

,Answers

0,"Any part of your neck muscles, bones, joints, tendons, ligaments, or nerves can cause neck problems. Neck pain is very common. Pain may also come from your shoulder, jaw, head, or upper arms. Muscle strain or tension often causes neck pain. The problem is usually overuse, such as from sitting at a computer for too long. Sometimes you can strain your neck muscles from sleeping in an awkward position or overdoing it during exercise. Falls or accidents, including car accidents, are another common cause of neck pain. Whiplash, a soft tissue injury to the neck, is also called neck sprain or strain. Treatment depends on the cause, but may include applying ice, taking pain relievers, getting physical therapy or wearing a cervical collar. You rarely need surgery."

1,"Heel problems are common and can be painful. Often, they result from too much stress on your heel bone and the tissues that surround it. That stress can come from Injuries Bruises that you get walking, running or jumping Wearing shoes that don't fit or aren't made well Being overweight These can lead to tendinitis, bursitis, and fasciitis, which are all types of inflammation of the tissues that surround your heel. Over time the stress can cause bone spurs and deformities. Certain diseases, such as rheumatoid arthritis and gout, can also lead to heel problems. Treatments for heel problems might include rest, medicines, exercises, taping, and special shoes. Surgery is rarely needed."

2,"Summary : Computed tomography (CT) is a type of imaging. It uses special xray equipment to make crosssectional pictures of your body. Doctors use CT scans to look for Broken bones Cancers Blood clots Signs of heart disease Internal bleeding During a CT scan, you lie still on a table. The table slowly passes through the center of a large Xray machine. The test is painless. During some tests you receive a contrast dye, which makes parts of your body show up better in the image. NIH: National Cancer Institute"

3,"Selfharm refers to a person's harming their own body on purpose. About 1 in 100 people hurts himself or herself in this way. More females hurt themselves than males. A person who selfharms usually does not mean to kill himself or herself. But they are at higher risk of attempting suicide if they do not get help. Selfharm tends to begin in teen or early adult years. Some people may engage in selfharm a few times and then stop. Others engage in it more often and have trouble stopping. Examples of selfharm include Cutting yourself (such as using a razor blade, knife, or other sharp object to cut the skin) Punching yourself or punching things (like a wall) Burning yourself with cigarettes, matches, or candles Pulling out your hair Poking objects through body openings Breaking your bones or bruising yourself Many people cut themselves because it gives them a sense of relief. Some people use cutting as a means to cope with a problem. Some teens say that when they hurt themselves, they are trying to stop feeling lonely, angry, or hopeless. It is possible to overcome the urge to hurt yourself. There are other ways to find relief and cope with your emotions. Counseling may help. Dept. of Health and Human Services, Office on Women's Health"

4,"Summary : People in the U.S. are living longer than ever before. Many seniors live active and healthy lives. But there's no getting around one thing: as we age, our bodies and minds change. There are things you can do to stay healthy and active as you age. It is important to understand what to expect. Some changes may just be part of normal aging, while others may be a warning sign of a medical problem. It is important to

know the difference, and to let your healthcare provider know if you have any concerns. Having a healthy lifestyle can help you to deal with normal aging changes and make the most of your life."

5,"Panic disorder is a type of anxiety disorder. It causes panic attacks, which are sudden feelings of terror when there is no real danger. You may feel as if you are losing control. You may also have physical symptoms, such as Fast heartbeat Chest or stomach pain Breathing difficulty Weakness or dizziness Sweating Feeling hot or a cold chill Tingly or numb hands Panic attacks can happen anytime, anywhere, and without warning. You may live in fear of another attack and may avoid places where you have had an attack. For some people, fear takes over their lives and they cannot leave their homes. Panic disorder is more common in women than men. It usually starts when people are young adults. Sometimes it starts when a person is under a lot of stress. Most people get better with treatment. Therapy can show you how to recognize and change your thinking patterns before they lead to panic. Medicines can also help. NIH: National Institute of Mental Health"

6,"Leishmaniasis is a parasitic disease spread by the bite of infected sand flies. There are several different forms of leishmaniasis. The most common are cutaneous and visceral. The cutaneous type causes skin sores. The visceral type affects internal organs such as the spleen, liver, and bone marrow. People with this form usually have fever, weight loss, and an enlarged spleen and liver. Leishmaniasis is found in parts of about 88 countries. Most of these countries are in the tropics and subtropics. It is possible but very unlikely that you would get this disease in the United States. But you should be aware of it if you are traveling to the Middle East or parts of Central America, South America, Asia, Africa or southern Europe. Treatment is with medicines that contain antimony, a type of metal, or with strong antibiotics. The best way to prevent the disease is to protect yourself from sand fly bites: Stay indoors from dusk to dawn, when sand flies are the most active Wear long pants and long-sleeved shirts when outside Use insect repellent and bed nets as needed Centers for Disease Control and Prevention"

7,"An aneurysm is a bulge or "ballooning" in the wall of an artery. Arteries are blood vessels that carry oxygen-rich blood from the heart to other parts of the body. If an aneurysm grows large, it can burst and cause dangerous bleeding or even death. Most aneurysms are in the aorta, the main artery that runs from the heart through the chest and abdomen. There are two types of aortic aneurysm: Thoracic aortic aneurysms these occur in the part of the aorta running through the chest Abdominal aortic aneurysms these occur in the part of the aorta running through the abdomen Most aneurysms are found during tests done for other reasons. Some people are at high risk for aneurysms. It is important for them to get screening, because aneurysms can develop and become large before causing any symptoms Screening is recommended for people between the ages of 65 and 75 if they have a family history, or if they are men who have smoked. Doctors use imaging tests to find aneurysms. Medicines and surgery are the two main treatments. NIH: National Heart, Lung, and Blood Institute"

8,"Summary : It seems to happen almost every day you hear about the results of a new medical research study. Sometimes the results of one study seem to disagree with the results of another study. It's important to be critical when reading or listening to reports of new medical findings. Some questions that can help you evaluate health information

include: Was the study in animals or people? Does the study include people like you? How big was the study? Was it a randomized controlled clinical trial? Where was the research done? If a new treatment was being tested, were there side effects? Who paid for the research? Who is reporting the results? NIH: National Institutes of Health"

9,"Corns and calluses are caused by pressure or friction on your skin. They often appear on feet where the bony parts of your feet rub against your shoes. Corns usually appear on the tops or sides of toes while calluses form on the soles of feet. Calluses also can appear on hands or other areas that are rubbed or pressed. Wearing shoes that fit better or using nonmedicated pads may help. While bathing, gently rub the corn or callus with a washcloth or pumice stone to help reduce the size. To avoid infection, do not try to shave off the corn or callus. See your doctor, especially if you have diabetes or circulation problems. NIH: National Institute on Aging"

10,"Giardiasis is an illness caused by a parasite called Giardia intestinalis. It lives in soil, food, and water. It may also be on surfaces that have been contaminated with waste. You can become infected if you swallow the parasite. You can also get it if you're exposed to human feces (poop) through sexual contact. The risk of getting giardia is higher for travelers to countries where it is common, people in child care settings, and those who drink untreated water. Diarrhea is the main symptom of giardia infection. Others include Passing gas Greasy stools Stomach cramps Upset stomach or nausea These symptoms may lead to weight loss and loss of body fluids. Some people have no symptoms at all. Symptoms of infection often last two to six weeks. Stool sample tests can diagnose it. You often need to collect several samples to test. Doctors use several drugs to treat it. The best way to prevent giardia infection is to practice good hygiene, including frequent hand washing. You should not drink water that may be contaminated. You should also peel or wash fresh fruit and vegetables before eating. Centers for Disease Control and Prevention"

11,"Summary : Your kidneys make urine by filtering wastes and extra water from your blood. The waste is called urea. Your blood carries it to the kidneys. From the kidneys, urine travels down two thin tubes called ureters to the bladder. The bladder stores urine until you are ready to urinate. It swells into a round shape when it is full and gets smaller when empty. If your urinary system is healthy, your bladder can hold up to 16 ounces (2 cups) of urine comfortably for 2 to 5 hours. You may have problems with urination if you have Kidney failure Urinary tract infections An enlarged prostate Bladder control problems like incontinence, overactive bladder, or interstitial cystitis A blockage that prevents you from emptying your bladder Some conditions may also cause you to have blood or protein in your urine. If you have a urinary problem, see your healthcare provider. Urinalysis and other urine tests can help to diagnose the problem. Treatment depends on the cause. NIH: National Institute of Diabetes and Digestive and Kidney Diseases"

12,"Learning disorders affect how a person understands, remembers and responds to new information. People with learning disorders may have problems Listening or paying attention Speaking Reading or writing Doing math Although learning disorders occur in very young children, they are usually not recognized until the child reaches school age. About onethird of children who have learning disabilities also have ADHD, which makes it hard to focus. Evaluation and testing by a trained professional

can help identify a learning disorder. The next step is special education, which involves helping your child in the areas where he or she needs the most help. Sometimes tutors or speech or language therapists also work with the children. Learning disorders do not go away, but strategies to work around them can make them less of a problem. NIH: National Institute of Neurological Disorders and Stroke"

13,"An abscess is a pocket of pus. You can get an abscess almost anywhere in your body. When an area of your body becomes infected, your body's immune system tries to fight the infection. White blood cells go to the infected area, collect within the damaged tissue, and cause inflammation. During this process, pus forms. Pus is a mixture of living and dead white blood cells, germs, and dead tissue. Bacteria, viruses, parasites and swallowed objects can all lead to abscesses. Skin abscesses are easy to detect. They are red, raised and painful. Abscesses inside your body may not be obvious and can damage organs, including the brain, lungs and others. Treatments include drainage and antibiotics."

14,"Summary : Most men need to pay more attention to their health. Compared to women, men are more likely to Smoke and drink Make unhealthy or risky choices Put off regular checkups and medical care There are also health conditions that only affect men, such as prostate cancer and low testosterone. Many of the major health risks that men face like colon cancer or heart disease can be prevented and treated with early diagnosis. Screening tests can find diseases early, when they are easier to treat. It's important to get the screening tests you need."

