1. Irregular menstruation

["It should come but not come, it should come more but less" is irregular menstruation. The so-called irregular menstruation means that menstruation does not come according to the normal cycle. However, there are actually many different types of irregular menstruation:

Oligomenorrhea: means irregular menstrual bleeding and infrequent menstrual bleeding; Frequent menstrual bleeding: means too many menstrual bleeding; Polymenorrhea: means menstrual bleeding that lasts too long and too much, but the menstrual cycle is regular; Oligomenorrhagia: means menstrual bleeding is too frequent Menstrual bleeding is light, but the intervals between menstrual cycles are normal. The most common cause of irregular menstruation is hormonal imbalance, while others may be caused by organ disease. Hormonal imbalance is the most common cause of uterine bleeding, especially in adolescent girls and menopausal women. Hormonal imbalance causes anovulatory bleeding, which leads to chaotic menstruation at first menstruation or near menopause. In addition, it will cause the endometrium to grow unrestricted, so that it grows to the thickness of the endometrium that the uterus itself cannot bear, causing breakthrough bleeding. Therefore, the amount of menstrual blood is often small and dark brown in the early stage, and will increase with time. Evolved into massive bleeding. Difficulty in coagulation is also one of the causes of irregular menstruation. For example, people who lack platelets or have leukemia will be unable to stop bleeding after menstruation due to coagulation dysfunction, resulting in heavy menstrual flow. There is also the problem of thyroid. If the thyroid function is too low or too high, it will cause ovarian dysfunction and irregular menstruation. In addition, poor liver function can also lead to irregular menstruation. Poor liver function can slow down female hormones, cause endometrial hyperplasia, and cause abnormal bleeding. There are other reasons, such as pregnancy. During pregnancy, there will be abnormal bleeding due to problems during implantation or endometrium support. At this time, you need to be careful about whether there is premature birth or miscarriage. Malignant tumors: such as cervical cancer, endometrial cancer, ovarian cancer and some tumors that secrete female hormones, causing endometrial hyperplasia and irregular menstruation, or the cervix is directly invaded by tumors. Cause bleeding; uterine tumors: This is the second common cause of uterine bleeding. For example, uterine polyps, uterine fibroids, uterine fibroids, etc. can cause excessive menstrual bleeding. For some submucosal uterine fibroids or endometrial growth, People with polyps often also have heavy bleeding; foreign bodies remain in the vagina or uterus: foreign bodies remaining in the uterus can cause irritation to the endometrium, so people with irregular menstruation and contraceptive devices may want to consider using contraceptive devices. Remove the device to see if it returns to normal.]

2. Sore throat

[Sore throats are often caused by infections (see table Some causes and characteristics of sore throats). The most common infection is tonsillopharyngitis. Less common but more serious causes of sore throat are: Abscess Epiglottitis Infection (epigtitis) Tumors Abscesses, epiglottitis and tumors should be given special attention because they may block the airway. Throat irritation and mild pain can also be caused by dryness, irritants, gastroesophageal disease (GERD), and vocal cord strain (for example, from shouting). Tonsillopharyngitis is an infection of the tonsils (lymphatic tissue in the back of the throat) and larynx (throat). Doctors may say "tonsillitis" when there is significant inflammation of the tonsils, or "pharyngitis" when the inflammation of the tonsils is not severe or the patient does not have tonsil pain but has a sore throat. Tonsillopharyngitis is usually caused by a virus, often the same virus that causes the common cold. Most common colds begin with a slight sore throat. A less common viral cause is acute mononucleosis (caused by the Epstein-Barr virus), which occurs primarily in children and young adults. More rarely, sore throat may be part of the initial symptoms of human immunodeficiency virus (HIV) infection or result from chronic fungal disturbances in HIV patients (such as oral thrush). Approximately 10% of sore throats in adults (and slightly more in children) are caused by bacteria of the genus Streptococcus 1 (Streptococcus). This type of strep infection is often called strep throat. Strep throat is uncommon in children younger than 2 years old. Rare bacterial causes include gonorrhea and diphtheria (found in countries with low vaccination rates). Warning Signs: For people with a sore throat, there are certain symptoms and characteristics that should cause concern. They include a whistling sound when breathing in (wheezing) any signs of difficulty breathing (especially the tripod position, in which the child sits upright and leans forward with the neck tilted back and the chin forward

Drooling, muffled sounds, slurred voice (as if talking with something hot in mouth), and a lump visible in the back of the throat. When to seek medical treatment: Patients with warning signs should go to the hospital immediately.

People who have a sore throat but no warning signs should call their doctor. Patients with typical cold symptoms and mild to moderate discomfort may be advised to stay home and take over-the-counter (OTC) medications to treat their symptoms. Severe pain and/or other symptoms (such as fever, extreme fatigue, or a productive cough) should usually prompt medical attention. What the doctor will do:

The doctor first asks about the patient's symptoms and medical history, and then does a physical examination. What your doctor finds during the history and physical exam can help decide which tests should be done (see table Some Causes and Characteristics of Sore Throat). The doctor will perform the following examination: Look into the mouth to determine whether the throat and/or tonsils are red in color, whether there are white spots (discharge) on the tonsils, or whether there is a lump that may suggest an abscess. Check your neck for swollen, tender lymph nodes. Check the abdomen for enlargement of the spleen.]

