# How one ten-word phrase can reveal serious hidden health risks



A recent revelation from the medical community has highlighted how a seemingly innocuous ten-word phrase can serve as a significant indicator of serious health issues. According to emergency medic Dr Sam Ghali, who boasts a considerable following on social media, the phrase "I feel fine, but my wife made me come in" may be one of the clearest signals that a patient is facing a grave medical condition. Dr Ghali asserts that this statement often reflects a deeper, unspoken discomfort that, once verbalised, can indicate potential emergencies ranging from heart attacks to cancer.

Hearing phrases like this can elicit concern among healthcare professionals, a sentiment echoed by many who have observed patterns in patient communications. For instance, a doctor recounted an experience in which an elderly woman downplayed a serious problem by stating she didn’t want to be a bother, only to reveal she had endured hours of chest pain. Such instances underline a common theme: patients, especially those from certain demographics, may underplay their symptoms due to cultural or social conditioning.

This discussion comes in the wake of a tragic incident involving the Russo family, whose three-day-old daughter, Emmy, died after her parents' concerns were dismissed by hospital staff. Despite multiple warning signs, including abnormal foetal heart rates, their requests for a caesarean section were initially laughed off, leading to a heartbreaking outcome. Dan Russo articulated the devastation his family felt, stating, "If you had done your job properly and noticed what everyone else had noticed, our daughter would be with us today." Such accounts remind us of the critical need for medical professionals to heed patients' concerns, especially when they articulate a sense of unease that might go unnoticed.

Moreover, doctors have highlighted other significant indicators, such as "a mother's intuition." This instinct can serve as an essential alarm bell during medical consultations. In one notable case, a mother sensed that her college-aged child was not quite right, despite no visible signs of distress. Her intuition proved to be accurate when, just as discharge was being discussed, her child suffered a stroke. This expression of maternal instinct reinforces the idea that caregivers should always take parental concerns seriously, regardless of the apparent absence of acute symptoms.

Beyond clinical contexts, these discussions underscore a broader need for empathy and open communication within healthcare settings. Articles advising on etiquette for supporting friends with serious illnesses suggest listening without overwhelming the patient with questions or minimising their experiences. It is crucial to respect a patient’s boundaries and offer compassionately practical support, allowing them space to express their concerns fully.

As society continues to navigate complex health challenges, understanding how to communicate effectively about illness becomes increasingly important. The nuances of interpersonal communication around health issues can dramatically affect not only health outcomes but also the emotional and psychological well-being of both patients and their families. Through attention to these communicative cues and fostering an environment where concerns can be candidly shared, healthcare professionals can enhance their responsiveness to serious medical needs.

In conclusion, the insights garnered from both doctors and personal experiences testify to the vital role that language and interpersonal dynamics play in health contexts. From the ten-word phrase signalling hidden distress to the critical importance of heeding a mother’s instinct, these elements collectively underscore a pressing need for vigilance, empathy, and effective communication in healthcare.

### Reference Map

1. Paragraphs 1, 2, 3, 4, 5.
2. Paragraph 6.
3. Paragraph 6.
4. Paragraph 7.
5. Paragraph 8.
6. Paragraph 9.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.dailymail.co.uk/health/article-14702431/Doctors-10-word-sentence-red-flag-US-wife-illness.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.helpguide.org/wellness/health-conditions/coping-with-a-life-threatening-illness> - This article provides guidance on coping with life-threatening illnesses, emphasizing the importance of emotional support, managing stress, and maintaining a sense of normalcy. It discusses the significance of reaching out for support, exploring emotions, managing stress, and pursuing activities that bring meaning and joy. The piece also offers tips for helping someone cope with a serious illness, such as offering support, listening, educating oneself about the illness, and staying connected. The content is based on information from HelpGuide.org, a resource for mental health and wellness.
3. <https://www.candacesmithetiquette.com/serious-illness.html> - This article discusses the etiquette of supporting a friend with a serious illness. It advises against overwhelming the ill person with questions like 'How can I help?' and suggests listening first with an open heart. The piece highlights that expressions of sympathy, such as 'I'm so sorry,' may be experienced as discouraging by the person who is sick. The content is authored by Candace Smith, an etiquette expert, and provides insights into offering appropriate support to friends facing health challenges.
4. <https://blog.whatfriendsdo.com/dos-and-donts-talking-to-a-friend-with-a-life-altering-illness/> - This blog post offers dos and don'ts for communicating with a friend who has a life-altering illness. It emphasizes respecting the friend's boundaries, checking in regularly, and offering specific help rather than general questions like 'What can I do for you?' The article also advises against making unsolicited suggestions or comparisons to others' experiences. The content is from the 'What Friends Do' blog, which provides advice on supporting friends through various life challenges.
5. <https://www.autoimmuneinstitute.org/articles/what-not-to-say-to-someone-with-a-chronic-illness/> - This article outlines phrases to avoid when interacting with someone who has a chronic illness, such as 'You look fine to me' or 'At least it's not cancer.' It suggests alternative responses like 'Let me know if you need anything' or 'I'm here to listen if you ever want to share.' The piece emphasizes the importance of compassion and understanding in conversations with individuals facing chronic health conditions. The content is from the Global Autoimmune Institute, an organization dedicated to autoimmune disease awareness and support.
6. <https://www.self.com/story/chronic-illness-friendship-breakup-advice> - This article provides advice on maintaining friendships when one person has a chronic illness. It discusses the range of emotions that may arise, including grief, anger, and resentment, and encourages individuals to accept these feelings as normal. The piece also advises against isolating oneself and suggests reaching out to other people in one's life for support. The content is from SELF, a health and wellness publication that offers expert advice on various topics.
7. <https://www.nhsinform.scot/care-support-and-rights/palliative-care/mental-health-and-wellbeing/talking-about-your-illness-or-condition/> - This NHS article discusses how to talk about your illness or condition, emphasizing that it's okay not to want to talk about it. It provides guidance on asking for support, responding to others' emotions, and resolving conflicts that may arise due to the illness. The piece offers practical tips for communicating effectively with friends, family, and healthcare professionals when dealing with a serious health condition. The content is from NHS Inform, Scotland's health information service.