|  |  |
| --- | --- |
| Disease | Symptoms |
| 1. Bronchial Asthma | * Shortness of breath * Tightness of chest * Wheezing * Excessive cough or dry cough |
| 1. Bronchitis | * Clear, yellow, white, or green phlegm * No fever, although you might have a low fever at times * Tenderness or soreness in your chest when you cough * You feel tired all the time * Whistling or wheezing while you breath * A rattling feeling in your chest * Chills |
| 1. Pneumonia | * High Fever (above 100F) * Headache * Severe aches and pains * Extreme tiredness * Dry cough |
| 1. Tuberculosis | * A bad cough that lasts 3 weeks or longer * Chest Pain * Coughing up blood or mucus * Feeling weak or very tired * Unexplained weight loss * Chills * Fever * Sweating at night * Having no appetite |
| 1. Lung Cancer | * Chronic, hacking, raspy coughing, sometimes with mucus that has blood in it * Changes in a cough that you've had for a long time * Respiratory infections that keep coming back, including bronchitis or pneumonia * Shortness of breath that gets worse * Wheezing * Lasting chest pain * Hoarseness * Swelling of the neck and face * Pain and weakness in the shoulder, arm, or hand * Fatigue, weakness, loss of weight and appetite, fever that comes and goes, severe headaches, and body pain * Trouble swallowing |

|  |  |
| --- | --- |
| Disease | Symptom |
| 1. Diabetes | * Hunger and fatigue * Peeing more and becoming thirstier * Dry mouth and itchy skin * Blurred vision * Slow healing sores and cuts * Pain or numbness in feet or legs * Unplanned weight loss * Nausea and vomiting |
| 1. Hepatitis | * Loss of appetite * Fatigue * Mild fever * Muscle or joint aches * Nausea and vomiting * Stomach ache * Dark urine * Light-colored stools * Itchy feeling * Yellowing of skin and whites in eyes |
| 1. Parkinson’s Disease | * Slowness of voluntary movements, especially in the initiation of such movements as walking or rolling over in bed * Decreased facial expression, monotonous speech, and decreased eye blinking * A shuffling gait with poor arm swing and stooped posture * Unsteady balance; difficulty rising from a sitting position * Continuous "pill-rolling" motion of the thumb and forefinger * Abnormal tone or stiffness in the trunk and extremities * Swallowing problems in later stages * Lightheadedness or fainting when standing (orthostatic hypotension) |

|  |  |
| --- | --- |
| Disease | Symptoms |
| 1. Cataracts | * Hazy vision that might be worse in bright light * Weaker vision at night, particularly when driving; trouble seeing movement, details, or objects (especially street signs) * Blinding or uncomfortable glare from automobile headlights or bright sunlight * A need for brighter light for reading * Colors look faded or yellow * Double or triple vision (images overlap) in one eye only * A normally dark pupil looks milky white or opaque (advanced cases) * Painful inflammation and pressure within the eye (very advanced case) |
| 1. Glaucoma | * Chronic open angle glaucoma has no symptom * Severe throbbing eye pain * Eye redness * Headaches (on the same side as the affected eye) * Blurry or foggy vision * Halos around lights, * Dilated pupil * Nausea and vomiting |
| 1. Pinkeye (Conjunctivitis) | * Burning, itchy eyes that discharge a thick, sticky mucus may indicate bacterial pink eye. * Tearing, a swollen lymph node under the jaw or in front of the ear, and a light discharge of mucus from one or both eyes are often signs of viral pink eye. People with viral pink eye commonly have symptoms of an upper respiratory infection or cold as well. * Redness, intense itching, and tears in both eyes may indicate allergic pink eye. * Slight blurring of vision. |
| 1. Macular degeneration | * Dark, blurry areas or whiteout that appears in the center of your vision * In rare cases, you may have a change in your perception of color |

* Disease: Flu

Influenza is a viral infection that attacks the respiratory system — nose, throat and lungs. Influenza is commonly called the flu, but it's not the same as stomach "flu" viruses that cause diarrhea and vomiting.