3. Gastrointestinal disorders

[It is a type of gastrointestinal disease. Some patients often do not pay enough attention to it and do not go to the hospital for diagnosis and treatment in time, causing great harm to themselves. So, what are gastrointestinal disorders? What are the symptoms of gastrointestinal disorders? A doctor from Chongqing Dongda Anorectal Hospital said that gastrointestinal dysfunction, also known as gastrointestinal neurosis, is a functional disease. It is generally believed that mental factors are the main causes of this disease, such as emotional stress, anxiety, difficulties in life and work, worries, accidents, etc., which can lead to abnormal gastrointestinal function and further cause gastrointestinal dysfunction. Most gastrointestinal disorders have a slow onset, often last for years, and may be persistent or recurring. People suffering from gastrointestinal disorders often present with acid reflux, belching, anorexia, nausea, vomiting, burning sensation under the chest, bloating after eating, and obvious upper abdominal discomfort or pain. Such symptoms will be significantly aggravated when mood changes. Why you suffer from gastrointestinal dysfunction: (1) Diet. Excessive diet, irritating food, unclean diet, indigestible food, allergic food, hard food and unsuitable food may induce or aggravate gastrointestinal dysfunction. Food is a common cause of gastrointestinal dysfunction. (2) Catching cold can easily induce and aggravate gastrointestinal spasms. Especially emaciated people are prone to catching cold. Some people are particularly sensitive to cold. Turning on a little air conditioning in summer, staying in a north-facing room or sitting on a cold bench in winter will all cause problems. Abdominal pain, borborygmi, and diarrhea occur. (3) Work. Excessive fatigue, heavy tasks, overloaded movements; long-term work pressure, fatigue, overtime, etc., insufficient rest time and irregular life, irregular meals, skipping breakfast in the morning, staying up late, etc., over time, gastrointestinal function will occur disorder. Harm of gastrointestinal dysfunction: Symptoms such as gastric bloating, burping, acidity, and heartburn may occur; frequent diarrhea can reduce the body’s resistance and weaken the body’s resistance to infectious diseases and various infections; repeated diarrhea can stimulate Intestinal mucosa can cause intestinal mucosal lesions, such as transforming into ulcerative colitis or even malignant transformation; it seriously affects the patient's quality of life and has a certain impact on the patient's life and work. Some patients even dare not do so due to frequent abdominal pain and diarrhea. Or unable to go to work normally; gastrointestinal dysfunction can cause malabsorption of nutrients, anemia and vitamin deficiency.]

4. Bowel sounds

[Bowel sounds occur because when the intestines move, the gas and liquid in the intestinal lumen also move together, resulting in an intermittent "gas flowing through water" sound (gurgling). Under normal circumstances, bowel sounds It is low and gentle, and difficult to be heard. Why are bowel sounds so loud? The normal range of bowel sounds is 3-5 times per minute. If the bowel sounds are louder than 5 times, the bowel sounds are active. When there are many bowel sounds and the sound can be heard by the ears, it is mostly hyperactive bowel sounds. Hungry alarm: When you are hungry, your brain will send out a notification. When the stomach receives the notification, it will secrete digestive juice to make the stomach move. There is little or even no food in the stomach, and the gas and water in the stomach will start to play. Song - Gu Gu Gu Gu, it would be nice to have something to eat at this time. Excessive gastrointestinal gas: Eating too much gas-producing food, eating too fast, and having a bad mood can cause gastrointestinal gas. When the gas in the stomach cannot be discharged in time (such as constipation), a large amount of gas will follow the gastrointestinal motility. Movement, causing intestinal gurgling, which is often accompanied by constipation, bloating, abdominal pain, etc. Gastrointestinal indigestion: After the digestive function is weakened, the gastrointestinal motility is insufficient, resulting in gastric emptying disorder in the stomach. Food will stay in the stomach for a long time. The bacteria in the stomach will work with the food to ferment the food and produce a large amount of Acidic fluids and gases can cause bloating and making noises in the stomach. Diarrhea: Diarrhea is often linked to diseases. It is often caused by gastrointestinal diseases and eating unclean food, which leads to disordered gastrointestinal digestion. Low gastrointestinal function will cause the gastrointestinal tract to produce excessive gas and water. Other gastrointestinal diseases: Gastrointestinal diseases such as acute gastroenteritis, acute enteritis, and intestinal obstruction can also cause loud bowel sounds. If accompanied by adverse symptoms such as blood in the stool and abdominal cramps, you should seek medical treatment in time. If you want to avoid a growling stomach, you have to start with eating. In terms of eating habits, avoid: The ancients said: "Eating does not speak." You should eat carefully when eating. Eating while talking will ingest too much air, causing flatulence; eating too fast will also cause excessive swallowing of gas, which will also cause gastrointestinal irritation. Risk of Esophageal Cancer. In addition, many people like to eat food such as rice soaked in boiling water or rice soup, which will accelerate the flow of gas and liquid in the intestines, causing part of the food to be sent into the intestines without being digested, causing indigestion and eventually leading to abnormal bowel sounds. Pay attention to the food you eat: Eat less gas-producing foods, such as potatoes, pumpkins, sweet potatoes, soybeans, etc., to reduce the production of gastrointestinal gas; avoid eating a large amount of raw, cold, and difficult-to-digest foods, which can effectively prevent intestinal noises. Don’t just eat: Many people like to lie down or sit for a long time after eating, which can easily cause symptoms of indigestion, followed by bloating. Food stays in the stomach for too long, producing a large amount of acid and gas, which can cause gastrointestinal problems. Cooing; 10 minutes after eating, you should go for a walk or stand for a few minutes to help gastrointestinal motility and digestion. Lying down after eating can also easily cause food reflux, which can lead to gastrointestinal and esophageal diseases in the long run.]

5. Helicobacter infection

[It is a common bacterial infection mainly caused by Helicobacter pylori. This bacterium mainly lives in the gastric mucosa and can cause digestive system diseases such as gastritis, gastric ulcer and gastric cancer. Here is some important information about Helicobacter infection: (1) Symptoms: Helicobacter infection may cause gastrointestinal symptoms such as stomach pain, indigestion, heartburn, acid reflux (reflux), belching, burping, bloating, nausea, and vomiting. . Other possible symptoms include loss of appetite, weight loss, fatigue, and diarrhea or loose stools. (2). Diagnosis: The diagnosis of Helicobacter infection is usually confirmed by gastroscopy and tissue biopsy. A breath test or serum antibody test may also be performed to aid diagnosis. (3) Treatment: Treatment of Helicobacter infection usually uses combined antibiotic therapy, including the use of two or more antibiotics, such as clarithromycin, amoxicillin, metronidazole, etc. Proton pump inhibitors (such as omeprazole) or H2 receptor antagonists (such as ranitidine) are often used in combination to reduce gastric acid secretion. Prevention: Avoiding sharing tableware, cups and other items with infected people and maintaining good personal hygiene habits can help prevent the spread of Helicobacter infection.]

