go



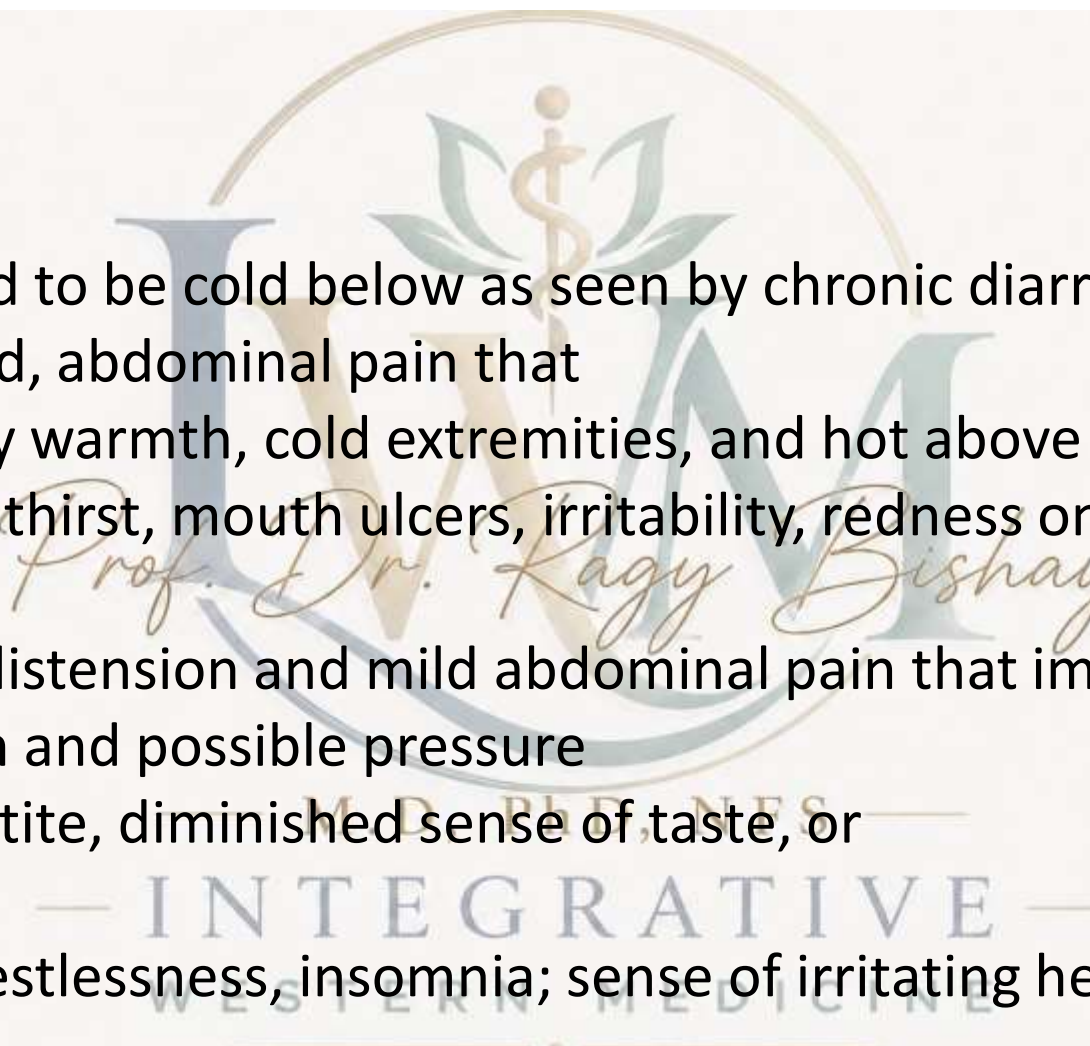


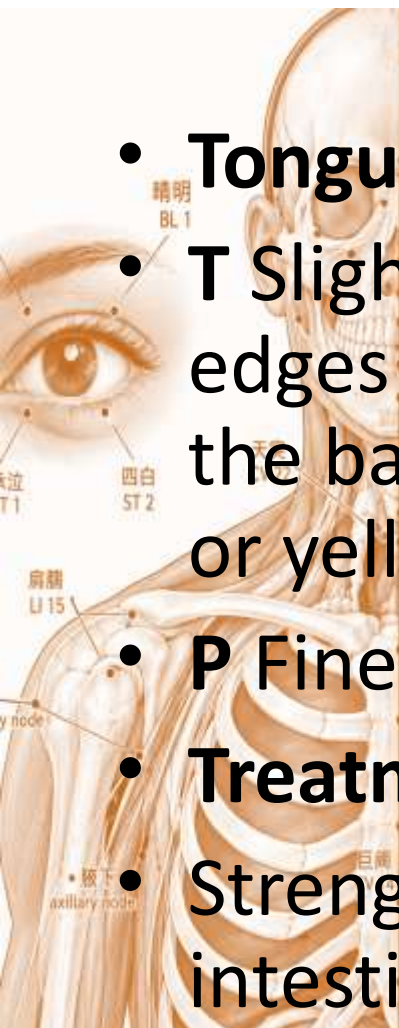
Patients tend to be cold below as seen by chronic diarrhea with mucus, blood, abdominal pain that is relieved by warmth, cold extremities, and hot above showing dryness and thirst, mouth ulcers, irritability, redness on the tongue.

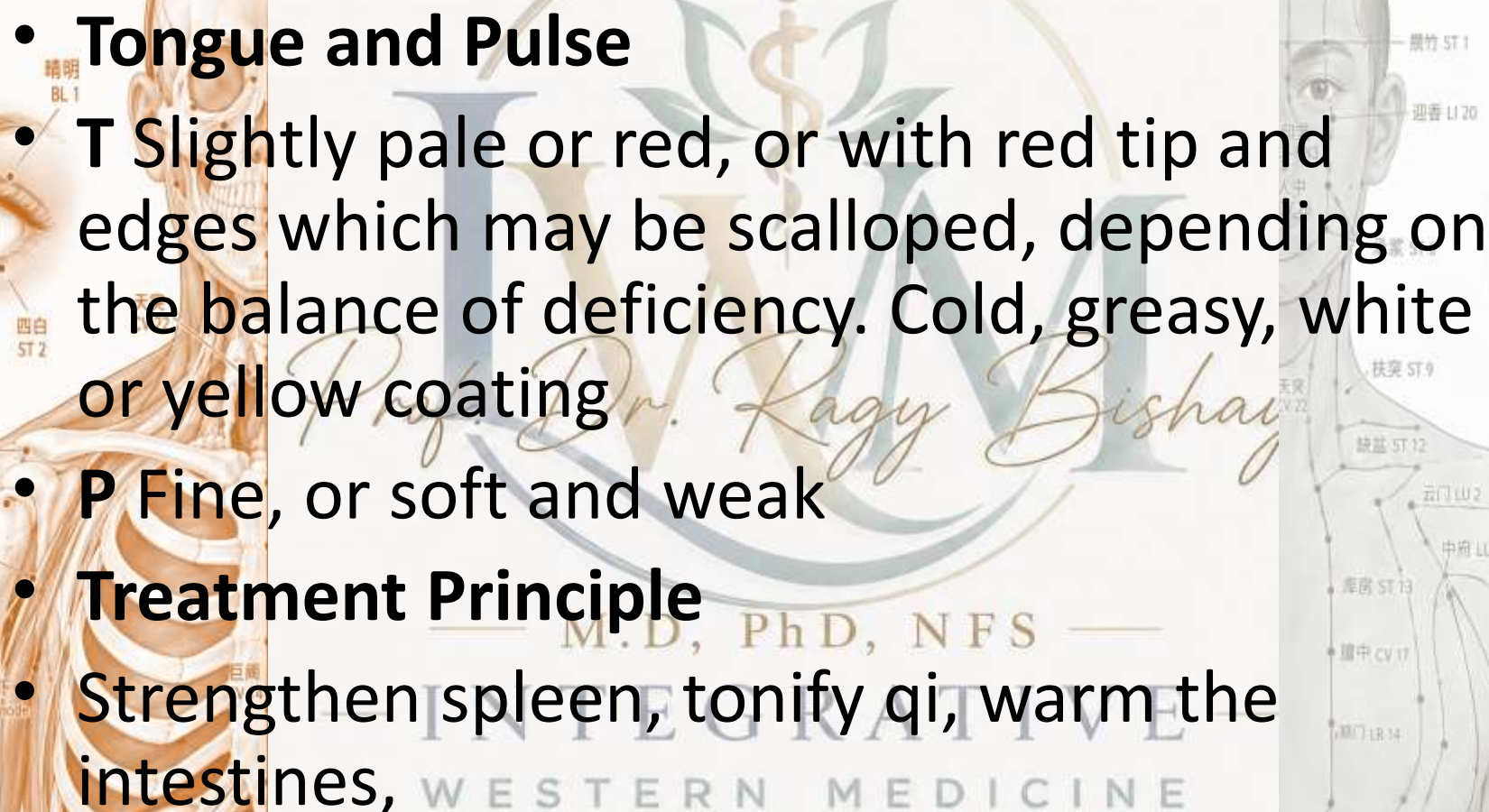
Abdominal distension and mild abdominal pain that improves with warmth and possible pressure

