READ ME

Group Mediary

SLE-Info-Page

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SLE (Lupus) Information Page is a page created to instill awareness amongst the society and give better understanding about this disease. We also intend to create this page for the use of the Lupus patients to get guidance and motivation.

1. **Group Contributions**

Table 1 Group Contribution

Name	Contributions	Future Enhancement
Aqmal Khatiman	• Pages: Symptoms. 9 symptoms	• Add more details for every symptom description. • Storage of data using Firebase or JSON for Contibute page
Amira Sufiya	• Pages: Get to Know Lupus, Lupus Life Hacks, About Us • Web Elements: Mediary Logo	• Insert interactive quizzes in Get to Know Lupus page
Maryam Roslan	• Pages: Symptoms, Volunteer, Donate • Web Elements: Base template	• Add details of symptoms

2. **Future Enhancement**

Future enhancement will include storage of data for Contribute page. For the final presentation, we will separate each subpage into a page of their own. We will also provide a full description of each symptoms. An interactive quiz will also be included during the final submission.

3. Use of third-party resources

W3.CSS: All team members use the framework for the organization of the website content and to make the website has a consistent looking.

W3.CSS Card Dropdowns: Team member Aqmal makes use of the Card Dropdowns implementation for the description of every image in Symptoms page.

Graphics: All of the pictures used for this website are obtained from https://unsplash.com/ where it provides a free high-resolution image.

Widgets: The tab widget that has been used for 'Contribute' was obtained from one of the templates from https://www.w3schools.com/w3css/w3css_templates.asp

Name	Web Elements	Modifications
Aqmal Khatiman	- Card Dropdown - Image Overlay Fade	- Remove the image implementation in the dropdown - Combine card dropdown approach with image overlay fade
Amira Sufiya	- Graphics for Lupus Life Hacks - Accordion Widget	Graphics are resized at style.
Maryam Roslan	- Graphics for Symptoms and Contribute - Tab Widget	- Graphics are resized at style. - Colours of background and font.

References

W3 School. Card Dropdowns. Retrieved 11 November 2018 from
https://www.w3schools.com/w3css/w3css_dropdowns.asp

W3 School. Image Overlay Fade. Retrieved 11 November 2018 from
https://www.w3schools.com/howto/howto_css_image_overlay.asp

- Graphics: https://www.pexels.com/

- Graphics: https://www.canva.com/photos/free/

- Fonts: https://fonts.google.com/

- Fonts: https://www.dafont.com/

- Color io: https://material.io/design/

- JQuery API: https://api.jqueryui.com/

- https://www.awwwards.com/websites/css-framework/

- https://getbootstrap.com/docs/4.1/examples/

- Widget: https://www.w3schools.com/w3css/4/w3.css

- Widget:
  https://www.w3schools.com/w3css/tryit.asp?filename=tryw3css_templates_cafe

- Video: https://www.youtube.com/watch?v=Txx2jZyJWYw

- Graphics:

- Brain: https://unsplash.com/photos/rmWtVQN5RzU

- Blood: https://unsplash.com/photos/w9YHKTK-wLo

- Eyes: https://unsplash.com/photos/AlZX3aSW5Iw

- Joints: https://unsplash.com/photos/mwlQKzFvILU

- Constitutional: https://unsplash.com/photos/qczlDsnb7WY

- Skin: https://unsplash.com/photos/oZn9nTbECnc

- Kidney: https://unsplash.com/photos/AITGS-Bi7Io or
  https://unsplash.com/photos/KyC_xxID4Eo

- Lungs/heart: https://unsplash.com/photos/dvXGnwnYweM

- Stomach: https://unsplash.com/photos/-rNjbFcFvUQ or https://unsplash.com/photos/H2pMHssYom8

- Contribute: https://unsplash.com/photos/K0E6E0a0R3A and https://unsplash.com/photos/lbLgFFlADrY

- Food:

    - Water: https://unsplash.com/photos/7TBrWPxqRmg

    - Dark Chocolate: https://unsplash.com/photos/6regCWGgEsc

    - Whole Grains: https://newsnetwork.mayoclinic.org/discussion/making-mayos-recipes-6-ways-to-sneak-whole-grains-into-your-diet/

    - Fruits: https://unsplash.com/photos/_Zn_7FzoL1w

    - Vegetables: https://unsplash.com/photos/IGfIGP5ONV0

    - Beans and nuts: https://unsplash.com/photos/AYTMVeGXG8w

    - Olive oil (+coconut oil): https://unsplash.com/photos/sE6ihVGSd1Q

    - Turmeric and ginger: https://unsplash.com/photos/2QPwodf260Q

    - Probiotics: https://www.thevintagemixer.com/instant-pot-greek-yogurt-recipe/

- Routines:

    - Walking: https://unsplash.com/photos/J1EM-LnV-Eg

    - Stretching Exercises: https://unsplash.com/photos/yaA1X2sPvz4

    - Cold shower: https://unsplash.com/photos/XBWlgUQQ1HI

    - Good Sleep: http://belltimemagazine.ie/tips-for-getting-good-sleep/

    - Massage: https://unsplash.com/photos/yfmjALh1S6s

    - Detox bath: https://unsplash.com/photos/lQb35qVvJGk or https://unsplash.com/photos/-qZ2AKXP2WU

- To Avoid:

    - Cigarettes: https://unsplash.com/photos/Ieq9ciiAf4c

    - Alcohol: https://unsplash.com/photos/udj2tD3WKsY

    - Sugary foods: https://unsplash.com/photos/pGM4sjt_BdQ

- Alfalfa sprouts: https://images.pexels.com/photos/401213/pexels-photo-401213.jpeg?cs=srgb&dl=blur-close-up-focus-401213.jpg&fm=jpg

- Sunlight: https://unsplash.com/photos/gEdPXT6BKcc

- Raw meats: https://images.pexels.com/photos/618775/pexels-photo-618775.jpeg?cs=srgb&dl=beef-chopping-board-fillet-618775.jpg&fm=jpg

- Processed foods: https://images.pexels.com/photos/811101/pexels-photo-811101.jpeg?cs=srgb&dl=background-business-clean-811101.jpg&fm=jpg

- Junk food Trans Fat: https://unsplash.com/photos/tzl1UCXg5Es

- Garlic: https://unsplash.com/photos/muv4YPu4Og4