

AI-Driven Disease Diagnosis Report

Predicted Disease:

Asthma

Description:

Asthma is a chronic lung condition causing airway narrowing wheezing and shortness of breath

Precautions:

- Avoid exposure to pollutants
- Use prescribed inhalers or medications
- Stay hydrated and rest
- Seek immediate care if breathing difficulty occurs

Medications:

- Albuterol
- Budesonide
- Montelukast
- Fluticasone
- Theophylline

Diet Recommendations:

- Anti-Inflammatory Diet
- Vitamin D & E
- Magnesium-Rich Foods
- Fatty Fish
- Hydrating Fluids

Workout Recommendations:

- Pursed-lip breathing
- Swimming therapy
- Cardio conditioning
- Low-intensity yoga
- Steam inhalation

First Aid Instructions:

1. Use an inhaler immediately (rescue inhaler like albuterol).
2. Sit upright and stay calm.
3. Move to fresh air, away from triggers.
4. Take slow, deep breaths.
5. Seek emergency help if no improvement in 15 minutes.

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Future Risk Analysis:

Future Risk Score: 10
Symptoms Severity Score: 9
Future Risk Name: Respiratory failure

