<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>Brian's Medical Blog</title>

<style>

body {

font-family: Arial, sans-serif;

background-color: #f4f4f4;

color: #333;

margin: 0;

padding: 0;

}

header {

background-color: #ff4d4d;

color: white;

padding: 20px;

text-align: center;

}

nav {

background-color: #333;

overflow: hidden;

}

nav a {

float: left;

display: block;

color: white;

text-align: center;

padding: 14px 20px;

text-decoration: none;

}

nav a:hover {

background-color: #ff4d4d;

}

section {

padding: 20px;

}

footer {

background-color: #333;

color: white;

text-align: center;

padding: 10px;

position: fixed;

width: 100%;

bottom: 0;

}

h1, h2 {

color: #ff4d4d;

}

.content {

background-color: white;

padding: 20px;

border-radius: 10px;

margin-bottom: 20px;

}

</style>

</head>

<body>

<header>

<h1>Brian's Medical Blog</h1>

<p>Insights into Medical Conditions, Lifestyle, and Social Issues</p>

</header>

<nav>

<a href="#about">About Me</a>

<a href="#conditions">Medical Conditions</a>

<a href="#lifestyle">Lifestyle Advice</a>

<a href="#social">Social Issues</a>

</nav>

<section id="about">

<div class="content">

<h2>About Me</h2>

<p>Hi, I'm Brian. Welcome to my blog where I write about medical topics, offering helpful advice and insights on conditions, lifestyle choices, and the broader societal issues that impact health. Stay tuned for regular updates!</p>

</div>

</section>

<section id="conditions">

<div class="content">

<h2>Medical Conditions</h2>

<p>Here, I'll be discussing various medical conditions, offering detailed explanations and ways to manage them effectively. Check back for my latest articles on common and rare health issues.</p>

</div>

</section>

<section id="lifestyle">

<div class="content">

<h2>Lifestyle Advice</h2>

<p>Your lifestyle choices significantly impact your health. In this section, I'll provide tips on diet, exercise, and habits that promote well-being.</p>

</div>

</section>

<section id="social">

<div class="content">

<h2>Social Issues</h2>

<p>Health isn't just about personal choices—it's influenced by social factors. Here, I'll explore the societal challenges that affect health, such as access to care, public health policies, and more.</p>

</div>

</section>

<footer>

<p>© 2024 Brian's Medical Blog</p>

</footer>

</body>

</html>