

Achilles Tendinitis	Inflammation of the Achilles tendon (heel) causing pain and stiffness	Rest - Ice application initially, then heat - Stretching exercises - Supportive footwear	- Pain relievers (over-the-counter or prescription) - Corticosteroid injections (consult a doctor)	
Acne	Inflammatory skin condition causing pimples	- Gentle skincare routine - Regular cleansing and non-comedogenic products - Dietary adjustments (consult a doctor/nutritionist)	- Topical retinoids, antibiotics, benzoyl peroxide - Oral antibiotics (severe cases)	
Allergic Rhinitis (Hay Fever)	Runny nose, sneezing, itchy eyes due to allergens	- Identify and avoid triggers (pollen, dust mites, pet dander) - Over-the-counter antihistamines, nasal corticosteroids	- Allergy shots (immunotherapy)	
Anemia	Low red blood cell count causing fatigue and weakness	- Iron-rich diet (red meat, leafy greens) - Vitamin B12 supplements (if deficiency present)	- Iron supplements (consult a doctor)	
Angioedema	Swelling of deep skin layers causing localized puffiness (face, lips, eyelids)	Antihistamines (consult a doctor) - Avoid triggers (allergens, medications)	- Corticosteroids (consult a doctor in severe cases)	
Anorexia Nervosa	Eating disorder characterized by self-starvation and fear of weight gain	Therapy (individual, family) - Nutritional counseling - Hospitalization (severe cases)	- Medications (limited role, consult a doctor)	
Anxiety	Feeling of worry, nervousness, or unease	- Relaxation techniques (deep breathing, meditation) - Regular exercise - Cognitive behavioral therapy (CBT) - Maintaining a healthy sleep schedule	- Anti-anxiety medications (consult a doctor)	
Appendicitis	Inflammation of the appendix causing severe abdominal pain	- Medical emergency - Seek immediate medical attention	- Surgery to remove the appendix	
Arrhythmia (Supraventricular)	Rapid heartbeat originating in the upper chambers of the heart	Vagal maneuvers (consult a doctor) - Lifestyle modifications (exercise, stress management)	- Antiarrhythmic medications (consult a doctor)	
Arteriosclerosis	Hardening and narrowing of arteries due to plaque buildup	Healthy diet (low saturated fat, high fiber) - Regular exercise - Smoking cessation	- Cholesterol-lowering medications (consult a doctor)	
Arthritis (Various Types)	Joint pain, inflammation, and stiffness	- Maintaining a healthy weight - Joint exercises - Physical therapy - Heat or cold therapy	- Pain relievers (over-the-counter or prescription) - Anti-inflammatory medications (consult a doctor)	
Asthma	Chronic inflammatory airway disease causing wheezing, shortness of breath	- Identify and avoid triggers (smoke, allergens) - Inhalers (bronchodilators, corticosteroids) - Air purifiers	- Consult a doctor for medication adjustments	
Asthma Attack	Sudden worsening of asthma symptoms	- Use of rescue inhaler (albuterol) - Sit upright and relax - Seek medical attention if symptoms worsen	- Additional medications (consult a doctor)	
Atherosclerosis	Hardening and narrowing of arteries due to plaque buildup	Healthy diet (low saturated fat, high fiber) - Regular exercise - Smoking cessation	- Cholesterol-lowering medications (consult a doctor)	
Athlete's Foot	Fungal infection of the feet causing itching, burning, and scaling	- Keep feet dry and clean - Antifungal creams or sprays (over-the-counter)	- Prescription antifungal medications (consult a doctor for severe cases)	
Attention Deficit Hyperactivity	Difficulty focusing, hyperactivity, and impulsivity	Behavioral therapy - Parent training - Educational accommodations	- Stimulant medications (consult a doctor) - Non-stimulant medications (consult a doctor for specific cases)	
Back Pain	Pain in the lower back, often from muscle strain or injury	- Proper posture - Strengthening core muscles - Applying heat or ice - Ergonomic adjustments (workstation)	- Pain relievers (over-the-counter or prescription) - Muscle relaxants (consult a doctor)	
