

name: chronic diseases,

diseases:

name: diabetes

description: diabetes is a disease that occurs when your blood glucose is too high. it can lead to serious complications such as heart disease, kidney failure, and nerve damage if not managed properly.,

transmission: not transmissible; influenced by genetics, lifestyle, and environment. type 1 diabetes is an autoimmune condition, while type 2 diabetes is often related to lifestyle factors.,

symptoms: increased thirst, frequent urination, extreme hunger, fatigue, blurred vision, and slow-healing sores.,

treatment: insulin therapy, oral medications, lifestyle changes (diet and exercise), and monitoring blood sugar levels. continuous glucose monitoring (cgm) and insulin pumps may also be used.,

complications: heart disease, stroke, kidney damage, neuropathy, retinopathy, and foot problems.,

prevention: maintaining a healthy weight, regular physical activity, balanced diet, and regular monitoring of blood glucose levels.

name: hypertension

description: hypertension, or high blood pressure, is a condition in which the force of the blood against the artery walls is too high, potentially leading to heart disease and stroke.,

transmission: not transmissible; influenced by lifestyle, genetics, and other conditions such as diabetes.,

symptoms: often asymptomatic; can include headaches, shortness of breath, nosebleeds, and dizziness in severe cases.,

treatment: medications such as diuretics, ace inhibitors, and beta-blockers, along with lifestyle changes including dietary modifications, regular exercise, and stress management.,

complications: heart disease, stroke, kidney damage, and vision loss.,

prevention: maintaining a healthy weight, regular physical activity, reducing salt intake, and avoiding excessive alcohol consumption.

name: asthma

description: asthma is a chronic condition in which your airways narrow and swell, and may produce extra mucus, making it difficult to breathe.

transmission: not transmissible; triggered by environmental factors such as allergens, air pollution, and respiratory infections.,

symptoms: shortness of breath, chest tightness, wheezing, coughing, especially at night or early in the morning.,

treatment: inhalers (bronchodilators and corticosteroids), long-term control medications, and avoiding known triggers. allergy testing and immunotherapy may also be considered.,

complications: severe asthma attacks leading to hospitalizations or difficulty in breathing.,

prevention: avoiding allergens, regular use of prescribed medications, and managing environmental factors such as air pollution.

name: heart disease

description: heart disease encompasses a range of conditions affecting the heart, including coronary artery disease, arrhythmias, and congenital heart defects. it is a leading cause of death globally.,

transmission: not transmissible; influenced by lifestyle, genetics, and other health conditions like hypertension and diabetes.,

symptoms: chest pain, shortness of breath, pain, numbness, weakness or coldness in your legs or arms, and irregular heartbeat.

treatment: lifestyle changes (diet and exercise), medications (e.g., statins, beta-blockers), and surgical procedures (e.g., angioplasty, bypass surgery). cardiac rehabilitation may also be recommended.,

complications: heart attack, stroke, heart failure, and sudden cardiac death.,

prevention: healthy diet, regular exercise, avoiding tobacco, and managing stress and chronic conditions.

name: chronic kidney disease

description: chronic kidney disease (ckd) involves a gradual loss of kidney function, which can lead to kidney failure. it often progresses silently and can have serious consequences.,

transmission: not transmissible; influenced by diabetes, high blood pressure, and other risk factors such as smoking and obesity.,

symptoms: nausea, vomiting, loss of appetite, fatigue, changes in urine output, swelling in legs or ankles, and confusion.,

treatment: medications to control blood pressure and other symptoms, lifestyle changes (diet and exercise), dialysis, or kidney transplant in advanced stages.,

complications: kidney failure, cardiovascular disease, anemia, and bone disease.

prevention: managing chronic conditions, maintaining a healthy lifestyle, and regular screening for kidney function in at-risk individuals.

