

Title: Basic Medical Information

1. Diabetes

- Symptoms: increased thirst, frequent urination, extreme fatigue.
- Causes: Insulin resistance, autoimmune destruction of insulin-producing cells.
- Treatment: Lifestyle changes, insulin therapy, oral medications.

2. Hypertension (High Blood Pressure)

- Symptoms: Often asymptomatic, headaches, shortness of breath.
- Causes: Obesity, stress, smoking, high salt intake.
- Treatment: Beta-blockers, ACE inhibitors, lifestyle changes.

3. Common Cold

- Symptoms: Sneezing, coughing, runny nose, sore throat.
- Causes: Viral infection (Rhinovirus).
- Treatment: Rest, hydration, over-the-counter medicine.

4. Flu (Influenza)

- Symptoms: Fever, chills, muscle aches, cough.
- Causes: Influenza virus.
- Treatment: Antiviral drugs, rest, fluids.

5. COVID-19

- Symptoms: Fever, cough, loss of taste/smell, fatigue.
- Causes: SARS-CoV-2 virus.
- Prevention: Vaccination, mask-wearing, hand hygiene.
- Treatment: Supportive care, antivirals (in severe cases).

6. Healthy Lifestyle Tips

- Eat balanced meals (fruits, vegetables, whole grains).
- Exercise 30 minutes daily.
- Avoid smoking and limit alcohol.
- Get regular checkups.
- Maintain mental wellness.

Disclaimer: This information is for general educational purposes and not a substitute for medical advice from professionals.