

## Document: Common Diseases, Symptoms, and Risks

### 1. Addison Disease

#### Symptoms:

Chronic fatigue

Muscle weakness

Loss of appetite

Weight loss

Low blood pressure (which may lead to fainting)

Hyperpigmentation (darkening of the skin)

Salt craving

#### Risks:

The primary risk factor is an autoimmune response that damages the adrenal glands.

Individuals with a family history of autoimmune diseases are at higher risk.

It can also occur after infections, cancer, or due to certain medications .

### 2. Adenovirus

#### Symptoms:

Respiratory: Cold-like symptoms, sore throat, bronchitis, pneumonia, and fever.

Gastrointestinal: Diarrhea, vomiting, and abdominal pain.

Ocular: Conjunctivitis (pink eye).

#### Risks:

Common in crowded environments, such as schools, hospitals, or military barracks.

Individuals with weakened immune systems, young children, and elderly are at higher risk for severe infection.

Can cause outbreaks, particularly in settings with poor sanitation .

### 3. Adult Still Disease

Symptoms:

High fevers that spike once or twice a day

Salmon-colored bumpy rash

Joint pain and swelling

Muscle pain

Sore throat

Lymphadenopathy (enlarged lymph nodes)

Hepatosplenomegaly (enlarged liver and spleen)

Risks:

The exact cause is unknown, but it may involve an autoimmune mechanism.

Adults are primarily affected, often between the ages of 16 and 35.

It may be triggered by infections or other environmental factors .

#### 4. Adult Still Disease or Adult Juvenile Rheumatoid Arthritis

Symptoms:

Persistent joint pain and swelling

Fevers, especially in the evening

Fatigue and general discomfort

Muscle pain

Rash that comes and goes with fever spikes

Enlarged lymph nodes, liver, or spleen

Risks:

This condition is a systemic form of juvenile idiopathic arthritis that continues into adulthood or presents initially in adulthood.

It can lead to chronic arthritis and complications such as pericarditis or pleuritis.

Risk factors include a family history of autoimmune diseases and potentially infectious triggers .

## 5. Allergies

### Symptoms:

Sneezing, itching, runny nose, and nasal congestion (allergic rhinitis)

Red, itchy, and watery eyes (allergic conjunctivitis)

Hives, rashes, and eczema

Shortness of breath, coughing, and wheezing (asthma)

Anaphylaxis in severe cases

### Risks:

Family history of allergies increases the risk.

Exposure to environmental allergens like pollen, dust mites, pet dander, and mold.

Other risk factors include smoking, air pollution, and living in urban areas.

## Amyloidosis

### Symptoms:

Proteinuria (excess protein in the urine)

Fatigue

Unexplained weight loss

Swelling in the legs and ankles

Shortness of breath

Irregular heart rhythms

Tingling or numbness in the hands or feet

### Risks:

Amyloidosis is associated with chronic inflammatory conditions, multiple myeloma, or chronic infections.

Risk factors include a family history of amyloidosis, chronic infections or inflammatory diseases,

and older age .

## 2. Appendicitis

### Symptoms:

Sudden pain that begins on the right side of the lower abdomen

Pain that worsens with coughing, walking, or other jarring movements

Nausea and vomiting

Loss of appetite

Low-grade fever that may worsen as the illness progresses

Constipation or diarrhea

### Risks:

Appendicitis is most common in people between the ages of 10 and 30.

It is more common in males, and a family history of appendicitis increases the risk.

Other risk factors include low fiber diets and intestinal infections .

## 3. Aspergillosis

### Symptoms:

Coughing, sometimes with blood

Shortness of breath

Wheezing

Fatigue

Fever

### Risks:

Individuals with weakened immune systems, chronic lung diseases like asthma or cystic fibrosis, and those who have had organ or stem cell transplants are at higher risk.

Aspergillosis is caused by inhaling spores of the *Aspergillus* fungus, which is found in soil, decaying vegetation, and dust .