name: arthritis

description: arthritis is an umbrella term for a group of more than 100 diseases that affect the joints, causing inflammation and pain. it can lead to joint damage and disability.,

transmission: not transmissible; influenced by age, genetics, and lifestyle factors. some types, like rheumatoid arthritis, are autoimmune in nature.,

symptoms: joint pain, stiffness, swelling, decreased range of motion, and sometimes systemic symptoms like fatigue.,

treatment: medications (nsaids, disease-modifying antirheumatic drugs), physical therapy, and sometimes surgery to repair or replace damaged joints.,

complications: joint damage, disability, and impaired quality of life.,

prevention: maintaining a healthy weight, regular exercise, and early treatment to manage symptoms.

name: chronic obstructive pulmonary disease (copd),

description: copd is a group of progressive lung diseases that block airflow and make breathing difficult. it includes emphysema and chronic bronchitis.,

transmission: not transmissible; primarily caused by long-term exposure to irritating gases or particulate matter, especially from cigarette smoke.,

symptoms: breathing difficulty, chronic cough, mucus production, and wheezing. symptoms worsen over time and can impact daily activities.,

treatment: inhalers (bronchodilators and corticosteroids), medications, pulmonary rehabilitation, oxygen therapy, and lifestyle changes like quitting smoking.,

complications: respiratory infections, heart problems, and lung cancer.,

prevention: avoiding smoking and exposure to secondhand smoke, regular check-ups, and vaccination against respiratory infections.

name: osteoporosis,

description: osteoporosis is a condition characterized by decreased bone strength, leading to fragile bones that are more susceptible to fractures.,

transmission: not transmissible; influenced by age, genetics, lifestyle factors (e.g., smoking, excessive alcohol consumption), and hormonal changes.,

symptoms: bone fractures, loss of height, back pain, and a hunched posture. often asymptomatic until a fracture occurs.,

treatment: medications (bisphosphonates, hormone therapy), calcium and vitamin d supplements, weight-bearing exercises, and lifestyle modifications.,

complications: increased risk of fractures, loss of mobility, and decreased quality of life.,

prevention: adequate calcium and vitamin d intake, regular weight-bearing exercise, and avoiding risk factors such as smoking and excessive alcohol consumption.

name: alzheimers disease,

description: alzheimer's disease is a progressive neurodegenerative disorder that causes memory loss, cognitive decline, and behavioral changes.,

transmission: not transmissible; influenced by age, genetics, and other risk factors such as cardiovascular disease.,

symptoms: memory loss, confusion, difficulty with thinking and understanding, disorientation, and changes in behavior and personality.,

treatment: medications to manage symptoms (e.g., cholinesterase inhibitors), cognitive therapies, and supportive care to improve quality of life.,

complications: severe cognitive impairment, loss of independence, and increased susceptibility to infections.,

prevention: healthy lifestyle choices, mental and physical stimulation, and managing cardiovascular risk factors.

name: parkinsons disease,

description: parkinson's disease is a progressive disorder that affects movement, leading to tremors, rigidity, and bradykinesia (slowness of movement).,

transmission: not transmissible; influenced by genetics and environmental factors. the exact cause is unknown.,

symptoms: tremors, stiffness, slow movement, balance problems, and changes in facial expression.,

treatment: medications (e.g., levodopa), physical therapy, occupational therapy, and sometimes surgical interventions such as deep brain stimulation.,

complications: motor symptoms worsening over time, cognitive decline, and difficulty with daily activities.,

prevention: there is no known prevention, but early diagnosis and treatment can help manage symptoms and improve quality of life.

name: multiple sclerosis,

description: multiple sclerosis (ms) is a chronic illness where the immune system attacks the protective covering of nerve fibres, leading to inflammation and scarring.,

transmission: not transmissible; influenced by genetics, environmental factors, and possibly autoimmune mechanisms.,

symptoms: fatigue, difficulty walking, numbness or tingling in limbs, muscle weakness, vision problems, and problems with coordination and balance.,

treatment: medications to modify the course of the disease, manage symptoms, and improve quality of life. physical therapy and lifestyle modifications are also recommended.,

complications: disability, cognitive decline, and complications related to immobility.,

prevention: there is no known prevention, but early diagnosis and treatment can help manage symptoms and slow progression.

