

No	Citation	Condition	Common Symptoms
1	High blood pressure. (2024, July 22). Nhs.Uk. https://www.nhs.uk/conditions/high-blood-pressure/	Hypertension (High Blood Pressure)	Severe headaches Chest pain Dizziness Breathing difficulty Nausea, vomiting Blurred vision Anxiety, confusion Tinnitus Nosebleeds Irregular heartbeat Often no symptoms
2	High cholesterol—Symptoms, causes and levels. (n.d.). British Heart Foundation. Retrieved 9 April 2025, from https://www.bhf.org.uk/informationsupport/risk-factors/high-cholesterol	High Cholesterol	Familial cases: Tendon xanthomata, Xanthelasmata, Corneal arcus
3	Obesity. (2017, November 23). Nhs.Uk. https://www.nhs.uk/conditions/obesity/	Obesity	Breathlessness Sweating Snoring Difficulty with activity Fatigue Joint/back pain Low self-esteem Isolation Joint pain, tenderness, stiffness Inflammation Limited joint movement Red, warm skin over joints reduction in height Muscle weakness/wasting Chest pain (angina) Shortness of breath Pain in neck, shoulders, jaw, or arms Faintness Nausea Tiredness, dizziness, fainting Headache Increased hunger/thirst Unintended weight loss Frequent urination Numbness/tingling Blurred vision Slow wound healing Skin infections Breathlessness (especially lying down or at night) Fatigue Swollen legs/ankles Lightheadedness, fainting Persistent cough Wheezing
4	Aging changes in body shape: MedlinePlus Medical Encyclopedia. (n.d.). Retrieved 9 April 2025, from https://medlineplus.gov/ency/article/003998.htm	Arthritis, Sarcopenia	
5	Coronary heart disease. (2018, October 3). Nhs.Uk. https://www.nhs.uk/conditions/coronary-heart-disease/	Coronary Heart Disease(a.k.a Ischemic Heart Disease)	
6	Diabetes in Older People. (2024, April 10). National Institute on Aging. https://www.nia.nih.gov/health/diabetes/diabetes-older-people	Diabetes	
7	Heart failure. (2017, October 23). Nhs.Uk. https://www.nhs.uk/conditions/heart-failure/	Heart Failure	

			Bloating Appetite/weight changes Confusion Rapid/irregular heartbeat Persistent sad/anxious mood Hopelessness, guilt Irritability, restlessness Loss of interest in activities Fatigue Slowed movement/speech Difficulty thinking/concentrating Neglect of responsibilities Sleep and appetite changes Substance use Suicidal thoughts/attempts Trouble falling asleep Sleeping too much/oversleeping Daytime Napping Difficulty falling or staying asleep due to abnormal leg sensation Excessive daytime sleepiness despite adequate sleep time Abnormal behaviour such as shouting or wandering during sleep Day/night sleep reversal
8	Depressions & Anxiety Symptoms, Causes & Treatment Age UK. (n.d.). Retrieved 9 April 2025, from https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/depression-anxiety/	Depression	
9	Suzuki, K., Miyamoto, M., & Hirata, K. (2017). Sleep disorders in the elderly: Diagnosis and management. Journal of General and Family Medicine, 18(2), 61–71. https://doi.org/10.1002/jgf2.27	Insomnia (Sleep Disorder)	
10	Symptoms of dementia. (2023, August 18). Nhs.Uk. https://www.nhs.uk/conditions/dementia/symptoms-and-diagnosis/symptoms/	Dementia	Memory loss Difficulty concentrating Trouble following conversations or finding words Confusion about time/place Mood changes Regularly forgetting recent events, names, and faces Repetitive questioning Difficulty with planning and tasks Disorientation Trouble with words, numbers, money Social withdrawal, anxiety Stroke-like symptoms (e.g., muscle weakness, paralysis) Walking/movement issues Problems with attention, planning, reasoning Mood changes (e.g., depression) delirium (confusion) altered mental status dizziness falls anorexia (loss of appetite) urinary incontinence Shortness of breath chesty cough with phlegm frequent chest infections persistent wheezing weight loss
11	Symptoms of dementia. (2023, August 18). Nhs.Uk. https://www.nhs.uk/conditions/dementia/symptoms-and-diagnosis/symptoms/	Alzheimer's Disease (No.1 Dementia type)	
12	Symptoms of dementia. (2023, August 18). Nhs.Uk. https://www.nhs.uk/conditions/dementia/symptoms-and-diagnosis/symptoms/	Vascular Dementia (No.2 Dementia type)	
13	Vitali, A., Dini, S., Cozza, M., Gianturco, V., Brunori, M., & Mazza, L. (2024). Sepsis and septic shock in geriatrics. Geriatric Care, 10. https://doi.org/10.4081/gc.2024.11709	Sepsis	
14	https://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/symptoms/	COPD	

<https://www.nhs.uk/every-mind-matters/lifes-challenges/loneliness/#signs%20or%20symptoms>

Loneliness

Tiredness

swollen ankles from a build-up of fluid (oedema)

chest pain and coughing up blood, which is indicative of more serious conditions

anxiety regarding attending social events

change in daily routines such as stopping to cook for oneself and taking of one's appearance

difficulty in falling and staying asleep