#### 4. Babesiosis

##### Symptoms:

Fever and chills

Sweats

Headache

Body aches

Loss of appetite

Nausea

Fatigue

##### Risks:

Babesiosis is transmitted through the bite of an infected Ixodes tick.

People at higher risk include those who live in or travel to tick-infested areas, particularly during warm months.

Severe disease is more likely in individuals who are older, have a weakened immune system, or have had their spleen removed .

#### 5. Balantidium Coli (Asia)

##### Symptoms:

Diarrhea, which may be bloody

Abdominal pain and cramping

Nausea and vomiting

Fever

##### Risks:

Balantidium coli infection is most commonly found in tropical regions like Asia.

The disease is typically spread through contaminated food or water, particularly in areas with poor sanitation.

People with weakened immune systems are at higher risk of severe infection .

## 6. Brain Abscess

### Symptoms:

Headache

Fever

Nausea and vomiting

Changes in mental status, such as confusion or drowsiness

Seizures

Focal neurological deficits, such as weakness on one side of the body

### Risks:

Risk factors include chronic ear or sinus infections, bacterial or fungal infections, and recent head trauma or surgery.

People with weakened immune systems, congenital heart disease, or those who use intravenous drugs are at increased risk .

## 7. Brucellosis

### Symptoms:

Fever (which may come and go)

Sweats

Fatigue

Joint and muscle pain

Headache

Weight loss

Abdominal pain

### Risks:

Brucellosis is typically acquired through direct contact with infected animals or consumption of

unpasteurized dairy products.

Occupations at higher risk include farmers, veterinarians, and slaughterhouse workers.

The disease is also more common in regions where animal vaccination programs are not widespread .

## 1. Candidiasis

Symptoms:

Oral: White, curdy plaques on the tongue, inner cheeks, and throat (thrush).

Vaginal: Thick, white discharge, itching, and burning in the vaginal area.

Esophageal: Pain when swallowing, retrosternal pain, and possible weight loss.

Skin: Red, itchy rash in moist areas such as under the breasts or in the groin.

Risks:

Higher risk in individuals with weakened immune systems (e.g., HIV/AIDS), those on prolonged antibiotic therapy, diabetics, pregnant women, and individuals using corticosteroids .

## 2. Cat scratch Disease

Symptoms:

Swollen lymph nodes near the site of the scratch or bite

Fever

Fatigue

Headache

A papule or pustule at the scratch or bite site

Risks:

Caused by the bacterium *Bartonella henselae*, this disease is typically transmitted through a scratch or bite from an infected cat.

Higher risk in individuals who have frequent contact with cats, particularly kittens.

Immunocompromised individuals are at increased risk of more severe disease .

### 3. Cholecystitis

#### Symptoms:

Sudden and severe pain in the upper right quadrant of the abdomen, which may radiate to the back or right shoulder.

Nausea and vomiting

Fever

Jaundice (in some cases)

Tenderness over the gallbladder (Murphy's sign)

#### Risks:

Most commonly caused by gallstones blocking the cystic duct.

Risk factors include obesity, diabetes, pregnancy, rapid weight loss, and a history of biliary colic. Acalculous cholecystitis is more common in critically ill patients .

### 4. Clostridium difficile Colitis

#### Symptoms:

Watery diarrhea, often with a foul odor

Abdominal cramping and pain

Fever

Nausea

Loss of appetite

Severe cases may include bloody stools, toxic megacolon, and sepsis

#### Risks:

Most often occurs after the use of antibiotics, which disrupt normal gut flora.

Hospitalization, advanced age, and use of proton pump inhibitors are additional risk factors.

The disease is more severe in the elderly and immunocompromised individuals .

### 5. Clostridium difficile Infection



Symptoms:

Diarrhea, ranging from mild to severe

Abdominal pain and cramping

Fever

Nausea and vomiting

Risks:

Use of antibiotics, particularly broad-spectrum antibiotics, is the most significant risk factor.