6. Drowsiness

[Drowsiness may be caused by a variety of reasons. Here are some common causes that may cause numbness in the limbs and excessive drowsiness: (1) Nerve compression or damage: Nerve compression or damage may cause numbness in the limbs and a feeling of drowsiness. (2) Diabetes: People with diabetes may develop neuropathy, called diabetic neuropathy, which may cause numbness in the limbs and a feeling of lethargy. (3) Spinal problems and sciatica: Lumbar spine problems, such as disc degeneration or herniation, may compress the nerves of the lower limbs, causing numbness and abnormal sensation in the limbs. Sciatica is irritation or compression of the sciatic nerve, which may cause numbness and tingling in the leg. (4) Brain tumors or other abnormal growths: Tumors, cysts, abscesses, and benign growths can put pressure on the brain, spinal cord, or nerves in the legs and feet, causing restricted blood flow and causing numbness in the limbs. (5) Alcoholism: Long-term or excessive drinking may cause signs of peripheral neuropathy, such as numbness in the limbs. This is called alcoholic neuropathy and is associated with reduced levels of B vitamins such as B-1 (thiamine), B-9 (folate) and B-12 due to excessive alcohol intake. (6) Fibromyalgia: Fibromyalgia is a chronic disease that causes pain, soreness and tenderness throughout the body. Some people with fibromyalgia may also experience numbness and tingling in their hands and feet. (7) Multiple sclerosis: Multiple sclerosis causes damage to sensory nerves, which may lead to numbness in certain areas of the body. The numbness may only last for a short time, but in some cases may gradually worsen and lead to physical impairment.]

7. Anemia

[Anemia is a condition in which there are not enough red blood cells or hemoglobin in the blood. It can be caused by a variety of causes, including iron deficiency, vitamin deficiencies, chronic disease, and genetic factors. Symptoms of anemia can vary depending on the cause and severity. Common symptoms include fatigue, weakness, shortness of breath, pale skin, irregular heartbeat, dizziness, and headaches.

The following are some common types of anemia and their causes: (1) Iron deficiency anemia: caused by insufficient iron intake in the body, blood loss, or iron absorption impairment. Pregnancy, menorrhagia, ulcers, cancer, or long-term use of certain painkillers (especially aspirin) may cause this type of anemia (2) Vitamin deficiency anemia: The body lacks key nutrients such as folic acid and vitamin B-12, resulting in the inability to produce enough of healthy red blood cells. This type of anemia may be caused by an unbalanced diet or the inability to absorb vitamin B-12 (3) Chronic inflammatory anemia: A sustained inflammatory response may cause the body to be unable to produce enough red blood cells. Common inflammatory diseases include cancer, HIV/AIDS, and similar diseases. Rheumatoid arthritis, kidney disease and Crohn's disease, etc. (4) Aplastic anemia: a rare and severe type of anemia caused by the body's inability to make enough new blood cells. Infections, certain medications, autoimmune diseases, and exposure to toxic chemicals can cause this type of anemia (5) Anemia associated with bone marrow disease: Diseases such as leukemia and myelofibrosis can affect the blood-forming function of the bone marrow, with severity ranging from mild to life-threatening Not equal (6) Hemolytic anemia: red blood cells are destroyed faster than the bone marrow can regenerate. Certain blood disorders can accelerate the destruction of red blood cells, and some hemolytic anemias can be passed on hereditarily. (7) Sickle cell anemia: This is a hereditary anemia disease. Abnormal hemoglobin in red blood cells causes red blood cells to take on an abnormal crescent shape, called sickle cells. These abnormal red blood cells have a shorter lifespan, resulting in a persistent lack of red blood cells. Complications of anemia can include severe fatigue, pregnancy complications, heart problems and life-threatening conditions. Ways to prevent anemia include maintaining a healthy diet and getting enough iron, folate, vitamin B-12, and vitamin C. Anemia is a problem caused by a lack of enough healthy red blood cells, or hemoglobin, in the body to carry oxygen to the body. organize. Anemia may cause symptoms such as fatigue, weakness, and difficulty breathing. The symptoms of anemia depend on its cause and severity. At first, anemia may be very mild and cause no symptoms. But as the anemia worsens, symptoms usually appear and worsen. Possible symptoms of anemia include: fatigue, weakness, difficulty breathing, pale or yellow skin (more obvious on white skin), irregular heartbeat, dizziness or lightheadedness, chest pain, cold hands and feet, headache, etc. There are many causes of anemia. The following are some common types of anemia and their causes (1) Iron deficiency anemia: Insufficient iron levels in the body are the most common type of anemia. Bone marrow needs iron to make hemoglobin, and if there isn't enough iron, it won't make enough hemoglobin and red blood cells. Iron-deficiency anemia can be caused by excessive blood loss (such as menorrhagia, ulcers, cancer, or long-term use of certain pain medications, especially aspirin) or insufficient iron intake in the body (such as pregnant women who do not take iron supplements). (2) Vitamin deficiency anemia: In addition to iron, the body also needs folic acid and vitamin B-12 to make enough healthy red blood cells. A lack of these key nutrients in the diet may result in the body not making enough red blood cells. Additionally, some people may not be able to absorb vitamin B-12, which may lead to vitamin deficiency anemia, also called pernicious anemia. (3) Inflammatory anemia: Diseases that cause persistent inflammation may prevent the body from producing enough red blood cells. For example, cancer, HIV/AIDS, rheumatoid arthritis, kidney disease, and Crohn's disease can all cause inflammatory anemia. (4) Aplastic anemia: This rare and life-threatening type of anemia occurs when the body cannot make enough new blood cells. Causes of aplastic anemia include infections, certain medications, autoimmune diseases, and exposure to toxic chemicals. (5) Anemia related to bone marrow diseases: Diseases such as leukemia and myelofibrosis may affect the hematopoietic function of the bone marrow. The effects of these diseases range from mild to life-threatening. (6) Hemolytic anemia: This type of anemia is caused by red blood cells being destroyed faster than bone marrow can replace them. Certain]