Bell's Palsy	Temporary facial paralysis	- Warm compresses - Eye protection (affected eye may not close)	- Corticosteroids (consult a doctor)	
Binge Eating Disorder	Uncontrolled episodes of overeating followed by guilt or shame	Therapy (cognitive-behavioral) - Nutritional counseling	- Antidepressant medications (consult a doctor for specific cases)	
Bipolar Disorder (Manic Episode)	Period of abnormally elevated mood and energy levels	Mood stabilizers (consult a doctor) - Regular sleep schedule - Therapy	- Antipsychotics (consult a doctor in severe cases)	
Blepharitis (Posterior)	Inflammation of the inner eyelid lining	Warm compresses - Gentle eyelid cleaning - Artificial tears	- Antibiotic/steroid eye drops (consult a doctor)	
Blood Clot (Deep Vein Thrombosis)	Blood clot in a deep vein, often in the leg	- Elevate affected leg - Compression stockings - Early medical attention is crucial	- Blood thinners (consult a doctor)	
Blood Clot (Pulmonary Embolism)	Large blood clot that travels to the lungs, causing severe shortness of breath	Emergency medical attention is crucial	- Blood thinners (consult a doctor)	
Bone Fracture (Comminuted)	Fracture with multiple bone fragments	Cast/surgery (consult a doctor) - Physical therapy	- Pain relievers (consult a doctor)	
Bronchitis	Inflammation of the bronchial tubes causing cough, chest congestion	- Rest and hydration - Humidifier - Over-the-counter cough suppressants or expectorants	- Antibiotics (bacterial bronchitis) - Bronchodilators (severe cases)	
Bronchitis (Chronic)	Long-term inflammation of the bronchial tubes causing cough and mucus production	- Smoking cessation - Vaccinations (flu shot, pneumonia) - Bronchodilators (inhalers)	- Other medications to manage symptoms (consult a doctor)	
Bronchitis (Eosinophilic) (Allergic)	Allergic reaction causing airway inflammation with eosinophils (white blood cells)	Identifying and avoiding allergens - Corticosteroid medications	- Additional medications to target eosinophils (consult a doctor)	
Brucellosis	Bacterial infection from unpasteurized dairy products or infected animals	Long-term antibiotic treatment (consult a doctor)	- Pain relievers (consult a doctor)	
Burns (Minor)	Skin injury from heat, chemicals, or electricity	- Cool running water for 10-15 minutes - Cover loosely with sterile bandage - Don't break blisters	- Pain relievers (over-the-counter) - Consult a doctor for severe burns	
Burns (Severe)	Deep burns involving multiple layers of skin	- Cool running water for 10-15 minutes (minor burns) - Seek immediate medical attention for severe burns	- Pain medication, antibiotics, skin grafts (depending on severity)	
Bursitis (Trochanteric)	Inflammation of a bursa near the hip joint	Rest - Ice application - Physical therapy	- Pain relievers (consult a doctor) - Corticosteroid injections (consult a doctor)	
Carcinoid Syndrome	Tumor-produced hormones causing flushing, diarrhea, and wheezing	Surgery (if possible) - Medications to manage symptoms (consult a doctor)	- Chemotherapy (consult a doctor for advanced stages)	
Carpal Tunnel Syndrome	Compression of a nerve in the wrist causing pain, numbness, and tingling	- Wrist splinting - Ergonomic adjustments - Avoiding repetitive hand movements	- Corticosteroid injections, surgery (consult a doctor for severe cases)	
Carpal Tunnel Syndrome (Severe)	Compression of a nerve in the wrist causing severe pain, numbness, and weakness	Wrist splinting - Carpal tunnel release surgery (consult a doctor)	- Corticosteroid injections (consult a doctor for mild cases)	
Carpal Tunnel Syndrome (Mild)	Mildest stage of carpal tunnel with occasional tingling or numbness	Wrist stretches - Avoiding prolonged hand positions	- Wrist splinting (consult a doctor for persistent symptoms)	
Cataracts (Congenital)	Bilateral cataracts present in both eyes at birth or early childhood	Surgery to remove cataracts (consult a doctor)	- Special eyeglasses or contact lenses (consult an ophthalmologist)	