Other risks include prolonged hospital stays, advanced age, and compromised immune systems.

Severe infections can lead to complications like toxic megacolon, perforation of the colon, and sepsis .

## 6. Collagen Vascular Disorder

Symptoms:

Symptoms vary depending on the specific disorder but may include joint pain, muscle pain, fatigue, fever, and rashes.

Common conditions under this category include lupus, scleroderma, and rheumatoid arthritis.

Possible involvement of organs such as the heart, lungs, kidneys, and skin.

Risks:

These disorders are autoimmune in nature, with a genetic predisposition being a significant risk factor.

Environmental triggers, such as infections, stress, and hormonal changes, can exacerbate the conditions.

Females, particularly in childbearing years, are more commonly affected .

## Common Cold

Symptoms:

Runny or stuffy nose

Sore throat

Cough

Congestion

Slight body aches or a mild headache

Sneezing

Low-grade fever

Malaise (feeling unwell)

Risks:

The common cold is caused by a variety of viruses, most notably rhinoviruses.

It is highly contagious and spreads through airborne droplets, close personal contact, or touching contaminated surfaces.

The risk is higher during the fall and winter months, and in crowded environments such as schools and workplaces.

## 2. Coronaviruses (including COVID-19)

Symptoms:

Fever or chills

Cough

Shortness of breath or difficulty breathing

Fatigue

Muscle or body aches

Loss of taste or smell

Sore throat

Congestion or runny nose

Nausea or vomiting

Diarrhea

Risks:

Coronaviruses are a large family of viruses that can cause illnesses ranging from the common cold to more severe diseases like COVID-19.

COVID-19 has specific risks including severe respiratory illness, particularly in older adults and those with underlying health conditions such as heart disease, diabetes, or lung disease.

It spreads primarily through respiratory droplets, but also through aerosols and contaminated surfaces .

### 3. *Corynebacterium diphtheriae* (Diphtheria)

Symptoms:

Sore throat

Low-grade fever

Swollen glands in the neck

Weakness

A thick, gray membrane covering the throat and tonsils

Difficulty breathing or swallowing

Risks:

Diphtheria is a serious bacterial infection caused by *Corynebacterium diphtheriae*.

It spreads through respiratory droplets from coughing or sneezing, and less commonly, through contact with contaminated objects.

Unvaccinated individuals are at the highest risk, and the disease can lead to severe complications such as myocarditis, paralysis, and respiratory failure .

### 4. COVID-19

Symptoms:

As listed under Coronaviruses above.

Risks:

The COVID-19 pandemic has highlighted the risks associated with this specific coronavirus, particularly its ability to cause widespread severe illness, overwhelm healthcare systems, and

lead to long-term health issues in survivors (commonly referred to as "long COVID").

Individuals with comorbid conditions, the elderly, and those with compromised immune systems are at significantly higher risk of severe disease and death.

## 5. Crohn's Disease and Ulcerative Colitis

### Symptoms:

Chronic diarrhea

Abdominal pain and cramping

Blood in the stool (more common in ulcerative colitis)

Weight loss and reduced appetite

Fatigue

Fever

### Risks:

Both Crohn's disease and ulcerative colitis are types of inflammatory bowel disease (IBD), with unknown exact causes but likely related to an immune system malfunction.

Risks include a family history of IBD, smoking (particularly for Crohn's disease), and possibly the use of certain medications like nonsteroidal anti-inflammatory drugs (NSAIDs).

Long-term risks include an increased likelihood of colon cancer, particularly with long-standing disease .

## 6. Cryptococcus neoformans (Cryptococcosis)

### Symptoms:

Respiratory symptoms like cough, shortness of breath, and chest pain

Fever

Fatigue

Central nervous system symptoms if it spreads, including headache, confusion, and neck stiffness

### Risks:

Cryptococcosis is a fungal infection caused by *Cryptococcus neoformans*, primarily affecting immunocompromised individuals, such as those with HIV/AIDS.