Loss of appetite, diminished sense of taste, or bitter taste

Irritability, restlessness, insomnia; sense of irritating heat in chest





- 
- **Tongue and Pulse**
 - **T** Slightly pale or red, or with red tip and edges which may be scalloped, depending on the balance of deficiency. Cold, greasy, white or yellow coating
 - **P** Fine, or soft and weak
 - **Treatment Principle**
 - Strengthen spleen, tonify qi, warm the intestines,



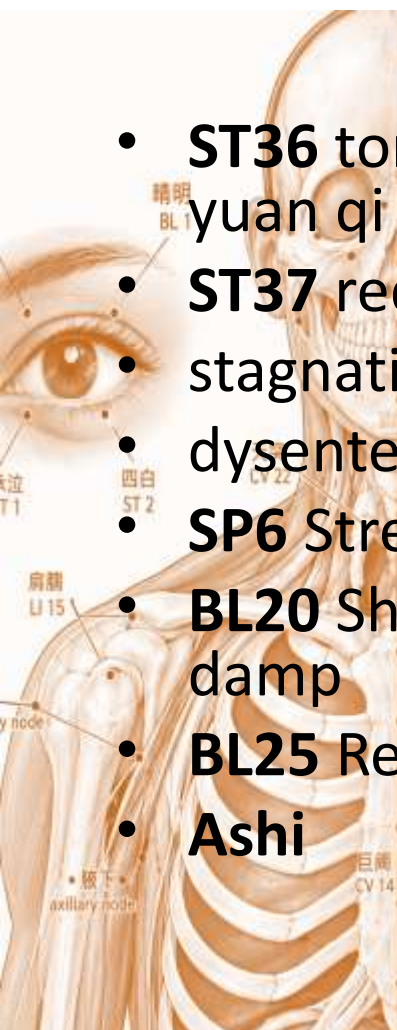
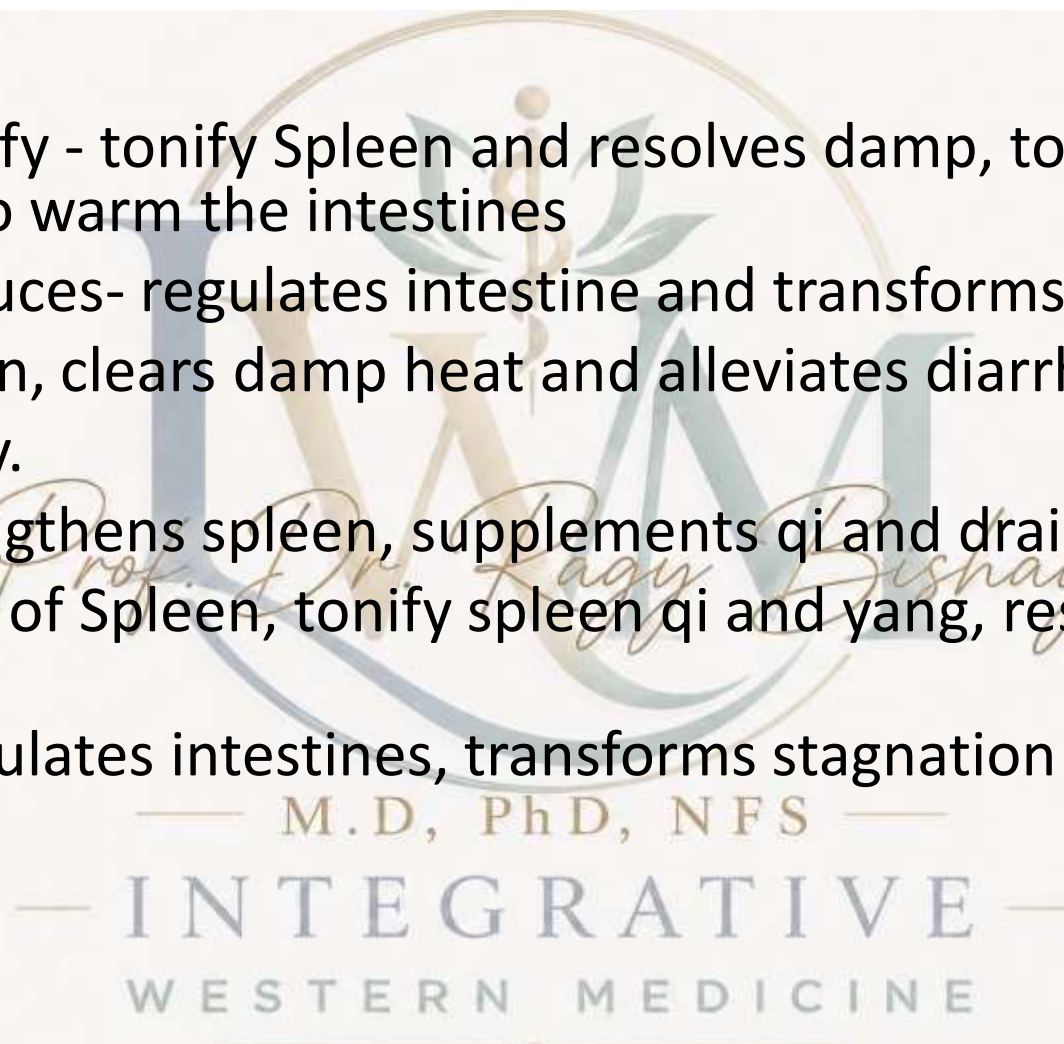


- regulate qi, restore qi dynamic, clear heat and stop dysenteric
- **Acupuncture Pt**
- **Ren 12** - moxa - harmonizes the MJ, able to treat all diseases of stomach and spleen
- **LV13** Mu of spleen; harmonizes liver and spleen, spreads liver and regulates qi
- **ST25** Mu of LI; stops diarrhea, resolve dampness





- **ST36** tonify - tonify Spleen and resolves damp, tonify qi and yuan qi to warm the intestines
- **ST37** reduces- regulates intestine and transforms
- stagnation, clears damp heat and alleviates diarrhea and
- dysentery.
- **SP6** Strengthens spleen, supplements qi and drains damp
- **BL20** Shu of Spleen, tonify spleen qi and yang, resolves damp
- **BL25** Regulates intestines, transforms stagnation
- **Ashi**





• Other Modalities

- Auricular: zero point, large intestine, small intestine, sympathetic, distal segment rectum, shen men
- **Lifestyle changes/medical referrals?**
- **Refer to WM and advise to maintain fluid and electrolytes**
- Qi regulating and spleen strengthening diet for example,
- Eating less, earlier during the day, lightly cooked foods
- Eating more squashes of yellow and orange color
- Congee based on rice