Cataracts (Secondary)	Cataract formation after previous cataract surgery	YAG laser capsulotomy (consult a doctor)	- No medications to reverse secondary cataracts	
Celiac Disease	Autoimmune disorder triggered by gluten	- Strict gluten-free diet	- No medications available, but managing diet controls symptoms	
Celiac Disease (Adults)	Gluten symptoms return after accidental gluten consumption in adults with celiac disease	Strict gluten-free diet	- No medications available, managing diet controls symptoms	
Celiac Disease (Children)	Autoimmune disorder triggered by gluten in children	Strict gluten-free diet	- No medications available, but managing diet controls symptoms	
Cellulitis (Necrotizing)	Severe form of cellulitis with skin tissue death	Emergency medical attention is crucial	- Intravenous antibiotics - Surgery (debridement)	
Cellulitis (Periorbital) (Severe)	Severe bacterial skin infection spreading around the eye	Intravenous antibiotics (consult a doctor)	- Warm compresses (consult a doctor)	
Cerebral Palsy	Group of movement disorders caused by brain damage at birth or early infancy	Physical therapy - Occupational therapy - Speech therapy	- Medications to manage muscle tone (consult a doctor)	
Cervical Cancer	Cancer of the cervix (lower part of the uterus)	Vaccination (HPV) - Safe sex practices	- Surgery (consult a doctor) - Radiation therapy (consult a doctor) - Chemotherapy (consult a doctor)	
Chickenpox	Contagious infection causing itchy blisters	- Calamine lotion - Over-the-counter pain relievers (consult a doctor for dosage)	- Antihistamines (consult a doctor for dosage)	
Cholecystitis (Acute)	Inflammation of the gallbladder	Medical attention is crucial (surgery to remove gallbladder may be necessary)	- Pain relievers (consult a doctor)	
Chondromalacia Patellae (Rabbit Hop)	Cartilage damage behind the kneecap	Strengthening exercises - Stretching - Rest from aggravating activities	- Pain relievers (consult a doctor)	
Chronic Fatigue Syndrome (CFS)	Extreme fatigue lasting for at least 6 months with no identifiable cause	Lifestyle changes (sleep hygiene, exercise) - Cognitive behavioral therapy	- Medications to manage symptoms (consult a doctor)	
Chronic Kidney Disease (Early Stage)	Gradual loss of kidney function	Dietary changes (low protein, low sodium) - Blood pressure control	- Medications to slow disease progression (consult a doctor)	
Colitis (Ulcerative)	Chronic inflammatory bowel disease causing inflammation and ulcers in the colon	Dietary changes (avoiding trigger foods) - Anti-inflammatory medications (consult a doctor)	- Immunosuppressant medications (consult a doctor)	
Common Cold	Upper respiratory infection causing stuffy nose, sore throat, cough	- Rest and hydration - Over-the-counter decongestants, cough suppressants	- Consult a doctor for worsening symptoms or high fever	
Concussion (Mild Traumatic Brain Injury)	Mild head injury causing headache, dizziness, and confusion	Rest - Physical and cognitive rest as advised by a doctor	- Pain relievers (consult a doctor)	
Conjunctivitis (Viral)	Eye inflammation caused by a virus	Cool compresses - Artificial tears	- Antiviral eye drops (consult a doctor in specific cases)	
Constipation	Difficulty passing stools	- Increase fiber intake (fruits, vegetables, whole grains) - Adequate hydration - Regular exercise	- Laxatives (use sparingly, consult a doctor)	
Dengue Fever	Mosquito-borne viral infection causing fever, muscle aches, and rash	- Rest and hydration - Over-the-counter pain relievers (consult a doctor for dosage)	- No specific medication, supportive care is essential	
Dengue Fever (Severe)	Severe form of dengue fever causing bleeding and shock	Immediate medical attention is crucial	- Supportive care (fluids, electrolytes)	
Depression (Major Depressive Disorder)	Persistent feelings of sadness, hopelessness, and loss of interest	- Therapy (CBT, interpersonal therapy) - Regular exercise - Maintaining a healthy sleep schedule	- Antidepressant medications (consult a doctor)	
