**Diseases and Causes**

**Cardiovascular system**

Causes for Cardiovascular system:

1. High Blood Pressure
2. Smoking
3. High Cholesterol
4. Diabetes
5. Inactivity
6. Being overweight or obese

**Hypertension (high blood pressure)**

Causes for Hypertension (high blood pressure)

There are 2 types of :

1. Primary hypertension

For most adults, there’s no identifiable cause of high blood pressure, tends to develop gradually over many years.

1. Secondary hypertension

Some people have high blood pressure caused by an underlying condition

This appear suddenly and cause higher blood pressure than does primary hypertension.

Various conditions and medications can lead secondary hypertension, including:

1. Obstructive sleep apnea
2. Kidney disease
3. Adrenal gland tumors
4. Thyroid problems
5. Illegal drugs(Cocaine and Amphetamines)
6. Certain medications such as birth control pills, cold remedies

**Ischemic heart disease (angina, heart attack)**

Causes for the Ischemic Heart disease:

It is caused by a decrease in blood flow through one or more of the blood vessels that carry oxygen to your heart

Due to reduce in blood flow, the heart muscle does not receive the amount of oxygen it need.

It occurs most frequently in people who have

1. Atherosclerosis
2. Blood clots
3. Coronary artery spasm

**Respiratory system**

Causes for the Respiratory system:

1. Smoking
2. Pneumonia
3. Asthma
4. Chronic Bronchitis
5. Emphysema
6. Lung cancer

**Asthma**

Causes for Asthma:

1. Infections like colds and flu
2. Allergies (pollen, dust mites, animal fur or feathers)
3. Smoke
4. Pollution
5. Sudden changes in temperature
6. Cold air
7. Heat & Humidity
8. Isocyanates(chemicals often found in spray paint)

**Chronic obstructive pulmonary disease (COPD)**

Causes for Chronic obstructive pulmonary disease (COPD):

1. Smoking
2. Chemicals and fumes in the workplace
3. Fumes from burning fuel used for cooking and heating

**Emphysema**

Causes for Emphysema:

1. Tobacco smoke
2. Marijuana smoke
3. Air pollution
4. Chemical fumes and dust

**Pneumonia**

Causes for Pneumonia:

1. Bacteria
2. Viruses
3. Fungi

**Gastrointestinal system**

Causes for Gastrointestinal system:

1. Stomach flu
2. Gas
3. IBS
4. Acid reflux
5. Vomiting
6. Gastritis
7. Food intolerances
8. Constipation

**Gastroenteritis**

Causes for Gastroenteritis:

1. Diarrhea
2. Abdominal cramps
3. Vomiting
4. Sometime fever
5. Stomach flu

**Liver disease including alcoholic lever disease**

Causes for Liver disease including alcoholic lever disease:

1. Alcohol
2. Overweight or obese
3. Having pre-existing liver condition

**Neurological system**

Causes for Neurological system:

1. Genetic disorders
2. Congenital abnormalities
3. Infections
4. Malnutrition
5. Brain injury
6. Spinal cord injury
7. Nerve injury

**Cerebrovascular accident (strokes)**

Causes for Cerebrovascular accident (strokes):

1. High blood pressure
2. Smoking
3. Diabetes
4. Irregular heartbeat

**Epilepsy (seizures)**

Causes for Epilepsy (seizures):

1. Genetic influence
2. Head trauma
3. Brain conditions
4. Infectious diseases
5. Prenatal injury
6. Developmental disorders

**Dementia**

Causes for Dementia:

1. Damage to or loss of nerve cells and their connections in the brain
2. Medications
3. Vitamin deficiencies

If conditions can be reversved with treatment:

1. Infections and immune disorders
2. Metabolic problems
3. Nutritional deficiencies
4. Medication side effects
5. Subdural hematomas
6. Poisoning
7. Brain tumors
8. Anoxia
9. Normal-pressure hydrocephalus

**Anemia**

Causes for Anemia:

1. Iron deficiency
2. Vitamin deficiency
3. Inflammation
4. Aplastic
5. Bone marrow disease
6. Hemolytic
7. Sickle cell
8. Reduce in RBC

**Endocrinological**

Causes for Endocrinological:

1. Tumors of one or more endocrine gland
2. Damage to an endocrine gland
3. A bodily infection that influences hormone levels
4. Genetic disorders

**Diabetes**

Causes for Diabetes:

1. Insulin resistance
2. Sugar levels

**Thyroid disease**

Causes for Thyroid disease:

1. Hypothyroidism
2. Thyroiditis
3. Hashimoto’s thyroiditis
4. Postpartum thyroiditis
5. Iodine deficiency
6. Hyperthyroidism
7. Graves’ disease
8. Nodules
9. Thyroiditis
10. Excessive iodine

**Pituitary disease**

Causes for Pituitary disease:

1. **Uncontrolled cell growth in the pituitary gland, which creates tumor**
2. **Blood pressure**
3. **Reproduction**

**Respiratory therapist**

Causes for **Respiratory therapist**:

1. Chronic obstructive pulmonary disease COPD
2. Asthma
3. Bronchitis
4. Emphysema
5. Cystic fibrosis
6. Spinal muscular dystrophy
7. Parkinson’s disease

**Diagnosis**

Causes for Diagnosis:

1. Genetics
2. Increased age
3. Being female
4. Having surgery
5. Being overweight or obese
6. Stress
7. Mood disorders
8. Previous trauma