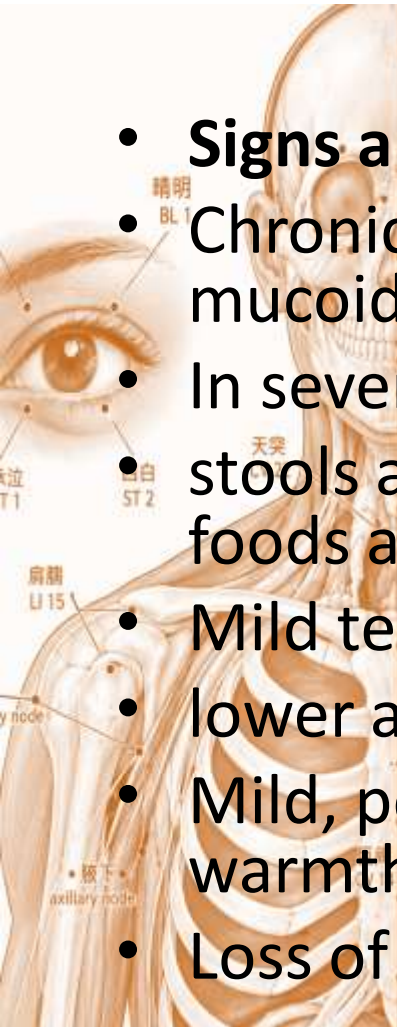


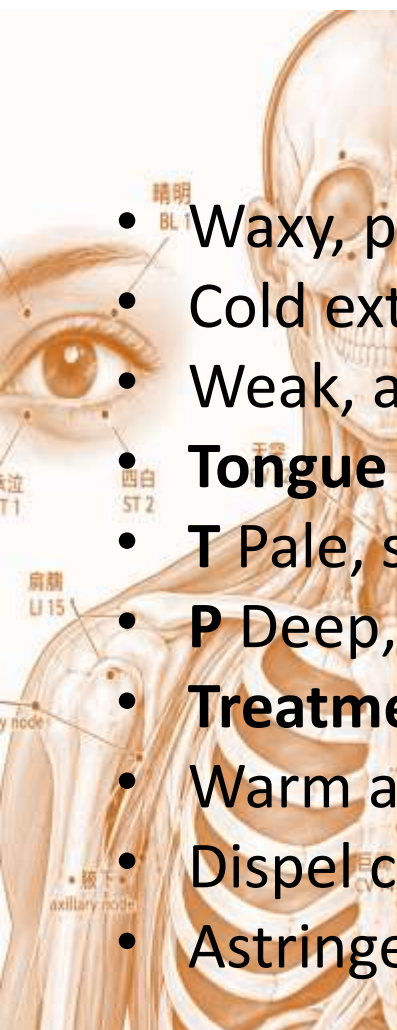
Spleen Yang deficiency



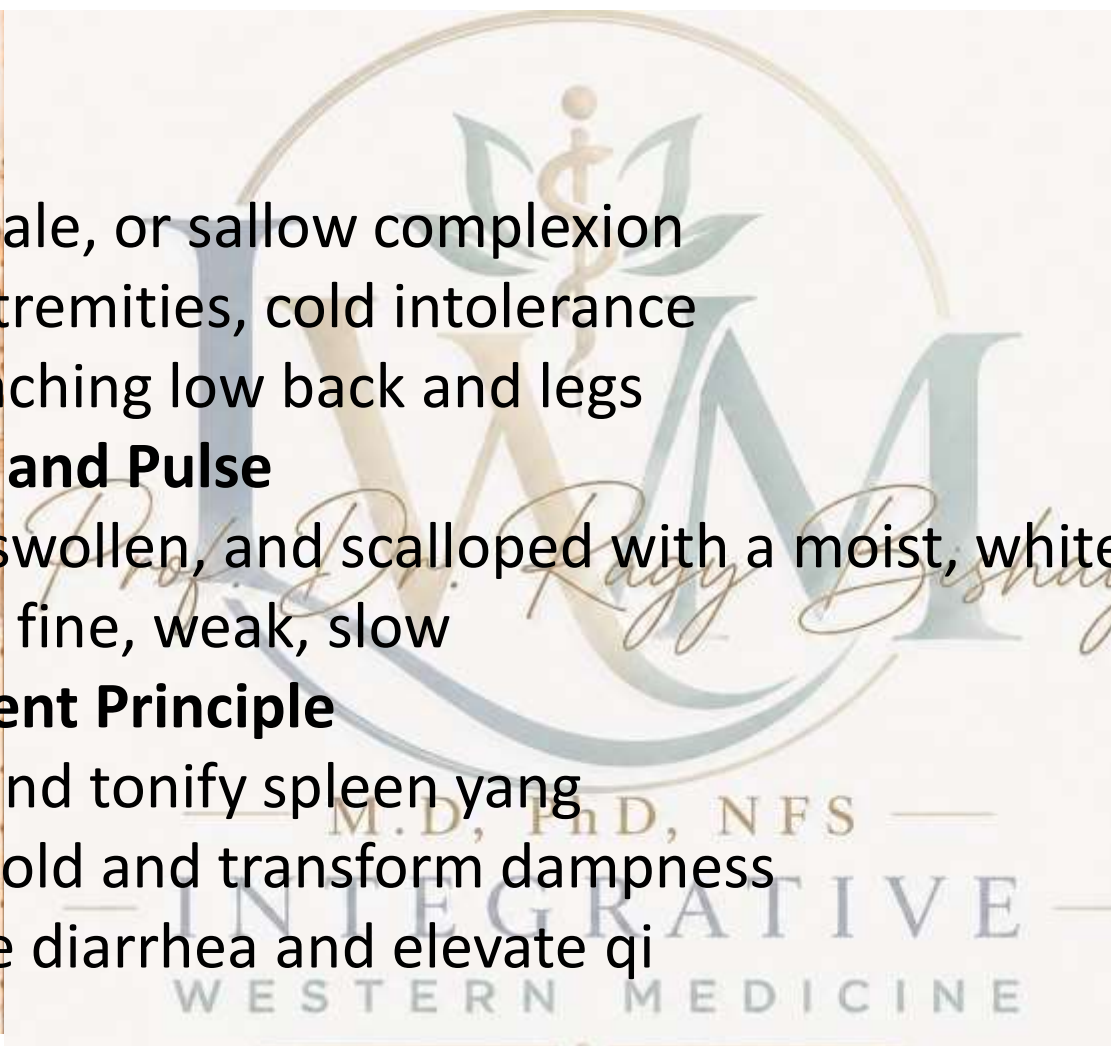
• Signs and Symptoms

- Chronic dysenteric diarrhea which is thin, watery and mucoid, with small amounts of pus and blood
- In severe cases there may be incontinence of stools and rectal prolapse. Diarrhea is worse with cold foods and with exposure to cold
- Mild tenesmus, or a dragging sensation in the lower abdomen, unrelieved by diarrhea
- Mild, persistent abdominal pain, improves with warmth and pressure
- Loss of appetite, listlessness, exhaustion, depression





- Waxy, pale, or sallow complexion
- Cold extremities, cold intolerance
- Weak, aching low back and legs
- **Tongue and Pulse**
- **T** Pale, swollen, and scalloped with a moist, white coat
- **P** Deep, fine, weak, slow
- **Treatment Principle**
- Warm and tonify spleen yang
- Dispel cold and transform dampness
- Astringe diarrhea and elevate qi





• Acupuncture Pt

• 精明 BL 1 Tonify...