name: epilepsy,

description: epilepsy is a neurological disorder characterized by recurrent, unprovoked seizures. it affects brain activity and can vary in severity.,

transmission: not transmissible; influenced by genetic factors, head trauma, stroke, infections, and other brain injuries.,

symptoms: seizures, temporary confusion, staring spells, uncontrollable jerking movements, and loss of consciousness in severe cases.,

treatment: medications to control seizures, surgery for refractory cases, and sometimes dietary changes (e.g., ketogenic diet).,

complications: injury during seizures, psychological issues, and social stigma.,

prevention: avoiding triggers for seizures, regular medication adherence, and monitoring for potential side effects.

name: lupus,

description: lupus is a chronic autoimmune disease where the immune system attacks healthy tissues, causing inflammation and damage to various organs.,

transmission: not transmissible; influenced by genetics, hormonal factors, and environmental triggers.,

symptoms: fatigue, joint pain, skin rashes, fever, and organ-specific symptoms such as kidney inflammation or heart involvement.,

treatment: medications to control inflammation and immune response (e.g., corticosteroids, immunosuppressants), lifestyle changes, and supportive care.,

complications: organ damage, increased risk of infections, and cardiovascular issues.,

prevention: there is no known prevention, but managing symptoms and avoiding triggers can help control the disease.

name: crohns disease,

description: crohn's disease is a type of inflammatory bowel disease (ibd) that causes chronic inflammation in the gastrointestinal tract, potentially leading to severe complications.,

transmission: not transmissible; influenced by genetic, environmental factors, and immune system dysfunction.,

symptoms: diarrhea, abdominal pain, weight loss, anemia, fatigue, and sometimes fistulas or abscesses.,

treatment: medications to reduce inflammation and manage symptoms, dietary changes, and sometimes surgery for complications or severe cases.,

complications: bowel obstruction, malnutrition, and increased risk of colon cancer.,

prevention: there is no known prevention, but managing symptoms and regular monitoring can help improve quality of life.

name: ulcerative colitis,

description: ulcerative colitis is a chronic inflammatory bowel disease (ibd) that causes inflammation and ulcers in the digestive tract, primarily affecting the colon and rectum.,

transmission: not transmissible; influenced by genetics, immune system dysfunction, and environmental factors.,

symptoms: diarrhea, abdominal pain, rectal bleeding, weight loss, and sometimes fever or joint pain.,

treatment: medications to control inflammation and manage symptoms, dietary changes, and sometimes surgery (e.g., colectomy) for severe cases.,

complications: colon cancer, bowel perforation, and severe dehydration.,

prevention: there is no known prevention, but early treatment and regular monitoring can help manage the disease.

name: celiac disease,

description: celiac disease is an autoimmune disorder triggered by ingestion of gluten, leading to inflammation and damage to the small intestine.,

transmission: not transmissible; influenced by genetics and possibly environmental factors.,

symptoms: diarrhea, bloating, gas, fatigue, anemia, and weight loss. some individuals may experience neurological symptoms or skin rashes.,

treatment: a strict lifelong gluten-free diet to manage symptoms and promote healing of the intestine.,

complications: nutritional deficiencies, osteoporosis, infertility, and an increased risk of other autoimmune diseases.,

prevention: there is no known prevention, but early diagnosis and adherence to a gluten-free diet are crucial for managing the condition.

name: sickle cell disease,

description: sickle cell disease is a genetic blood disorder characterized by abnormally shaped red blood cells that can block blood flow and cause pain.,

transmission: genetic inheritance; both parents must carry the sickle cell trait for a child to inherit the disease.,

symptoms: anemia, episodes of pain (sickle cell crises), swelling of hands and feet, frequent infections, delayed growth, and fatigue.,

treatment: medications to manage pain and prevent complications, blood transfusions, and sometimes bone marrow transplant.,

complications: painful episodes, infections, stroke, and organ damage.,

prevention: genetic counseling and newborn screening can help with early detection and management.