Depression (Treatment-Resistant)	Depression that does not respond well to initial treatment approaches	Trying different medication combinations (consult a doctor) - Therapy (TMS, ECT)	- Consulting a psychiatrist for specialized treatment plans	
Dermatitis (Atopic)	Chronic inflammatory skin condition causing itching, redness, and eczema	Gentle skincare routine with fragrance-free products - Moisturizing regularly - Identifying and avoiding triggers (consult a doctor)	- Topical corticosteroids, immunosuppressant medications (consult a doctor)	
Diabetes (Type 1 & Type 2)	Chronic condition affecting blood sugar regulation	- Healthy diet - Regular exercise - Blood sugar monitoring	- Insulin injections (Type 1), oral medications (Type 2), consult a doctor	
Diarrhea	Frequent loose stools caused by infection or dietary problems	- Rehydration with clear liquids - BRAT diet (bananas, rice, applesauce, toast)	- Antidiarrheal medications (consult a doctor)	
Disease Name	Description	Possible Remedies (Home Care, Lifestyle Changes)	Potential Medications (Consult a Doctor)	
Eczema	Dry, itchy, and inflamed skin	- Identify and avoid triggers - Gentle skincare routine with fragrance-free products - Moisturizing regularly - Cool compresses	- Topical corticosteroids (consult a doctor)	
Eczema (Atopic)	Chronic inflammatory skin condition causing itching, redness, and dry patches	- Gentle skincare routine - Moisturizing regularly - Identifying and avoiding triggers (consult a doctor)	- Topical corticosteroids, immunosuppressant medications (consult a doctor)	
Endometriosis	Tissue similar to the uterine lining growing outside the uterus, causing pelvic pain	Hormonal birth control (consult a doctor) - Pain relievers (consult a doctor)	- Surgery (laparoscopy) in severe cases (consult a doctor)	
Epilepsy	Neurological disorder causing seizures	- Taking medications as prescribed - Avoiding seizure triggers (stress, lack of sleep)	- Anti-seizure medications (consult a doctor)	
Fever	Body temperature above normal range	- Rest and hydration - Remove excess clothing - Lukewarm baths (avoid sparging)	- Consult a doctor for persistent or high fever	
Fibromyalgia	Chronic condition causing widespread musculoskeletal pain, fatigue, and sleep problems	Exercise - Relaxation techniques (yoga, meditation) - Stress management	- Pain relievers (consult a doctor) - Sleep medications (consult a doctor for short-term use)	
Food Allergy	Immune system reaction to a specific food protein	- Strict avoidance of the allergenic food	- Epinephrine auto-injector (consult a doctor for severe allergies)	
Food Poisoning	Illness caused by consuming contaminated food or water	- Rehydration with clear liquids - BRAT diet - Rest	- Over-the-counter anti-diarrheal medications (consult a doctor)	
Foodborne Illness (Botulism)	Serious illness caused by a bacterial toxin in contaminated food	Seek immediate medical attention	- Antitoxin (consult a doctor)	
Foot Pain (Plantar Fasciitis)	Inflammation in the sole of the foot	- Rest and ice application - Supportive footwear with good arch support - Stretching exercises	- Pain relievers (over-the-counter or prescription) - Corticosteroid injections (consult a doctor)	
Gallstones	Hard deposits formed in the gallbladder causing pain	- Dietary changes (low-fat diet)	- Surgery to remove the gallbladder (consult a doctor)	
Gastroesophageal Reflux Disease (GERD)	Persistent acid reflux causing heartburn and other symptoms	- Dietary changes (avoiding trigger foods) - Maintaining a healthy weight - Medications to reduce stomach acid (consult a doctor)		
Glaucoma	Group of eye diseases causing damage to the optic nerve	- Regular eye exams - Eye drops to reduce eye pressure (consult a doctor)	- Laser surgery	
Gout	Sudden and severe pain in joints, often in the big toe	- Dietary changes (low purine diet) - Maintaining a healthy weight - Regular exercise	- Pain relievers (over-the-counter or prescription) - Anti-inflammatory medications (consult a doctor)	

