

Sample Questions

You: What are the early symptoms of heart disease?

Bot: Shortness of breath or trouble breathing, especially with physical exertion Fatigue (tiredness) Swelling in the ankles, feet, legs, abdomen, and veins in the neck Other signs and symptoms may include dizziness; light-headedness; fainting during physical activity; arrhythmias (irregular heartbeats); chest pain, especially after physical exertion or heavy meals; and heart murmurs

You: How can diabetes be prevented?

Bot: Manage your blood glucose, blood pressure, and cholesterol and avoid smoking

You: What are the common symptoms of asthma?

Bot: Coughing. Coughing from asthma often is worse at night or early in the morning, making it hard to sleep. Wheezing. Wheezing is a whistling or squeaky sound that occurs when you breathe. Chest tightness. This may feel like something is squeezing or sitting on your chest. Shortness of breath. Some people who have asthma say they can't catch their breath or they feel out of breath. You may feel like you can't get air out of your lungs.

You: How does hypertension affect the body?

Bot: High blood pressure can strain your heart, damage your blood vessels, and increase your risk of heart attack, stroke, eye problems, and kidney problems

You: What lifestyle changes help manage chronic diseases?

Bot: Eat a variety of healthy foods, and limit calories and saturated fat