name: hemophilia,

description: hemophilia is a rare genetic disorder where the blood does not clot properly due to insufficient clotting proteins.,

transmission: genetic inheritance; it is typically inherited in an x-linked recessive pattern.,

symptoms: excessive bleeding, easy bruising, joint pain, and spontaneous bleeding, especially into the joints or muscles.,

treatment: replacement therapy with clotting factor concentrates, and sometimes preventive measures to reduce bleeding episodes.,

complications: joint damage, bleeding into organs, and prolonged bleeding from injuries.,

prevention: regular infusion of clotting factors and avoiding activities that increase bleeding risk.

name: anemia,

description: anemia is a condition where there are insufficient healthy red blood cells to carry adequate oxygen to the body's tissues.,

transmission: not transmissible; can be caused by a variety of factors including nutritional deficiencies, chronic diseases, and genetic disorders.,

symptoms: fatigue, weakness, pale skin, shortness of breath, dizziness, and sometimes chest pain.,

treatment: dietary changes, iron supplements, vitamin b12 or folic acid supplements, medications, and sometimes blood transfusions.,

complications: severe anemia can lead to heart problems, delayed development in children, and decreased quality of life.,

prevention: adequate intake of essential nutrients, managing chronic conditions, and regular medical check-ups.

name: psoriasis,

description: psoriasis is a chronic skin condition characterized by red, itchy, and scaly patches. it can also affect the nails and joints.,

transmission: not transmissible; influenced by genetics, immune system dysfunction, and environmental factors.,

symptoms: red patches of skin covered with thick, silvery scales, dry, cracked skin that may bleed, itching or burning, and sometimes joint pain (psoriatic arthritis).,

treatment: topical treatments (e.g., corticosteroids), phototherapy, systemic medications (e.g., methotrexate), and lifestyle changes.,

complications: increased risk of infections, joint pain (psoriatic arthritis), and decreased quality of life.,

prevention: there is no known prevention, but managing symptoms and avoiding triggers can help control the condition.

name: infectious diseases,

diseases:

name: influenza,

description: influenza, commonly known as the flu, is a viral infection that attacks the respiratory system. it is caused by influenza viruses.,

transmission: airborne droplets when an infected person coughs, sneezes, or talks. it can also spread through contact with contaminated surfaces and then touching the face.,

symptoms: fever, chills, muscle aches, cough, congestion, runny nose, headaches, and fatigue. some people may experience gastrointestinal symptoms like nausea and vomiting.,

treatment: antiviral medications such as oseltamivir (tamiflu) and zanamivir (relenza) can help reduce the severity and duration of symptoms if taken early. rest, hydration, and over-the-counter medications for symptom relief are also recommended.,

prevention: annual flu vaccination, good hygiene practices such as hand washing, and avoiding close contact with infected individuals.,

complications: pneumonia, bronchitis, sinus infections, and exacerbation of chronic illnesses such as asthma or chronic obstructive pulmonary disease (copd).

name: covid-19,

description: covid-19 is a respiratory illness caused by the sars-cov-2 virus. it can range from mild symptoms to severe respiratory distress and has led to a global pandemic.,



transmission: spread through respiratory droplets from coughs, sneezes, or talking. it can also be transmitted by touching surfaces contaminated with the virus and then touching the face.,

symptoms: fever, cough, difficulty breathing, fatigue, and loss of taste or smell. severe cases may involve respiratory distress, chest pain, confusion, and bluish lips or face.,

treatment: supportive care including oxygen therapy for severe cases. antiviral medications such as remdesivir and corticosteroids like dexamethasone can be used for severe cases. vaccination is key to preventing severe disease.,

prevention: vaccination, wearing masks, practicing social distancing, hand hygiene, and avoiding large gatherings.,

complications: acute respiratory distress syndrome (ARDS), multi-organ failure, cardiovascular complications, neurological effects, and long-term symptoms (long COVID).