• **Ren 12** - Mu of ST; harmonizes the MJ, fortifies the spleen

• **ST25** Mu of LI; regulates intestines, resolve dampness, stops diarrhea

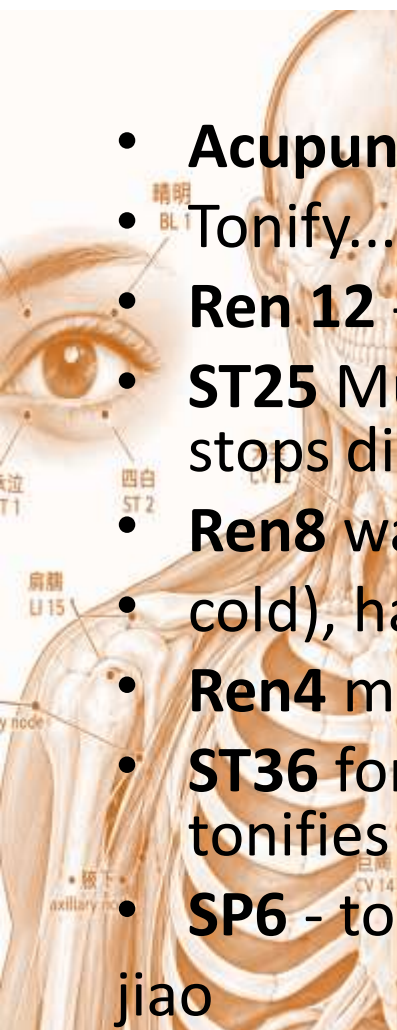
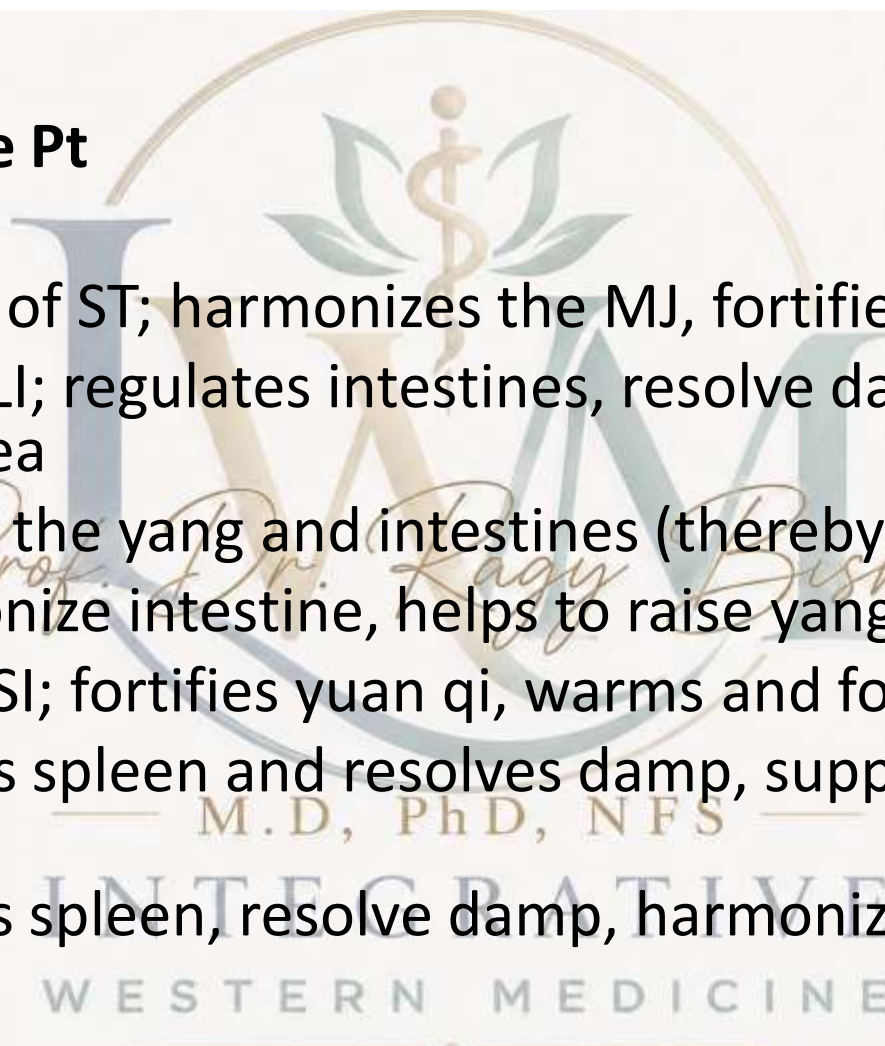
• **Ren8** warms the yang and intestines (thereby dispel

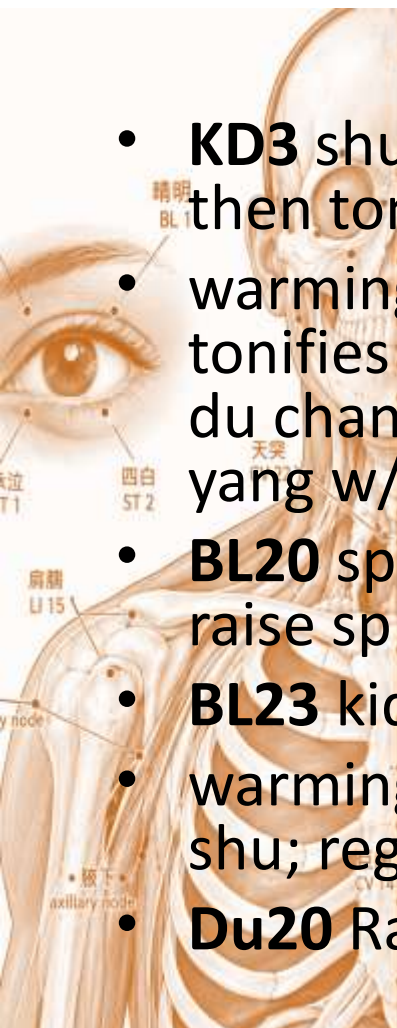
• cold), harmonize intestine, helps to raise yang

• **Ren4** mu of SI; fortifies yuan qi, warms and fortifies spleen

• **ST36** fortifies spleen and resolves damp, supports yuan qi, tonifies qi

• **SP6** - tonifies spleen, resolve damp, harmonize lower jiao





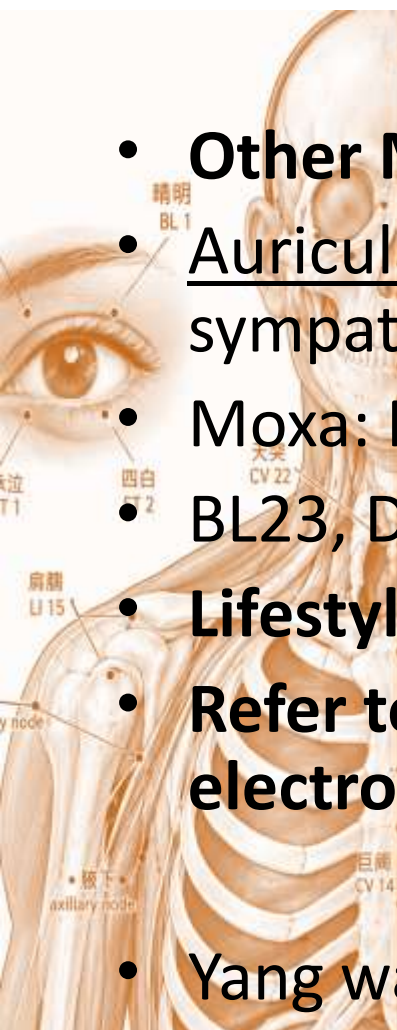
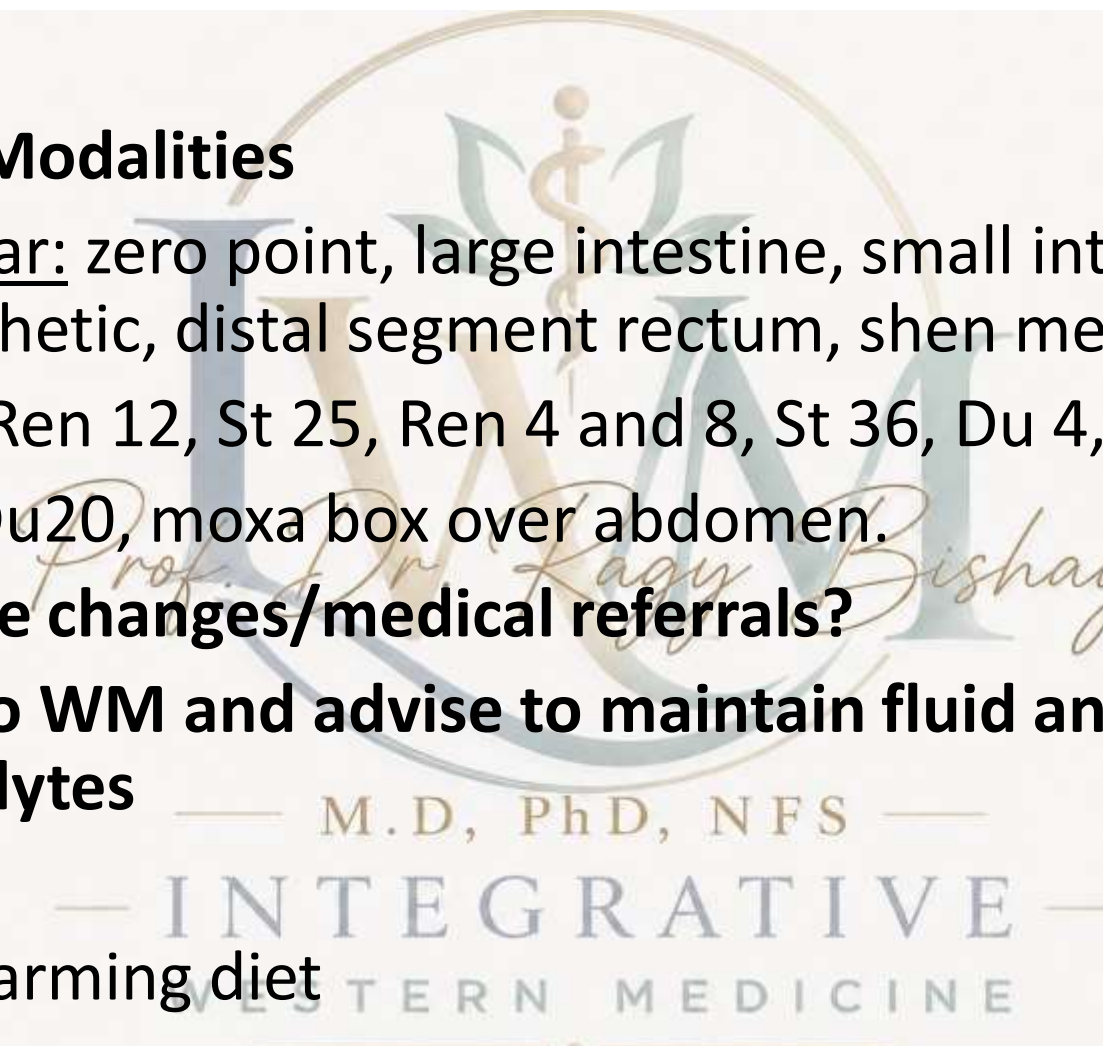
- yang which
d
(ion) **Du4** -
o regulate
ead to raise
olve damp,
ng and
ion **BL25** LI





