You have been given the texts of the risks of occurrence and recommendations for the prevention of various diseases. It is necessary to find articles that prove the statements given in them.

**IMPORTANT NOTICE**

**Articles must be from reliable medical sources. It is advisable to search databases such as Pubmed or ncbi. Do not include articles that you are not sure about!**

**Diabetes**

Risks:

- Macro & microvascular blood vessel damage

- Heart attack

- Stroke

- Cataract & Glucoma

- Pancreas malfunction

- Skin diseases

Recommendation:

- Eat variety of nutritious and healthy foods.

- Avoid sugary foods

- Limit alocohol intake

- If you are overweight, would help to lower the weight

- 30 mins of physical excercise everyday

- Avoid smoking

**Stroke**

Risks:

- Malfunction of movement and sensation

- Difficulty in speech and language

- Difficulty in swallowing and eating

- Impact on vision and cognitive abilities

- Paralysis & sensory impairment

- Memory problems

- Dizziness

- Nausea and vomitting

- Coma

Recommendations:

- Eating a healthful diet

- Maintaining a moderate weight

- Excercising regularly

- Avoid smoking or consuming tobacco

- Avoid alocohol or consume moderately

**Cardiovascular diseases**

Risks:

- Heart failure

- Heart attack

- Stroke

- Pulmonary embolism

- Cardiac arrest

- Peripheral Artery disease

- Atrial Fibrillation

Recommendations:

- Avoid smoking

- Control BP, cholesterol and diabetes

- Excercise for atleast 30 mins everyday

- Diet should contain low salt and saturated fat

- Maintain a healthy weight

- Reduce and manage stress