Symptoms

Initially, the flu may seem like a common cold with a runny nose, sneezing and sore throat. But colds usually develop slowly, whereas the flu tends to come on suddenly. And although a cold can be a nuisance, you usually feel much worse with the flu.

**Common signs and symptoms of the flu include:**

* **Fever over 100.4 F (38 C)**
* **Aching muscles**
* **Chills and sweats**
* **Headache**
* **Dry, persistent cough**
* **Fatigue and weakness**
* **Nasal congestion**
* **Sore throat**

**When to see a doctor:**

If you have flu symptoms and are at risk of complications, see your doctor right away. Taking antiviral drugs within the first 48 hours after you first notice symptoms may reduce the length of your illness and help prevent more-serious problems.

* Disease: Common Cold

The common cold is a viral infection of your nose and throat (upper respiratory tract). It's usually harmless, although it might not feel that way. Many types of viruses can cause a common cold.

Children younger than six are at greatest risk of colds, but healthy adults can also expect to have two or three colds annually.

Most people recover from a common cold in a week or 10 days. Symptoms might last longer in people who smoke. If symptoms don't improve, see your doctor.

## Symptoms

Symptoms of a common cold usually appear one to three days after exposure to a cold-causing virus. Signs and symptoms, which can vary from person to person, might include:

* Runny or stuffy nose
* Sore throat
* Cough
* Congestion
* Slight body aches or a mild headache
* Sneezing
* Low-grade fever
* Generally feeling unwell (malaise)

The discharge from your nose may become thicker and yellow or green in color as a common cold runs its course. This isn't an indication of a bacterial infection.

#### **When to see a doctor**

**For adults** — seek medical attention if you have:

* Fever greater than 101.3 F (38.5 C)
* Fever lasting five days or more or returning after a fever-free period
* Shortness of breath
* Wheezing
* Severe sore throat, headache or sinus pain

**For children** — in general, your child doesn't need to see the doctor for a common cold. But seek medical attention right away if your child has any of the following:

* Fever of 100.4 F (38 C) in newborns up to 12 weeks
* Rising fever or fever lasting more than two days in a child of any age
* Symptoms that worsen or fail to improve
* Severe symptoms, such as headache or cough
* Wheezing
* Ear pain
* Extreme fussiness
* Unusual drowsiness
* Lack of appetite

## Disease: Migraine

A migraine can cause severe throbbing pain or a pulsing sensation, usually on just one side of the head. It's often accompanied by nausea, vomiting, and extreme sensitivity to light and sound.

Migraine attacks can cause significant pain for hours to days and can be so severe that the pain is disabling.

## Symptoms

Migraines often begin in childhood, adolescence or early adulthood. Migraines may progress through four stages: prodrome, aura, headache and post-drome, though you may not experience all stages.

#### Prodrome [an early symptom indicating the onset of a disease or illness]

One or two days before a migraine, you may notice subtle changes that warn of an upcoming migraine, including:

* Constipation
* Mood changes, from depression to euphoria
* Food cravings
* Neck stiffness
* Increased thirst and urination
* Frequent yawning

#### Aura [ a headache that strikes after or along with sensory disturbances]

Aura may occur before or during migraines. Most people experience migraines without aura.

Auras are symptoms of the nervous system. They are usually visual disturbances, such as flashes of light or wavy, zigzag vision.

Sometimes auras can also be touching sensations (sensory), movement (motor) or speech (verbal) disturbances. Your muscles may get weak, or you may feel as though someone is touching you.

Each of these symptoms usually begins gradually, builds up over several minutes and lasts for 20 to 60 minutes. Examples of migraine aura include:

* Visual phenomena, such as seeing various shapes, bright spots or flashes of light
* Vision loss
* Pins and needles sensations in an arm or leg
* Weakness or numbness in the face or one side of the body
* Difficulty speaking
* Hearing noises or music
* Uncontrollable jerking or other movements

Sometimes, a migraine with aura may be associated with limb weakness (hemiplegic migraine).

