Illnesses:

* Aches, pains, and headaches
* Fever
* Cold
* sore throat, cough
* Allergies
* Upset stomach/diarrhea
* Skin rashes and itching
* Conjunctivitis
* Mononucleosis
* Stomach aches
* Nausea and vomiting
* Stomach flu
* Contusion
* Cystitis (UTI)
* Hyperlipidemia
* Gastro-oesophageal reflux (GERD)
* Chronic Bronchitis
* Hyperhidrosis

\*ipi-filter ko pa and ia-analyze yung mga sakit

Final list:

\* Symptoms each

**1. Headaches**

* Throbbing or sharp head pain
* Sensitivity to light or sound
* Fatigue

**2. Fever**

* High temperature
* Chills
* Sweating
* Body aches

**3. Cold**

* Runny or stuffy nose
* Sneezing
* Sore throat (Throat pain)
* Cough
* Tiredness

**4. Sore Throat and Cough**

* Throat pain
* Dry or wet cough
* Trouble swallowing

**5. Allergies**

* Sneezing
* Itchy eyes/nose
* Runny nose
* Skin rash

**6. Upset Stomach / Diarrhea**

* Stomach cramps
* Diarrhea
* Bloating

**7. Skin Rashes and Itching**

* Red or bumpy skin
* Itching

**8. Conjunctivitis (Pink Eye)**

* Red, itchy eyes
* Eye discharge
* Crusty eyelids

**9. Mononucleosis**

* Extreme tiredness
* Fever
* Sore throat (Throat pain)
* Swollen glands

**10. Stomach Aches**

* cramps
* Cramping

**11. Nausea and Vomiting**

* cramps
* Vomiting

**12. Stomach Flu (Gastroenteritis)**

* Diarrhea
* Vomiting
* Belly cramps
* Fever

**13. Contusion (Bruise)**

* Skin discoloration
* Swelling
* Pain

**14. Cystitis (UTI)**

* Pain when urinating
* Frequent urination
* Lower belly pain

**15. GERD (Acid Reflux)**

* Heartburn
* Sour taste in mouth
* Trouble swallowing
* Cough

**16. Chronic Bronchitis**

* Daily cough
* Mucus
* Shortness of breath
* Chest tightness

**17. Hyperhidrosis**

* Excessive sweating
* Wet palms, feet, or underarms

**Updates:**

* **Sore throat** and **throat pain** have now been unified to avoid any confusion. They're listed as "throat pain" for consistency.
* Other symptoms have been kept consistent, making sure they match between illnesses where they overlap.

I hope this clears things up! Let me know if there’s anything else you’d like to adjust.

4o mini

**You said:**

is upset stomach and stomach cramps not the same?

**ChatGPT said:**

Great question — and honestly, it’s a subtle but important distinction:

**Upset Stomach**

* A **general term** for discomfort in the upper abdomen
* Might include: nausea, bloating, indigestion, or queasiness

**Stomach Cramps**

* **Sharp, spasmodic pain** in the stomach or intestines
* More specific than "upset stomach" and often comes in waves

**TL;DR:**

They’re **related**, but not **exactly the same**:

* **Upset stomach** = general discomfort
* **Stomach cramps** = painful muscle contractions

If you're trying to keep symptoms **short and user-friendly**, you could group them like this:

"Stomach pain or cramps"

But if you're being medically precise, it's okay to keep both.

Want me to revise the list with them grouped together?

4o

**You said:**

is stomach cramps and belly cramps not the same?

**ChatGPT said:**

Yup — **stomach cramps** and **belly cramps** are the same thing, just different wording.

* **"Belly cramps"** is more casual or kid-friendly.
* **"Stomach cramps"** is the more common or clinical term.

So for consistency and clarity, it’s best to **use one term only** — I recommend **"stomach cramps"** since it’s more universally understood.

Want me to go ahead and update the full list using "stomach cramps" consistently?

4o

All symptoms:

1. Throbbing or sharp head pain
2. Sensitivity to light or sound
3. Fatigue
4. High temperature
5. Chills
6. Sweating
7. Body aches
8. Runny or stuffy nose
9. Sneezing
10. Sore throat
11. Cough
12. Tiredness
13. Trouble swallowing
14. Itchy eyes/nose
15. Skin rash
16. Stomach cramps
17. Diarrhea
18. Bloating
19. Red or bumpy skin
20. Itching
21. Red, itchy eyes
22. Eye discharge
23. Crusty eyelids
24. Swollen glands
25. Vomiting
26. Skin discoloration
27. Swelling
28. Pain on the skin
29. Pain when urinating
30. Frequent urination
31. Lower belly pain
32. Heartburn
33. Sour taste in mouth
34. Mucus or phlegm
35. Shortness of breath
36. Chest tightness
37. Excessive sweating
38. Wet palms, feet, or underarms
39. Headaches
40. Fever
41. Cold
42. Sore throat and cough
43. Allergies
44. Diarrhea
45. Skinrashes
46. Conjunctivitis
47. Monucleosis
48. Stomachaches
49. Nausea
50. Stomach flu
51. Contusion
52. Cystitis
53. Gerd
54. Bronchitis
55. hyperhidrosis