15,"Bereavement is the period of grief and mourning after a death. When you grieve, it's part of the normal process of reacting to a loss. You may experience grief as a mental, physical, social or emotional reaction. Mental reactions can include anger, guilt, anxiety, sadness and despair. Physical reactions can include sleeping problems, changes in appetite, physical problems or illness. How long bereavement lasts can depend on how close you were to the person who died, if the person's death was expected and other factors. Friends, family and faith may be sources of support. Grief counseling or grief therapy is also helpful to some people. NIH: National Cancer Institute"

16,"Myasthenia gravis is disease that causes weakness in the muscles under your control. It happens because of a problem in communication between your nerves and muscles. Myasthenia gravis is an autoimmune disease. Your body's own immune system makes antibodies that block or change some of the nerve signals to your muscles. This makes your muscles weaker. Common symptoms are trouble with eye and eyelid movement, facial expression and swallowing. But it can also affect other muscles. The weakness gets worse with activity, and better with rest. There are medicines to help improve nerve to muscle messages and make muscles stronger. With treatment, the muscle weakness often gets much better. Other drugs keep your body from making so many abnormal antibodies. There are also treatments which filter abnormal antibodies from the blood or add healthy antibodies from donated blood. Sometimes surgery to take out the thymus gland helps. For some people, myasthenia gravis can go into remission and they do not need medicines. The remission can be temporary or permanent. If you have myasthenia gravis, it is important to follow your treatment plan. If you do, you can expect your life to be normal or close to it. NIH: National Institute of Neurological Disorders and Stroke"

17,"Summary : Do you know if your current weight is healthy? ""Underweight"", ""normal"", ""overweight"", and ""obese"" are all labels for ranges of weight. Obese and overweight mean that your weight is greater than it should be for your health. Underweight means that it is lower than it should be for your health. Your healthy body weight depends on your sex and height. For children, it also depends on your age. A sudden, unexpected change in weight can be a sign of a medical problem. Causes for sudden weight loss can include Thyroid problems Cancer Infectious diseases Digestive diseases Certain medicines Sudden weight gain can be due to medicines, thyroid problems, heart failure, and kidney disease. Good nutrition and exercise can help in losing weight. Eating extra calories within a wellbalanced diet and treating any underlying medical problems can help to add weight."

18,"Cardiomyopathy is the name for diseases of the heart muscle. These diseases enlarge your heart muscle or make it thicker and more rigid than normal. In rare cases, scar tissue replaces the muscle tissue. Some people live long, healthy lives with cardiomyopathy. Some people don't even realize they have it. In others, however, it can make the heart less able to pump blood through the body. This can cause serious complications, including Heart failure Abnormal heart rhythms Heart valve problems Sudden cardiac arrest Heart attacks, high blood pressure, infections, and other diseases can all cause cardiomyopathy. Some types of cardiomyopathy run in families. In many people, however, the cause is unknown. Treatment might involve medicines, surgery, other medical procedures, and lifestyle changes. NIH: National Heart, Lung, and Blood Institute"

19,"Your throat is a tube that carries food to your esophagus and air to your windpipe and larynx (also called the voice box). The technical name for the throat is pharynx. You can have a sore throat for many reasons. Often, colds and flu cause sore throats. Other causes can include: Allergies Mononucleosis Smoking Strep throat Tonsillitis an infection in the tonsils Treatment depends on the cause. Sucking on lozenges, drinking lots of liquids, and gargling may ease the pain. Overthecounter pain relievers can also help, but children should not take aspirin."

20,"Summary : A hurricane is a severe type of tropical storm. Hurricanes produce high winds, heavy rains and thunderstorms. Hurricanes can cause tremendous damage. Winds can exceed 155 miles per hour. Hurricanes and tropical storms can also spawn tornadoes and lead to flooding. The high winds and heavy rains can destroy buildings, roads and bridges, and knock down power lines and trees. In coastal areas, very high tides called storm surges cause extensive damage. Although there are no guarantees of safety during a hurricane, you can take actions to protect yourself. You should have a disaster plan. Being prepared can help reduce fear, anxiety, and losses. If you do experience a disaster, it is normal to feel stressed. You may need help in finding ways to cope. Federal Emergency Management Agency"

21,"People drown when they get too much water in their lungs. You can drown in as little as an inch or two of water. Babies can drown in a sink or bathtub. Preschoolers are most likely to drown in a swimming pool. People who have seizure disorders are also at risk in the water. Drowning can happen quickly and silently. Drowning precautions should include Fences around pools Supervising children near any body of water,

including tubs Not swimming or boating when under the influence of alcohol or sedatives Wearing life jackets when boating Learning CPR"

22,"Summary : Birth weight is the first weight of your baby, taken just after he or she is born. A low birth weight is less than 5.5 pounds. A high birth weight is more than 8.8 pounds. A low birth weight baby can be born too small, too early (premature), or both. This can happen for many different reasons. They include health problems in the mother, genetic factors, problems with the placenta and substance abuse by the mother. Some low birth weight babies may be more at risk for certain health problems. Some may become sick in the first days of life or develop infections. Others may suffer from longerterm problems such as delayed motor and social development or learning disabilities. High birth weight babies are often big because the parents are big, or the mother has diabetes during pregnancy. These babies may be at a higher risk of birth injuries and problems with blood sugar. Centers for Disease Control and Prevention"

23,"Friedreich's ataxia is an inherited disease that damages your nervous system. The damage affects your spinal cord and the nerves that control muscle movement in your arms and legs. Symptoms usually begin between the ages of 5 and 15. The main symptom is ataxia, which means trouble coordinating movements. Specific symptoms include Difficulty walking Muscle weakness Speech problems Involuntary eye movements Scoliosis (curving of the spine to one side) Heart palpitations, from the heart disease which can happen along with Friedreich's ataxia People with Friedreich's ataxia usually need a wheelchair 15 to 20 years after symptoms first appear. In severe cases, people become incapacitated. There is no cure. You can treat symptoms with medicines, braces, surgery, and physical therapy. NIH: National Institute of Neurological Disorders and Stroke"

24,"Rotavirus is a virus that causes gastroenteritis. Symptoms include severe diarrhea, vomiting, fever, and dehydration. Almost all children in the U.S. are likely to be infected with rotavirus before their 5th birthday. Infections happen most often in the winter and spring. It is very easy for children with the virus to spread it to other children and sometimes to adults. Once a child gets the virus, it takes about two days to become sick. Vomiting and diarrhea may last from three to eight days. There is no medicine to treat it. To prevent dehydration, have your child drink plenty of liquids. Your health care provider may recommend oral rehydration drinks. Some children need to go to the hospital for IV fluids. Two vaccines against rotavirus infections are available. Centers for Disease Control and Prevention"

25,"Ear infections are the most common reason parents bring their child to a doctor. Three out of four children will have at least one ear infection by their third birthday. Adults can also get ear infections, but they are less common. The infection usually affects the middle ear and is called otitis media. The tubes inside the ears become clogged with fluid and mucus. This can affect hearing, because sound cannot get through all that fluid. If your child isn't old enough to say ""My ear hurts,"" here are a few things to look for Tugging at ears Crying more than usual Fluid draining from the ear Trouble sleeping Balance difficulties Hearing problems Your health care provider will diagnose an ear infection by looking inside the ear with an instrument called an otoscope. Often, ear infections go away on their own. Your health care provider may recommend pain relievers. Severe infections and infections

in young babies may require antibiotics. Children who get infections often may need surgery to place small tubes inside their ears. The tubes relieve pressure in the ears so that the child can hear again. NIH: National Institute on Deafness and Other Communication Disorders"

26,"Summary : Minerals are important for your body to stay healthy. Your body uses minerals for many different jobs, including building bones, making hormones and regulating your heartbeat. There are two kinds of minerals: macrominerals and trace minerals. Macrominerals are minerals your body needs in larger amounts. They include calcium, phosphorus, magnesium, sodium, potassium, chloride and sulfur. Your body needs just small amounts of trace minerals. These include iron, manganese, copper, iodine, zinc, cobalt, fluoride and selenium. The best way to get the minerals your body needs is by eating a wide variety of foods. In some cases, your doctor may recommend a mineral supplement."

27,"If you have anemia, your blood does not carry enough oxygen to the rest of your body. The most common cause of anemia is not having enough iron. Your body needs iron to make hemoglobin. Hemoglobin is an iron-rich protein that gives the red color to blood. It carries oxygen from the lungs to the rest of the body. Anemia has three main causes: blood loss, lack of red blood cell production, and high rates of red blood cell destruction. Conditions that may lead to anemia include Heavy periods Pregnancy Ulcers Colon polyps or colon cancer Inherited disorders A diet that does not have enough iron, folic acid or vitamin B12 Blood disorders such as sickle cell anemia and thalassemia, or cancer Aplastic anemia, a condition that can be inherited or acquired G6PD deficiency, a metabolic disorder Anemia can make you feel tired, cold, dizzy, and irritable. You may be short of breath or have a headache. Your doctor will diagnose anemia with a physical exam and blood tests. Treatment depends on the kind of anemia you have. NIH: National Heart, Lung, and Blood Institute"

28,"Summary : Pain relievers are medicines that reduce or relieve headaches, sore muscles, arthritis, or other aches and pains. There are many different pain medicines, and each one has advantages and risks. Some types of pain respond better to certain medicines than others. Each person may also have a slightly different response to a pain reliever. Over-the-counter (OTC) medicines are good for many types of pain. There are two main types of OTC pain medicines: acetaminophen (Tylenol) and nonsteroidal anti-inflammatory drugs (NSAIDs). Aspirin, naproxen (Aleve), and ibuprofen (Advil, Motrin) are examples of OTC NSAIDs. If OTC medicines don't relieve your pain, your doctor may prescribe something stronger. Many NSAIDs are also available at higher prescription doses. The most powerful pain relievers are narcotics. They are very effective, but they can sometimes have serious side effects. Because of the risks, you must use them only under a doctor's supervision. There are many things you can do to help ease pain. Pain relievers are just one part of a pain treatment plan."

29,"Your bones help you move, give you shape and support your body. They are living tissues that rebuild constantly throughout your life. During childhood and your teens, your body adds new bone faster than it removes old bone. After about age 20, you can lose bone faster than you make bone. To have strong bones when you are young, and to prevent bone loss when you are older, you need to get enough calcium, vitamin D, and exercise. You should also avoid smoking and drinking too much alcohol. Bone diseases can make bones easy to break. Different kinds of bone

problems include Low bone density and osteoporosis, which make your bones weak and more likely to break Osteogenesis imperfecta makes your bones brittle Paget's disease of bone makes them weak Bones can also develop cancer and infections Other bone diseases, which are caused by poor nutrition, genetics, or problems with the rate of bone growth or rebuilding NIH: National Institute of Arthritis and Musculoskeletal and Skin Diseases"

30,"The esophagus is a hollow tube that carries food and liquids from your throat to your stomach. Early esophageal cancer usually does not cause symptoms. Later, you may have symptoms such as Painful or difficult swallowing Weight loss A hoarse voice or cough that doesn't go away You're at greater risk for getting esophageal cancer if you smoke, drink heavily, or have acid reflux. Your risk also goes up as you age Your doctor uses imaging tests and a biopsy to diagnose esophageal cancer. Treatments include surgery, radiation, and chemotherapy. You might also need nutritional support, since the cancer or treatment may make it hard to swallow. NIH: National Cancer Institute"

31,"The pelvic floor is a group of muscles and other tissues that form a sling or hammock across the pelvis. In women, it holds the uterus, bladder, bowel, and other pelvic organs in place so that they can work properly. The pelvic floor can become weak or be injured. The main causes are pregnancy and childbirth. Other causes include being overweight, radiation treatment, surgery, and getting older. Common symptoms include Feeling heaviness, fullness, pulling, or aching in the vagina. It gets worse by the end of the day or during a bowel movement. Seeing or feeling a ""bulge"" or ""something coming out"" of the vagina Having a hard time starting to urinate or emptying the bladder completely Having frequent urinary tract infections Leaking urine when you cough, laugh, or exercise Feeling an urgent or frequent need to urinate Feeling pain while urinating Leaking stool or having a hard time controlling gas Being constipated Having a hard time making it to the bathroom in time Your health care provider diagnoses the problem with a physical exam, a pelvic exam, or special tests. Treatments include special pelvic muscle exercises called Kegel exercises. A mechanical support device called a pessary helps some women. Surgery and medicines are other treatments. NIH: National Institute of Child Health and Human Development"

32,"Bullying is when a person or group repeatedly tries to harm someone who is weaker or who they think is weaker. Sometimes it involves direct attacks such as hitting, name calling, teasing or taunting. Sometimes it is indirect, such as spreading rumors or trying to make others reject someone. Often people dismiss bullying among kids as a normal part of growing up. But bullying is harmful. It can lead children and teenagers to feel tense and afraid. It may lead them to avoid school. In severe cases, teens who are bullied may feel they need to take drastic measures or react violently. Others even consider suicide. For some, the effects of bullying last a lifetime. Centers for Disease Control and Prevention"

33,"Testicles, or testes, make male hormones and sperm. They are two eggshaped organs inside the scrotum, the loose sac of skin behind the penis. It's easy to injure your testicles because they are not protected by bones or muscles. Men and boys should wear athletic supporters when they play sports. You should examine your testicles monthly and seek medical attention for lumps, redness, pain or other changes. Testicles can get inflamed or infected. They can also develop cancer. Testicular



cancer is rare and highly treatable. It usually happens between the ages of 15 and 40."