It is acquired by inhaling fungal spores, commonly found in soil contaminated with bird droppings.

Without treatment, it can spread to the brain, causing meningitis, which can be fatal .

#### 7. *Cryptosporidium parvum* (Cryptosporidiosis)

Symptoms:

Watery diarrhea

Stomach cramps or pain

Dehydration

Nausea

Vomiting

Fever

Risks:

Cryptosporidiosis is a parasitic disease caused by *Cryptosporidium parvum*.

It is spread through contaminated water, food, or surfaces, particularly in settings with poor sanitation.

The disease is more severe in immunocompromised individuals, children, and the elderly.

It is a common cause of waterborne disease outbreaks .

#### 8. *Cyclospora cayetanensis* (Cyclosporiasis)

Symptoms:

Watery diarrhea, which can be explosive

Loss of appetite

Weight loss

Stomach cramps or pain

Bloating

Increased gas

Nausea

Fatigue

Risks:

Cyclosporiasis is caused by the parasite *Cyclospora cayetanensis*.

It is transmitted through the ingestion of contaminated food or water, often linked to imported fresh produce.

While anyone can be infected, those with compromised immune systems are at greater risk for prolonged or more severe symptoms .

## 1. Diverticulitis

Symptoms:

Acute abdominal pain, typically localized to the left lower quadrant

Fever

Nausea and vomiting

Constipation or diarrhea

Dysuria and urinary frequency

Risks:

Diverticulitis is more common in industrialized societies, with a prevalence that increases with age, particularly in individuals over 50 years old.

Risk factors include a diet low in fiber and high in red meat, long-term use of NSAIDs and corticosteroids, smoking, obesity, and physical inactivity.

Complications may include intra-abdominal abscesses, fistulae, peritonitis, and bowel obstruction(12bc5be5c42bea636becef7...)(12bc5be5c42bea636becef7...).

## 2. Empyema

#### Symptoms:

Symptoms similar to pneumonia, including cough, fever, pleuritic chest pain, and dyspnea

Prolonged fever and cough with no improvement despite appropriate treatment

Signs of pleural effusion such as reduced breath sounds, dullness to percussion, and decreased vocal resonance

#### Risks:

Empyema often develops as a complication of bacterial pneumonia.

Additional risk factors include diabetes, immunosuppressed conditions (e.g., HIV), chronic use of immunosuppressive medications, gastroesophageal reflux disease, alcohol and intravenous drug abuse, and recent thoracic or esophageal surgery or trauma (12bc5be5c42bea636becef7...).

### 3. Encephalitis

#### Symptoms:

Fever

Headache

Altered mental status

Focal neurological signs such as seizures or focal deficits

Signs of meningeal irritation (neck stiffness)

#### Risks:

Encephalitis can result from various pathogens, most commonly viruses like Herpes simplex virus, Cytomegalovirus, and arthropod-borne viruses (e.g., West Nile virus).

Risk factors include immunosuppression, exposure to mosquitoes or ticks, and certain geographic regions with endemic viruses(12bc5be5c42bea636becef7...)  
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### 4. Endocarditis

#### Symptoms:

Fever and chills

New or changing heart murmur

Fatigue

Splinter hemorrhages, Osler's nodes, Janeway lesions, and Roth spots

Symptoms of embolic phenomena, such as stroke or pulmonary embolism

Risks:

Endocarditis primarily affects individuals with pre-existing heart conditions, prosthetic heart valves, or a history of intravenous drug use.

Additional risk factors include poor dental hygiene, diabetes, chronic kidney disease, HIV infection, and long-term indwelling catheters(12bc5be5c42bea636becef7...)(12bc5be5c42bea636becef7...).

