

Medical Reference Knowledge Base

1. Common Diseases and Their Causes

- **Diabetes Mellitus**: Caused by high blood glucose due to insulin resistance or deficiency.
- **Hypertension**: Persistent high blood pressure, often due to stress, obesity, or genetic factors.
- **Asthma**: Inflammatory disease of the airways triggered by allergens or environmental factors.
- **Coronary Artery Disease (CAD)**: Caused by plaque buildup in arteries that supply the heart.
- **Anemia**: Caused by low hemoglobin levels, often due to iron deficiency or chronic disease.

2. Symptoms and Diagnosis

- **Diabetes**: Frequent urination, increased thirst, fatigue, slow wound healing.
- **Hypertension**: Headache, dizziness, chest discomfort, blurred vision.
- **Asthma**: Shortness of breath, coughing, wheezing, tightness in chest.
- **Anemia**: Fatigue, pale skin, weakness, irregular heartbeat.
- **Infections**: Fever, chills, inflammation, or localized pain.

3. Recommended Treatments

- **Diabetes**: Balanced diet, insulin therapy or metformin, regular exercise.
- **Hypertension**: Reduce salt intake, antihypertensive drugs, yoga, and meditation.
- **Asthma**: Inhalers (bronchodilators, corticosteroids), avoiding triggers, and breathing exercises.
- **Anemia**: Iron-rich foods, supplements, or treatment of underlying cause.
- **Infections**: Antibiotics (for bacterial), antivirals (for viral), hydration, and rest.

4. Lifestyle and Preventive Measures

- Eat a balanced diet rich in fruits, vegetables, and proteins.
- Maintain a healthy weight and regular physical activity.
- Avoid smoking, alcohol abuse, and excessive stress.
- Get regular health checkups for early disease detection.
- Stay hydrated and maintain good sleep hygiene.

5. AI Model Reference Use

This knowledge base serves as a structured dataset for chatbot-based disease prediction and recommendation generation. The chatbot can:

- Identify possible diseases based on symptoms.
- Recommend lifestyle improvements.
- Suggest when to consult a healthcare professional.