34,"You use your fingers and thumbs to do everything from grasping objects to playing musical instruments to typing. When there is something wrong with them, it can make life difficult. Common problems include Injuries that result in fractures, ruptured ligaments and dislocations Osteoarthritis wearandtear arthritis. It can also cause deformity. Tendinitis irritation of the tendons Dupuytren's contracture a hereditary thickening of the tough tissue that lies just below the skin of your palm. It causes the fingers to stiffen and bend. Trigger finger an irritation of the sheath that surrounds the flexor tendons. It can cause the tendon to catch and release like a trigger."

35,"Summary : Medicines cure infectious diseases, prevent problems from chronic diseases, and ease pain. But medicines can also cause harmful reactions if not used correctly. Errors can happen in the hospital, at the doctor's office, at the pharmacy, or at home. You can help prevent errors by Knowing your medicines. Keep a list of the names of your medicines, how much you take, and when you take them. Include overthecounter medicines, vitamins, and supplements and herbs. Take this list to all your doctor visits. Reading medicine labels and following the directions. Don't take medications prescribed for someone else. Taking extra caution when giving medicines to children. Asking questions. If you don't know the answers to these questions, ask your doctor or pharmacist. Why am I taking this medicine? What are the common problems to watch out for? What should I do if they occur? When should I stop this medicine? Can I take this medicine with the other medicines on my list? Centers for Disease Control and Prevention"

36,"Summary : HIV, the human immunodeficiency virus, kills or damages cells of the body's immune system. The most advanced stage of infection with HIV is AIDS, which stands for acquired immunodeficiency syndrome. HIV often spreads through unprotected sex with an infected person. It may also spread by sharing drug needles or through contact with the blood of an infected person. Women can get HIV more easily during vaginal sex than men can. And if they do get HIV, they have unique problems, including: Complications such as repeated vaginal yeast infections, severe pelvic inflammatory disease (PID), and a higher risk of cervical cancer Different side effects from the drugs that treat HIV The risk of giving HIV to their baby while pregnant or during childbirth There is no cure, but there are many medicines to fight both HIV infection and the infections and cancers that come with it. People can live with the disease for many years."

37,"Your kidneys are two beanshaped organs, each about the size of your fists. They are located near the middle of your back, just below the rib cage. Inside each kidney about a million tiny structures called nephrons filter blood. They remove waste products and extra water, which become urine. The urine flows through tubes called ureters to your bladder, which stores the urine until you go to the bathroom. Most kidney diseases attack the nephrons. This damage may leave kidneys unable to remove wastes. Causes can include genetic problems, injuries, or medicines. You are at greater risk for kidney disease if you have diabetes, high blood pressure, or a close family member with kidney disease. Chronic kidney disease damages the nephrons slowly over several years. Other kidney problems include: Cancer Cysts Stones Infections Your doctor can run tests to find out if you have kidney disease. If your kidneys fail

completely, a kidney transplant or dialysis can replace the work your kidneys normally do. NIH: National Institute of Diabetes and Digestive and Kidney Diseases"

38,"Health disparities refer to differences in the health status of different groups of people. Some groups of people have higher rates of certain diseases, and more deaths and suffering from them, compared to others. These groups may be based on Race Ethnicity Immigrant status Disability Sex or gender Sexual orientation Geography Income NIH: National Institute on Minority Health and Health Disparities"

39,"Polymyalgia rheumatica is a disorder that causes muscle pain and stiffness in your neck, shoulders, and hips. It is most common in women and almost always occurs in people over 50. The main symptom is stiffness after resting. Other symptoms include fever, weakness and weight loss. In some cases, polymyalgia rheumatica develops overnight. In others, it is gradual. The cause is not known. There is no single test to diagnose polymyalgia rheumatica. Your doctor will use your medical history, symptoms, and a physical exam to make the diagnosis. Lab tests for inflammation may help confirm the diagnosis. Polymyalgia rheumatica sometimes occurs along with giant cell arteritis, a condition that causes swelling of the arteries in your head. Symptoms include headaches and blurred vision. Doctors often prescribe prednisone, a steroid medicine, for both conditions. With treatment, polymyalgia rheumatica usually disappears in a day or two. Without treatment, it usually goes away after a year or more. NIH: National Institute of Arthritis and Musculoskeletal and Skin Diseases"

40,"There are four major blood types: A, B, O, and AB. The types are based on substances on the surface of the blood cells. Another blood type is called Rh. Rh factor is a protein on red blood cells. Most people are Rhpositive; they have Rh factor. Rhnegative people don't have it. Rh factor is inherited through genes. When you're pregnant, blood from your baby can cross into your bloodstream, especially during delivery. If you're Rhnegative and your baby is Rhpositive, your body will react to the baby's blood as a foreign substance. It will create antibodies (proteins) against the baby's blood. These antibodies usually don't cause problems during a first pregnancy. But Rh incompatibility may cause problems in later pregnancies, if the baby is Rhpositive. This is because the antibodies stay in your body once they have formed. The antibodies can cross the placenta and attack the baby's red blood cells. The baby could get Rh disease, a serious condition that can cause a serious type of anemia. Blood tests can tell whether you have Rh factor and whether your body has made antibodies. Injections of a medicine called Rh immune globulin can keep your body from making Rh antibodies. It helps prevent the problems of Rh incompatibility. If treatment is needed for the baby, it can include supplements to help the body to make red blood cells and blood transfusions. NIH: National Heart, Lung, and Blood Institute"

41,"The cervix is the lower part of the uterus, the place where a baby grows during pregnancy. The cervix has a small opening that expands during childbirth. It also allows menstrual blood to leave a woman's body. Your health care provider may perform a Pap test during your health checkup to look for changes to the cells of the cervix, including cervical cancer. Other problems with the cervix include: Cervicitis inflammation of the cervix. This is usually from an infection. Cervical incompetence This can happen during pregnancy. The opening of the cervix

widens long before the baby is due. Cervical polyps and cysts abnormal growths on the cervix"

42,"Your immune system is a complex network of cells, tissues, and organs that work together to defend against germs. It helps your body to recognize these ""foreign"" invaders. Then its job is to keep them out, or if it can't, to find and destroy them. If your immune system cannot do its job, the results can be serious. Disorders of the immune system include Allergy and asthma immune responses to substances that are usually not harmful Immune deficiency diseases disorders in which the immune system is missing one or more of its parts Autoimmune diseases diseases causing your immune system to attack your own body's cells and tissues by mistake NIH: National Institute of Allergy and Infectious Diseases"

43,"Summary : Cardiac rehabilitation (rehab) is a medically supervised program to help people who have A heart attack Angioplasty or coronary artery bypass grafting for coronary heart disease A heart valve repair or replacement A heart transplant or a lung transplant Angina Heart failure The goal is to help you return to an active life, and to reduce the risk of further heart problems. A team of specialists will create a plan for you that includes exercise training, education on heart healthy living, and counseling to reduce stress. You will learn how to reduce your risk factors, such as high blood pressure, high blood cholesterol, depression, and diabetes. Being overweight or obese, smoking, and not exercising are other risk factors. NIH: National Heart, Lung, and Blood Institute"

44,"An abortion is a procedure to end a pregnancy. It uses medicine or surgery to remove the embryo or fetus and placenta from the uterus. The procedure is done by a licensed health care professional. The decision to end a pregnancy is very personal. If you are thinking of having an abortion, most healthcare providers advise counseling."

45,"Malaria is a serious disease caused by a parasite. You get it when an infected mosquito bites you. Malaria is a major cause of death worldwide, but it is almost wiped out in the United States. The disease is mostly a problem in developing countries with warm climates. If you travel to these countries, you are at risk. There are four different types of malaria caused by four related parasites. The most deadly type occurs in Africa south of the Sahara Desert. Malaria symptoms include chills, flulike symptoms, fever, vomiting, diarrhea, and jaundice. A blood test can diagnose it. It can be lifethreatening. However, you can treat malaria with drugs. The type of drug depends on which kind of malaria you have and where you were infected. Malaria can be prevented. When traveling to areas where malaria is found See your doctor for medicines that protect you Wear insect repellent with DEET Cover up Sleep under mosquito netting Centers for Disease Control and Prevention"

46,"Child abuse is doing something or failing to do something that results in harm to a child or puts a child at risk of harm. Child abuse can be physical, sexual or emotional. Neglect, or not providing for a child's needs, is also a form of abuse. Most abused children suffer greater emotional than physical damage. An abused child may become depressed. He or she may withdraw, think of suicide or become violent. An older child may use drugs or alcohol, try to run away or abuse others. Child abuse is a serious problem. If you suspect a child is being abused or neglected, call the police or your local child welfare agency."