#### 5. Entamoeba histolytica (Amoebiasis)

Symptoms:

Abdominal pain and cramps

Diarrhea, which may be bloody

Fever

Weight loss

Liver abscesses in more severe cases

Risks:

Amoebiasis is most common in tropical regions, particularly in Africa, Asia, and Latin America.

It is typically transmitted through contaminated food or water.

Individuals with compromised immune systems and those living in areas with poor sanitation are at higher risk(12bc5be5c42bea636becef7...).

#### 6. Enteric Fever (Typhoid and Paratyphoid Fever)

Symptoms:

Sustained fever

Abdominal pain and distention



Diarrhea or constipation

Rash (rose spots)

Hepatosplenomegaly (enlarged liver and spleen)

Risks:

Enteric fever is caused by *Salmonella enterica* serotypes Typhi and Paratyphi.

It is more common in regions with poor sanitation, especially in South Asia.

Consuming contaminated food or water, particularly in endemic areas, increases the risk of infection(12bc5be5c42bea636becef7...).

#### 1. *Giardia intestinalis* (Giardiasis)

Symptoms:

Watery diarrhea

Abdominal cramps

Bloating and gas

Nausea

Fatigue

Risks:

Giardiasis is commonly transmitted through contaminated water, particularly in areas with poor sanitation.

People at higher risk include travelers to endemic areas, hikers drinking untreated water, and individuals in close-contact settings such as daycare centers .

#### 2. Gout or Pseudogout

Symptoms:

Gout: Sudden, severe attacks of pain, redness, and tenderness in joints, most often in the big toe.

Pseudogout: Similar symptoms as gout but usually affecting larger joints such as the knees.

Risks:

Gout is associated with high levels of uric acid, which can form crystals in joints.

Risk factors include a diet high in purines (red meat, seafood), obesity, alcohol consumption, and certain medical conditions like hypertension and chronic kidney disease.

Pseudogout is related to the deposition of calcium pyrophosphate crystals in the joints, and risk factors include age, joint trauma, and genetic predisposition .

### 3. Haemophilus influenzae

Symptoms:

Respiratory symptoms such as cough, fever, shortness of breath, and in severe cases, symptoms of pneumonia.

It can also cause meningitis, particularly in unvaccinated children.

Risks:

Higher risk in unvaccinated children, the elderly, and those with underlying health conditions such as chronic lung disease or weakened immune systems.

The bacterium is spread through respiratory droplets from coughing or sneezing .

### 4. Hemochromatosis

Symptoms:

Fatigue

Joint pain

Abdominal pain

Skin discoloration (bronze or gray)

Diabetes and heart problems in advanced cases

Risks:

Hemochromatosis is primarily caused by genetic mutations leading to excessive iron absorption.

Risk factors include a family history of the disease, being of Northern European descent, and being male (as symptoms often appear earlier in men) .

## 5. Hepatitis A

### Symptoms:

Fever

Fatigue

Loss of appetite

Nausea and vomiting

Abdominal pain, particularly near the liver

Jaundice (yellowing of the skin and eyes)

### Risks:

Hepatitis A is transmitted primarily through the oral-fecal route, often via contaminated food or water.

Higher risk in individuals traveling to endemic areas, people who consume shellfish from contaminated waters, and those in close-contact living situations like daycare centers .

## 6. Hepatitis B

### Symptoms:

Fever

Fatigue

Loss of appetite

Nausea and vomiting

Dark urine

Jaundice

Joint pain

### Risks:

Hepatitis B is transmitted through contact with infectious body fluids, such as blood, semen, and vaginal fluids.

Risk factors include unprotected sex, sharing needles, receiving unscreened blood transfusions,

and being born to an infected mother .

## 7. Hepatitis C

### Symptoms:

Often asymptomatic for years, but chronic infection can lead to liver cirrhosis and liver cancer.

When symptoms occur: fatigue, jaundice, abdominal pain, joint pain, and dark urine.

### Risks:

Hepatitis C is primarily spread through blood-to-blood contact.