• Other Modalities

- Auricular: zero point, large intestine, small intestine, sympathetic, distal segment rectum, shen men
- Moxa: Ren 12, St 25, Ren 4 and 8, St 36, Du 4, BL20, BL23, Du20, moxa box over abdomen.
- Lifestyle changes/medical referrals?
- Refer to WM and advise to maintain fluid and electrolytes
- Yang warming diet



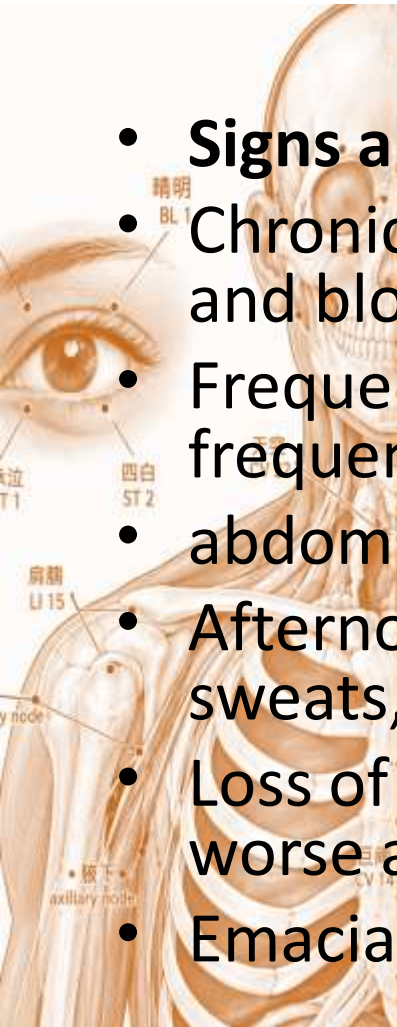


Yin Deficiency with residual damp-heat



• Signs and Symptoms

- Chronic diarrhea with small amounts of sticky mucus and blood
- Frequent urge to defecate, but difficult; worse or more frequent in the evening. Mild lower
- abdominal pain with tenesmus are characteristic
- Afternoon or tidal fever; heat in palms and soles, night sweats, flushing
- Loss of appetite, nausea, dry mouth and lips, thirst worse at night
- Emaciation and weight loss





• Tongue and Pulse

• **T** red or scarlet and dry, with a greasy or peeled coat

• **P** fine and rapid

• Treatment Principle

• Nourish and tonify yin, clear residual damp-heat
Nourish and regulate blood, stop dysentery

• Acupuncture Pt

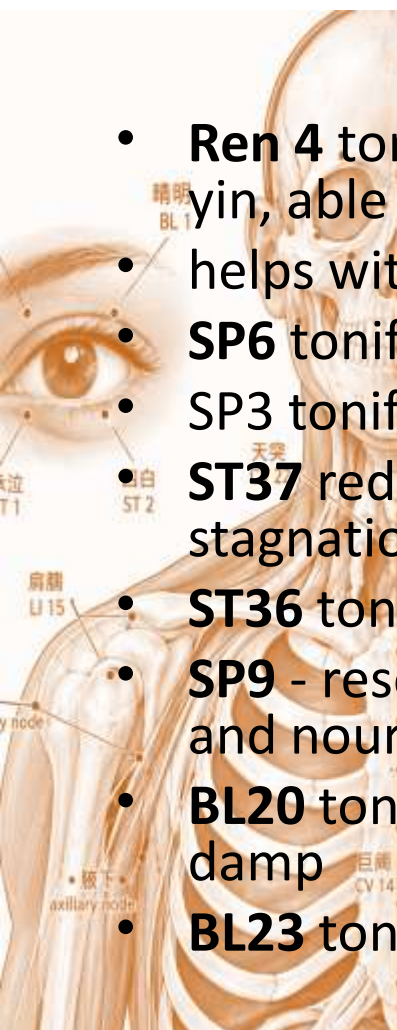
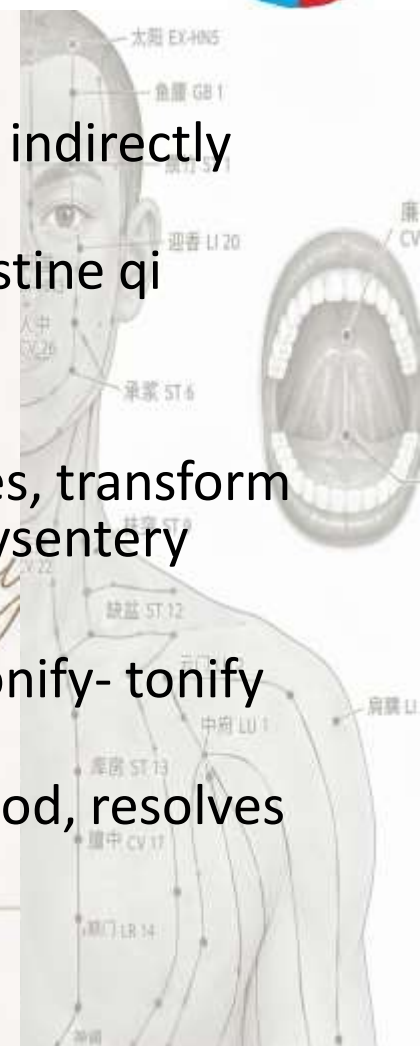
• **Ren 12** Mu of ST; harmonizes the MJ, fortifies the spleen

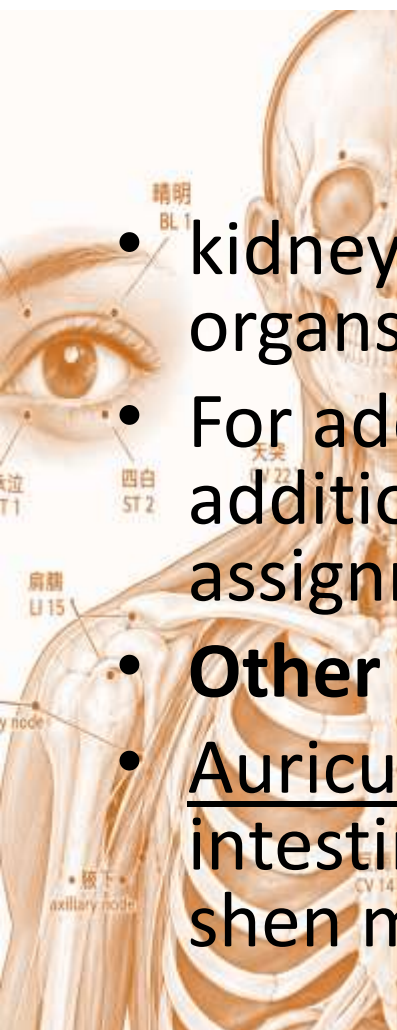
• **ST25** tonify- Mu of LI; regulates intestines, resolve dampness, stops diarrhea