47,"Jaundice causes your skin and the whites of your eyes to turn yellow. Too much bilirubin causes jaundice. Bilirubin is a yellow chemical in hemoglobin, the substance that carries oxygen in your red blood cells. As red blood cells break down, your body builds new cells to replace them. The old ones are processed by the liver. If the liver cannot handle the blood cells as they break down, bilirubin builds up in the body and your skin may look yellow. Many healthy babies have some jaundice during the first week of life. It usually goes away. However, jaundice can happen at any age and may be a sign of a problem. Jaundice can happen for many reasons, such as Blood diseases Genetic syndromes Liver diseases, such as hepatitis or cirrhosis Blockage of bile ducts Infections Medicines"

48,"Summary : Air pollution is a mixture of solid particles and gases in the air. Car emissions, chemicals from factories, dust, pollen and mold spores may be suspended as particles. Ozone, a gas, is a major part of air pollution in cities. When ozone forms air pollution, it's also called smog. Some air pollutants are poisonous. Inhaling them can increase the chance you'll have health problems. People with heart or lung disease, older adults and children are at greater risk from air pollution. Air pollution isn't just outside the air inside buildings can also be polluted and affect your health. Environmental Protection Agency"

49,"Suicide is the tenth most common cause of death in the United States. People may consider suicide when they are hopeless and can't see any other solution to their problems. Often it's related to serious depression, alcohol or substance abuse, or a major stressful event. People who have the highest risk of suicide are white men. But women and teens report more suicide attempts. If someone talks about suicide, you should take it seriously. Urge them to get help from their doctor or the emergency room, or call the National Suicide Prevention Lifeline at 1800273TALK (8255). It is available 24/7. Therapy and medicines can help most people who have suicidal thoughts. Treating mental illnesses and substance abuse can reduce the risk of suicide. NIH: National Institute of Mental Health"

50,"Your salivary glands make saliva sometimes called spit and empty it into your mouth through openings called ducts. Saliva makes your food moist, which helps you chew and swallow. It helps you digest your food. It also cleans your mouth and contains antibodies that can kill germs. Salivary gland cancer is a type of head and neck cancer. It is rare. It may not cause any symptoms, or you could notice A lump in your ear, cheek, jaw, lip, or inside the mouth Fluid draining from your ear Trouble swallowing or opening the mouth widely Numbness, weakness, or pain in your face Doctors diagnose salivary gland cancer using a physical exam, imaging tests, and a biopsy. Treatment can include surgery, radiation therapy, and/or chemotherapy. NIH: National Cancer Institute"

51,"Posttraumatic stress disorder (PTSD) is a real illness. You can get PTSD after living through or seeing a traumatic event, such as war, a hurricane, sexual assault, physical abuse, or a bad accident. PTSD makes you feel stressed and afraid after the danger is over. It affects your life and the people around you. PTSD can cause problems like Flashbacks, or feeling like the event is happening again Trouble sleeping or nightmares Feeling alone Angry outbursts Feeling worried, guilty, or sad PTSD starts at different times for different people. Signs of PTSD may start soon after a frightening event and then continue. Other people develop new or more severe signs months or even years later. PTSD can happen to anyone, even children. Treatment may include talk therapy,

medicines, or both. Treatment might take 6 to 12 weeks. For some people, it takes longer. NIH: National Institute of Mental Health"

52,"Leukemia is cancer of the white blood cells. It is the most common type of childhood cancer. Your blood cells form in your bone marrow. White blood cells help your body fight infection. In leukemia, the bone marrow produces abnormal white blood cells. These cells crowd out the healthy blood cells, making it hard for blood to do its work. Leukemia can develop quickly or slowly. Acute leukemia is a fast growing type while chronic leukemia grows slowly. Children with leukemia usually have one of the acute types. Symptoms include Infections Fever Loss of appetite Tiredness Easy bruising or bleeding Swollen lymph nodes Night sweats Shortness of breath Pain in the bones or joints Risk factors for childhood leukemia include having a brother or sister with leukemia, having certain genetic disorders and having had radiation or chemotherapy. Treatment often cures childhood leukemia. Treatment options include chemotherapy, other drug therapy and radiation. In some cases bone marrow and blood stem cell transplantation might help. NIH: National Cancer Institute"

53,"Heart failure is a condition in which the heart can't pump enough blood to meet the body's needs. Heart failure does not mean that your heart has stopped or is about to stop working. It means that your heart is not able to pump blood the way it should. It can affect one or both sides of the heart. The weakening of the heart's pumping ability causes Blood and fluid to back up into the lungs The buildup of fluid in the feet, ankles and legs called edema Tiredness and shortness of breath Common causes of heart failure are coronary artery disease, high blood pressure and diabetes. It is more common in people who are 65 years old or older, African Americans, people who are overweight, and people who have had a heart attack. Men have a higher rate of heart failure than women. Your doctor will diagnose heart failure by doing a physical exam and heart tests. Treatment includes treating the underlying cause of your heart failure, medicines, and heart transplantation if other treatments fail. NIH: National Heart, Lung, and Blood Institute"

54,"Blood pressure is the force of your blood pushing against the walls of your arteries. Each time your heart beats, it pumps blood into the arteries. Your blood pressure is highest when your heart beats, pumping the blood. This is called systolic pressure. When your heart is at rest, between beats, your blood pressure falls. This is called diastolic pressure. Your blood pressure reading uses these two numbers. Usually the systolic number comes before or above the diastolic number. A reading of 119/79 or lower is normal blood pressure 140/90 or higher is high blood pressure Between 120 and 139 for the top number, or between 80 and 89 for the bottom number is called prehypertension. Prehypertension means you may end up with high blood pressure, unless you take steps to prevent it. High blood pressure usually has no symptoms, but it can cause serious problems such as stroke, heart failure, heart attack and kidney failure. You can control high blood pressure through healthy lifestyle habits such as exercise and the DASH diet and taking medicines, if needed. NIH: National Heart, Lung, and Blood Institute"

55,"Disabilities make it harder to do normal daily activities. They may limit what you can do physically or mentally, or they can affect your senses. Disability doesn't mean unable, and it isn't a sickness. Most people with disabilities can and do work, play, learn, and enjoy full, healthy lives. Mobility aids and assistive devices can make daily tasks

easier. About one in every five people in the United States has a disability. Some people are born with one. Others have them as a result of an illness or injury. Some people develop them as they age. Almost all of us will have a disability at some point in our lives. Department of Health and Human Services"

56,"Vasculitis is an inflammation of the blood vessels. It happens when the body's immune system attacks the blood vessel by mistake. It can happen because of an infection, a medicine, or another disease. The cause is often unknown. Vasculitis can affect arteries, veins and capillaries. Arteries are vessels that carry blood from the heart to the body's organs. Veins are the vessels that carry blood back to the heart. Capillaries are tiny blood vessels that connect the small arteries and veins. When a blood vessel becomes inflamed, it can narrow, making it more difficult for blood to get through. It can close off completely so that blood can't get through. It can stretch and weaken so much that it bulges. The bulge is called an aneurysm. If it bursts, it can cause dangerous bleeding inside the body. Symptoms of vasculitis can vary, but usually include fever, swelling and a general sense of feeling ill. The main goal of treatment is to stop the inflammation. Steroids and other medicines to stop inflammation are often helpful. NIH: National Heart, Lung, and Blood Institute"

57,"There are many kinds of families. Some have two parents, while others have a single parent. Sometimes there is no parent and grandparents raise grandchildren. Some children live in foster families, adoptive families, or in stepfamilies. Families are much more than groups of people who share the same genes or the same address. They should be a source of love and support. This does not mean that everyone gets along all the time. Conflicts are a part of family life. Many things can lead to conflict, such as illness, disability, addiction, job loss, school problems, and marital issues. Listening to each other and working to resolve conflicts are important in strengthening the family."

58,"Cold sores are caused by a contagious virus called herpes simplex virus (HSV). There are two types of HSV. Type 1 usually causes oral herpes, or cold sores. Type 1 herpes virus infects more than half of the U.S. population by the time they reach their 20s. Type 2 usually affects the genital area. Some people have no symptoms from the infection. But others develop painful and unsightly cold sores. Cold sores usually occur outside the mouth, on or around the lips. When they are inside the mouth, they are usually on the gums or the roof of the mouth. They are not the same as canker sores, which are not contagious. There is no cure for cold sores. They normally go away on their own in a few weeks. Antiviral medicines can help them heal faster. They can also help to prevent cold sores in people who often get them. Other medicines can help with the pain and discomfort of the sores. These include ointments that numb the blisters, soften the crusts of the sores, or dry them out. Protecting your lips from the sun with sunblock lip balm can also help."

59,"Tuberous sclerosis is a rare genetic disease that causes benign tumors to grow in the brain and other organs. Symptoms vary, depending on where the tumors grow. They could include skin problems, such as light patches and thickened skin. Seizures. Behavior problems. Intellectual disabilities. Kidney problems. Some people have signs of tuberous sclerosis at birth. In others it can take time for the symptoms to develop. The disease can be mild, or it can cause severe disabilities. In rare cases, tumors in vital organs or other symptoms can be

lifethreatening. Tuberous sclerosis has no cure, but treatments can help symptoms. Options include medicines, educational and occupational therapy, surgery, or surgery to treat specific complications. NIH: National Institute of Neurological Disorders and Stroke"

60,"Oxygen therapy is a treatment that provides you with extra oxygen. Oxygen is a gas that your body needs to function. Normally, your lungs absorb oxygen from the air you breathe. But some conditions can prevent you from getting enough oxygen. You may need oxygen if you have COPD (chronic obstructive pulmonary disease) Pneumonia A severe asthma attack Latestage heart failure Cystic fibrosis Sleep apnea The oxygen comes through nasal prongs, a mask, or a breathing tube. If you have a chronic problem, you may have a portable oxygen tank or a machine in your home. A different kind of oxygen therapy is called hyperbaric oxygen therapy. It uses oxygen at high pressure to treat wounds and serious infections. NIH: National Heart, Lung, and Blood Institute"

61,"Cushing's syndrome is a hormonal disorder. The cause is longterm exposure to too much cortisol, a hormone that your adrenal gland makes. Sometimes, taking synthetic hormone medicine to treat an inflammatory disease leads to Cushing's. Some kinds of tumors produce a hormone that can cause your body to make too much cortisol. Cushing's syndrome is rare. Some symptoms are Upper body obesity Thin arms and legs Severe fatigue and muscle weakness High blood pressure High blood sugar Easy bruising Lab tests can show if you have it and find the cause. Your treatment will depend on why you have too much cortisol. If it is because you have been taking synthetic hormones, a lower dose may control your symptoms. If the cause is a tumor, surgery and other therapies may be needed. NIH: National Institute of Diabetes and Digestive and Kidney Diseases"

62,"Bacteria are living things that have only one cell. Under a microscope, they look like balls, rods, or spirals. They are so small that a line of 1,000 could fit across a pencil eraser. Most bacteria won't hurt you less than 1 percent of the different types make people sick. Many are helpful. Some bacteria help to digest food, destroy diseasecausing cells, and give the body needed vitamins. Bacteria are also used in making healthy foods like yogurt and cheese. But infectious bacteria can make you ill. They reproduce quickly in your body. Many give off chemicals called toxins, which can damage tissue and make you sick. Examples of bacteria that cause infections include Streptococcus, Staphylococcus, and E. coli. Antibiotics are the usual treatment. When you take antibiotics, follow the directions carefully. Each time you take antibiotics, you increase the chances that bacteria in your body will learn to resist them causing antibiotic resistance. Later, you could get or spread an infection that those antibiotics cannot cure. NIH: National Institute of Allergy and Infectious Diseases"

63,"Preterm labor is labor that starts before 37 completed weeks of pregnancy. It can lead to premature birth. Premature babies may face serious health risks. Symptoms of preterm labor include Contractions every 10 minutes or more often Leaking fluid or bleeding from the vagina Feeling of pressure in the pelvis Low, dull backache Cramps that feel like menstrual cramps Abdominal cramps with or without diarrhea If you think you might be having preterm labor, contact your health care provider. NIH: National Institute of Child Health and Human Development"

64,"A phobia is a type of anxiety disorder. It is a strong, irrational fear of something that poses little or no real danger. There are many

specific phobias. Acrophobia is a fear of heights. Agoraphobia is a fear of public places, and claustrophobia is a fear of closed in places. If you become anxious and extremely selfconscious in everyday social situations, you could have a social phobia. Other common phobias involve tunnels, highway driving, water, flying, animals and blood. People with phobias try to avoid what they are afraid of. If they cannot, they may experience Panic and fear Rapid heartbeat Shortness of breath Trembling A strong desire to get away Phobias usually start in children or teens, and continue into adulthood. The causes of specific phobias are not known, but they sometimes run in families. Treatment helps most people with phobias. Options include medicines, therapy or both. NIH: National Institute of Mental Health"

65,"Summary : Anatomy is the science that studies the structure of the body. On this page, you'll find links to descriptions and pictures of the human body's parts and organ systems from head to toe."