Major risk factors include intravenous drug use, receiving blood products before 1992, and needlestick injuries in healthcare settings .

## 8. HIV (Human Immunodeficiency Virus)

### Symptoms:

Acute phase: Flu-like symptoms, fever, sore throat, and swollen lymph nodes.

Asymptomatic phase: No symptoms but ongoing viral replication.

Advanced phase (AIDS): Opportunistic infections, weight loss, persistent fever, night sweats, and severe fatigue.

### Risks:

HIV is transmitted through contact with infected bodily fluids, primarily through unprotected sex, sharing needles, and from mother to child during childbirth or breastfeeding.

Risk factors include multiple sexual partners, existing sexually transmitted infections, and drug use involving needles .

## 1. Hodgkin Disease

### Symptoms:

Painless swelling of lymph nodes, often in the neck, armpit, or groin

Persistent fatigue

Fever and chills

Night sweats

Unexplained weight loss

Itching

Risks:

Risk factors include a family history of lymphoma, Epstein-Barr virus infection, HIV infection, and a history of mononucleosis. Hodgkin disease most commonly affects young adults between the ages of 15 and 30 and older adults over 55 .

## 2. Human Metapneumovirus (hMPV)

Symptoms:

Cough

Fever

Nasal congestion

Shortness of breath

Wheezing

Possible severe respiratory symptoms in infants, elderly, and immunocompromised individuals

Risks:

hMPV primarily affects young children, elderly adults, and immunocompromised individuals. It is transmitted through respiratory droplets and is often more severe in those with underlying respiratory conditions .

## 3. Hypereosinophilic Syndrome (e.g., Churg-Strauss Syndrome)

Symptoms:

Asthma

Sinusitis

Neuropathy (numbness, tingling, and pain in the limbs)

Skin rashes

Gastrointestinal symptoms such as abdominal pain and diarrhea

Risks:

The exact cause is unknown, but it is associated with eosinophilia (high levels of eosinophils in the blood) and can affect multiple organs, leading to severe complications. Churg-Strauss syndrome is a type of vasculitis and can be life-threatening without treatment (12bc5be5c42bea636becef7...).

#### 4. Infectious Diarrhea

Symptoms:

Watery diarrhea or diarrhea with blood

Abdominal cramps

Nausea and vomiting

Fever

Dehydration, which may lead to altered mental status in severe cases

Risks:

Infectious diarrhea is caused by various pathogens, including bacteria (e.g., Shigella, Salmonella, E. coli), viruses (e.g., noroviruses, rotaviruses), and parasites (e.g., Giardia intestinalis, Cryptosporidium parvum). It is most commonly spread through contaminated food or water and is particularly dangerous for young children, the elderly, and immunocompromised individuals .

#### 5. Infectious Encephalitis

Symptoms:

Acute onset of fever

Headache

Altered mental status

Neurological symptoms such as seizures, focal deficits, and ataxia

Risks:

Viral pathogens such as herpes simplex virus, varicella-zoster virus, and arboviruses (e.g., West Nile virus) are common causes. Risk factors include immunosuppression, exposure to mosquitoes or ticks, and travel to endemic regions. Encephalitis can be life-threatening and

requires prompt medical attention .

## 6. Influenza

### Symptoms:

Fever

Cough

Sore throat

Muscle or body aches

Fatigue

Headache

### Risks:

Influenza is highly contagious and spreads through respiratory droplets. Individuals at higher risk for severe complications include young children, the elderly, pregnant women, and those with chronic health conditions such as asthma, diabetes, or heart disease .

## 1. Leishmaniasis

### Symptoms:

Cutaneous: Skin ulcers, which may start as small papules and progress to larger lesions.

Visceral: Fever, weight loss, hepatosplenomegaly (enlarged liver and spleen), and anemia.

Mucocutaneous: Destruction of mucous membranes, particularly in the nose, mouth, and throat.

### Risks:

Leishmaniasis is transmitted by the bite of infected sandflies.