name: tuberculosis,

description: tuberculosis (TB) is a potentially serious infectious disease that mainly affects the lungs but can also impact other parts of the body.,

transmission: airborne when an infected person coughs or sneezes. it can also be transmitted through close contact with an infectious individual.,

symptoms: coughing that lasts three or more weeks, coughing up blood, chest pain, weight loss, night sweats, and fever. some may experience fatigue and loss of appetite.,

treatment: long-term antibiotics treatment, typically for 6-9 months. common regimens include isoniazid, rifampin, ethambutol, and pyrazinamide.,

prevention: vaccination with the BCG vaccine in high-risk areas, early detection and treatment of active TB cases, and proper ventilation in living spaces.,

complications: drug-resistant TB, lung damage, and in severe cases, extrapulmonary TB affecting other organs such as kidneys, spine, or brain.

name: hepatitis B,

description: hepatitis B is a serious liver infection caused by the hepatitis B virus (HBV). it can cause chronic liver disease and increase the risk of liver cancer.,

transmission: contact with infectious body fluids, such as blood, semen, and vaginal fluids. it can also be transmitted from mother to child during birth, through unprotected sex, and sharing needles.,

symptoms: yellowing of the eyes (jaundice), abdominal pain, dark urine, fatigue, and nausea. chronic cases may lead to liver cirrhosis or cancer.,

treatment: antiviral medications such as tenofovir and entecavir. in severe cases, a liver transplant may be necessary.,

prevention: hepatitis B vaccination, avoiding sharing needles, practicing safe sex, and ensuring blood products are screened.,

complications: chronic liver disease, cirrhosis, liver failure, and liver cancer.

name: malaria,

description: malaria is a life-threatening disease caused by plasmodium parasites, transmitted through the bites of infected anopheles mosquitoes.,

transmission: bites from infected anopheles mosquitoes. it can also be transmitted through blood transfusions, organ transplants, or from mother to child during pregnancy.,

symptoms: high fever, chills, sweating, headache, muscle and joint pain, nausea, vomiting, and fatigue. severe cases can lead to complications such as anemia and organ failure.,

treatment: antimalarial medications such as chloroquine, artemisinin-based combination therapies (acts), and quinine. treatment should be initiated as soon as possible to prevent complications.,

prevention: use of insect repellent, bed nets, antimalarial medications, and eliminating mosquito breeding sites.,

complications: severe anemia, cerebral malaria, organ failure, and death.

name: measles,

description: measles is a highly contagious viral disease characterized by a distinctive red rash and flu-like symptoms.,

transmission: airborne droplets from coughs and sneezes of infected individuals. it can also spread through contact with contaminated surfaces.,

symptoms: fever, dry cough, runny nose, inflamed eyes, sore throat, and a red, blotchy skin rash that usually starts on the face and spreads downward. koplik spots may appear inside the mouth.,

treatment: supportive care including rest, fluids, and pain relievers. vitamin a supplementation may be used to reduce complications.,

prevention: vaccination with the mmr (measles, mumps, rubella) vaccine, maintaining good hygiene, and avoiding contact with infected individuals.,

complications: diarrhea, ear infections, pneumonia, encephalitis, and long-term complications such as subacute sclerosing panencephalitis (sspe).

name: chickenpox,

description: chickenpox is a highly contagious viral infection that causes an itchy rash and flu-like symptoms.,

transmission: direct contact with the rash or through airborne transmission of respiratory droplets from an infected person.,

symptoms: itchy rash that progresses from red spots to fluid-filled blisters, fever, tiredness, loss of appetite, and headache.,

treatment: antiviral medication such as acyclovir for severe cases, calamine lotion, oatmeal baths, and antihistamines to relieve itching.,

prevention: vaccination with the varicella vaccine, avoiding contact with infected individuals, and practicing good hygiene.,

complications: bacterial skin infections, pneumonia, encephalitis, and in rare cases, severe complications such as varicella pneumonia or hepatitis.