8. Numbness of limbs

[It refers to the symptoms of numbness, tingling, or loss of feeling in the hands and feet. It can be physiological, such as staying in the same position for a long time or being compressed, or it can be pathological, caused by a disease. Here are some possible causes and treatments: Physiological causes: Poor posture or staying in the same position for a long time, resulting in insufficient local blood supply and poor blood circulation. This numbness is usually temporary and can be relieved by movements such as fisting, tapping, or tightening the feet. Pathological causes: (1) Cervical spondylosis: Cervical nerve compression is the most common cause of hand numbness, often accompanied by muscle soreness in the neck and shoulders and other symptoms. (2) Lumbar disc herniation: Lumbar disc herniation may cause uncomfortable symptoms such as numbness in the lower limbs and waist pain. (3) Carpal tunnel syndrome: Carpal tunnel syndrome is a condition that causes numbness, weakness and reduced flexibility of the fingers caused by nerve compression in the wrist - Neuritis: a disease caused by immune attack on nerve fibers and myelin sheaths, often accompanied by sensory Disorders and abnormal sensations. (4) Transient cerebral ischemia: Cerebral arteriosclerosis, thrombus detachment or insufficient blood supply may cause transient cerebral ischemia, which often manifests as numbness of fingers or limbs. (5) Three high blood vessel diseases: Patients with three high blood vessels may be accompanied by hardening of the arteries and poor or slowed blood flow, resulting in coldness, numbness or pain in the hands and feet.]

9. Stomach pain

[Stomach pain is a common symptom that can be caused by a variety of reasons. Common causes of stomach pain include: (1) Gastritis or gastric ulcer: Gastritis and gastric ulcer can cause stomach pain, which may be caused by excessive gastric acid secretion or damage to the gastric mucosa. (2) Improper diet: Overeating, eating spicy food, eating indigestible food or food poisoning may cause stomach pain. (3) Worry and stress: Emotional tension, anxiety and excessive stress may also cause stomach pain. (4) Drug side effects: Some drugs may irritate the gastric mucosa and cause stomach pain.]

10. Cramps

[A spasm is an involuntary, sudden, strong contraction of a muscle, often accompanied by pain and stiffness. Cramps can occur in any muscle group, including the arms, legs, abdomen, and back. Causes of cramps: Muscle fatigue: Overusing muscles or staying in the same position for a long time can cause muscle fatigue, which can trigger cramps; Electrolyte deficiency: Electrolyte abnormalities such as low calcium, low magnesium, or low potassium can cause muscle cramps; Medication side effects: Certain medications , such as diuretics, antipsychotics, and certain antibiotics, may cause muscle spasms; Nervous system diseases: Certain neurological diseases, such as Parkinson's disease and multiple sclerosis, may cause muscle spasms.]

11. Perianal pain

[It refers to the painful feeling located around the anus. It may be caused by a variety of reasons, including the following common conditions: (1) Hemorrhoids: Hemorrhoids are the result of varicose veins around the anus, which often lead to perianal pain, itching, and bleeding. (2) Anal fissure: Anal fissure refers to a crack in the skin or mucous membrane around the anus, often accompanied by severe pain and bleeding. (3) Anal eczema: Eczema on the skin around the anus may cause itching and pain. (4) Anal pruritus: Itching around the anus may be caused by a variety of reasons, such as dry skin, infection or allergies. (5) Perianal abscess: Abscess around the anus may cause severe pain, redness, swelling, and localized heating.]

12. Loose stools

[Loose stool refers to a condition where the stool is thin and shapeless. It is different from diarrhea in that the frequency of defecation generally does not increase and may be accompanied by a feeling of incomplete defecation. The following are possible causes and treatment methods of loose stools: Causes: Irregular diet, cold abdomen, cold food and cold drinks, etc. will stimulate intestinal peristalsis and lead to loose stools; intestinal inflammation, indigestion, bacterial imbalance, intestinal Functional disorders and other reasons may also cause loose stools; bacterial and viral infections can cause varying degrees of loose stools, accompanied by symptoms such as vomiting, diarrhea, and abdominal pain; intestinal dysfunction may cause diarrhea and loose stools, and a few patients may also experience constipation and Alternating symptoms of diarrhea. Treatment method: Observe the shape of the stool to see if there is blood, mucus, undigested food, etc.

Observe the frequency of bowel movements and the feeling after defecation; pay attention to the influencing factors of whether symptoms are relieved or worsened after defecation; if symptoms persist for more than a week, it is recommended to seek medical examination, including routine stool and occult blood tests to rule out intestinal infection; colonoscopy can be performed Check to rule out polyps, tumors, etc.; check endocrine hormones to rule out hyperthyroidism, diabetes, chronic pancreatitis, etc.]

13. Swollen lymph nodes

[Lymphadenopathy is an abnormal increase in size, texture, or number of lymph nodes. Lymph nodes are part of the human immune system. They are located throughout the body and play an important role in filtering lymph fluid, removing pathogens and producing immune cells. Swollen lymph nodes may be the body's response to infections, inflammation, tumors, and other diseases. The causes and treatments of swollen lymph nodes vary on an individual basis, but here are some common causes and treatments: Common causes of swollen lymph nodes: Infection: Infection is one of the most common causes of swollen lymph nodes. Infections can be caused by bacteria, viruses, fungi or parasites, such as tonsillitis, periodontitis, sinusitis, etc. Inflammation: Inflammatory diseases such as rheumatoid arthritis and lupus can also cause swollen lymph nodes. Tumor: Malignant tumors such as lymphoma and metastatic tumors are also one of the causes of lymph node enlargement. Immune diseases: Certain immune diseases such as systemic lupus erythematosus and rheumatoid arthritis may also cause lymph node enlargement.]

