

# Chronic Disease Knowledge Base (Simplified Text)

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## Hypertension (High Blood Pressure)

**Normal BP:** Less than 120/80 mmHg

**High BP:** 140/90 mmHg or higher

**Risk Factors:** - High salt intake - Obesity - Stress and anxiety - Sedentary lifestyle - Smoking and alcohol

**Common Symptoms:** - Headache - Dizziness - Blurred vision - Chest pain (in severe cases)

**Management Tips:** - Reduce salt intake - Exercise for 30 minutes daily - Avoid smoking and alcohol - Monitor BP regularly - Take prescribed medications on time

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## Diabetes (Type 2)

**Normal Blood Glucose (Fasting):** 70–100 mg/dL

**Diabetes Diagnosis (Fasting):** 126 mg/dL or higher

**Risk Factors:** - Overweight or obesity - Family history - High blood pressure - Physical inactivity

**Common Symptoms:** - Frequent urination - Increased thirst - Fatigue - Blurred vision

**Management Tips:** - Eat balanced meals with low sugar - Regular physical activity - Monitor blood glucose levels - Take medications or insulin as prescribed - Get regular check-ups

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## Heart Disease (Coronary Artery Disease)

**Key Risks:** - High BP - High cholesterol - Diabetes - Smoking - Stress

**Warning Signs:** - Chest discomfort or pain - Shortness of breath - Fatigue - Pain in neck, jaw, or arms

**Management Tips:** - Eat heart-healthy foods (low salt, low fat) - Stay physically active - Quit smoking - Manage stress (e.g., meditation) - Take medication as directed

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## General Chronic Care Reminders

**Medication Adherence:** - Set daily alarms/reminders - Use pill organizers - Never stop medication without doctor's advice

**Lifestyle Advice:** - Drink enough water daily - Sleep 7-8 hours a night - Avoid processed food - Track vitals weekly

**When to Seek Help:** - Sudden severe chest pain - Confusion or difficulty speaking - Blood glucose below 70 or above 300 mg/dL - Consistently high BP readings (>160/100 mmHg)

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End of Knowledge Base