name: mumps,

description: mumps is a viral infection that primarily affects the salivary glands, causing swelling and pain.,

transmission: spread through infected saliva via coughing, sneezing, or sharing utensils.,

symptoms: swollen and painful salivary glands (usually parotid glands), fever, headache, muscle aches, fatigue, and loss of appetite.,

treatment: supportive care including rest, fluids, and pain relievers. in severe cases, complications such as meningitis or orchitis may require additional treatment.,

prevention: vaccination with the mmr (measles, mumps, rubella) vaccine and avoiding contact with infected individuals.,

complications: orchitis (inflammation of the testicles), oophoritis (inflammation of the ovaries), meningitis, and hearing loss.

name: rubella,

description: rubella, also known as german measles, is a contagious viral infection characterized by a rash and mild fever.,

transmission: airborne droplets from coughs and sneezes of infected individuals. it can also be transmitted from mother to fetus during pregnancy.,

symptoms: mild fever, headache, red eyes, and a fine, pink rash that starts on the face and spreads to the rest of the body. lymphadenopathy may also occur.,

treatment: supportive care including rest, fluids, and pain relievers. rubella is generally mild but can cause serious birth defects if contracted during pregnancy.,

prevention: vaccination with the mmr (measles, mumps, rubella) vaccine, and avoiding contact with infected individuals. pregnant women should ensure they are immune before conception.,

complications: congenital rubella syndrome in the fetus, which can lead to heart defects, developmental delays, and vision and hearing problems.

name: dengue fever,

description: dengue fever is a mosquito-borne tropical disease caused by the dengue virus, characterized by high fever and severe muscle pain.,

transmission: bites from infected aedes mosquitoes, particularly aedes aegypti.,

symptoms: high fever, severe headaches, retro-orbital pain, joint and muscle pain, rash, nausea, and vomiting. severe cases can progress to dengue hemorrhagic fever or dengue shock syndrome.,

treatment: supportive care including hydration and pain management. severe cases may require hospitalization and intravenous fluid therapy.,

prevention: use of mosquito repellent, wearing protective clothing, and eliminating mosquito breeding sites.,

complications: dengue hemorrhagic fever, dengue shock syndrome, organ failure, and death.

name: non-infectious diseases,

diseases:

name: diabetes mellitus,

description: diabetes mellitus is a group of metabolic disorders characterized by high blood sugar levels over a prolonged period due to inadequate insulin production or response.,

transmission: not directly transmitted; genetic and lifestyle factors play a role. type 1 diabetes is usually autoimmune, while type 2 diabetes is associated with lifestyle factors.,

symptoms: increased thirst, frequent urination, extreme fatigue, blurred vision, and slow wound healing. type 1 diabetes may present with sudden symptoms, while type 2 symptoms develop gradually.,

treatment: management includes lifestyle changes such as diet and exercise, and medications including insulin injections or oral hypoglycemics. monitoring blood glucose levels is essential.,

prevention: healthy lifestyle choices including a balanced diet, regular physical activity, and maintaining a healthy weight. type 1 diabetes cannot be prevented, but type 2 diabetes can be managed with lifestyle changes.,

complications: cardiovascular disease, neuropathy, nephropathy, retinopathy, and increased risk of infections.

name: hypertension,

description: hypertension, or high blood pressure, is a chronic condition where the blood pressure in the arteries is persistently elevated, increasing the risk of heart disease and stroke.,

transmission: not directly transmitted; genetic, environmental, and lifestyle factors contribute. risk factors include obesity, high salt intake, lack of physical activity, and stress.,

symptoms: often asymptomatic, but severe cases may cause headaches, shortness of breath, and nosebleeds. long-term uncontrolled hypertension can lead to serious health issues.,

treatment: lifestyle changes such as reducing salt intake, increasing physical activity, and managing stress. medications like ace inhibitors, beta-blockers, and diuretics may be prescribed.,

prevention: healthy lifestyle choices including a balanced diet, regular exercise, and avoiding excessive alcohol and smoking. regular blood pressure monitoring is also important.,

complications: heart attack, stroke, heart failure, kidney damage, and vision loss.

