1. **AIDS**

Signs and Symptoms

Symptoms of AIDS are caused by the deterioration of the immune system and the decline of CD4+ T cells, which are the immune system's key infection fighters. As soon as HIV enters the body, it begins to destroy these cells. Some common symptoms include:

Diarrhea that lasts for more than a week

Dry cough

Memory loss, depression and neurological disorders

Pneumonia

Profound, unexplained fatigue

Rapid weight loss

Recurring fever or profuse night sweats

Red, brown, pink or purplish blotches on or under the skin or inside the mouth, nose or eyelids

Swollen lymph glands in the armpits, groin or neck

White spots or unusual blemishes on the tongue, in the mouth, or in the throat11

1. **Allergies**

An allergy is where your body reacts to something that's normally harmless like pollen, dust or animal fur. The symptoms can be mild, but for some people they can be very serious.

Causes of allergies

Things that cause allergic reactions are called allergens.

Common allergens include:

tree and grass pollen (hay fever)

house dust mites

foods, such as peanuts, milk and eggs (food allergy)

animal fur, particularly from pets like cats and dogs

insect stings, such as bee and wasp stings

certain medicines

Check if it's an allergy

Symptoms of an allergic reaction can include:

a runny nose or sneezing

pain or tenderness around your cheeks, eyes or forehead

coughing, wheezing or breathlessness

itchy skin or a raised rash (hives)

diarrhoea

feeling or being sick

swollen eyes, lips, mouth or throat

1. **Type 1 diabetes**

Type 1 diabetes symptoms can appear suddenly and may include:

Feeling more thirsty than usual

Urinating a lot

Bed-wetting in children who have never wet the bed during the night

Feeling very hungry

Losing weight without trying

Feeling irritable or having other mood changes

Feeling tired and weak

Having blurry vision

1. **Type 2 diabetes**

Signs and symptoms of type 2 diabetes often develop slowly. In fact, you can be living with type 2 diabetes for years and not know it. When signs and symptoms are present, they may include:

Increased thirst

Frequent urination

Increased hunger

Unintended weight loss

Fatigue

Blurred vision

Slow-healing sores

Frequent infections

Numbness or tingling in the hands or feet

Areas of darkened skin, usually in the armpits and neck

**5) Normal blood pressure.**

Blood pressure is 120/80 mm Hg or lower.

Elevated blood pressure. The top number ranges from 120 to 129 mm Hg and the bottom number is below, not above, 80 mm Hg.

Stage 1 hypertension. The top number ranges from 130 to 139 mm Hg or the bottom number is between 80- and 89-mm Hg.

Stage 2 hypertension. The top number is 140 mm Hg or higher or the bottom number is 90 mm Hg or higher.

Blood pressure higher than 180/120 mm Hg is considered a hypertensive emergency or crisis. Seek emergency medical help for anyone with these blood pressure numbers.

Untreated, high blood pressure increases the risk of heart attack, stroke and other serious health problems. It's important to have your blood pressure checked at least every two years starting at age 18. Some people need more-frequent checks.

Healthy lifestyle habits —such as not smoking, exercising and eating well — can help prevent and treat high blood pressure. Some people need medicine to treat high blood pressure.

Products & Services

Blood Pressure Monitors

Symptoms

Most people with high blood pressure have no symptoms, even if blood pressure readings reach dangerously high levels. You can have high blood pressure for years without any symptoms.

A few people with high blood pressure may have:

Headaches

Shortness of breath

Nosebleeds

However, these symptoms aren't specific. They usually don't occur until high blood pressure has reached a severe or life-threatening stage

**6) COVID-19**

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms.

Possible symptoms include:

Fever or chills

Cough

Shortness of breath or difficulty breathing

Fatigue

Muscle or body aches

Headache

New loss of taste or smell

Sore throat

Congestion or runny nose

Nausea or vomiting

Diarrhea

**7) Common Cold**

Symptoms of a cold usually peak within 2 to 3 days and can include:

Sneezing

Stuffy nose

Runny nose

Sore throat

Coughing

Mucus dripping down your throat (post-nasal drip)

Watery eyes

Fever (although most people with colds do not have fever)

**8) Kidney stone**

Very small kidney stones are unlikely to cause many symptoms. They may even go undetected and pass out painlessly when you pee.

Larger kidney stones can cause symptoms, including:

pain in the side of your tummy (abdomen) or groin – men may have pain in their testicles

a high temperature

feeling sweaty

severe pain that comes and goes

feeling sick or vomiting

blood in your urine

urine infects

**9) Hepatitis b**

Symptoms of acute hepatitis B range from mild to severe. They usually appear about 1 to 4 months after you've been infected, although you could see them as early as two weeks after you're infected. Some people, usually young children, may not have any symptoms.

Hepatitis B signs and symptoms may include:

Abdominal pain

Dark urine

Fever

Joint pain

Loss of appetite

Nausea and vomiting

Weakness and fatigue

Yellowing of the skin and the whites of the eyes, also called jaundice

**10) Rheumatoid Arthritis**

Signs and symptoms of RA include:

Pain or aching in more than one joint

Stiffness in more than one joint

Tenderness and swelling in more than one joint

The same symptoms on both sides of the body (such as in both hands or both knees)

Weight loss

Fever

Fatigue or tiredness

Weakness

**11) Chronic kidney failure**

Signs and symptoms o chronic kidney disease develop over time if kidney damage progresses slowly. Loss of kidney function can cause a buildup of fluid or body waste or electrolyte problems. Depending on how severe it is, loss of kidney function can cause:

Nausea

Vomiting

Loss of appetite

Fatigue and weakness

Sleep problems

Urinating more or less

Decreased mental sharpness

Muscle cramps

Swelling of feet and ankles

Dry, itchy skin

High blood pressure (hypertension) that's difficult to control

Shortness of breath, if fluid builds up in the lungs

Chest pain, if fluid builds up around the lining of the heart

**12) Gout**

Signs and symptoms of gout

Any joint can be affected by gout, but it usually affects joints towards the ends of the limbs, such as the toes, ankles, knees and fingers.