14. Bacterial infection

[Bacterial infections are diseases caused by bacteria. Bacteria are microorganisms that can be found in a variety of environments including air, food, water, and human surfaces. Most bacteria are harmless to humans, but some can cause infection and lead to illness. Symptoms of bacterial infection: fever, headache, muscle pain, cough, sore throat, diarrhea, vomiting, redness, swelling or pus on the skin, frequent urination or urgency. How bacterial infections are spread: Airborne droplet spread: When a person infected with the bacteria coughs, sneezes or talks, the bacteria can be spread to other people through droplets in the air; Direct contact spread: Through contact with a person or person infected with the bacteria Bacteria can be spread to other people through direct contact with infected objects; Food and water spread: Bacteria can enter the human body by eating or drinking food or water contaminated with infected bacteria; Insect bite spread: Certain bacteria can be spread to the human body through insect bites.]

15. Dysbiosis

[It refers to a situation where the balance of intestinal flora is disrupted, resulting in a decrease in the number of beneficial bacteria and an increase in harmful bacteria. Dysbiosis can cause a range of discomforts and health problems. The following are some common symptoms, causes and natural improvement methods of dysbiosis: Symptoms of dysbiosis: Digestive problems: such as bloating, diarrhea, constipation, stomach pain, etc.; Immune system problems: such as easy colds, reduced immunity, etc.; dietary problems : Intolerance to certain foods or changes in appetite; psychological problems: such as anxiety, depression, etc. Causes of dysbiosis: Unhealthy lifestyle: such as unbalanced diet, smoking, drinking, staying up late, etc.; Antibiotic use: long-term and large-scale use of broad-spectrum antibiotics will inhibit or kill most sensitive bacteria and normal flora, leading to dysbiosis ; Environmental factors: polluted atmosphere, polluted water sources, heavy metal pollution, formaldehyde, benzene and other pollutants may destroy the balance of intestinal flora; mental factors: excessive mental stress, anxiety, depression and other emotional problems may lead to imbalance of intestinal flora ; Other factors: traumatic surgery, trauma, infection, tumors, chemicals and diseases, tumor treatment, etc. may also have an impact on intestinal flora.]

16. Shortness of breath

[Shortness of breath is a symptom of difficulty breathing or shortness of breath and can be caused by a variety of reasons. Here are some possible causes: Cardiopulmonary disease: heart failure, chronic obstructive pulmonary disease, lung infection, pulmonary thrombosis, etc. Cancer: cancer affecting the lungs, malignant pleural effusion, liver cancer, or ascites compressing the diaphragm, etc. Other factors: Anemia, fatigue/weakness, pain, anxiety and panic, etc.]

17. Diarrhea, abdominal pain and bloating

[Diarrhea, abdominal pain, and bloating are common digestive problems that can be caused by a variety of causes. Possible causes: Acute gastroenteritis: Acute gastroenteritis is an acute inflammation of the gastrointestinal mucosa. Common symptoms include diarrhea, abdominal pain, and bloating. Irritable bowel syndrome: Irritable bowel syndrome is a functional intestinal disorder with common symptoms. Including diarrhea, abdominal pain and bloating; food poisoning: food poisoning can cause diarrhea, abdominal pain and bloating, common pathogens include bacteria, viruses and parasites; intestinal infection: intestinal infection is also a common cause of diarrhea, abdominal pain and bloating. Common pathogens include bacteria, viruses, and parasites.]

18. Frequency and urgency of urination

[Urinary frequency and urgency are common urinary system problems that can have a variety of causes. Here are some possible causes and treatments: Possible causes: Urinary tract infection: Urinary frequency and urgency are among the classic symptoms of a urinary tract infection. Urinary tract infections are usually caused by bacterial infections and can be treated with antibiotics. Cystitis: Acute cystitis can cause urinary frequency and urgency. Treatment includes antibiotics and water intake control. Spleen and kidney yang deficiency: Spleen and kidney yang deficiency may lead to abnormal water and liquid metabolism and impaired bladder pneumatization function, which may lead to frequent urination. It is recommended to treat it by strengthening the spleen and kidneys, and replenishing qi and yang. Irritation of organs adjacent to the bladder: Pelvic infection, acute appendicitis, pelvic tumors, seminal vesiculitis and other diseases may irritate the bladder and cause frequent urination. It is important to go to the hospital in time to find out the cause and get symptomatic treatment. Reduced bladder capacity: Space-occupying lesions in the bladder, pressure outside the bladder, bladder contracture, lower urinary tract obstructive diseases, etc. may lead to reduced bladder capacity and cause frequent urination. Treatment depends on the specific cause.]

19. Bitter mouth

[Bitter mouth is a common symptom that can be caused by a variety of reasons. According to the search results, the possible causes and relief methods of bitter mouth are as follows: Possible causes: Excessive liver fire: Bitter mouth is more common when liver fire is strong, especially when you wake up in the morning and have a bitter mouth. Excessive liver fire may be related to emotions and complexes, while the liver's catharsis function is related to bile secretion and excretion. If the liver and gallbladder function is dysfunctional, bile may flow back into the mouth, causing a bitter mouth. Damp-heat constitution: Damp-heat constitution is also a common cause of a bitter mouth. Damp-heat constitution may be caused by factors such as unreasonable diet and too much spicy food. People with a damp-heat constitution are prone to bitter mouth, especially dry mouth and bitter mouth at night. Oral inflammation: Oral inflammation may also cause a bitter mouth. Bitter mouth is a common symptom if there is inflammation in the mouth. It is recommended to visit a dental department to treat oral problems and relieve the trouble of bitter mouth.]