name: cancer,

description: cancer is a broad group of diseases characterized by uncontrolled cell growth and spread to other parts of the body.,

transmission: not directly transmitted; genetic mutations and environmental factors contribute. risk factors include smoking, excessive alcohol consumption, poor diet, and exposure to carcinogens.,

symptoms: varies depending on the type and stage of cancer but may include unexplained weight loss, persistent pain, abnormal bleeding, and changes in bowel or urinary habits.,

treatment: includes surgery, radiation therapy, chemotherapy, targeted therapy, and immunotherapy. treatment plans depend on the type, location, and stage of cancer.,

prevention: avoiding known risk factors, regular screenings, maintaining a healthy lifestyle, and vaccinations for certain types of cancer (e.g., hpv vaccine).,

complications: metastasis to other organs, treatment-related side effects, and long-term health issues related to cancer or its treatment.

name: cardiovascular disease,

description: cardiovascular disease encompasses a range of conditions affecting the heart and blood vessels, including coronary artery disease, heart failure, and stroke.,

transmission: not directly transmitted; genetic and lifestyle factors play a role. risk factors include hypertension, high cholesterol, smoking, and diabetes.,

symptoms: chest pain, shortness of breath, dizziness, and fatigue. symptoms may vary depending on the specific condition and its severity.,

treatment: management includes lifestyle changes such as a healthy diet, regular exercise, and medications like statins and antihypertensives. in some cases, procedures such as angioplasty or surgery may be needed.,

prevention: healthy lifestyle choices, regular health check-ups, and managing risk factors such as high blood pressure and cholesterol levels.,

complications: heart attack, stroke, heart failure, and sudden cardiac arrest.

name: chronic obstructive pulmonary disease,

description: copd is a group of progressive lung diseases that cause breathing difficulties, including emphysema and chronic bronchitis.,

transmission: not directly transmitted; primarily caused by long-term exposure to irritating substances such as cigarette smoke and air pollution.,

symptoms: chronic cough, mucus production, shortness of breath, wheezing, and chest tightness. symptoms typically worsen over time.,

treatment: management includes smoking cessation, medications such as bronchodilators and corticosteroids, and pulmonary rehabilitation. oxygen therapy may be required for severe cases.,

prevention: avoiding smoking and exposure to pollutants, maintaining a healthy lifestyle, and managing respiratory infections promptly.,

complications: respiratory infections, lung cancer, heart problems, and exacerbations leading to decreased lung function.

name: multiple sclerosis (ms),

description: multiple sclerosis is a chronic autoimmune disease that affects the central nervous system, leading to a range of neurological symptoms.,

transmission: not directly transmitted; believed to involve genetic, environmental, and immune system factors. some viruses may trigger ms in genetically predisposed individuals.,

symptoms: varies widely but may include vision problems, muscle weakness, difficulty with coordination and balance, numbness or tingling, and cognitive changes.,

treatment: medications to modify the course of the disease, manage symptoms, and address relapses. physical therapy and occupational therapy can help with symptom management.,

prevention: currently, no known prevention. early diagnosis and treatment can help manage symptoms and slow disease progression.,

complications: mobility issues, cognitive impairment, and severe disability in advanced stages.

name: other diseases,

diseases:

name: aids,

description: human immunodeficiency virus (hiv) attacks the immune system, specifically the cd4 cells, leading to acquired immunodeficiency syndrome (aids) when the immune system is severely damaged.,

transmission: transmitted through contact with certain body fluids of an infected person, including blood, semen, vaginal fluids, rectal fluids, and breast milk.,

symptoms: acute flu-like symptoms initially, followed by a prolonged asymptomatic phase. advanced stages (aids) can include weight loss, frequent infections, and certain cancers.,

treatment: antiretroviral therapy (art) to reduce viral load and improve immune function.,

complications: opportunistic infections, certain cancers, and immune system failure.,

prevention: use of condoms, pre-exposure prophylaxis (prep), regular hiv testing, and avoiding sharing needles.