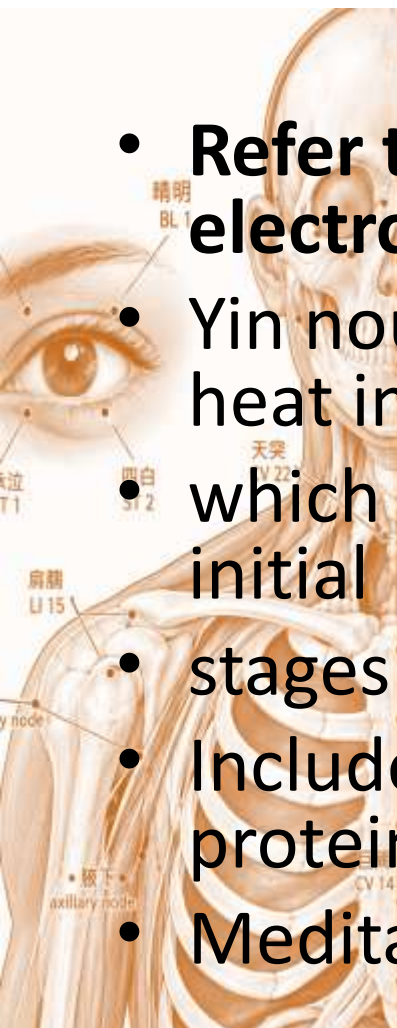
- **Ren 4** tonify can tonify and nourish kidney essence and indirectly yin, able to tonify kidney and spleen therefore
- helps with diarrhea, regulates lower jiao and small intestine qi
- **SP6** tonify- meeting of 3 yin - tonify yin
- **SP3** tonify - tonify spleen
- **ST37** reduce- Lower He of LI thereby regulates intestines, transform stagnation, clears damp heat, alleviates diarrhea and dysentery
- **ST36** tonify- resolves dampness,
- **SP9** - resolve dampness, benefits the lower jiao **KD3**- tonify- tonify and nourish yin
- **BL20** tonify- spleen which assist in T and T to create blood, resolves damp
- **BL23** tonify- tonify and nourish yin (specifically the





- kidneys which provide nourishment for the organs) **BL25** tonify - regulates intestine
- For additional/associated symptoms/signs, additional points can be recommend (see end of assignment)
- **Other Modalities**
- Auricular: zero point, large intestine, small intestine, sympathetic, distal segment rectum, shen men





-



Qi and Blood Stasis



- **Signs and Symptoms**

- Chronic diarrhea with a significant feeling of incomplete evacuation or tenesmus; diarrhea may be purple or black, sticky, jammy or tarry and contain mucus and clots of blood. Fixed, localized, sharp or stabbing abdominal pain, usually in the lower left quadrant, which worsens with pressure is noted. Masses may be palpable

- Dark complexion, lips and rings around eyes
- Spider nevi or vascular abnormalities over the abdomen, faces and legs, particularly around the inner knee and ankle

- **Tongue and Pulse**

- **T** purplish or with purple or brown petechial spots with little or no coat; dark and distended sublingual veins