20. Allergies

[Allergy is an abnormal reaction of the immune system that causes oversensitivity to some harmless substances (allergens). The prevalence of allergic diseases is increasing globally, affecting approximately 30-40% of the population. Common allergy symptoms include sneezing, runny nose, cough, itchy skin, hives, red and swollen eyes, etc. The symptoms and causes of allergies can vary from individual to individual, but here are some common allergens and related symptoms: Pollen allergy: When a person is exposed to pollen, sneezing, stuffy nose, runny nose, itchy eyes, and redness may occur and other symptoms. Food allergy: Certain foods such as nuts, seafood, milk, eggs, etc. may trigger allergic reactions. Symptoms include skin itching, vomiting, diarrhea, difficulty breathing, etc. Drug allergy: Certain drugs such as penicillin and aspirin may cause allergic reactions, with symptoms including skin rash, urticaria, difficulty breathing, etc. Pet allergies: Some people may experience symptoms such as sneezing, nasal congestion, and itchy eyes when in contact with pets. Dust Mite Allergy: Dust mites are tiny organisms that are found in the home environment and may trigger allergic reactions with symptoms including sneezing, nasal congestion, and itchy skin.]

21. Indigestion

[It refers to abnormal function of the digestive system or discomfort during digestion. Common indigestion symptoms include bloating, abdominal pain, nausea, vomiting, fullness, heartburn, etc. There are many causes of indigestion, which may be related to eating habits, lifestyle, digestive system diseases, etc. Here are some common causes of indigestion: Eating habits: Overeating, eating too fast, overeating, and insufficient intake of high-fat, high-fiber foods can all lead to indigestion. Lifestyle: Remaining sedentary for long periods of time, lack of exercise, lack of sleep, excessive tension and stress can have a negative impact on the digestive system. Digestive disorders: Digestive disorders such as gastric ulcers, gastroesophageal reflux disease, cholecystitis, gallstones, and pancreatitis may cause indigestion symptoms. Drugs and Chemicals: Certain drugs, alcohol, caffeine, and other substances may irritate or negatively affect the digestive system.]

22. Hemorrhoids

[Hemorrhoids are a common anorectal disease with a high incidence rate. According to surveys, half of the adult population in China has suffered from hemorrhoids, so it is known as the "nine out of ten hemorrhoids" disease.

Hemorrhoids are small fleshy balls caused by varicose veins and vascular lesions around the anus. Under normal circumstances, the anal pad controls defecation and is responsible for transporting feces. However, hemorrhoids develop when the anal pads become swollen, congested, and inflamed. Hemorrhoids can be divided into three types: internal hemorrhoids, external hemorrhoids and mixed hemorrhoids: Internal hemorrhoids: grow within the dentate line of the anal canal, generally do not protrude outside the anus, and are often accompanied by a certain degree of blood in the stool. As the disease progresses, internal hemorrhoids may protrude out of the anus, causing pain. External hemorrhoids: They grow outside the dentate line of the anal canal and are often accompanied by swelling, itching, foreign body sensation and pain in the anus. Mixed hemorrhoids: Hemorrhoids that cross the dentate line and have symptoms of both internal and external hemorrhoids, including blood in the stool, prolapse of the mass, anal swelling, itching and pain. Common symptoms of hemorrhoids include: Blood in the stool: The most common symptom of hemorrhoids, it is usually bright red blood and is usually accompanied by pain or discomfort during bowel movements. Anal swelling and itching: Hemorrhoid patients often feel swelling and itching in the anus, which may cause discomfort and pain. Prolapse of the mass: In severe cases of hemorrhoids, the mass may protrude out of the anus, causing pain and discomfort.]

23. Intestinal obstruction

[Intestinal obstruction is a blockage that prevents food or liquid from passing through the small or large intestine (colon). Causes of bowel obstruction may include fibrous bands of tissue (adhesions) that develop in the abdomen after surgery, hernias, colon cancer, certain medications, or inflammatory bowel narrowing caused by conditions such as Crohn's disease or diverticulitis. If left untreated, the blocked part of the intestine can die, leading to serious problems. But with prompt medical attention, intestinal obstruction can usually be treated successfully. Signs and symptoms of intestinal obstruction include: recurring cramping in the abdomen, loss of appetite, constipation, vomiting, inability to have a bowel movement or gas, abdominal swelling. Intestinal obstruction can lead to serious complications, so if you have severe abdominal pain or other intestinal obstruction symptoms, please seek medical attention immediately. The most common causes of intestinal obstruction in adults are: intestinal adhesions, bands of fibrous tissue in the abdominal cavity that may form after abdominal or pelvic surgery; hernia, in which part of the intestine protrudes into other parts of the body; colon cancer; most common in children The most common cause of intestinal obstruction is contraction of the intestines (intussusception). Other possible causes of bowel obstruction include: inflammatory bowel disease, such as Crohn's disease; diverticulitis, a condition in which small bulges (diverticula) in the digestive tract become inflamed or infected; colonic volvulus (volvulus); fecal impaction; false positives Intestinal pseudo-obstruction (paralytic ileus) may present with signs and symptoms of intestinal obstruction but does not cause actual obstruction. In paralytic ileus, muscle or nerve problems interfere with the normal coordinated contraction of the intestinal muscles, causing the flow of food and fluids through the digestive system to slow or stop. Paralytic ileus may affect any part of the intestine. Causes may include: abdominal or pelvic surgery; infection; certain medications that affect muscles and nerves, including antidepressants and opioids; muscle and nerve disorders, such as Parkinson's disease. Diseases and conditions that increase the risk of bowel obstruction include: abdominal or pelvic surgery, which often causes adhesions, a common form of bowel obstruction Crohn's disease, which causes the bowel wall to thicken, causing Narrowing of the intestines; cancer of the abdomen. If left untreated, intestinal obstruction can cause serious life-threatening complications, including tissue death. An intestinal obstruction cuts off the blood supply to part of the small intestine. Ischemia causes the wall of the small intestine to die. Tissue death may cause a tear (perforation) in the wall of the small intestine, which can then lead to infection. Infect. Peritonitis is the medical term for infection in the abdominal cavity. The disease is life-threatening and requires emergency care and often surgery.]

