

DISEASES AND ITS SYMPTOMS

Influenza (Flu)

Influenza, commonly known as the flu, is characterized by symptoms such as fever, chills, cough, sore throat, muscle or body aches, fatigue, and a runny or stuffy nose. In some cases, individuals may also experience headaches and general weakness. The flu is highly contagious and spreads through respiratory droplets.

Pneumonia

Pneumonia is a lung infection that causes inflammation in the air sacs. Symptoms include a persistent cough with phlegm, fever, chills, shortness of breath, chest pain, and fatigue. Severe cases may also lead to confusion, especially in older adults, and a bluish tint on the lips due to low oxygen levels.

Tuberculosis (TB)

Tuberculosis is a bacterial infection that primarily affects the lungs. Symptoms include a chronic cough lasting more than three weeks, coughing up blood, night sweats, unintended weight loss, fever, and chills. Other symptoms may include chest pain and persistent fatigue.

Dengue Fever

Dengue fever, a mosquito-borne viral disease, is marked by high fever, severe joint and muscle pain (often referred to as "breakbone fever"), headaches, skin rash, and pain behind the eyes. In severe cases, individuals may experience bleeding from the gums or nose, which requires urgent medical attention.

Diabetes

Diabetes is a metabolic disorder that leads to symptoms such as frequent urination, excessive thirst, unexplained weight loss, fatigue, blurred vision, and slow-healing wounds. If left unmanaged, diabetes can result in complications affecting the heart, kidneys, and nerves.

Hypertension (High Blood Pressure)

Hypertension often has no noticeable symptoms in its early stages but can lead to headaches, dizziness, nosebleeds (in severe cases), shortness of breath, and chest pain. If uncontrolled, it increases the risk of heart disease, stroke, and kidney failure.

Heart Attack (Myocardial Infarction)

A heart attack occurs when blood flow to the heart is blocked. Common symptoms include chest pain or discomfort, pain radiating to the arms, jaw, neck, or back,

shortness of breath, cold sweats, nausea, and light-headedness. Immediate medical attention is crucial to prevent severe complications.

Asthma

Asthma is a chronic respiratory condition that leads to difficulty in breathing. Symptoms include shortness of breath, wheezing, chest tightness, and persistent coughing, especially at night or after physical exertion. Exposure to allergens, pollution, or cold air can trigger asthma attacks.

COVID-19

COVID-19, caused by the SARS-CoV-2 virus, presents with symptoms such as fever, cough, shortness of breath, loss of taste or smell, fatigue, sore throat, and body aches. In severe cases, it can cause pneumonia, respiratory failure, and other complications.

Migraine

Migraine is a neurological condition that causes severe headaches, usually on one side of the head. Symptoms include throbbing pain, nausea, vomiting, sensitivity to light and sound, and visual disturbances such as aura. Migraines can last for hours or even days.

Alzheimer's Disease

Alzheimer's disease is a progressive neurological disorder that affects memory and cognitive functions. Symptoms include memory loss, confusion, difficulty in problem-solving, mood swings, and trouble with daily tasks. Over time, individuals may struggle with communication and recognizing familiar faces.

Stroke

A stroke occurs when blood supply to the brain is interrupted. Symptoms include sudden numbness or weakness, especially on one side of the body, difficulty speaking, confusion, trouble seeing, dizziness, and a severe headache. Immediate medical attention is required to prevent long-term damage.

Arthritis

Arthritis refers to inflammation of the joints, leading to symptoms such as joint pain, stiffness, swelling, and reduced range of motion. In severe cases, it can cause joint deformities and significant discomfort, affecting mobility and daily activities.

Hepatitis B

Hepatitis B is a viral infection that affects the liver. Symptoms include jaundice (yellowing of the skin and eyes), fatigue, dark urine, nausea, vomiting, abdominal pain, and loss of appetite. Chronic hepatitis B can lead to liver damage and cirrhosis over time.

Kidney Failure

Kidney failure occurs when the kidneys lose their ability to filter waste from the blood. Symptoms include swelling in the legs and feet, fatigue, difficulty breathing, nausea, decreased urine output, and confusion. In advanced stages, dialysis or a kidney transplant may be required.