

## Common Diseases and Conditions Guide

### 1. Type 2 Diabetes

Description: A chronic condition affecting how the body processes blood sugar (glucose).

Symptoms:

- Increased thirst and frequent urination
- Increased hunger
- Fatigue
- Blurred vision

Treatment:

- Lifestyle changes (diet and exercise)
- Blood sugar monitoring
- Medications (metformin, sulfonylureas)
- Regular medical check-ups

### 2. Hypertension (High Blood Pressure)

Description: A condition where blood pressure against artery walls is consistently too high.

Symptoms:

- Often asymptomatic
- Headaches in severe cases
- Shortness of breath

Treatment:

- Lifestyle modifications
- Reduced salt intake
- Regular exercise
- Blood pressure medications

### 3. Asthma

Description: A condition causing airways to narrow and swell, producing extra mucus.

Symptoms:

- Shortness of breath
- Chest tightness
- Wheezing
- Coughing

Treatment:

- Inhaled corticosteroids
- Bronchodilators
- Avoiding triggers
- Action plan for attacks