24. Melena

[Melena is when the stool becomes black or tarry in color. The color of stool is often affected by factors such as food, medications, and gastrointestinal bleeding. Before understanding the cause of melena, we need to clarify what kind of stool is melena.

According to the medical definition, true melena refers to stool that is pure black, densely black, and has a color similar to that of an asphalt road. We call it asphalt stool. This type of stool may be related to gastrointestinal bleeding, but other possible causes need to be ruled out, such as the influence of drugs or food. The following are the causes and related conditions that may cause melena: Food and drug effects: Certain foods and drugs can make stool black, such as animal blood, animal liver, dark-purple foods (such as black fungus, purple sweet potato, mulberry) and Some drugs (such as iron, bismuth, some traditional Chinese medicine). If it is found that the blackening of the stool is related to the consumption of these foods or drugs, and there is no physical discomfort, you can temporarily observe and stop eating the relevant foods or drugs. If the color of the stool returns to normal, there is no need to worry; upper gastrointestinal bleeding: If the stool appears pure black, May indicate upper gastrointestinal bleeding. When the amount of gastrointestinal bleeding exceeds 50 ml, the stool will turn black. This is because the blood stays in the digestive tract for a long time, the red blood cells are destroyed, and the hemoglobin combines with the sulfide in the intestine under the action of gastric acid, causing the stool to turn black. Sometimes, the surface of black stool is rich in mucus and looks like tar, which is called "tarry stool". The following are some possible causes of upper gastrointestinal bleeding: Peptic tract ulcers: Gastric ulcers and duodenal ulcers are often accompanied by abdominal pain. Gastric ulcers usually cause abdominal pain after eating, while duodenal ulcers cause abdominal pain on an empty stomach. Digestive tract tumors: Esophageal cancer, gastric cancer, and small intestinal tumors often present as black stools, while bleeding from large intestinal tumors close to the anus often manifests as dark red bloody stools; Erosive hemorrhagic gastritis: alcohol consumption, drugs (such as nonsteroidal anti-inflammatory drugs) ) and stress caused by serious systemic diseases may lead to gastric mucosal erosion and bleeding; liver cirrhosis complicated by esophageal and gastric variceal rupture and bleeding: may manifest as melena or hematemesis, large amounts of bleeding, and shock symptoms in a short period of time; systemic Disease reactions in the digestive tract: such as blood system diseases, rheumatic diseases, severe infections, thrombocytopenia and coagulation disorders caused by tumor chemotherapy, etc.]

25. Edema

[Edema is swelling caused by abnormal accumulation of fluid in tissues or organs in the body. Edema may occur in different parts of the body, including the hands, feet, legs, face, abdomen, etc.

Common causes of edema include: being stationary or holding the same position for a long time, causing fluid to accumulate in the lower part of the body, such as standing or sitting for long periods of time eating a high-salt diet. Excessive sodium intake can cause water retention in the body. Edema during pregnancy. Pregnant women often experience edema due to hormonal changes during pregnancy and uterine compression. Medication side effects: Certain medications (eg, calcium channel blockers, nonsteroidal anti-inflammatory drugs) may cause edema. Heart, liver or kidney disease, which can affect the balance of water in the body. Lymphatic system problems, such as blocked lymphatic vessels or damage to lymphatic tissue, may also cause edema.]

26. Dehydration

[Dehydration is a condition where there is not enough water in the body. It can be caused by a variety of reasons, including vomiting, diarrhea, excessive sweating, burns, kidney failure, or use of diuretics. When dehydration occurs, people may feel thirsty, sweat less, and make less urine. Severe dehydration may cause symptoms such as dizziness or confusion. Here are some common symptoms of dehydration and how dehydration is graded: Common symptoms of dehydration: Thirst - Dry mouth and throat - Decreased urine output - Dark yellow or concentrated urine - Fatigue and weakness - Dizziness or headache - Dry skin and loss of elasticity - Rapid heartbeat; low blood pressure - Concentrated urine. Grading of dehydration: Mild dehydration: weight loss of about 5%, decreased thirst, urine output, and concentrated urine. Moderate dehydration: 5-10% weight loss, obvious thirst, significantly reduced urine output, concentrated urine, and weakened skin elasticity. Severe dehydration: weight loss of more than 10%, severe thirst, little or no urine output, loss of skin elasticity, rapid heartbeat, low blood pressure, possible dizziness, confusion and other symptoms. Ways to prevent dehydration include: Drink water: maintain adequate fluid intake, especially in hot weather or after strenuous exercise; watch your diet: consume foods rich in water and electrolytes, such as fruits and vegetables; avoid excessive sweating: In high-temperature environments, use appropriate shade and avoid strenuous exercise; pay attention to the use of medications. Some medications, such as diuretics, may cause dehydration and should be used under the guidance of a doctor.]

27. Blood in the stool

[Hematochezia refers to the appearance of bright red or dark red blood in the stool during defecation. Blood in the stool may be caused by bleeding somewhere in the digestive tract, including the following common causes: Hemorrhoids: Hemorrhoids are a condition caused by varicose veins in the rectum or around the anus and are often accompanied by blood in the stool. The blood is usually bright red and is accompanied by pain or discomfort during bowel movements. Anal Fissure: An anal fissure is a break in the skin between the rectum and anus that often results in bright red blood and severe pain during bowel movements. Colon inflammation: Inflammatory bowel disease (such as ulcerative colitis and Crohn's disease) or other inflammation of the colon may cause blood in the stool, along with abdominal pain, diarrhea, and other digestive symptoms. Intestinal tumors: Tumors in the colon or rectum (such as polyps, adenomas, or cancer) may cause blood in the stool. The color and extent of blood in your stool depend on the location and severity of the bleeding. Gastric or duodenal ulcers: People with ulcers sometimes experience black or tarry blood in their stools, called "melena," which is caused by upper gastrointestinal bleeding. Other digestive tract problems: Other digestive tract problems, such as esophageal inflammation, gastritis, esophageal varices, etc., may also cause blood in the stool. If you experience blood in your stool, especially if it is large or persistent, it is recommended that you seek medical attention as soon as possible for evaluation and treatment. The doctor may perform a physical examination, interviews, and related tests (such as colonoscopy, endoscopy, etc.) to determine the cause of bleeding. Depending on the cause and severity, treatment may include medications, surgery, or other appropriate treatments.]