66,"The urinary system is the body's drainage system for removing wastes and extra water. It includes two kidneys, two ureters, a bladder, and a urethra. Urinary tract infections (UTIs) are the second most common type of infection in the body. You may have a UTI if you notice Pain or burning when you urinate Fever, tiredness, or shakiness An urge to urinate often Pressure in your lower belly Urine that smells bad or looks cloudy or reddish Pain in your back or side below the ribs People of any age or sex can get UTIs. But about four times as many women get UTIs as men. You're also at higher risk if you have diabetes, need a tube to drain your bladder, or have a spinal cord injury. If you think you have a UTI it is important to see your doctor. Your doctor can tell if you have a UTI with a urine test. Treatment is with antibiotics. NIH: National Institute of Diabetes and Digestive and Kidney Diseases"

67,"Summary : When it comes to taking medicines, kids aren't just small adults. For prescription medicines, there is a ""Pediatric"" section of the label. It says whether the medication has been studied for its effects on children. It also tells you what ages have been studied. Aside from drugs for fever or pain, most overthecounter products haven't actually been studied in children for effectiveness, safety, or dosing. When you give medicine to your child, be sure you're giving the right medicine and the right amount. Read and follow the label directions. Use the correct dosing device. If the label says two teaspoons and you're using a dosing cup with ounces only, don't guess. Get the proper measuring device. Don't substitute another item, such as a kitchen spoon. Talk to your doctor, pharmacist, or other health care provider before giving two medicines at the same time. That way, you can avoid a possible overdose or an unwanted interaction. Follow age and weight limit recommendations. If the label says don't give to children under a certain age or weight, don't do it. Food and Drug Administration"

68,"The tailbone is the small bone at the bottom of your backbone, or spine. Tailbone disorders include tailbone injuries, pain, infections, cysts and tumors. You rarely break your tailbone. Instead, most injuries cause bruises or pulled ligaments. A backward fall onto a hard surface, such as slipping on ice, is the most common cause of such injuries. Symptoms of various tailbone disorders include pain in the tailbone area, pain upon sitting, pain or numbness in the arms or legs due to pressure on nerves in the tailbone area, and a mass or growth you can see or feel."



69,"Breast cancer affects one in eight women during their lives. Breast cancer kills more women in the United States than any cancer except lung cancer. No one knows why some women get breast cancer, but there are a number of risk factors. Risks that you cannot change include Age the chance of getting breast cancer rises as a woman gets older Genes there are two genes, BRCA1 and BRCA2, that greatly increase the risk. Women who have family members with breast or ovarian cancer may wish to be tested. Personal factors beginning periods before age 12 or going through menopause after age 55 Other risks include being overweight, using hormone replacement therapy (also called menopausal hormone therapy), taking birth control pills, drinking alcohol, not having children or having your first child after age 35 or having dense breasts. Symptoms of breast cancer may include a lump in the breast, a change in size or shape of the breast or discharge from a nipple. Breast selfexam and mammography can help find breast cancer early when it is most treatable. Treatment may consist of radiation, lumpectomy, mastectomy, chemotherapy and hormone therapy. Men can have breast cancer, too, but the number of cases is small. NIH: National Cancer Institute"

70,"Birthmarks are abnormalities of the skin that are present when a baby is born. There are two types of birthmarks. Vascular birthmarks are made up of blood vessels that haven't formed correctly. They are usually red. Two types of vascular birthmarks are hemangiomas and portwine stains. Pigmented birthmarks are made of a cluster of pigment cells which cause color in skin. They can be many different colors, from tan to brown, gray to black, or even blue. Moles can be birthmarks. No one knows what causes many types of birthmarks, but some run in families. Your baby's doctor will look at the birthmark to see if it needs any treatment or if it should be watched. Pigmented birthmarks aren't usually treated, except for moles. Treatment for vascular birthmarks includes laser surgery. Most birthmarks are not serious, and some go away on their own. Some stay the same or get worse as you get older. Usually birthmarks are only a concern for your appearance. But certain types can increase your risk of skin cancer. If your birthmark bleeds, hurts, itches, or becomes infected, call your health care provider."

71,"Athlete's foot is a common infection caused by a fungus. It most often affects the space between the toes. Symptoms include itching, burning, and cracked, scaly skin between your toes. You can get athlete's foot from damp surfaces, such as showers, swimming pools, and locker room floors. To prevent it Keep your feet clean, dry, and cool Wear clean socks Don't walk barefoot in public areas Wear flipflops in locker room showers Keep your toenails clean and clipped short Treatments include overthecounter antifungal creams for most cases and prescription medicines for more serious infections. These usually clear up the infection, but it can come back. Centers for Disease Control and Prevention"

72,"Coughing is a reflex that keeps your throat and airways clear. Although it can be annoying, coughing helps your body heal or protect itself. Coughs can be either acute or chronic. Acute coughs begin suddenly and usually last no more than 2 to 3 weeks. Acute coughs are the kind you most often get with a cold, flu, or acute bronchitis. Chronic coughs last longer than 2 to 3 weeks. Causes of chronic cough include Chronic bronchitis Asthma Allergies COPD (chronic obstructive pulmonary disease) GERD (gastroesophageal reflux disease) Smoking Throat disorders, such as croup in young children Some medicines Water

can help ease your cough whether you drink it or add it to the air with a steamy shower or vaporizer. If you have a cold or the flu, antihistamines may work better than nonprescription cough medicines. Children under four should not have cough medicine. For children over four, use caution and read labels carefully."

73,"There are a variety of substances you can inhale that can cause acute internal injuries. Particles in the air from fires and toxic fumes can damage your eyes and respiratory system. They also can make chronic heart and lung diseases worse. Symptoms of acute inhalation injuries may include Coughing and phlegm A scratchy throat Irritated sinuses Shortness of breath Chest pain or tightness Headaches Stinging eyes A runny nose If you already have asthma, it may get worse. The best way to prevent inhalation injuries is to limit your exposure. If you smell or see smoke, or know that fires are nearby, you should leave the area if you are at greater risk from breathing smoke. Environmental Protection Agency"

74,"The retina is a layer of tissue in the back of your eye that senses light and sends images to your brain. In the center of this nerve tissue is the macula. It provides the sharp, central vision needed for reading, driving and seeing fine detail. Retinal disorders affect this vital tissue. They can affect your vision, and some can be serious enough to cause blindness. Examples are Macular degeneration a disease that destroys your sharp, central vision Diabetic eye disease Retinal detachment a medical emergency, when the retina is pulled away from the back of the eye Retinoblastoma cancer of the retina. It is most common in young children. Macular pucker scar tissue on the macula Macular hole a small break in the macula that usually happens to people over 60 Floaters cobwebs or specks in your field of vision NIH: National Eye Institute"

75,"Summary : Hormones are your body's chemical messengers. They travel in your bloodstream to tissues or organs. They work slowly, over time, and affect many different processes, including Growth and development Metabolism how your body gets energy from the foods you eat Sexual function Reproduction Mood Endocrine glands, which are special groups of cells, make hormones. The major endocrine glands are the pituitary, pineal, thymus, thyroid, adrenal glands, and pancreas. In addition, men produce hormones in their testes and women produce them in their ovaries. Hormones are powerful. It takes only a tiny amount to cause big changes in cells or even your whole body. That is why too much or too little of a certain hormone can be serious. Laboratory tests can measure the hormone levels in your blood, urine, or saliva. Your health care provider may perform these tests if you have symptoms of a hormone disorder. Home pregnancy tests are similar they test for pregnancy hormones in your urine."

76,"Piercings and tattoos are body decorations that go back to ancient times. Body piercing involves making a hole in the skin so that you can insert jewelry. This is often in the earlobe, but can be in other parts of the body. Tattoos are designs on the skin made with needles and colored ink. A permanent tattoo is meant to last forever. Permanent makeup is a type of tattoo. The health risks of piercings and tattoos include Allergic reactions Keloids, a type of scar that forms during healing Infections, such as hepatitis To reduce the risks, make sure that the facility is clean, safe and has a good reputation. Proper sterilization of the equipment is important. Be sure to follow the

instructions on caring for your skin. Holes from piercing usually close up if you no longer wear the jewelry. It is possible to remove tattoos, but it's painful and can cause scarring."

77,"Many older people are victims of elder abuse. It is the mistreatment of an older person, usually by a caregiver. It can happen within the family. It can also happen in assisted living facilities or nursing homes. The mistreatment may be Physical, sexual, or emotional abuse Neglect or abandonment Financial abuse stealing of money or belongings Possible signs of elder abuse include unexplained bruises, burns, and injuries. There may also be bed sores and poor hygiene. The person may become withdrawn, agitated, and depressed. There may be a sudden change in the person's financial situation. Elder abuse will not stop on its own. Someone else needs to step in and help. If you think that an older person is in urgent danger, call 911. Otherwise, contact adult protective services. NIH: National Institute on Aging"

78,"Face injuries and disorders can cause pain and affect how you look. In severe cases, they can affect sight, speech, breathing and your ability to swallow. Broken bones, especially the bones of your nose, cheekbone and jaw, are common facial injuries. Certain diseases also lead to facial disorders. For example, nerve diseases like trigeminal neuralgia or Bell's palsy sometimes cause facial pain, spasms and trouble with eye or facial movement. Birth defects can also affect the face. They can cause underdeveloped or unusually prominent facial features or a lack of facial expression. Cleft lip and palate are a common facial birth defect."

79,"Snoring is the sound you make when your breathing is blocked while you are asleep. The sound is caused by tissues at the top of your airway that strike each other and vibrate. Snoring is common, especially among older people and people who are overweight. When severe, snoring can cause frequent awakenings at night and daytime sleepiness. It can disrupt your bed partner's sleep. Snoring can also be a sign of a serious sleep disorder called sleep apnea. You should see your health care provider if you are often tired during the day, don't feel that you sleep well, or wake up gasping. To reduce snoring Lose weight if you are overweight. It may help, but thin people can snore, too. Cut down or avoid alcohol and other sedatives at bedtime Don't sleep flat on your back NIH: National Institute on Aging"

80,"Your small intestine is the longest part of your digestive system about twenty feet long! It connects your stomach to your large intestine (or colon) and folds many times to fit inside your abdomen. Your small intestine does most of the digesting of the foods you eat. It has three areas called the duodenum, the ileum, and the jejunum. Problems with the small intestine can include: Bleeding Celiac disease Crohn's disease Infections Intestinal cancer Intestinal obstruction Irritable bowel syndrome Ulcers, such as peptic ulcer Treatment of disorders of the small intestine depends on the cause."

