

Comprehensive Medical Overview for RAG Chatbot Testing

1. Hypertension (High Blood Pressure)

Hypertension is a chronic medical condition in which the blood pressure in the arteries is persistently elevated. It is defined as systolic blood pressure ≥ 140 mmHg and/or diastolic blood pressure ≥ 90 mmHg.

Common causes include genetic predisposition, obesity, high salt intake, stress, lack of physical activity, and excessive alcohol consumption.

Complications may include heart attack, stroke, kidney failure, and vision loss.

2. Diabetes Mellitus

Diabetes Mellitus is a metabolic disorder characterized by chronic hyperglycemia due to defects in insulin secretion, insulin action, or both.

Type 1 Diabetes is caused by autoimmune destruction of pancreatic beta cells. Type 2 Diabetes is associated with insulin resistance and is strongly linked to obesity.

Symptoms include excessive thirst, frequent urination, fatigue, blurred vision, and slow wound healing.

3. Asthma

Asthma is a chronic inflammatory disease of the airways characterized by variable airflow obstruction and bronchial hyperresponsiveness.

Triggers include allergens, respiratory infections, exercise, cold air, and air pollution.

Management includes inhaled corticosteroids, bronchodilators, and avoidance of triggers.

4. Anemia

Anemia is a condition in which there is a decrease in the number of red blood cells or hemoglobin concentration, leading to reduced oxygen-carrying capacity of the blood.

Common types include iron-deficiency anemia, vitamin B12 deficiency anemia, and hemolytic anemia.

Symptoms may include fatigue, pallor, shortness of breath, dizziness, and rapid heartbeat.

5. Pneumonia

Pneumonia is an infection that inflames the air sacs in one or both lungs. It can be caused by bacteria, viruses, or fungi.

Symptoms include cough with phlegm, fever, chills, difficulty breathing, and chest pain.

Treatment depends on the cause and may include antibiotics, antivirals, oxygen therapy, and supportive care.