

# **Common Diseases: Cause and Treatment**

## **Hypertension (High Blood Pressure)**

Cause: Often linked to lifestyle (high salt, low activity, stress), obesity, genetics, kidney or hormonal issues.

Cure/Treatment: Lifestyle changes (diet, exercise, weight loss), reducing salt. Medicines include ACE inhibitors, beta-blockers, calcium channel blockers, diuretics. Regular monitoring and adherence to treatment are essential.

## **Type 2 Diabetes**

Cause: Insulin resistance and/or reduced insulin production; risk factors include obesity, sedentary lifestyle, family history, age. Cure/Treatment: Not fully curable but manageable. Diet control, regular exercise, oral hypoglycemics (e.g. metformin), or insulin. Blood sugar and HbA1c monitoring; foot and eye care.

## **Common Cold (Viral Upper Respiratory Infection)**

Cause: Viruses (e.g. rhinovirus). Spread by droplets and contact. Cure/Treatment: No specific cure; self-limiting in 7-10 days. Rest, fluids, paracetamol for fever/pain, decongestants or antihistamines for symptoms. Antibiotics are not indicated unless bacterial infection is confirmed.

## **Acute Gastritis**

Cause: Irritation of stomach lining by NSAIDs, alcohol, stress, H. pylori infection, or spicy food. Cure/Treatment: Avoid triggers; antacids, H2 blockers or proton-pump inhibitors (PPI). If H. pylori is present, antibiotic course. Small frequent meals and avoiding heavy/spicy food help.

## **Migraine**

Cause: Exact cause unclear; triggers include stress, sleep changes, certain foods, hormonal changes, bright lights.

Cure/Treatment: No permanent cure. Acute: pain relievers, triptans. Preventive: identify triggers, beta-blockers or other prophylactic drugs. Rest in a dark, quiet room during attacks.