The disease is more common in tropical and subtropical regions, including parts of Africa, Asia, and Latin America.

Individuals at higher risk include those living in or traveling to endemic areas and those with weakened immune systems .

## 2. Liver Abscess

Symptoms:

Fever and chills

Right upper quadrant abdominal pain

Jaundice in some cases

Malaise and anorexia

Risks:

Risk factors include biliary tract disease (e.g., cholangitis), appendicitis, diverticulitis, and diabetes.

Liver abscesses can be bacterial, fungal, or parasitic in origin, with specific risks varying based on the causative agent .

### 3. Lung Abscess

Symptoms:

Cough with purulent, foul-smelling sputum

Fever

Night sweats

Weight loss

Chest pain

Risks:

Lung abscesses are often a complication of aspiration pneumonia.

Risk factors include alcohol abuse, poor oral hygiene, immunosuppression, and chronic lung diseases such as bronchiectasis .

### 4. Lyme Disease

Symptoms:

Early: Erythema migrans (bullseye rash), fever, chills, headache, and muscle aches.

Late: Arthritis, particularly in the knees, neurological symptoms (e.g., facial palsy), and heart rhythm irregularities.



Risks:

Lyme disease is caused by *Borrelia burgdorferi* and is transmitted through the bite of an infected black-legged tick.

Individuals at higher risk include those living in or visiting wooded or grassy areas in endemic regions, particularly in the northeastern United States and parts of Europe .

## 5. Lymphoma

Symptoms:

Painless swelling of lymph nodes, often in the neck, armpit, or groin

Persistent fatigue

Fever and night sweats

Unexplained weight loss

Itching

Risks:

Risk factors include a family history of lymphoma, exposure to certain chemicals, and infections such as Epstein-Barr virus (EBV).

Lymphoma can occur at any age but is more common in older adults .

## 6. Malaria

Symptoms:

Fever, which may come and go

Chills and sweating

Headache

Nausea and vomiting

Muscle pain and fatigue

Risks:

Malaria is caused by *Plasmodium* species and is transmitted through the bite of an infected *Anopheles* mosquito.

Risk factors include travel to or living in areas where malaria is endemic, particularly in sub-Saharan Africa, Southeast Asia, and South America .

## 7. Medications (Side Effects and Risks)

### Symptoms:

Varies widely depending on the medication but may include gastrointestinal disturbances, allergic reactions, dizziness, and fatigue.

Severe reactions can include anaphylaxis, liver damage, kidney damage, and blood disorders.

### Risks:

Risk factors include drug interactions, overdose, underlying health conditions, and genetic predispositions.

Certain medications have specific risks, such as anticoagulants leading to bleeding or antibiotics causing *Clostridium difficile* infections .

## 8. Meningitis

### Symptoms:

Sudden high fever

Severe headache

Stiff neck

Sensitivity to light (photophobia)

Nausea and vomiting

Altered mental status

### Risks:

Meningitis can be caused by bacterial, viral, or fungal infections. Bacterial meningitis is more severe and requires immediate medical attention.

Risk factors include living in close quarters (e.g., dormitories), age (infants and young adults), and a weakened immune system.

Vaccination can prevent certain types of bacterial meningitis .

Microsporidia spp.

Symptoms:

Chronic diarrhea

Abdominal cramps

Weight loss

Fatigue

Malabsorption

Risks:

Microsporidia infections are more common in immunocompromised individuals, particularly those with HIV/AIDS.

The disease is transmitted through the ingestion of spores found in contaminated food or water, or through direct contact with an infected person or animal (12bc5be5c42bea636becef7...).

## 2. Military Mycobacterium Tuberculosis

Symptoms:

Symptoms of tuberculosis may vary, but common signs include a persistent cough, weight loss, fever, night sweats, and hemoptysis (coughing up blood).

In military settings, tuberculosis may present as pulmonary TB, but can also affect other organs, leading to extrapulmonary TB symptoms like lymphadenopathy, pleural effusion, and meningitis.