Hand, Foot, and Mouth Disease	Contagious viral infection causing fever, mouth sores, and a rash on hands and feet	Rest and hydration - Over-the-counter pain relievers (consult a doctor for dosage)	- No specific medication
Headache	Throbbing pain in the head	- Rest and relaxation - Identifying and avoiding triggers - Over-the-counter pain relievers	
Hearing Loss	Gradual or sudden decrease in hearing ability	- Hearing aids (consult an audiologist)	- Medications (limited cases)
Heartburn (GERD)	Acid reflux causing burning sensation in chest	- Smaller, more frequent meals - Avoiding trigger foods (spicy, fatty) - Maintaining a healthy weight	- Over-the-counter antacids or H2 blockers - Prescription medications (consult a doctor)
Hemorrhoids	Swollen veins in the anus or rectum causing pain and bleeding	- High-fiber diet - Sitz baths - Stool softeners	- Surgery (consult a doctor for severe cases)
Hepatitis (A, B, C)	Viral infections affecting the liver	- Vaccination (Hepatitis A & B) - Safe sex practices (Hepatitis B & C)	- Antiviral medications (consult a doctor)
Hepatitis (Autoimmune)	Liver inflammation caused by the immune system attacking healthy liver cells	Dietary changes - Avoiding alcohol and hepatotoxic medications	- Immunosuppressant medications (consult a doctor)
High Blood Pressure (Hypertension)	Elevated blood pressure	- Healthy diet (low sodium) - Regular exercise - Weight management - Stress reduction techniques	- Antihypertensive medications (consult a doctor)
High Blood Sugar (Hyperglycemia)	Short-term elevated blood sugar levels (often in diabetes)	- Blood sugar monitoring - Dietary adjustments (consult a doctor/nutritionist)	- Insulin (consult a doctor)
High Cholesterol	High levels of cholesterol in the blood	- Healthy diet (low saturated fat, high fiber) - Regular exercise - Weight management	- Cholesterol-lowering medications (consult a doctor)
Human Immunodeficiency Virus (HIV)	Virus that attacks the immune system	- Safe sex practices - Pre-exposure prophylaxis (PrEP)	- Antiretroviral therapy (ART) (consult a doctor)
Human Papillomavirus (HPV)	Sexually transmitted virus	- Safe sex practices (vaccination, condoms)	- Treatment for associated conditions (warts, cervical cancer)
Human Papillomavirus (HPV)	HPV infection in individuals who have been vaccinated	May not develop symptoms or warts	- Monitor for changes (consult a doctor)
Hypertension (Pregnancy-Induced)	High blood pressure during pregnancy	- Early medical attention is crucial - Medications (consult a doctor)	
Hyperthyroidism (Graves' Disease)	Overactive thyroid gland causing weight loss, anxiety, and tremors	Antithyroid medications (consult a doctor) - Radioactive iodine treatment (consult a doctor)	
Indigestion	Upset stomach or discomfort after eating	- Smaller, more frequent meals - Avoiding trigger foods (greasy, spicy)	- Over-the-counter antacids or digestive enzymes
Inflammatory Bowel Disease (IBD)	Chronic inflammatory bowel disease with unknown cause	Dietary changes (avoiding trigger foods) - Anti-inflammatory medications (consult a doctor)	- Immunosuppressant medications (consult a doctor)
Insomnia	Difficulty falling asleep or staying asleep	- Regular sleep schedule - Relaxation techniques before bed - Creating a sleep-conducive environment	- Sleep medications (consult a doctor, short-term use)
Irritable Bowel Syndrome (IBS)	Chronic intestinal disorder causing abdominal pain, cramping, and diarrhea/constipation	- Dietary changes (low FODMAP) - Stress management	- Medications to manage symptoms (consult a doctor)
Kidney Disease (Chronic)	Gradual loss of kidney function	- Dietary adjustments (low protein, low sodium) - Blood pressure control	- Dialysis or kidney transplant (consult a doctor)
Kidney Stones	Hard deposits formed in the kidneys	- Adequate hydration - Dietary adjustments (consult a doctor/nutritionist)	- Pain relievers (over-the-counter or prescription) - Medications to pass stones