'm here to help, Daneil! I see you're looking for medicine suggestions, treatments, and health tips for various illnesses. Here's a general guide:

**Medicine Suggestions & Treatments**

1. **Headaches** – OTC: Ibuprofen, acetaminophen Home remedy: Hydration, rest, cold compress
2. **Fever** – OTC: Acetaminophen, ibuprofen Home remedy: Lukewarm bath, hydration
3. **Cold** – OTC: Antihistamines, decongestants Home remedy: Honey lemon tea, steam inhalation
4. **Sore throat & cough** – OTC: Cough syrup, throat lozenges Home remedy: Gargle saltwater, warm fluids
5. **Allergies** – OTC: Antihistamines (loratadine, cetirizine) Home remedy: Avoid triggers, saline nasal rinse
6. **Diarrhea** – OTC: Loperamide, oral rehydration salts Home remedy: BRAT diet (bananas, rice, applesauce, toast)
7. **Skin rashes** – OTC: Hydrocortisone cream, antihistamines Home remedy: Oatmeal bath, aloe vera
8. **Conjunctivitis** – OTC: Artificial tears, antihistamines (for allergic type) Home remedy: Warm compress
9. **Mononucleosis** – No specific medication Home remedy: Hydration, rest, avoid strenuous activity
10. **Stomachaches** – OTC: Antacids, simethicone Home remedy: Ginger tea, peppermint
11. **Nausea** – OTC: Bismuth subsalicylate Home remedy: Ginger, avoid strong odors
12. **Stomach flu** – OTC: Anti-nausea meds, oral rehydration salts Home remedy: Hydration, bland diet
13. **Contusions** – OTC: Pain relievers Home remedy: Ice packs, elevation
14. **Cystitis** (UTI) – OTC: Phenazopyridine (pain relief) Home remedy: Cranberry juice, hydration
15. **GERD** – OTC: Antacids, H2 blockers Home remedy: Avoid trigger foods, elevate head while sleeping
16. **Bronchitis** – OTC: Cough suppressants, expectorants Home remedy: Steam therapy, honey tea
17. **Hyperhidrosis** – OTC: Antiperspirants Home remedy: Botox (medical), absorbent clothing

**Health Tips**

* Stay hydrated and eat a balanced diet to strengthen immunity.
* Maintain proper hygiene to prevent infections.
* Manage stress, as it can affect overall health.
* Exercise regularly to boost circulation and recovery.
* Seek medical advice if symptoms persist or worsen.

For more in-depth information, consider checking **trusted** health sources like [WebMD](https://www.webmd.com/), [Mayo Clinic](https://www.mayoclinic.org/), and [Healthline](https://www.healthline.com/).

Let me know if you need more details on any condition!

Here are some helpful resources for managing these symptoms:

* **Cold, Flu, RSV, or COVID-19?** Learn how to differentiate between these illnesses and find treatment options [here](https://www.inovanewsroom.org/expert-commentary/2023/12/is-it-a-cold-flu-rsv-or-covid-19-heres-how-to-tell-the-difference/).
* **Cold vs. More Serious Conditions** Understand when a cold might actually be flu, bronchitis, or pneumonia [here](https://symptoms.webmd.com/cold-flu-map/cm/slideshow-cold-or-something-else).
* **Health Tips & Prevention** Get advice on managing symptoms and preventing illness [here](https://www.osfhealthcare.org/blog/cold-flu-allergies-or-covid-19-how-to-tell-the-difference/).

You can also explore more details on medications, treatments, and health tips by checking [this search result](https://bing.com/search?q=Headaches+Fever+Cold+Sore+throat+and+cough+Allergies+Diarrhea+Skinrashes+Conjunctivitis+Monucleosis+Stomachaches+Nausea+Stomach+flu+Contusion+Cystitis+Gerd+Bronchitis+hyperhidrosis+over-the-counter+medication+recommendations+treatments+home+remedies+medical+interventions+health+tips). Let me know if you need more specific recommendations!

Software Design URLs

otc drugs:

<https://nida.nih.gov/publications/drugfacts/over-counter-medicines#:~:text=OTC%20medicines%20treat%20a%20variety,higher%2Dthan%2Drecommended%20dosages>.

<https://www.goodrx.com/drugs/otc/common-over-the-counter-medications>

health problems/medicine:

<https://medlineplus.gov/ency/article/002208.htm>

common illnesses/symptoms:

<https://uhs.princeton.edu/health-resources/common-illnesses>

list only of common illnesses:

<https://www2.hse.ie/conditions/common-illnesses/>

<https://www.cambspborochildrenshealth.nhs.uk/common-illnesses/>

common illnesses/symptoms/treatment:

<https://www.parkwayeast.com.sg/health-plus/article/medical-conditions-list>