28. Heart palpitations

[The cause of heart palpitations is often unknown. Common causes include: strong emotional reactions such as stress, anxiety, or panic attacks depression strenuous exercise stimulants including caffeine, nicotine, cocaine, amphetamines, and cold and cough medicines containing pseudoephedrine fever related to menstruation, Hormone changes related to pregnancy or menopause, too much or too little thyroid hormone. Occasional heart palpitations may be a sign of a serious problem, such as an irregular heart rhythm (arrhythmia). Arrhythmias may cause a heartbeat that is too fast (tachycardia), an abnormally slow heartbeat (bradycardia), a heartbeat that is different from the normal rhythm, or a combination of the three. Risk factors for heart palpitations include: stress, anxiety disorders or panic attacks, pregnancy, some medications that contain stimulants, such as certain cold or asthma medicines, an overactive thyroid (hyperthyroidism), other heart problems, such as irregular heartbeats , structural changes in the heart, previous heart attack, or previous heart surgery. For heart palpitations caused by heart disease, possible complications include: Fainting. If the heart is beating too fast, blood pressure can drop, causing the person to faint. This is more likely to occur if the person has heart problems, such as congenital heart disease or certain valve problems; cardiac arrest. Rarely, heart palpitations can be caused by life-threatening heartbeat problems that can cause the heart to stop beating effectively; stroke. If heart palpitations are caused by a condition called atrial fibrillation (a condition in which the upper heart chambers tremble instead of beating normally), blood may build up and cause blood clots to form. If a blood clot breaks loose, it can block arteries in the brain, causing stroke; heart failure. Certain arrhythmias can reduce the heart's ability to pump blood. Sometimes, controlling the incidence of arrhythmias that lead to heart failure can improve heart function.]

29. Chest pain

[Chest pain is a common symptom, but it's not always related to heart problems. Here are some possible causes of chest pain, based on search results: Pancreatitis: Acute pancreatitis can cause severe pain in the chest that radiates into the chest. The pain is usually deep and intense. Gastroesophageal reflux: Gastroesophageal reflux is when stomach contents and acid back up into the esophagus, causing a burning sensation behind the breastbone. Long-lasting gastroesophageal reflux requires prompt treatment to avoid causing chest tightness, asthma, and Barrett's esophagus disease; Shingles: Shingles is caused by the varicella-zoster virus infection and may cause chest pain. In this case, it is necessary to use drugs rationally for treatment under the guidance of a doctor; Costochondritis: Costochondritis is a common disease in adults, and its typical symptom is acute chest pain. The main cause of costochondritis can be damage to the chest or a viral infection. If chest pain is caused by costochondritis, it usually goes away within a few days or weeks. Pericarditis: Pericarditis may cause tightness and tingling in the chest, especially after antiviral treatment for the infection. Most pericarditis is benign, but timely medical examination and rational use of medications under the guidance of a doctor are still required. Coronary heart disease: Coronary heart disease is a common type of heart disease that may cause chest pain. Coronary heart disease can cause ischemia and hypoxia in the heart, which may later lead to arrhythmia and heart failure. If you are diagnosed with coronary artery disease, you need to use drugs rationally under the guidance of a doctor to help regulate blood lipids, stabilize plaque, and avoid blood vessel blockage; muscle strain: Sudden heavy physical labor may cause chest muscle strain, causing severe pain. pain. This condition is not related to a heart attack, just musculoskeletal damage. You need to pay attention to rest at ordinary times and properly supplement your body with high-quality protein to promote recovery.]

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31. Jaundice

[Jaundice (English: Jaundice, Icterus) is a condition that causes the skin and sclera to turn yellow or green due to high levels of bilirubin in the body. Jaundice is often accompanied by itching, white stools, and darker urine. Neonatal jaundice refers to jaundice that appears within three days of birth and will resolve naturally without causing problems in most cases. There are many causes of jaundice, some are not serious and some can be fatal. The bilirubin concentration in normal human blood is generally below 1.0 mg/dL, while the bilirubin concentration in patients with jaundice exceeds 2-3 mg/dL. Hyperbilirubin can be divided into two types: unconjugated hyperbilirubin and conjugated hyperbilirubin. High unconjugated bilirubin may be caused by hemolytic anemia, hematomas, genetic problems (such as Gilbert's syndrome), prolonged periods without eating, neonatal jaundice, or thyroid disease. High conjugated bilirubin may be caused by cirrhosis, hepatitis, infection, medications, or blockage of the bile ducts. In developed countries, the main causes of jaundice are drugs or bile duct blockage, while in developing countries, common causes are infectious diseases such as viral hepatitis, leptospirosis, schistosomiasis, or malaria.]

32. Reflux

[Reflux is the backflow of stomach acid and digestive juices from the stomach into the esophagus. This condition may cause damage to the esophageal mucosa, causing pain and discomfort. Common reflux symptoms include a burning sensation in the chest, a sour or bitter taste in the back of the mouth, cough, and sore throat. Gastroesophageal reflux disease (GERD) is a chronic acid reflux disease that may cause inflammation and damage to the esophagus. The causes of GERD include gastroptosis, esophageal sphincter relaxation, and abnormal esophageal peristalsis function. Here are some common ways to diagnose and treat gastroesophageal reflux disease: Diagnosis: History and Symptom Assessment: Your doctor will ask about your symptoms and medical history, such as a burning sensation in your chest, a sour taste after the flu, etc. Physical exam: Your doctor may perform a physical exam to rule out other possible illnesses. Examination: such as gastroscopy, esophageal acidity measurement, X-ray examination, etc. to evaluate the condition of the esophagus and stomach.]