name: hiv,

description: human immunodeficiency virus (hiv) attacks the immune system, specifically the cd4 cells, leading to acquired immunodeficiency syndrome (aids) when the immune system is severely damaged.,

transmission: transmitted through contact with certain body fluids of an infected person, including blood, semen, vaginal fluids, rectal fluids, and breast milk.,

symptoms: acute flu-like symptoms initially, followed by a prolonged asymptomatic phase. advanced stages (aids) can include weight loss, frequent infections, and certain cancers.,

treatment: antiretroviral therapy (art) to reduce viral load and improve immune function.,

complications: opportunistic infections, certain cancers, and immune system failure.,

prevention: use of condoms, pre-exposure prophylaxis (prep), regular hiv testing, and avoiding sharing needles.

name: chronic obstructive pulmonary disease,

description: copd is a progressive lung disease characterized by persistent airflow limitation and breathing difficulties, primarily caused by smoking.,

transmission: not transmissible; primarily caused by long-term exposure to irritants such as tobacco smoke and pollutants.,

symptoms: chronic cough, sputum production, shortness of breath, and wheezing.,

treatment: medications including bronchodilators and steroids, pulmonary rehabilitation, and smoking cessation.,

complications: respiratory infections, heart problems, and decreased quality of life.,

prevention: avoiding smoking, reducing exposure to lung irritants, and regular exercise.

name: cystic fibrosis,

description: cystic fibrosis is a genetic disorder that affects the respiratory and digestive systems, causing thick, sticky mucus production that leads to blockages and infections.,

transmission: inherited in an autosomal recessive pattern. both parents must be carriers of the cfr gene mutation.,

symptoms: chronic cough, lung infections, difficulty breathing, poor growth, and digestive issues.,

treatment: medications to manage symptoms and infections, chest physiotherapy, and enzyme supplements.,

complications: respiratory failure, digestive complications, and diabetes.,

prevention: no prevention; early diagnosis and treatment can improve outcomes.

name: rheumatoid arthritis,

description: rheumatoid arthritis is an autoimmune disorder that primarily affects the joints, leading to inflammation, pain, and potential joint damage.,

transmission: not transmissible; influenced by genetics, gender, and environmental factors.,

symptoms: joint pain, swelling, stiffness, and reduced joint function. symptoms often affect both sides of the body.,

treatment: medications including disease-modifying antirheumatic drugs (dmards) and biologics, physical therapy, and lifestyle changes.,

complications: joint deformity, osteoporosis, and cardiovascular issues.,

prevention: no known prevention; early treatment can help manage symptoms and prevent joint damage.

name: gout,

description: gout is a form of arthritis characterized by sudden and severe pain, redness, and swelling in the joints due to the accumulation of uric acid crystals.,

transmission: not transmissible; influenced by genetics, diet, and other risk factors.,

symptoms: intense joint pain, especially in the big toe, swelling, redness, and warmth in affected joints.,

treatment: medications to reduce pain and inflammation, dietary changes to lower uric acid levels, and lifestyle modifications.,

complications: joint damage, frequent gout attacks, and potential kidney stones.,

prevention: avoiding foods high in purines, maintaining a healthy weight, and staying hydrated.

name: schizophrenia,

description: schizophrenia is a chronic mental health disorder characterized by distorted thinking, perceptions, emotions, language, sense of self, and behaviour.,



transmission: not transmissible; influenced by genetics, brain chemistry, and environmental factors.,

symptoms: hallucinations, delusions, disorganized thinking, and impaired functioning.,

treatment: antipsychotic medications, psychotherapy, and support services to help manage symptoms and improve quality of life.,

complications: chronic disability, social isolation, and increased risk of other mental health conditions.,

prevention: no known prevention; early intervention and treatment can help manage symptoms and improve outcomes.