Lactose Intolerance	Difficulty digesting lactose (sugar in milk)	- Avoiding lactose-containing dairy products (alternatives available)	- Lactase enzyme supplements (consult a doctor)
Lactose Intolerance (Severe)	Difficulty digesting lactose (sugar in milk) causing severe digestive symptoms	Complete avoidance of lactose-containing dairy products	- Lactase enzyme supplements (consult a doctor)
Laryngitis	Inflammation of the voice box causing hoarseness or loss of voice	- Voice rest - Plenty of fluids - Humidifier	- Corticosteroids (consult a doctor)
Lyme Disease	Bacterial infection transmitted by ticks causing fever, rash, and joint pain	- Early antibiotic treatment (consult a doctor)	
Malaria	Parasitic infection transmitted by mosquitoes causing fever, chills, and sweating	- Antimalarial medications (consult a doctor)	
Melanoma (Skin Cancer)	Most serious form of skin cancer, arising from pigment-producing cells	Sun protection (SPF 30+ sunscreen, sun-protective clothing) - Skin cancer screenings (consult a doctor)	- Surgery (most common treatment) - Immunotherapy (consult a doctor)
Meniere's Disease	Inner ear disorder causing vertigo, tinnitus, and hearing loss	Dietary changes (reducing salt intake) - Diuretics (consult a doctor)	
Meningitis	Inflammation of the membranes surrounding the brain and spinal cord	- Early medical attention is crucial - Antibiotics (bacterial meningitis)	
Menstrual Cramps	Painful cramps during menstruation	- Applying heat - Over-the-counter pain relievers (NSAIDs)	- Hormonal birth control (consult a doctor)
Migraine	Severe headaches with throbbing pain, often accompanied by nausea	- Identifying and avoiding triggers (stress, food, etc.) - Relaxation techniques - Regular sleep schedule	- Pain relievers (over-the-counter or prescription) - Anti-migraine medications (consult a doctor)
Migraine Aura Without Headache	Visual disturbances (aura) without a subsequent migraine headache	Same as migraine (see previous table)	- Consult a doctor for specific treatment plans
Migraine with Aura	Migraine headaches preceded by visual disturbances (aura)	Same as migraine (see previous table)	- Consult a doctor for specific treatment plans
Mononucleosis (Mono)	Viral infection causing fever, sore throat, and swollen lymph nodes	- Rest and hydration - Over-the-counter pain relievers (consult a doctor for dosage)	
Motion Sickness	Nausea, dizziness, and sweating caused by motion	- Avoiding triggers (reading in cars, etc.) - Ginger (tea, candies) - Over-the-counter anti-nausea medications	- Prescription anti-nausea medications (consult a doctor for extended travel)
Motion Sickness (Severe)	Debilitating nausea, vomiting, and dizziness caused by motion	- Prescription anti-nausea medications (consult a doctor)	
Multiple Sclerosis (MS)	Autoimmune disease affecting the central nervous system	- Disease-modifying therapies (consult a doctor)	- Medications to manage symptoms (consult a doctor)
Mumps	Viral infection causing swelling of the salivary glands	- Vaccination (MMR) - Over-the-counter pain relievers (consult a doctor for dosage)	
Muscle Strain	Overexertion or misuse of muscles, causing pain and tenderness	- Rest - Applying ice initially, then heat - Gentle stretching exercises	- Pain relievers (over-the-counter or prescription)
Nausea and Vomiting	Feeling of sickness and urge to vomit	- Identifying and avoiding triggers - Rest - Small sips of clear liquids	- Over-the-counter anti-nausea medications (consult a doctor for persistent symptoms)
Osteoporosis	Weakening of bones, increasing fracture risk	- Calcium and vitamin D supplements - Weight-bearing exercises	- Bisphosphonates (consult a doctor)
Panic Attacks	Sudden episodes of intense fear and anxiety	- Relaxation techniques (deep breathing, meditation) - Therapy (CBT)	- Anti-anxiety medications (consult a doctor)
Parkinson's Disease	Neurodegenerative disorder affecting movement and coordination	- Medications to manage symptoms (consult a doctor) - Physical therapy	- No cure available