81,"Asthma is a chronic disease that affects your airways. Your airways are tubes that carry air in and out of your lungs. If you have asthma, the inside walls of your airways become sore and swollen. In the United States, about 20 million people have asthma. Nearly 9 million of them are children. Children have smaller airways than adults, which makes asthma especially serious for them. Children with asthma may experience wheezing, coughing, chest tightness, and trouble breathing, especially early in the morning or at night. Many things can cause asthma, including

Allergens mold, pollen, animals Irritants cigarette smoke, air pollution Weather cold air, changes in weather Exercise Infections flu, common cold When asthma symptoms become worse than usual, it is called an asthma attack. Asthma is treated with two kinds of medicines: quickrelief medicines to stop asthma symptoms and longterm control medicines to prevent symptoms."

82,"Infection with HIV is serious. But the outlook for people with HIV/AIDS is improving. If you are infected with HIV, there are many things you can do to help ensure you have a longer, healthier life. One important thing is to take your medicines. Make sure you have a health care provider who knows how to treat HIV. You may want to join a support group. Learn as much as you can about your disease and its treatment. And eat healthy foods and exercise regularly things that everyone should try to do."

83,"Thoracic outlet syndrome (TOS) causes pain in the shoulder, arm, and neck. It happens when the nerves or blood vessels just below your neck are compressed, or squeezed. The compression can happen between the muscles of your neck and shoulder or between the first rib and collarbone. You may feel burning, tingling, and numbness along your arm, hand, and fingers. If a nerve is compressed, you may also feel weakness in your hand. If a vein is compressed, your hand might be sensitive to cold, or turn pale or bluish. Your arm might swell and tire easily. TOS is more common in women. It usually starts between 20 and 50 years of age. Doctors do nerve and imaging studies to diagnose it. There are many causes of TOS, including Injury Anatomical defects Tumors that press on nerves Poor posture that causes nerve compression Pregnancy Repetitive arm and shoulder movements and activity, such as from playing certain sports Treatment depends on what caused your TOS. Medicines, physical therapy, and relaxation might help. Surgery may also be an option. Most people recover. NIH: National Institute of Neurological Disorders and Stroke"

84,"Domestic violence is a type of abuse. It usually involves a spouse or partner, but it can also be a child, elderly relative, or other family member. Domestic violence may include Physical violence that can lead to injuries such as bruises or broken bones Sexual violence Threats of physical or sexual violence Emotional abuse that may lead to depression, anxiety, or social isolation It is hard to know exactly how common domestic violence is, because people often don't report it. There is no typical victim. It happens among people of all ages. It affects those of all levels of income and education. The first step in getting help is to tell someone you trust. Centers for Disease Control and Prevention"

85,"Summary : Carbohydrates are one of the main types of nutrients. They are the most important source of energy for your body. Your digestive system changes carbohydrates into glucose (blood sugar). Your body uses this sugar for energy for your cells, tissues and organs. It stores any extra sugar in your liver and muscles for when it is needed. Carbohydrates are called simple or complex, depending on their chemical structure. Simple carbohydrates include sugars found naturally in foods such as fruits, vegetables, milk, and milk products. They also include sugars added during food processing and refining. Complex carbohydrates include whole grain breads and cereals, starchy vegetables and legumes. Many of the complex carbohydrates are good sources of fiber. For a healthy diet, limit the amount of added sugar that you eat and choose whole grains over refined grains."

86,"Summary : Health care can be costly. If you have health insurance, it usually pays at least part of your medical costs. If you don't have insurance or need help with costs that aren't covered, financial assistance might be available. Certain government programs and nonprofit organizations can help. You can also discuss concerns about paying your medical bills with your health care provider, social worker or the business office of your clinic or hospital."

87,Summary : A stroke can cause lasting brain damage. People who survive a stroke need to relearn skills they lose because of the damage. Rehabilitation can help them relearn those skills. Stroke can cause five types of disabilities: Paralysis or problems controlling movement Pain and other problems with the senses Problems using or understanding language Problems with thinking and memory Emotional disturbances Stroke rehabilitation involves many kinds of health professionals. The goal is to help survivors become as independent as possible and to have the best possible quality of life. NIH: National Institute of Neurological Disorders and Stroke

88,"Your backbone, or spine, is made up of 26 bones called vertebrae. In between them are soft disks filled with a jellylike substance. These disks cushion the vertebrae and keep them in place. As you age, the disks break down or degenerate. As they do, they lose their cushioning ability. This can lead to pain if the back is stressed. A herniated disk is a disk that ruptures. This allows the jellylike center of the disk to leak, irritating the nearby nerves. This can cause sciatica or back pain. Your doctor will diagnose a herniated disk with a physical exam and, sometimes, imaging tests. With treatment, most people recover. Treatments include rest, pain and antiinflammatory medicines, physical therapy, and sometimes surgery. NIH: National Institute of Arthritis and Musculoskeletal and Skin Diseases"

89,"Thalassemias are inherited blood disorders. If you have one, your body makes fewer healthy red blood cells and less hemoglobin. Hemoglobin is a protein that carries oxygen to the body. That leads to anemia. Thalassemias occur most often among people of Italian, Greek, Middle Eastern, Southern Asian, and African descent. Thalassemias can be mild or severe. Some people have no symptoms or mild anemia. The most common severe type in the United States is called Cooley's anemia. It usually appears during the first two years of life. People with it may have severe anemia, slowed growth and delayed puberty, and problems with the spleen, liver, heart, or bones. Doctors diagnose thalassemias using blood tests. Treatments include blood transfusions and treatment to remove excess iron from the body. If you have mild symptoms or no symptoms, you may not need treatment. In some severe cases, you may need a bone marrow transplant. NIH: National Heart, Lung, and Blood Institute"

90,"Lyme disease is a bacterial infection you get from the bite of an infected tick. The first symptom is usually a rash, which may look like a bull's eye. As the infection spreads, you may have A fever A headache Muscle and joint aches A stiff neck Fatigue Lyme disease can be hard to diagnose because you may not have noticed a tick bite. Also, many of its symptoms are like those of the flu and other diseases. In the early stages, your health care provider will look at your symptoms and medical history, to figure out whether you have Lyme disease. Lab tests may help at this stage, but may not always give a clear answer. In the later stages of the disease, a different lab test can confirm whether you have it. Antibiotics can cure most cases of Lyme disease. The sooner treatment

begins, the quicker and more complete the recovery. After treatment, some patients may still have muscle or joint aches and nervous system symptoms. This is called postLyme disease syndrome (PLDS). Longterm antibiotics have not been shown to help with PLDS. However, there are ways to help with the symptoms of PLDS, and most patients do get better with time. NIH: National Institute of Allergy and Infectious Diseases"

91,"Summary : Ergonomics looks at what kind of work you do, what tools you use and your whole job environment. The aim is to find the best fit between you and your job conditions. Examples of ergonomic changes to your work might include Adjusting the position of your computer keyboard to prevent carpal tunnel syndrome Being sure that the height of your desk chair allows your feet to rest flat on floor Learning the right way to lift heavy objects to prevent back injuries Using handle coatings or special gloves to suppress vibrations from power tools No matter what the job is, the goal is to make sure that you are safe, comfortable, and less prone to workrelated injuries."

92,"Summary : You may only think of tears as those salty drops that fall from your eyes when you cry. Actually, your tears clean your eyes every time you blink. Tears also keep your eyes moist, which is important for your vision. Tear glands produce tears, and tear ducts carry the tears from the glands to the surface of your eye. Problems with the tear system can include too many tears, too few tears, or problems with the tear ducts. Treatment of the problem depends on the cause."

93,"Measles is an infectious disease caused by a virus. It spreads easily from person to person. It causes a blotchy red rash. The rash often starts on the head and moves down the body. Other symptoms include Fever Cough Runny nose Conjunctivitis (pink eye) Feeling achy and run down Tiny white spots inside the mouth Sometimes measles can lead to serious problems. There is no treatment for measles, but the measlesmumpsrubella (MMR) vaccine can prevent it. ""German measles"", also known as rubella, is a completely different illness. Centers for Disease Control and Prevention"

94,"Food or small objects can cause choking if they get caught in your throat and block your airway. This keeps oxygen from getting to your lungs and brain. If your brain goes without oxygen for more than four minutes, you could have brain damage or die. Young children are at an especially high risk of choking. They can choke on foods like hot dogs, nuts and grapes, and on small objects like toy pieces and coins. Keep hazards out of their reach and supervise them when they eat. When someone is choking, quick action can be lifesaving. Learn how to do back blows, the Heimlich maneuver (abdominal thrusts), and CPR."

95,"Summary : Surgeons can reshape the appearance of body parts through cosmetic surgery. Some of the most common body parts people want to improve through surgery include Breasts: Increase or reduce the size of breasts or reshape sagging breasts Ears: Reduce the size of large ears or set protruding ears back closer to the head Eyes: Correct drooping upper eyelids or remove puffy bags below the eyes Face: Remove facial wrinkles, creases or acne scars Hair: Fill in balding areas with one's own hair Nose: Change the shape of the nose Tummy: Flatten the abdomen"

96,"If you are pregnant, an infection can be more than just a problem for you. Some infections can be dangerous to your baby. You can help yourself avoid infections: Don't eat raw or undercooked meat Don't share food or drinks with other people Wash your hands frequently Don't empty cat litter. Cats can transmit toxoplasmosis. You may need to take medicines

or get a vaccine to prevent an infection in your baby. For example, you may need to take antibiotics if you develop an infection with group B strep, or take medicines if you have genital herpes. Only some medicines and vaccines are safe during pregnancy. Ask your health care provider about how best to protect you and your baby."

97,"Summary : Many Americans use medical treatments that are not part of mainstream medicine. When you are using these types of care, it may be called complementary, integrative, or alternative medicine. Complementary medicine is used together with mainstream medical care. An example is using acupuncture to help with side effects of cancer treatment. When health care providers and facilities offer both types of care, it is called integrative medicine. Alternative medicine is used instead of mainstream medical care. The claims that nonmainstream practitioners make can sound promising. However, researchers do not know how safe many of these treatments are or how well they work. Studies are underway to determine the safety and usefulness of many of these practices. To minimize the health risks of a nonmainstream treatment Discuss it with your doctor. It might have side effects or interact with other medicines. Find out what the research says about it Choose practitioners carefully Tell all of your doctors and practitioners about all of the different types of treatments you use NIH: National Center for Complementary and Integrative Health"

98,"Your abdomen extends from below your chest to your groin. Some people call it the stomach, but your abdomen contains many other important organs. Pain in the abdomen can come from any one of them. The pain may start somewhere else, such as your chest. Severe pain doesn't always mean a serious problem. Nor does mild pain mean a problem is not serious. Call your healthcare provider if mild pain lasts a week or more or if you have pain with other symptoms. Get medical help immediately if You have abdominal pain that is sudden and sharp You also have pain in your chest, neck or shoulder You're vomiting blood or have blood in your stool Your abdomen is stiff, hard and tender to touch You can't move your bowels, especially if you're also vomiting"

99,"Mobility aids help you walk or move from place to place if you are disabled or have an injury. They include Crutches Canes Walkers Wheelchairs Motorized scooters You may need a walker or cane if you are at risk of falling. If you need to keep your body weight off your foot, ankle or knee, you may need crutches. You may need a wheelchair or a scooter if an injury or disease has left you unable to walk. Choosing these devices takes time and research. You should be fitted for crutches, canes and walkers. If they fit, these devices give you support, but if they don't fit, they can be uncomfortable and unsafe."

