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Goofy

This must be men's week for bad health decisions. I got a call from a long-time reader the other day; I've known her and her husband for many years, and they're special people. But a few days ago, she had to force him to go to the emergency room. He wasn't acting normally and was doing things he doesn't usually do. Of course, like most of us men, he resisted talking to a doctor, insisting nothing was wrong. She persisted. They ended up in the ER. It turns out his sodium level was dangerously low. That explained his goofy behavior: low sodium means that nerve transmissions aren't working properly. It can affect the heart, blood pressure, and the kidneys, as well as the brain. It's no joke.

Here's the general rule, guys: if someone who loves you tells you you're not acting right, listen! It doesn't matter that you think you're okay. How would you know? If you have an electrolyte imbalance, as in this case, in your head everything is fine. In reality, it's not. Go back to what I said on *Dr. Chet's Health Tips for Men*: when in doubt, check it out.

What are you prepared to do today?

Dr. Chet

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