Pinkeye (Conjunctivitis)	Inflammation of the conjunctiva (eye lining)	- Warm compresses - Avoiding touching or rubbing the eyes - Over-the-counter eye drops (consult a doctor for bacterial infections)	- Antibiotic eye drops (consult a doctor)
Pneumonia	Infection of the lungs causing cough, fever, and difficulty breathing	- Antibiotics (bacterial pneumonia) - Rest and hydration	
Poison Ivy/Oak/Sumac	Skin rash caused by contact with plants	- Washing exposed skin immediately - Calamine lotion or cool compresses	- Antihistamines (over-the-counter or prescription) - Steroid creams (consult a doctor)
Pre-eclampsia (Pregnancy)	High blood pressure and signs of organ damage during pregnancy	Early medical attention is crucial	- Medications (consult a doctor)
Premenstrual Syndrome (PMS)	Symptoms like mood swings and bloating before menstruation	- Exercise - Healthy diet - Stress management - Maintaining a regular sleep schedule	- Over-the-counter pain relievers (consult a doctor for severe symptoms)
Psoriasis	Chronic autoimmune skin condition causing red, scaly patches	- Moisturizing creams - Topical corticosteroids - Light therapy (consult a doctor)	
Rosacea	Skin condition causing redness, bumps, and visible blood vessels	- Gentle skincare routine - Avoiding triggers (sun exposure, spicy foods)	- Topical medications (consult a doctor)
Seasonal Allergies	Allergic reactions triggered by seasonal allergens (pollen)	- Over-the-counter antihistamines - Nasal corticosteroids - Air purifiers	- Allergy shots (immunotherapy)
Shingles	Viral infection causing a painful rash, often following chickenpox	- Vaccination (Shingrix) - Pain relievers (consult a doctor)	
Shingles (Postherpetic Neuralgia)	Nerve pain that can persist after a shingles rash heals	Pain relievers (consult a doctor) - Antidepressants (consult a doctor for specific cases)	
Sinusitis	Inflammation of the sinuses causing facial pain, congestion, and headache	- Rest and hydration - Humidifier - Nasal decongestants (short-term use)	- Antibiotics (bacterial sinusitis) - Corticosteroids (consult a doctor)
Skin Cancer (Various Types)	Uncontrolled growth of abnormal skin cells	- Sun protection (SPF 30+ sunscreen)	
Sleep Apnea	Pauses in breathing during sleep, causing disrupted sleep patterns	- Lifestyle changes (weight management) - CPAP machine (consult a doctor)	- Surgery (consult a doctor for severe cases)
Strep Throat	Bacterial infection causing sore throat, fever, and swollen lymph nodes	- Antibiotics (consult a doctor) - Gargling with warm salt water	
Sunburn	Skin damage caused by excessive UV exposure	- Cool baths or showers - Moisturizing lotion - Aloe vera gel	- Pain relievers (over-the-counter)
Tendinitis	Inflammation of a tendon causing pain and tenderness	- Rest - Ice application - Stretching exercises	- Pain relievers (consult a doctor for dosage)
Testicular Cancer	Uncontrolled growth of abnormal cells in the testicles	- Early medical attention is crucial - Surgery, radiation, or chemotherapy (consult a doctor)	
Thyroid Disorders (Various Types)	Issues with the thyroid gland affecting metabolism	Dietary adjustments (consult a doctor/nutritionist)	- Thyroid hormone medication (consult a doctor)
Tuberculosis (TB)	Bacterial infection affecting the lungs	- Long-term antibiotic treatment (consult a doctor)	
Urinary Incontinence	Loss of bladder control	- Pelvic floor muscle exercises (Kegels) - Dietary changes (avoiding bladder irritants)	- Medications (consult a doctor)
Urinary Tract Infection (UTI)	Infection in the urinary system	- Increased fluid intake - Cranberry juice (may help)	- Antibiotics (consult a doctor)
Vaginal Yeast Infection (Candida)	Fungal infection causing vaginal itching and burning	- Over-the-counter antifungal creams or suppositories	- Prescription antifungal medications (consult a doctor for recurrent infections)
Yeast Infection	Fungal infection in the vagina or penis	- Over-the-counter antifungal creams or suppositories	- Prescription antifungal medications (consult a doctor for recurrent infections)