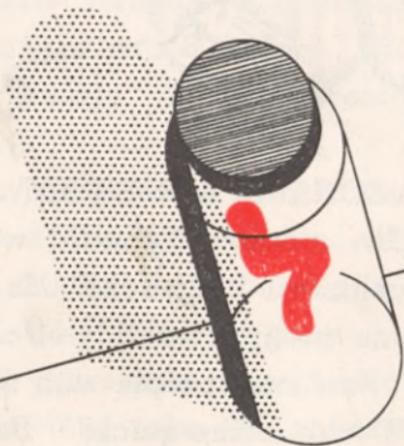


A-23

WI  
535  
L5537  
1941



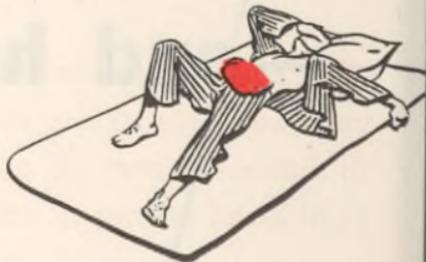
**Leonard's appendix**  
**—and how it burst**



**L**eonard Longshot always took a chance. One morning Leonard woke up with a real old-fashioned belly-ache. In fact, Leonard thought it was the grand-daddy of all belly-aches.

Now most people with a pain like that would yell "Doctor, come quick!" But not Leonard. *He* knew what to do—or thought he did. "No need to fool with a doctor for stomach ache," said Leonard. So he up and took a big dose of castor oil. Then he got back in bed with a hot-water bottle.

Ten hours later, Leonard was on the operating table,



WI  
535  
L5537  
1941

breathing in the ether, and wishing he had called the doctor sooner.



Leonard's long-suffering appendix gave up the struggle and burst just before the doctor got to Leonard's inside.

**He Gambled With Death When He Gambled With Appendicitis.** Leonard pulled through. But it was touch and go for awhile. It was 2 months before he got back to work.

No one knows how many people with appendicitis get to the hospital just in the nick of time like Leonard. But each year, 20,000 Americans *don't* get there in time. They die. Most of them are young people less than 30 years old. Almost every one of them dies because they take the chances Leonard took. Because they do the things Leonard did. Because they left undone the most important thing of all—CALLING A DOCTOR.

● **The Appendix** that causes so much expense, pain, and death, is a part of the large intestine. It makes a sort of dead-end street in the lower right-hand corner of your abdomen. It is a useless,

**Parklawn Health Library**  
5600 Fishers Lane, Rm. 13-12  
Rockville, Maryland 20857

wormlike organ about the size of your little finger.

● **Appendicitis** is an inflammation of the appendix. The appendix absorbs poisons which it cannot get rid of easily. Excess poisons cause the inflammation.



When the appendix has taken about all it can stand, Nature sends you an unmistakable signal to do something about it. That signal is pain. Real pain.

The pain doesn't have to begin in the right side over the appendix. It may begin in the pit of the stomach. Many people mistake appendicitis pain for stomach ache or "acute indigestion."

Appendicitis pain comes on *suddenly, sharply*. At first, it may come and go, but it keeps on coming back, sharper and sharper. It settles down around the appendix. *The pain continues.*

● **Get a Competent Doctor Without Delay** if you or anyone in your care has a pain in the abdomen that *lasts more than 3 hours.*

Public Health Library

5800 Fisher Lane, Rm. 15-15

Rockville, Maryland 20852

There is only one thing the doctor can do for appendicitis. Operate and remove the appendix before the inflammation spreads. The operation for appendicitis is not dangerous. If it is done *in time*, no one need die of appendicitis. The only thing to fear is DELAY.

Every hour you wait raises the odds against you! If you wait more than 1 day to go to the hospital, the chances are from 4 to 6 times greater that you will die of appendicitis.

### ● **Why Appendicitis Kills.**

People who die of appendicitis are killed by the inflammation spreading to vital organs. Poisons seep into the abdomen; the appendix bursts and the infection spreads like wildfire.

The inside of the abdomen is covered by a thin, filmy lining called the peritoneum. Inflammation of this lining is called peritonitis. When one-half of the lining is infected, the patient dies.

● **Speed** in getting the inflamed appendix out before that happens is the only thing that will save the patient from this danger.

## DANGER!

If the pain stops *suddenly*, the appendix has probably burst. This means DANGER! This means peritonitis. The chances of living through peritonitis are 1 to 4.

● **Your Job Before the Doctor Comes** is to keep the inflamed appendix at rest. Remember, the appendix is part of the large intestine. Anything that makes the intestines work *increases* the inflammation—brings the appendix closer to bursting.

● **Take Nothing by Mouth.** Anything you take into your stomach starts the digestive system, including the intestines, to work. Take *nothing* by mouth for persistent pain in the abdomen. In appendicitis, people often get sick at the stomach and vomit. Take nothing to "settle the stomach."

● **No Laxatives! No Enemas!** In appendicitis, Nature tries to keep the organs at rest. Don't force them to work with laxatives. For the same reason, don't take an enema. Forcing the bowels to move may make the appendix burst.

● **Use an Ice Bag**, never a hot-water bottle, for persistent pain in the abdomen. Cold helps keep the organs at rest. Heat stimulates action.

NATIONAL LIBRARY OF MEDICINE  
Bethesda, Maryland



**don't gamble with appendicitis**

**. . . get a doctor and brag about your operation!**

FEDERAL SECURITY AGENCY  
U. S. PUBLIC HEALTH SERVICE  
**Workers' Health Series—No. 2**

For sale by the Superintendent of Documents, Washington, D. C., price 5 cents  
Special prices for larger quantities