100,"Most of the time, medicines make our lives better. They reduce aches and pains, fight infections, and control problems such as high blood pressure or diabetes. But medicines can also cause unwanted reactions. One problem is interactions, which may occur between Two drugs, such as aspirin and blood thinners Drugs and food, such as statins and grapefruit Drugs and supplements, such as ginkgo and blood thinners Drugs and diseases, such as aspirin and peptic ulcers Interactions can change the actions of one or both drugs. The drugs might not work, or you could get side effects. Side effects are unwanted effects caused by the drugs. Most are mild, such as a stomach aches or drowsiness, and go away after you stop taking the drug. Others can be more serious. Drug allergies are another type of reaction. They can be mild or

lifethreatening. Skin reactions, such as hives and rashes, are the most common type. Anaphylaxis, a serious allergic reaction, is more rare. When you start a new prescription or overthecounter medication, make sure you understand how to take it correctly. Know which other medications and foods you need to avoid. Ask your health care provider or pharmacist if you have questions."

101,"Premature ovarian failure (POF) is when a woman's ovaries stop working before she is 40. POF is different from premature menopause. With premature menopause, your periods stop before age 40. You can no longer get pregnant. The cause can be natural or it can be a disease, surgery, chemotherapy, or radiation. With POF, some women still have occasional periods. They may even get pregnant. In most cases of POF, the cause is unknown. Missed periods are usually the first sign of POF. Later symptoms may be similar to those of natural menopause: Hot flashes Night sweats Irritability Poor concentration Decreased sex drive Pain during sex Vaginal dryness Doctors diagnose POF by doing a physical exam and lab and imaging tests. Most women with POF cannot get pregnant naturally. Fertility treatments help a few women; others use donor eggs to have children. There is no treatment that will restore normal ovarian function. However, many health care providers suggest taking hormones until age 50. NIH: National Institute of Child Health and Human Development"

102,"Summary : A volcano is a vent in the Earth's crust. Hot rock, steam, poisonous gases, and ash reach the Earth's surface when a volcano erupts. An eruption can also cause earthquakes, mudflows and flash floods, rock falls and landslides, acid rain, fires, and even tsunamis. Volcanic gas and ash can damage the lungs of small infants, older adults, and people with severe respiratory illnesses. Volcanic ash can affect people hundreds of miles away from the eruption. Although there are no guarantees of safety during a volcanic eruption, you can take actions to protect yourself. You should have a disaster plan. Being prepared can help reduce fear, anxiety, and losses. If you do experience a disaster, it is normal to feel stressed. You may need help in finding ways to cope. Federal Emergency Management Agency"

103,"E. coli is the name of a type of bacteria that lives in your intestines. Most types of E. coli are harmless. However, some types can make you sick and cause diarrhea. One type causes travelers' diarrhea. The worst type of E. coli causes bloody diarrhea, and can sometimes cause kidney failure and even death. These problems are most likely to occur in children and in adults with weak immune systems. You can get E. coli infections by eating foods containing the bacteria. Symptoms of infection include Nausea or vomiting Severe abdominal cramps Watery or very bloody diarrhea Fatigue Fever To help avoid food poisoning and prevent infection, handle food safely. Cook meat well, wash fruits and vegetables before eating or cooking them, and avoid unpasteurized milk and juices. You can also get the infection by swallowing water in a swimming pool contaminated with human waste. Most cases of E. coli infection get better without treatment in 5 to 10 days. NIH: National Institute of Allergy and Infectious Diseases"

104,"Our senses of taste and smell give us great pleasure. Taste helps us enjoy food and beverages. Smell lets us enjoy the scents and fragrances like roses or coffee. Taste and smell also protect us, letting us know when food has gone bad or when there is a gas leak. They make us want to eat, ensuring we get the nutrition we need. People with taste disorders



may taste things that aren't there, may not be able to tell the difference in tastes, or can't taste at all. People with smell disorders may lose their sense of smell, or things may smell different. A smell they once enjoyed may now smell bad to them. Many illnesses and injuries can cause taste and smell disorders, including colds and head injuries. Some drugs can also affect taste and smell. Most people lose some ability to taste and smell as they get older. Treatment varies, depending on the problem and its cause. NIH: National Institute on Deafness and Other Communication Disorders"

105,"Paget's disease of bone causes your bones to grow too large and weak. They also might break easily. The disease can lead to other health problems, too, such as arthritis and hearing loss. You can have Paget's disease in any bone, but it is most common in the spine, pelvis, skull, and legs. The disease might affect one or several bones, but not your entire skeleton. More men than women have the disease. It is most common in older people. No one knows what causes Paget's disease. In some cases, a virus might be responsible. It tends to run in families. Many people do not know they have Paget's disease because their symptoms are mild. For others, symptoms can include Pain Enlarged bones Broken bones Damaged cartilage in joints Doctors use blood tests and imaging tests to diagnose Paget's disease. Early diagnosis and treatment can prevent some symptoms from getting worse. Treatments include medicines and sometimes surgery. A good diet and exercise might also help. NIH: National Institute of Arthritis and Musculoskeletal and Skin Diseases"

106,"Chickenpox is an infection caused by the varicellazoster virus. Most cases are in children under age 15, but older children and adults can get it. It spreads very easily from one person to another. The classic symptom of chickenpox is an uncomfortable, itchy rash. The rash turns into fluidfilled blisters and eventually into scabs. It usually shows up on the face, chest, and back and then spreads to the rest of the body. Other symptoms include Fever Headache Tiredness Loss of appetite Chickenpox is usually mild and lasts 5 to 10 days. Calamine lotions and oatmeal baths can help with itching. Acetaminophen can treat the fever. Do not use aspirin for chickenpox; that combination can cause Reye syndrome. Chickenpox can sometimes cause serious problems. Adults, babies, teenagers, pregnant women, and those with weak immune systems tend to get sicker from it. They may need to take antiviral medicines. Once you catch chickenpox, the virus usually stays in your body. You probably will not get chickenpox again, but the virus can cause shingles in adults. A chickenpox vaccine can help prevent most cases of chickenpox, or make it less severe if you do get it. Centers for Disease Control and Prevention"

107,"Chances are you've bumped your head before. Usually, the injury is minor because your skull is hard and it protects your brain. But other head injuries can be more severe, such as a skull fracture, concussion, or traumatic brain injury. Head injuries can be open or closed. A closed injury does not break through the skull. With an open, or penetrating, injury, an object pierces the skull and enters brain tissue. Closed injuries are not always less severe than open injuries. Some common causes of head injuries are falls, motor vehicle accidents, violence, and sports injuries. It is important to know the warning signs of a moderate or severe head injury. Get help immediately if the injured person has A headache that gets worse or does not go away Repeated vomiting or nausea Convulsions or seizures An inability to wake up Dilation of one or both

pupils of the eyes Slurred speech Weakness or numbness in the arms or legs Loss of coordination Increased confusion, restlessness, or agitation NIH: National Institute of Neurological Disorders and Stroke"

108,"Summary : A mastectomy is surgery to remove a breast or part of a breast. It is usually done to treat breast cancer. Types of breast surgery include Total (simple) mastectomy removal of breast tissue and nipple Modified radical mastectomy removal of the breast, most of the lymph nodes under the arm, and often the lining over the chest muscles Lumpectomy surgery to remove the tumor and a small amount of normal tissue around it Which surgery you have depends on the stage of cancer, size of the tumor, size of the breast, and whether the lymph nodes are involved. Many women have breast reconstruction to rebuild the breast after a mastectomy. Sometimes mastectomy is done to prevent breast cancer. Only highrisk patients have this type of surgery. NIH: National Cancer Institute"

109,"The tissue that lines your lungs, stomach, heart, and other organs is called mesothelium. Mesothelioma is a tumor of that tissue. It usually starts in the lungs, but can also start in the abdomen or other organs. It can be benign (not cancer) or malignant (cancer.) Malignant mesothelioma is a rare but serious type of cancer. Most people who get it have worked on jobs where they inhaled asbestos particles. After being exposed to asbestos, it usually takes a long time for the disease to form. Symptoms include Trouble breathing Pain under the rib cage Pain, swelling, or lumps in the abdomen Weight loss for no known reason Sometimes it is hard to tell the difference between malignant mesothelioma and lung cancer. Your doctor uses imaging tests and a biopsy to make the diagnosis. Malignant mesothelioma is often found when it is advanced. This makes it harder to treat. Treatment may include surgery, radiation, and/or chemotherapy. NIH: National Cancer Institute"

110,"Most of us see our world in color. We enjoy looking at a lush green lawn or a red rose in full bloom. If you have a color vision defect, you may see these colors differently than most people. There are three main kinds of color vision defects. Redgreen color vision defects are the most common. This type occurs in men more than in women. The other major types are blueyellow color vision defects and a complete absence of color vision. Most of the time, color blindness is genetic. There is no treatment, but most people adjust and the condition doesn't limit their activities."

111,"Your spleen is an organ above your stomach and under your ribs on your left side. It is about as big as your fist. The spleen is part of your lymphatic system, which fights infection and keeps your body fluids in balance. It contains white blood cells that fight germs. Your spleen also helps control the amount of blood in your body, and destroys old and damaged cells. Certain diseases might cause your spleen to swell. You can also damage or rupture your spleen in an injury, especially if it is already swollen. If your spleen is too damaged, you might need surgery to remove it. You can live without a spleen. Other organs, such as your liver, will take over some of the spleen's work. Without a spleen, however, your body will lose some of its ability to fight infections."

112,"A dwarf is a person of short stature under 4' 10"" as an adult. More than 200 different conditions can cause dwarfism. A single type, called achondroplasia, causes about 70 percent of all dwarfism.

Achondroplasia is a genetic condition that affects about 1 in 15,000 to 1 in 40,000 people. It makes your arms and legs short in comparison to your

head and trunk. Other genetic conditions, kidney disease and problems with metabolism or hormones can also cause short stature. Dwarfism itself is not a disease. However, there is a greater risk of some health problems. With proper medical care, most people with dwarfism have active lives and live as long as other people."

