

Title: Basic Medical Knowledge for Chatbot

1. Hypertension (High Blood Pressure)

- Symptoms: Headache, dizziness, chest pain, shortness of breath.
- Causes: Stress, obesity, high salt intake, genetics.
- Treatment: Lifestyle changes, antihypertensive medications, reduced salt intake.

2. Diabetes Mellitus

- Symptoms: Frequent urination, excessive thirst, weight loss, fatigue.
- Types: Type 1 (autoimmune), Type 2 (insulin resistance).
- Treatment: Insulin therapy, oral medications, diet control, exercise.

3. Asthma

- Symptoms: Wheezing, coughing, chest tightness, shortness of breath.
- Triggers: Allergens, cold air, exercise, pollution.
- Treatment: Inhalers (bronchodilators, corticosteroids), avoiding triggers.

4. Anemia

- Symptoms: Fatigue, pale skin, dizziness, cold hands/feet.
- Causes: Iron deficiency, chronic disease, vitamin B12 deficiency.
- Treatment: Iron supplements, improved diet, treating underlying cause.

5. Fever

- Definition: Body temperature above 100.4°F (38°C).
- Causes: Infections, inflammatory conditions, heat exhaustion.
- Treatment: Rest, fluids, antipyretics like paracetamol or ibuprofen.

6. COVID-19

- Symptoms: Fever, cough, shortness of breath, loss of taste/smell.
- Prevention: Vaccination, masks, hand hygiene, social distancing.
- Treatment: Supportive care, antivirals in severe cases.

7. Healthy Diet Tips

- Eat a balanced diet rich in fruits, vegetables, whole grains.
- Limit sugar, salt, and saturated fat.
- Stay hydrated and avoid processed foods.

8. First Aid for Burns

- Cool the burn under running water for 10–15 minutes.
- Do not apply ice or ointment.
- Cover with a clean, non-stick bandage.

9. Dehydration

- Symptoms: Dry mouth, dark urine, fatigue, dizziness.
- Treatment: Drink water, oral rehydration salts (ORS), IV fluids if severe.

10. Mental Health Basics

- Conditions: Depression, anxiety, bipolar disorder.
- Symptoms: Sadness, mood swings, withdrawal, lack of interest.
- Treatment: Therapy, medication, social support.