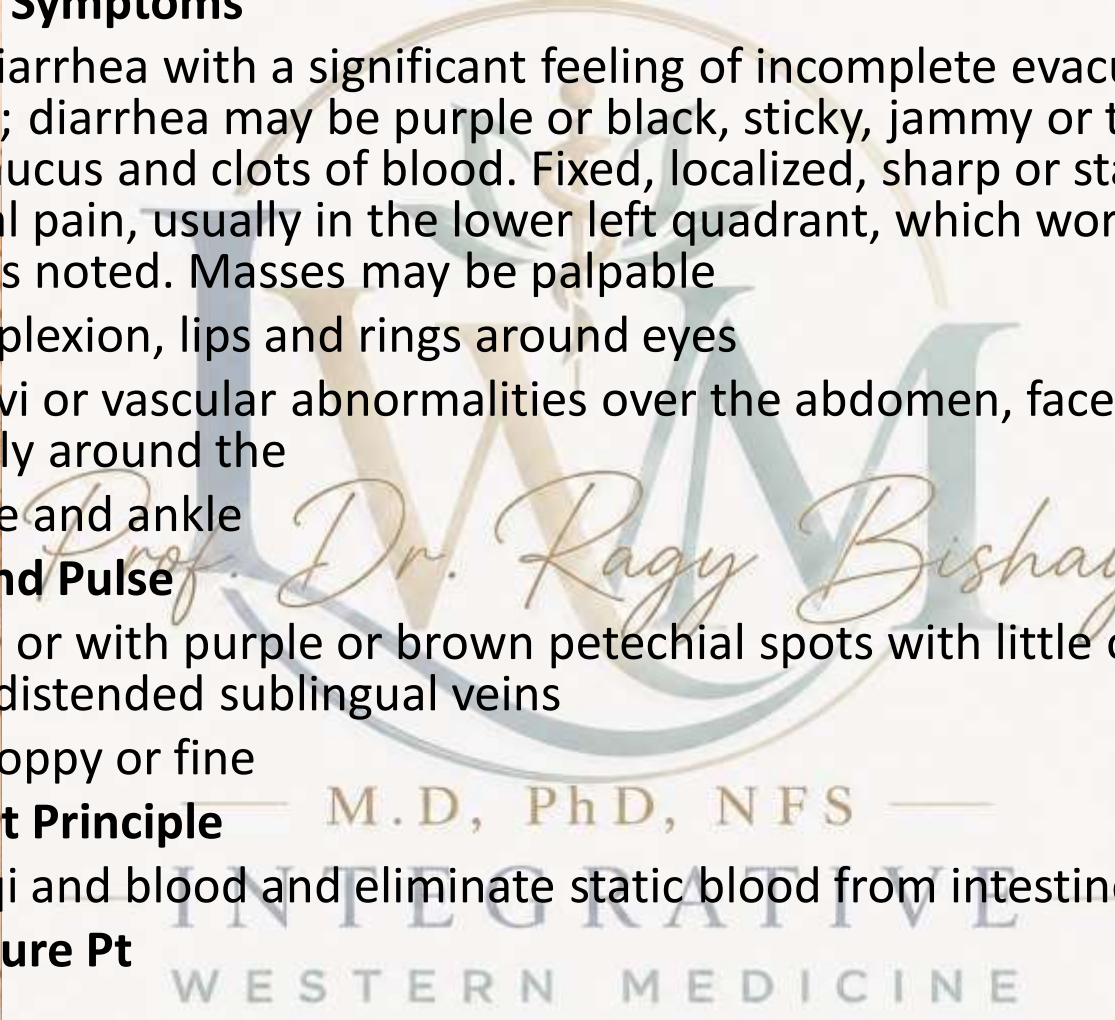
- **P** wiry, choppy or fine

- **Treatment Principle**

- Activate qi and blood and eliminate static blood from intestines

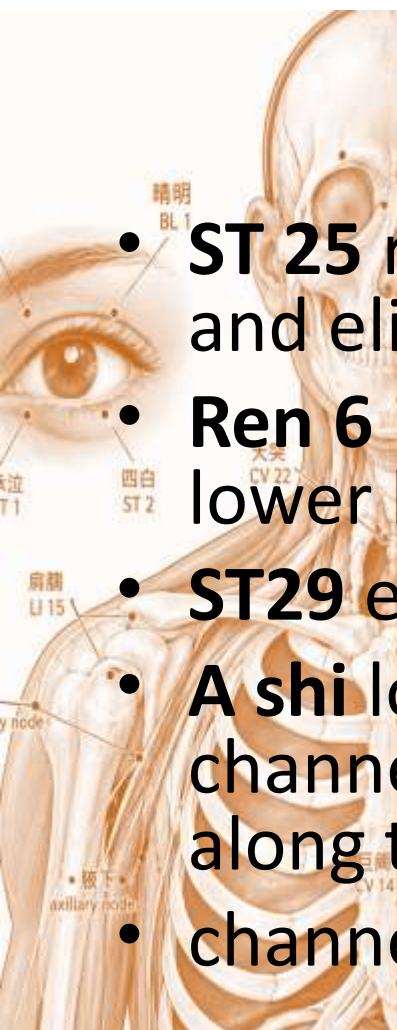
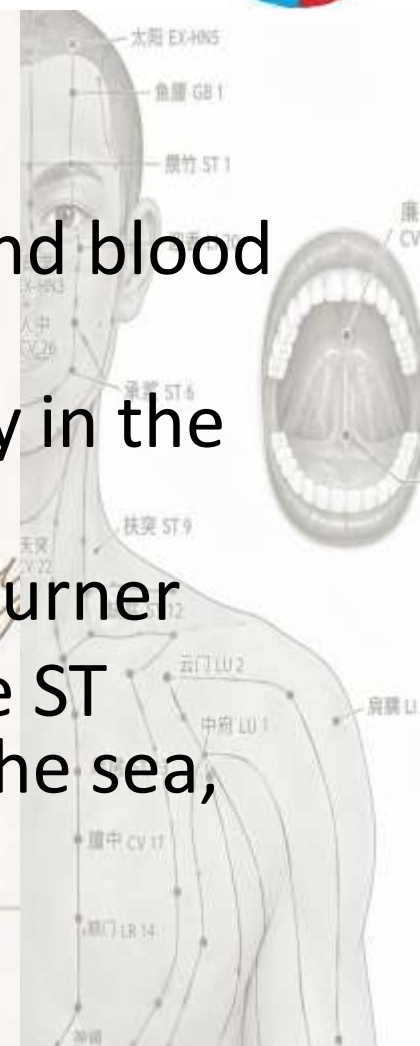
- **Acupuncture Pt**

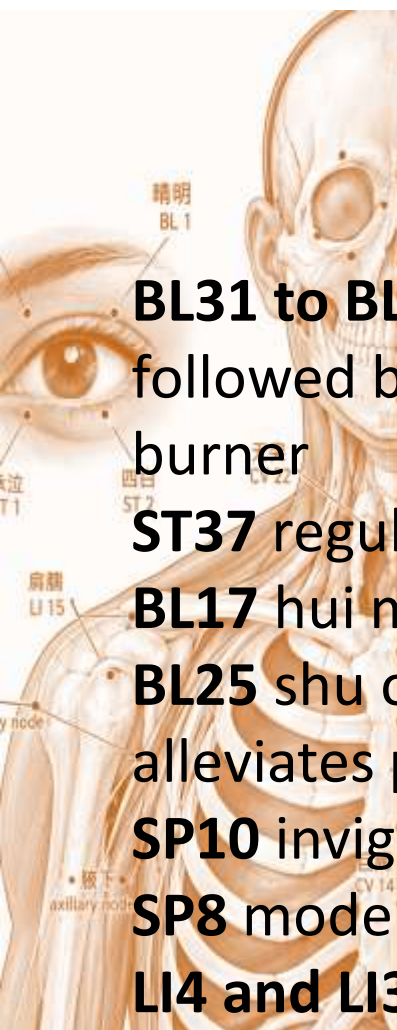
- Sedate...





- **ST 25** regulates intestines, regulates qi and blood and eliminate stagnation
- **Ren 6** regulates qi and blood, particularly in the lower burner
- **ST29** eliminate static blood from lower burner
- **A shi** local abdominal pain site, along the ST channel between ST36 and ST 39 Lower he sea, along the BL
- channel between BL18 to BL28.





BL31 to BL24 bleeding these tender points of sacral foramina, followed by strong cupping can move blood in the lower burner

ST37 regulates intestinal qi and blood

BL17 hui meeting of blood; invigorate blood and dispel stasis

BL25 shu of LI; regulates intestines, transforms stagnation and alleviates pain

SP10 invigorates blood and dispel stasis

SP8 moderate acute conditions **SP6** invigorates the blood

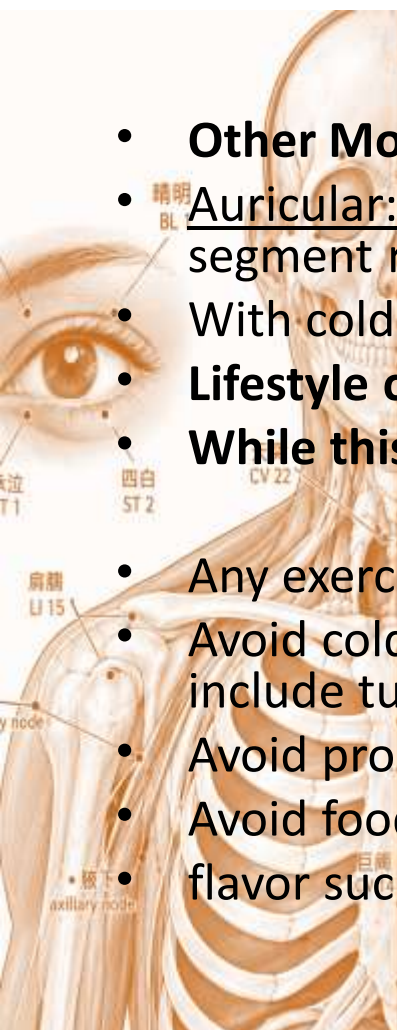
LI4 and LI3 Four gates to move qi and blood, can sedate and calm shen and hun and stop pain





• Other Modalities

- Auricular: zero point, large intestine, small intestine, sympathetic, distal segment rectum, shen men
- With cold add moxa
- **Lifestyle changes/medical referrals?**
- **While this can be treated with TCM, it will also be advisable to seek WM.**
- Any exercise especially, tai chi, yoga etc.
- Avoid cold, raw that freeze or constrict circulation Foods that are moving include turmeric, leeks, garlic Eat less and earlier during the day
- Avoid processed foods or adulterated foods, and drugs, eating when upset
- Avoid foods high in oil or fats, excessively hot or acrid
- flavor such as hot chilli