113,"Summary : Cholesterol is a waxy, fatlike substance that occurs naturally in all parts of the body. Your body needs some cholesterol to work properly. But if you have too much in your blood, it can combine with other substances in the blood and stick to the walls of your arteries. This is called plaque. Plaque can narrow your arteries or even block them. High levels of cholesterol in the blood can increase your risk of heart disease. Your cholesterol levels tend to rise as you get older. There are usually no signs or symptoms that you have high blood cholesterol, but it can be detected with a blood test. You are likely to have high cholesterol if members of your family have it, if you are overweight or if you eat a lot of fatty foods. You can lower your cholesterol by exercising more and eating more fruits and vegetables. You also may need to take medicine to lower your cholesterol. NIH: National Heart, Lung, and Blood Institute"

114,"Diabetes insipidus (DI) causes frequent urination. You become extremely thirsty, so you drink. Then you urinate. This cycle can keep you from sleeping or even make you wet the bed. Your body produces lots of urine that is almost all water. DI is different from diabetes mellitus (DM), which involves insulin problems and high blood sugar. The symptoms can be similar. However, DI is related to how your kidneys handle fluids. It's much less common than DM. Urine and blood tests can show which one you have. Usually, DI is caused by a problem with your pituitary gland or your kidneys. Treatment depends on the cause of the problem. Medicines can often help. NIH: National Institute of Diabetes and Digestive and Kidney Diseases"

115,"A fall can change your life. If you're elderly, it can lead to disability and a loss of independence. If your bones are fragile from osteoporosis, you could break a bone, often a hip. But aging alone doesn't make people fall. Diabetes and heart disease affect balance. So do problems with circulation, thyroid or nervous systems. Some medicines make people dizzy. Eye problems or alcohol can be factors. Any of these things can make a fall more likely. Babies and young children are also at risk of falling off of furniture and down stairs, for example. Falls and accidents seldom ""just happen."" Taking care of your health by exercising and getting regular eye exams and physicals may help reduce your chance of falling. Getting rid of tripping hazards in your home and wearing nonskid shoes may also help. To reduce the chances of breaking a bone if you do fall, make sure that you get enough calcium and vitamin D. NIH: National Institute on Aging"

116,"Having HIV/AIDS weakens your body's immune system. Your immune system normally fights germs that enter your body. When HIV/AIDS makes it weak, it can't fight germs well. This can lead to serious infections that don't often affect healthy people. These are called opportunistic infections (OIs). There are many types of OIs. Tuberculosis and a serious related disease, Mycobacterium avium complex (MAC) are bacterial infections. Viral infections include cytomegalovirus (CMV) and hepatitis C. Fungi cause thrush (candidiasis), cryptococcal meningitis, pneumocystis carinii pneumonia (PCP) and histoplasmosis, and parasites cause crypto (cryptosporidiosis) and toxo (toxoplasmosis). Having

HIV/AIDS can make any infection harder to treat. People with AIDS are also more likely to suffer complications of common illnesses such as the flu. The good news is that you can help prevent infections by taking your HIV/AIDS medicines. Other things that can help include practicing safe sex, washing your hands well and often and cooking your food well."

117,"Summary : Vitamins are substances that your body needs to grow and develop normally. Vitamin A plays a role in your Vision Bone growth Reproduction Cell functions Immune system Vitamin A is an antioxidant. It can come from plant or animal sources. Plant sources include colorful fruits and vegetables. Animal sources include liver and whole milk. Vitamin A is also added to foods like cereals. Vegetarians, young children, and alcoholics may need extra Vitamin A. You might also need more if you have certain conditions, such as liver diseases, cystic fibrosis, and Crohn's disease. Check with your health care provider to see if you need to take vitamin A supplements. NIH: National Institutes of Health Office of Dietary Supplements"

118,"Your gallbladder is a pearshaped organ under your liver. It stores bile, a fluid made by your liver to digest fat. As your stomach and intestines digest food, your gallbladder releases bile through a tube called the common bile duct. The duct connects your gallbladder and liver to your small intestine. Your gallbladder is most likely to give you trouble if something blocks the flow of bile through the bile ducts. That is usually a gallstone. Gallstones form when substances in bile harden. Rarely, you can also get cancer in your gallbladder. Many gallbladder problems get better with removal of the gallbladder. Fortunately, you can live without a gallbladder. Bile has other ways of reaching your small intestine."

119,"Summary : Human papillomaviruses (HPV) are common viruses that can cause warts. There are more than 100 types of HPV. Most are harmless, but about 30 types put you at risk for cancer. These types affect the genitals and you get them through sexual contact with an infected partner. They can be either lowrisk or highrisk. Lowrisk HPV can cause genital warts. Highrisk HPV can lead to cancers of the cervix, vulva, vagina, and anus in women. In men, it can lead to cancers of the anus and penis. Although some people develop genital warts from HPV infection, others have no symptoms. Your health care provider can treat or remove the warts. In women, Pap tests can detect changes in the cervix that might lead to cancer. Both Pap and HPV tests are types of cervical cancer screening. Correct usage of latex condoms greatly reduces, but does not eliminate, the risk of catching or spreading HPV. Vaccines can protect against several types of HPV, including some that can cause cancer. NIH: National Institute of Allergy and Infectious Diseases"

120,"Bone marrow is the spongy tissue inside some of your bones, such as your hip and thigh bones. It contains stem cells. The stem cells can develop into the red blood cells that carry oxygen through your body, the white blood cells that fight infections, and the platelets that help with blood clotting. With bone marrow disease, there are problems with the stem cells or how they develop: In leukemia, a cancer of the blood, the bone marrow makes abnormal white blood cells In aplastic anemia, the bone marrow doesn't make red blood cells In myeloproliferative disorders, the bone marrow makes too many white blood cells Other diseases, such as lymphoma, can spread into the bone marrow and affect the production of blood cells Causes of bone marrow diseases include genetics and environmental factors. Tests for bone marrow diseases

include blood and bone marrow tests. Treatments depend on the disorder and how severe it is. They might involve medicines, blood transfusions or a bone marrow transplant."

121,"Wild animals usually avoid people. They might attack, however, if they feel threatened, are sick, or are protecting their young or territory. Attacks by pets are more common. Animal bites rarely are lifethreatening, but if they become infected, you can develop serious medical problems. To prevent animal bites and complications from bites Never pet, handle, or feed unknown animals Leave snakes alone Watch your children closely around animals Vaccinate your cats, ferrets, and dogs against rabies Spay or neuter your dog to make it less aggressive Get a tetanus booster if you have not had one recently Wear boots and long pants when you are in areas with venomous snakes If an animal bites you, clean the wound with soap and water as soon as possible. Get medical attention if necessary. Centers for Disease Control and Prevention"

122,"Gluten is a protein found in wheat, rye, and barley. It is found mainly in foods but may also be in other products like medicines, vitamins, and supplements. People with gluten sensitivity have problems with gluten. It is different from celiac disease, an immune disease in which people can't eat gluten because it will damage their small intestine. Some of the symptoms of gluten sensitivity are similar to celiac disease. They include tiredness and stomachaches. It can cause other symptoms too, including muscle cramps and leg numbness. But it does not damage the small intestine like celiac disease. Researchers are still learning more about gluten sensitivity. If your health care provider thinks you have it, he or she may suggest that you stop eating gluten to see if your symptoms go away. However, you should first be tested to rule out celiac disease. Dept. of Health and Human Services Office on Women's Health"

123,"PraderWilli Syndrome (PWS) is a rare genetic disorder. It causes poor muscle tone, low levels of sex hormones and a constant feeling of hunger. The part of the brain that controls feelings of fullness or hunger does not work properly in people with PWS. They overeat, leading to obesity. Babies with PWS are usually floppy, with poor muscle tone, and have trouble sucking. Boys may have undescended testicles. Later, other signs appear. These include Short stature Poor motor skills Weight gain Underdeveloped sex organs Mild intellectual and learning disabilities There is no cure for PWS. Growth hormone, exercise, and dietary supervision can help build muscle mass and control weight. Other treatments may include sex hormones and behavior therapy. Most people with PWS will need specialized care and supervision throughout their lives. NIH: National Institute of Child Health and Human Development"

124,"Reye syndrome is a rare illness that can affect the blood, liver, and brain of someone who has recently had a viral infection. It always follows another illness. Although it mostly affects children and teens, anyone can get it. It can develop quickly and without warning. It is most common during flu season. Symptoms include Nausea and vomiting Listlessness Personality change such as irritability, combativeness or confusion Delirium Convulsions Loss of consciousness If these symptoms occur soon after a viral illness, seek medical attention immediately. Reye syndrome can lead to a coma and brain death, so quick diagnosis and treatment are critical. Treatment focuses on preventing brain damage. There is no cure. The cause of Reye syndrome is unknown. Studies have shown that taking aspirin increases the risk of getting it. Because of

that, health care professionals now recommend other pain relievers for young patients. NIH: National Institute of Neurological Disorders and Stroke"

125,"The pancreas is a gland behind your stomach and in front of your spine. It produces juices that help break down food and hormones that help control blood sugar levels. Problems with the pancreas can lead to many health problems. These include Pancreatitis, or inflammation of the pancreas: This happens when digestive enzymes start digesting the pancreas itself Pancreatic cancer Cystic fibrosis, a genetic disorder in which thick, sticky mucus can also block tubes in your pancreas The pancreas also plays a role in diabetes. In type 1 diabetes, the beta cells of the pancreas no longer make insulin because the body's immune system has attacked them. In type 2 diabetes, the pancreas loses the ability to secrete enough insulin in response to meals."

126,"Campylobacter infection is a common foodborne illness. You get it from eating raw or undercooked poultry. You can also get it from coming in contact with contaminated packages of poultry. Symptoms include Diarrhea Cramping Abdominal pain Fever Nausea and vomiting Some infected people don't have any symptoms. The illness usually lasts one week. Most people get better without treatment. You should drink extra fluids for as long as the diarrhea lasts. Your doctor will decide whether you need to take antibiotics. To prevent campylobacter infection, cook poultry thoroughly. Use a separate cutting board and utensils for meats and clean them carefully with soap and hot water after use. Centers for Disease Control and Prevention"

127,"Summary : Overthecounter (OTC) medicines are drugs you can buy without a prescription. Some OTC medicines relieve aches, pains and itches. Some prevent or cure diseases, like tooth decay and athlete's foot. Others help manage recurring problems, like migraines. In the United States, the Food and Drug Administration decides whether a medicine is safe enough to sell overthecounter. Taking OTC medicines still has risks. Some interact with other medicines, supplements, foods or drinks. Others cause problems for people with certain medical conditions. If you're pregnant, talk to your health care provider before taking any medicines. It is important to take medicines correctly, and be careful when giving them to children. More medicine does not necessarily mean better. You should never take OTC medicines longer or in higher doses than the label recommends. If your symptoms don't go away, it's a clear signal that it's time to see your healthcare provider. Food and Drug Administration"

128,"Summary : The pancreas is a gland behind your stomach and in front of your spine. It produces the juices that help break down food and the hormones that help control blood sugar levels. A pancreas transplant is surgery to place a healthy pancreas from a donor into a person with a diseased pancreas. It is mostly done for people with severe type 1 diabetes. It can allow them to give up insulin shots. An experimental procedure called islet cell transplantation transplants only the parts of the pancreas that make insulin. People who have transplants must take drugs to keep their body from rejecting the new pancreas for the rest of their lives. They must also have regular followup care. Because of the risks, it is not a common treatment for type 1 diabetes."

129,"Scabies is an itchy skin condition caused by the microscopic mite *Sarcoptes scabiei*. It is common all over the world, and can affect anyone. Scabies spreads quickly in crowded conditions where there is frequent