How to use

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**Patient Health Care System Instructions**

Welcome to the **Patient Health Care System**! This program allows patients to manage their medical conditions and prescriptions, while admins can manage patient data and oversee healthcare records. Below are the instructions for using the system:

**Instructions for Patients:**

1. **Login**:
   * To access your account, you need to enter your email and password. If you don't have an account, you can register as a new patient.
2. **Viewing Your Data**:
   * Once logged in, you will be able to view your current medical conditions and prescriptions.
   * You can also update your conditions and prescriptions by entering new information.
3. **Editing Your Information**:
   * To add a new condition or prescription, simply enter the details in the provided fields, and your data will be updated.
4. **Logout**:
   * You can log out of the system at any time by selecting the "Logout" option from your dashboard.

**Instructions for Admins:**

1. **Login**:
   * Enter your email and password to log in as an admin.
2. **Managing Patient Data**:
   * You can view all registered patients, including their conditions and prescriptions.
   * You have the ability to reset patient passwords if necessary.
   * You can also update a patient's medical conditions and prescriptions by selecting a patient and editing their information.
3. **Add/Edit Conditions or Prescriptions**:
   * Admins can add or edit the conditions and prescriptions for any patient in the system.
4. **Logout**:
   * You can log out of the system at any time by selecting the "Logout" option from your admin dashboard.

**General Notes:**

* Ensure your login credentials are kept secure. If you forget your password, contact the admin to reset it.
* All data entered in the system (conditions, prescriptions) is stored securely.
* As an admin, please be cautious when updating patient data. Any changes made will be permanent.

**Menu Options:**

1. **Login**: Enter your credentials to access the system.
2. **Register**: New patients can sign up for an account by providing their basic details.
3. **View Instructions**: If you need to revisit the instructions, you can access them from the main menu.
4. **Exit**: Close the program when you're done.