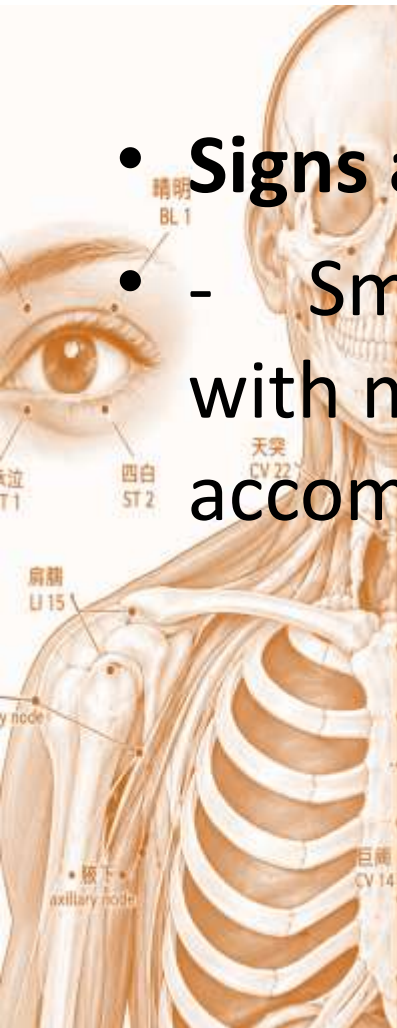
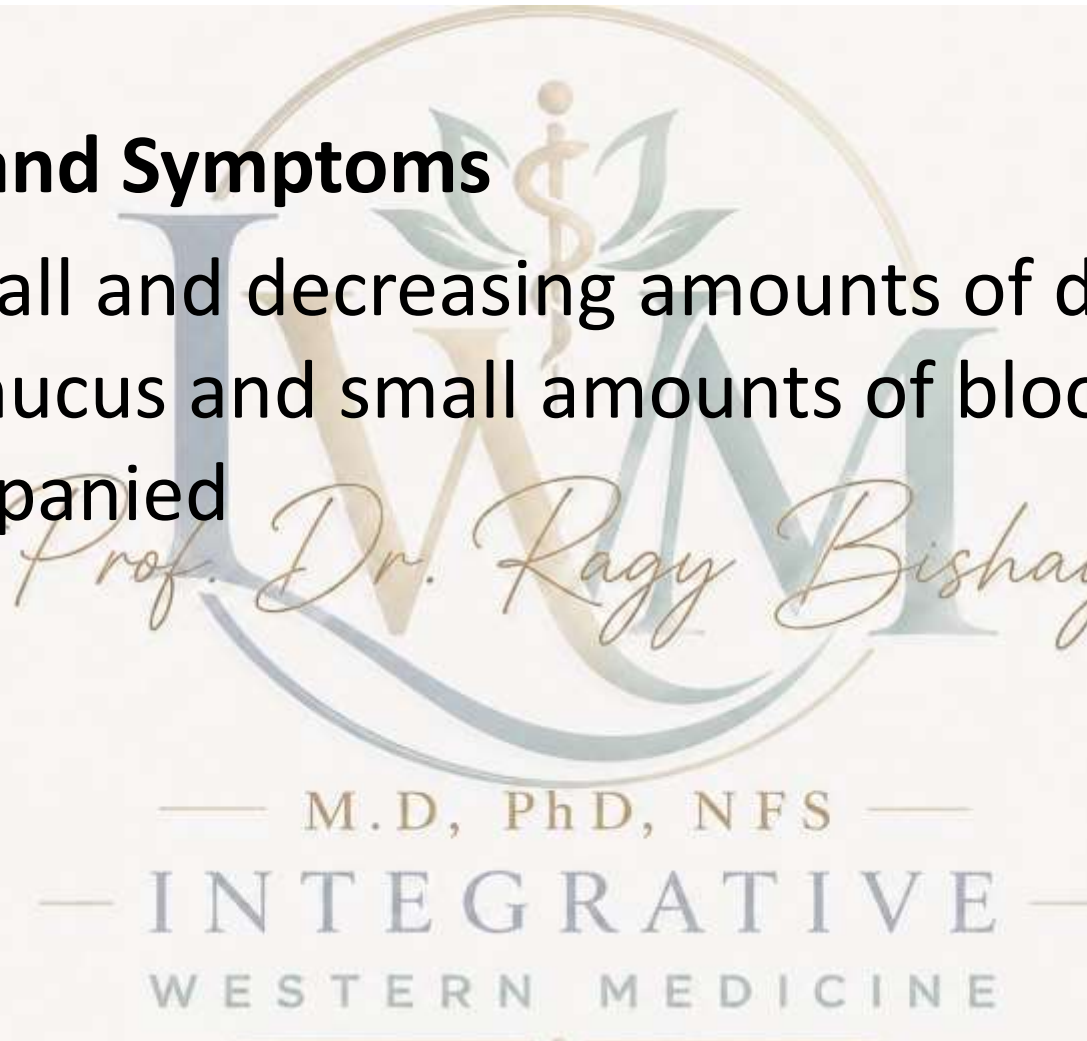


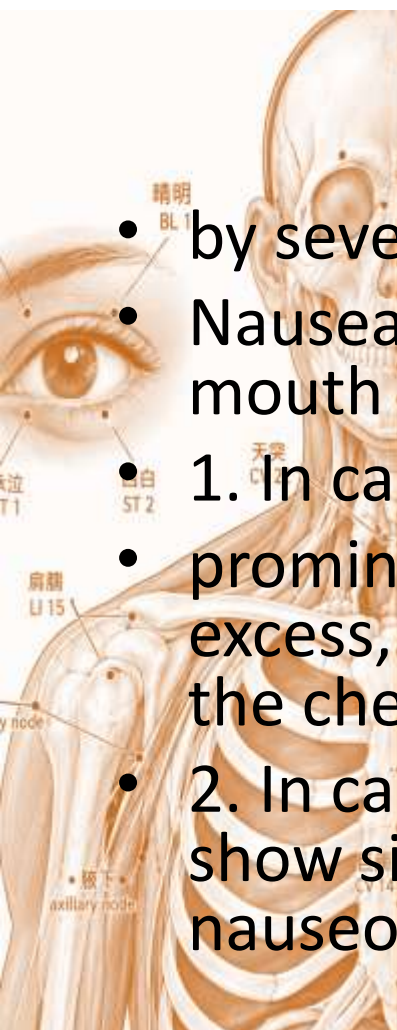
Anorectic Dysenteric Disorder



• Signs and Symptoms

- - Small and decreasing amounts of diarrhea with mucus and small amounts of blood, accompanied





- by severe anorexia, inability or refusal to eat.
- Nausea or vomits with anything taken through the mouth
- 1. In cases where residual heat excess is prominent, it usually accompanies signs of heat and excess, red complexion, thirst and dryness, fullness in the chest, foul taste in the mouth and restlessness.
- 2. In cases of prominence of deficiency, the patient will show signs of emaciation and complains of being nauseous and lacks thirst.





• Tongue and Pulse

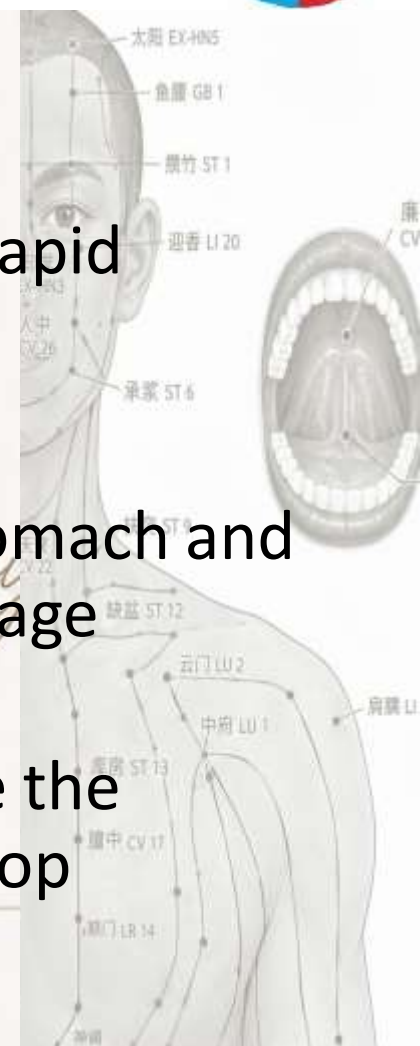
• **T** greasy, yellow tongue coat, **P** slippery and rapid

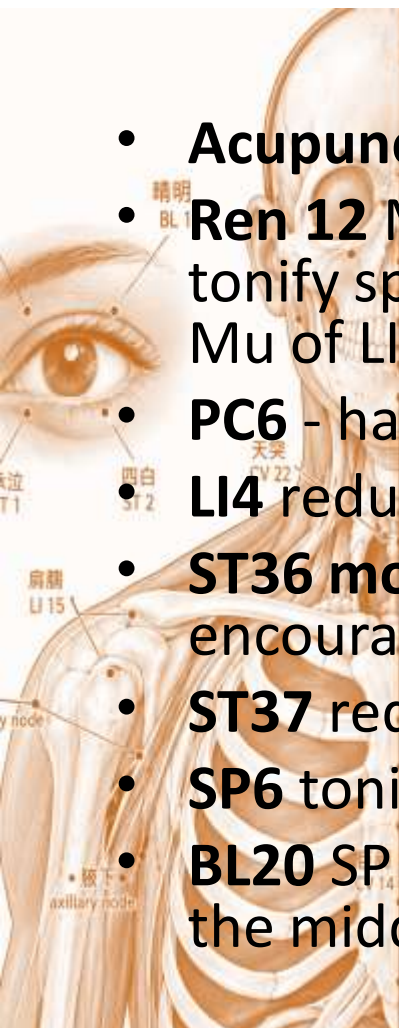
• **T** Pale with little coat **P** fine and weak

• Treatment Principle

• Excess: clear residual heat, harmonize the stomach and stop vomiting, open the stomach and encourage descent of qi with bitter, acrid herbs

• Deficiency: strengthen the spleen, harmonize the stomach, direct stomach qi downward and stop vomiting





- rebellion,
5 reduce-
and vomiting
and can
problems
mach
es the qi of



Other Modalities



- Auricular: zero point, spleen, stomach, sympathetic, shen men
- With cold, add moxa
- **Lifestyle changes/medical**
- **Can be life threatening and should be managed in hospital - Refer to WM**