Signs and symptoms of gout include:

severe pain in one or more joints

the joint feeling hot and very tender

swelling in and around the affected joint

red, shiny skin over the affected joint

Symptoms develop rapidly over a few hours and typically last three to 10 days. After this time the pain should pass and the joint should return to normal.

Almost everyone with gout will experience further attacks at some point, usually within a year.

**13) glaucoma**

Symptoms of glaucoma

Glaucoma does not usually cause any symptoms to begin with.

It tends to develop slowly over many years and affects the edges of your vision (peripheral vision) first.

For this reason, many people do not realise they have glaucoma, and it's often only picked up during a routine eye test.

If you do notice any symptoms, they might include blurred vision, or seeing rainbow-coloured circles around bright lights.

Both eyes are usually affected, although it may be worse in 1 eye.

Very occasionally, glaucoma can develop suddenly and cause:

intense eye pain

nausea and vomiting

a red eye

a headache

tenderness around the eyes

seeing rings around lights

blurred vision

**14) Leukemia**

Symptoms

Leukemia symptoms vary, depending on the type of leukemia. Common leukemia signs and symptoms include:

Fever or chills

Persistent fatigue, weakness

Frequent or severe infections

Losing weight without trying

Swollen lymph nodes, enlarged liver or spleen

Easy bleeding or bruising

Recurrent nosebleeds

Tiny red spots in your skin (petechiae)

Excessive sweating, especially at night

Bone pain or tenderness

**15) Anemia**

Anemia signs and symptoms vary depending on the cause and severity of anemia. Depending on the causes of your anemia, you might have no symptoms.

Signs and symptoms, if they do occur, might include:

Fatigue

Weakness

Pale or yellowish skin

Irregular heartbeats

Shortness of breath

Dizziness or lightheadedness

Chest pain

Cold hands and feet

Headaches

**16) Heart attack**

Symptoms of a heart attack

Symptoms of a heart attack can include:

chest pain – a feeling of pressure, heaviness, tightness or squeezing across your chest

pain in other parts of the body – it can feel as if the pain is spreading from your chest to your arms (usually the left arm, but it can affect both arms), jaw, neck, back and tummy

feeling lightheaded or dizzy

sweating

shortness of breath

feeling sick (nausea) or being sick (vomiting)

an overwhelming feeling of anxiety (similar to a panic attack)

coughing or wheezing

The chest pain is often severe, but some people may only experience minor pain, similar to indigestion.

While the most common symptom in both men and women is chest pain, women are more likely to have other symptoms such as shortness of breath, feeling or being sick and back or jaw pain.

**17) Hypothyroidism**

Symptoms

Thyroid gland showing larynx and trachea

Thyroid glandOpen pop-up dialog box

The symptoms of hypothyroidism depend on the severity of the condition. Problems tend to develop slowly, often over several years.

At first, you may barely notice the symptoms of hypothyroidism, such as fatigue and weight gain. Or you may think they are just part of getting older. But as your metabolism continues to slow, you may develop more-obvious problems.

Hypothyroidism symptoms may include:

Tiredness.

More sensitivity to cold.

Constipation.

Dry skin.

Weight gain.

Puffy face.

Hoarse voice.

Coarse hair and skin.

Muscle weakness.

Muscle aches, tenderness and stiffness.

Menstrual cycles that are heavier than usual or irregular.

Thinning hair.

Slowed heart rate, also called bradycardia.

Depression.

Memory problems.

**18) Colon Cancer**

Symptoms

Signs and symptoms of colon cancer include:

A persistent change in your bowel habits, including diarrhea or constipation or a change in the consistency of your stool

Rectal bleeding or blood in your stool

Persistent abdominal discomfort, such as cramps, gas or pain

A feeling that your bowel doesn't empty completely

Weakness or fatigue

Unexplained weight loss

Many people with colon cancer experience no symptoms in the early stages of the disease. When symptoms appear, they'll likely vary, depending on the cancer's size and location in your large intestine.

19) Osteoarthritis

The main symptoms of osteoarthritis are pain and stiffness in your joints, which can make it difficult to move the affected joints and do certain activities.

The symptoms may come and go in episodes, which can be related to your activity levels and even the weather. In more severe cases, the symptoms can be continuous.

You should see your GP if you have persistent symptoms of osteoarthritis so they can confirm the diagnosis and prescribe any necessary treatment.

Other symptoms you or your doctor may notice include:

joint tenderness

increased pain and stiffness when you have not moved your joints for a while

joints appearing slightly larger or more "knobbly" than usual

a grating or crackling sound or sensation in your joints

limited range of movement in your joints

weakness and muscle wasting (loss of muscle bulk)

Osteoarthritis can affect any joint in the body, but the most common areas affected are the knees, hips and small joints in the hands. Often, you'll only experience symptoms in 1 joint, or a few joints at any 1 time.

20) Favism

Symptoms of G6PD deficiency can include:

rapid heart rate

shortness of breath

urine that is dark or yellow-orange

fever

fatigue

dizziness

paleness

jaundice, or yellowing of the skin and whites of the eyes