

Common Health Conditions and Treatments

1. Diabetes

- **Symptoms:** Increased thirst, frequent urination, fatigue.
- **Treatment:** Insulin therapy, oral medications, healthy diet, regular exercise.
- **Prevention:** Maintaining a balanced diet, exercising regularly, avoiding excessive sugar intake.

2. Hypertension (High Blood Pressure)

- **Symptoms:** Headaches, dizziness, chest pain in severe cases.
- **Treatment:** Lifestyle changes (low-salt diet, exercise), medications (beta-blockers, ACE inhibitors).
- **Prevention:** Reducing sodium intake, regular exercise, stress management.

First Aid Procedures

Choking:

- Perform the **Heimlich maneuver**: Stand behind the person, place hands above their navel, and push inwards and upwards.
- If the person is unconscious, perform **CPR** and call emergency services.

Diet Recommendations

For Heart Health:

- Eat more **fruits, vegetables, and whole grains**.
- Avoid **fried and processed foods**.
- Maintain **low sodium** intake.

When to See a Doctor

- **Fever lasting more than 3 days.**
- **Persistent chest pain or difficulty breathing.**
- **Sudden dizziness or confusion.**