#### Attack

A migraine usually lasts from four to 72 hours if untreated. The frequency with which headaches occur varies from person to person. Migraines may be rare, or strike several times a month. During a migraine, you may experience:

* Pain on one side or both sides of your head
* Pain that feels throbbing or pulsing
* Sensitivity to light, sounds, and sometimes smells and touch
* Nausea and vomiting
* Blurred vision
* Lightheadedness, sometimes followed by fainting

#### Post-drome

The final phase, known as post-drome, occurs after a migraine attack. You may feel drained and washed out, while some people feel elated. For about 24 hours, you may also experience:

* Confusion
* Moodiness
* Dizziness
* Weakness
* Sensitivity to light and sound

#### **When to see a doctor**

Migraines are often undiagnosed and untreated. If you regularly experience signs and symptoms of migraine attacks, keep a record of your attacks and how you treated them. Then make an appointment with your doctor to discuss your headaches.

Even if you have a history of headaches, see your doctor if the pattern changes or your headaches suddenly feel different.

**See your doctor immediately or go to the emergency room**

if you have any of the following signs and symptoms, which may indicate a more serious medical problem:

* An abrupt, severe headache like a thunderclap
* Headache with fever, stiff neck, mental confusion, seizures, double vision, weakness, numbness or trouble speaking
* Headache after a head injury, especially if the headache gets worse
* A chronic headache that is worse after coughing, exertion, straining or a sudden movement
* New headache pain if you're older than 50

Reference:

1. <https://www.mayoclinic.org/diseases-conditions/migraine-headache/symptoms-causes/syc-20360201>
2. <https://www.mayoclinic.org/diseases-conditions/common-cold/symptoms-causes/syc-20351605>
3. <https://www.mayoclinic.org/diseases-conditions/flu/symptoms-causes/syc-20351719>

|  |  |
| --- | --- |
| Disease | Symptom |
| Eczema | * itchy, dry, thickened skin, usually on the hands, neck, face, and legs * If scratched, dry patches of skin and open sores with crusts may develop and may get infected. * Initially itchy skin turns to rashes |
| Actinic keratosis | * Typically less than 2 cm, or about the size of a pencil eraser * Thick, scaly, or crusty skin patch * Appears on parts of the body that receive a lot of sun exposure (hands, arms, face, scalp, and neck) * Usually pink in color but can have a brown, tan, or gray base |
| Rosacea | * Common symptoms include facial flushing, raised, red bumps, facial redness, skin dryness, and skin sensitivity |
| Shingles, or herpes zoster | * Localized burning, throbbing or stabbing pain where the rash will soon appear * Tingling, itching, or prickling skin, followed several days later by a group of fluid-filled blisters on a red, inflamed base of skin * The rash may be accompanied by fever, fatigue, or headache. |
| Skin Cancer General signs | * Any change in size, color, shape, or texture of a mole or other skin growth * An open or inflamed skin wound that won't heal |
| Disease | Symptom |
| Psoriasis | * Rashes or patches of red, inflamed skin, often covered with loose, silver-colored scales. In severe cases, the plaques will grow and merge into one another, covering large areas. * Itchy, painful skin that can crack or bleed. * Small areas of bleeding where the involved skin is scratched. * Problems with your fingernails and toenails, including discoloration and pitting. The nails may also begin to crumble or detach from the nail bed. * Scaly plaques on the scalp. |
| Melanoma(Skin cancer) | * A change in an existing mole * A small, dark, multicolored spot with irregular borders -- either elevated or flat -- that may bleed and form a scab * A cluster of shiny, firm, dark bumps * A mole larger than a pencil eraser |

|  |  |
| --- | --- |
| HIV- AIDS | * Between 1 and 4 weeks after someone is infected with the virus, they may have flu-like symptoms that last a week or two. * Fever * Headache * Upset Stomach * Sore throat * Swollen glands * Rash * After up to 10 years with an HIV infection, the virus damages immune system. The next set of symptoms may occur: * Weight loss * Diarrhea * Fever * A cough that won’t go away * Night sweats * Mouth and skin problems * Frequent infections * Serious illnesses or diseases |