Risks:

Risk factors include close living quarters in military barracks, deployment to regions with high TB prevalence, and exposure to individuals with active TB. Immunosuppressed individuals, particularly those with HIV, are at higher risk of developing active TB from latent infection (12bc5be5c42bea636becef7...) .

## 3. Mycobacterium Avium-Intracellulare Complex (MAC)

Symptoms:

Fever

Night sweats

Weight loss

Abdominal pain

Diarrhea

Fatigue

Risks:

MAC infections primarily affect individuals with severely weakened immune systems, particularly those with advanced HIV/AIDS.

The bacteria are commonly found in soil, water, and dust, and infection typically occurs through inhalation or ingestion. People with CD4 counts below 50 cells/mL are at the highest risk for disseminated MAC disease .

#### 4. Mycobacterium Tuberculosis

Symptoms:

Persistent cough lasting more than three weeks

Hemoptysis (coughing up blood)

Chest pain

Unintentional weight loss

Night sweats

Fatigue

Fever and chills

Risks:

Tuberculosis is spread through airborne particles when an infected person coughs or sneezes. Risk factors include close contact with an infected individual, living in or traveling to areas with high TB prevalence, and having a weakened immune system.

HIV infection significantly increases the risk of progression from latent to active TB, and the disease is more severe in immunocompromised individuals .

## 1. Myocarditis

### Symptoms:

Chest pain

Fatigue

Shortness of breath

Arrhythmias (irregular heartbeats)

Syncope (fainting)

### Risks:

Myocarditis is an inflammatory condition of the heart muscle, often caused by viral infections, such as those by Coxsackievirus, adenovirus, or parvovirus B19.

Other risk factors include bacterial infections (e.g., *Streptococcus* spp.), exposure to toxins (e.g., alcohol, cocaine), and autoimmune diseases.

It can lead to heart failure, cardiogenic shock, or sudden cardiac death if untreated (12bc5be5c42bea636becef7...)(12bc5be5c42bea636becef7...).

## 2. *Neisseria meningitidis* (Meningococcal Disease)

### Symptoms:

Sudden onset of fever

Headache

Stiff neck

Nausea and vomiting

Sensitivity to light (photophobia)

Altered mental status or confusion

### Risks:

*Neisseria meningitidis* is a leading cause of bacterial meningitis, especially in children and young adults.

The bacteria can cause rapid, severe illness, including septicemia, which can lead to shock,

organ failure, and death.

Individuals at higher risk include those living in close quarters (e.g., dormitories, military barracks), unvaccinated individuals, and those with a weakened immune system (12bc5be5c42bea636becef7...).

### 3. Pancreatic Infections

Symptoms:

Persistent abdominal pain

Fever

Anorexia

Malaise

Symptoms of systemic inflammatory response syndrome (SIRS), such as multiorgan failure

Risks:

Pancreatic infections often occur as a complication of acute pancreatitis, particularly when there is pancreatic necrosis.

Risk factors include gallstones, chronic alcohol consumption, hyperlipidemia, and severe pancreatitis.

Infections can lead to pancreatic abscesses or infected pancreatic necrosis, both of which carry high mortality rates without surgical intervention(12bc5be5c42bea636becef7...)  
(12bc5be5c42bea636becef7...).

### 4. Parainfluenza Virus

Symptoms:

Respiratory symptoms, such as cough, sore throat, and runny nose

Fever

Hoarseness or croup in young children

Bronchiolitis and pneumonia in severe cases, especially in infants and immunocompromised individuals

Risks:

Parainfluenza viruses are a common cause of respiratory infections, particularly in children.

They can cause severe respiratory illness in vulnerable populations, including young children, the elderly, and those with underlying respiratory conditions.

The virus spreads through respiratory droplets, and outbreaks are common in settings such as schools and daycare centers(12bc5be5c42bea636becf7...).