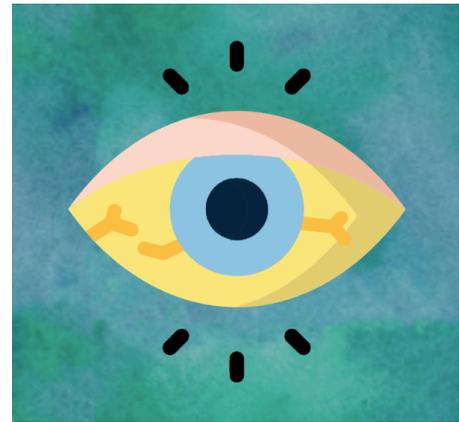


Yellowing

Yellowing of the skin, eyes, or nails in older adults can result from aging or health issues, often linked to liver function, diet, or medications.



Causes of Yellowing

- **Jaundice** - A condition caused by excess bilirubin in the blood, often due to liver disease, gallbladder issues, or infections.
- **Diet** - Eating large amounts of foods high in beta-carotene (like carrots or sweet potatoes) can cause a yellow-orange skin tone.
- **Medications** - Certain drugs, including some antibiotics, cholesterol medications, and supplements, may cause yellowing.
- **Aging Skin** - As skin thins with age, changes in pigmentation or a yellow hue can become noticeable.

Symptoms of Concern

Mild yellowing from diet or natural aging is usually harmless. If it appears suddenly, worsens, and comes with **fatigue**, **dark urine**, or **abdominal pain**, seek medical attention.

Prevention and Care

Maintaining a **healthy diet**, **staying hydrated**, and **avoiding alcohol** can support liver health and reduce the risk of yellowing. **Regular check-ups** help detect underlying conditions early.

When to See a Doctor

Contact your loved one's medical team if yellowing is accompanied by other symptoms such as **weakness**, **confusion**, **swelling**, or **digestive problems**. A doctor can perform tests to find the cause and recommend treatment.

Monitor Changes

Keep a **health journal** to record when yellowing appears, changes over time, and other symptoms. Periodically, **take photos** in consistent lighting. If their **medications** or **diet change**, record it to see if they may be linked to skin changes.