Gastroenterology Diseases:

|  |  |
| --- | --- |
| Inflammatory bowel disease (Crohn's disease and ulcerative colitis) | * Belly pain and cramps * Blood in feces * Diarrhea * Drainage from a painful sore near anus * Fatigue * Fever * Lack of appetite * Mouth sores * Urgent bowel movements * Weight loss |
| Irritable bowel syndrome | * Gas * Constipation -- the stool comes out either lumpy or hard * Diarrhea -- the stool comes out loose or watery * Alternating bouts of constipation and diarrhea * Bowel movements that feel uncontrollably urgent, difficult to pass, or incomplete * Clear or white mucus with the stool * Bloating |
| Celiac Disease | In children:   * Growth problems * Weight loss * Chronic diarrhea, which can be bloody * Constipation * Vomiting * Abdominal bloating and pain * Fatigue * Irritability * Failure to thrive |
|  | In adults:   * Iron deficiency * Bone or joint pain * Arthritis * Depression or anxiety * Tingling numbness in feet and hands * Seizures * Irregular menstrual period * Itchy skin * Mouth sores |
| Heartburn (gastroesophageal reflux) | * Burning at the back of your throat * Fluid at the back of your throat that tastes hot, sour, acidic, or salty * Long-term cough, sore throat, or hoarseness * Chest pain, especially when you lie over. |

|  |  |
| --- | --- |
| Schizophrenia | 1. Hallucinations. People with schizophrenia might hear, see, smell, or feel things no one else does. The types of hallucinations in schizophrenia include:  * Auditory. The person most often hears voices in their head. They might be angry or urgent and demand that they do things. It can sound like one voice or many. They might whisper, murmur, or be angry and demanding. * Visual. Someone might see lights, objects, people, or patterns. Often it’s loved ones or friends who are no longer alive. They may also have trouble with depth perception and distance. * Olfactory and gustatory. This can include good and bad smells and tastes. Someone might believe they’re being poisoned and refuse to eat. * Tactile. This creates a feeling of things moving on your body, like hands or insects.  1. Delusions. These are beliefs that seem strange to most people and are easy to prove wrong. The person affected might think someone is trying to control their brain through TVs or that the FBI is out to get them. They might believe they're someone else, like a famous actor or the president, or that they have superpowers. Types of delusions include:  * Persecutory delusions. The feeling someone is after you or that you’re being stalked, hunted, framed, or tricked. * Referential delusions. When a person believes that public forms of communication, like song lyrics or a gesture from a TV host, are a special message just for them. * Somatic delusions. These center on the body. The person thinks they have a terrible illness or bizarre health problem like worms under the skin or damage from cosmic rays. * Erotomanic delusions. A person might be convinced a celebrity is in love with them or that their partner is cheating. Or they might think people they’re not attracted to are pursuing them. * Religious delusions. Someone might think they have a special relationship with a deity or that they’re possessed by a demon. * Grandiose delusions. They consider themselves a major figure on the world stage, like an entertainer or a politician.  1. Confused thoughts and disorganized speech. People with schizophrenia can have a hard time organizing their thoughts. They might not be able to follow along when you talk to them. Instead, it might seem like they're zoning out or distracted. When they talk, their words can come out jumbled and not make sense. 2. Trouble concentrating. For example, someone might lose track of what's going on in a TV show as they're watching. 3. Movement disorders. Some people with schizophrenia can seem jumpy. Sometimes they'll make the same movements over and over again. But sometimes they might be perfectly still for hours at a stretch, which experts call being catatonic. |