

## 1. Diabetes Mellitus (Type 2)

- **Symptoms:** Increased thirst, frequent urination, blurred vision, fatigue, unexplained weight loss.
- **Medical Advice:**
  - **Diagnosis:** Blood tests like fasting blood glucose or HbA1c.
  - **Treatment:** Lifestyle changes (diet, exercise) and medications like metformin or insulin.
  - **Prevention:** Maintain a healthy weight, regular exercise, and a balanced diet.
  - **Seek Help:** If you experience high blood sugar symptoms like excessive thirst or fatigue.

## 2. Hypertension (High Blood Pressure)

- **Symptoms:** Often no symptoms, but can cause headaches, dizziness, and nosebleeds in severe cases.
- **Medical Advice:**
  - **Diagnosis:** Regular blood pressure checks.
  - **Treatment:** Antihypertensive medications, lifestyle changes like reducing salt intake, and exercising.
  - **Prevention:** Eat a heart-healthy diet (low sodium), limit alcohol intake, and maintain a healthy weight.
  - **Seek Help:** If you experience chest pain, difficulty breathing, or severe headaches.

## 3. Asthma

- **Symptoms:** Shortness of breath, wheezing, chest tightness, and coughing.
- **Medical Advice:**
  - **Diagnosis:** Physical exam, lung function tests, and possibly allergy tests.
  - **Treatment:** Inhalers (bronchodilators or corticosteroids) and avoiding triggers (dust, pollen, smoke).
  - **Prevention:** Avoid known allergens, take prescribed medications regularly.
  - **Seek Help:** If you experience severe shortness of breath or an asthma attack.

## 4. Arthritis (Osteoarthritis)

- **Symptoms:** Joint pain, stiffness, and swelling.
- **Medical Advice:**
  - **Diagnosis:** Physical examination, X-rays, or MRI.
  - **Treatment:** Pain management (NSAIDs), physical therapy, weight management, and joint replacement in severe cases.
  - **Prevention:** Maintain a healthy weight, avoid overuse of joints, and stay active.

- **Seek Help:** If joint pain becomes disabling or interferes with daily activities.

## 5. Influenza (Flu)

- **Symptoms:** Fever, chills, muscle aches, fatigue, sore throat, and cough.
- **Medical Advice:**
  - **Diagnosis:** Clinical evaluation and sometimes a flu test.
  - **Treatment:** Antiviral medications if caught early, rest, fluids, and over-the-counter pain relievers.
  - **Prevention:** Annual flu vaccination, hand hygiene, and avoiding sick people.
  - **Seek Help:** If you have trouble breathing, chest pain, or a high fever that doesn't improve.

## 6. Pneumonia

- **Symptoms:** Cough, fever, difficulty breathing, and chest pain.
- **Medical Advice:**
  - **Diagnosis:** Chest X-ray, blood tests, and sputum cultures.
  - **Treatment:** Antibiotics or antivirals depending on the type of pneumonia, rest, and hydration.
  - **Prevention:** Vaccination, good hygiene, and avoiding smoking.
  - **Seek Help:** If you experience severe shortness of breath, chest pain, or confusion.

## 7. Gastroesophageal Reflux Disease (GERD)

- **Symptoms:** Heartburn, regurgitation, chest pain, and difficulty swallowing.
- **Medical Advice:**
  - **Diagnosis:** Endoscopy, pH monitoring, and symptoms evaluation.
  - **Treatment:** Antacids, proton pump inhibitors (PPIs), and lifestyle changes (avoiding trigger foods, elevating the head while sleeping).
  - **Prevention:** Avoid overeating, stay upright after meals, and manage stress.
  - **Seek Help:** If symptoms are persistent or worsen, or if you have difficulty swallowing.

## 8. Depression

- **Symptoms:** Persistent sadness, loss of interest in activities, fatigue, feelings of hopelessness, and changes in sleep and appetite.
- **Medical Advice:**
  - **Diagnosis:** Psychological evaluation and self-report questionnaires.
  - **Treatment:** Therapy (CBT or counseling), medications (antidepressants), and lifestyle changes (exercise, healthy diet).

- **Prevention:** Regular physical activity, maintaining social connections, and stress management.
- **Seek Help:** If you experience suicidal thoughts or if symptoms interfere with daily life.

## 9. Chronic Obstructive Pulmonary Disease (COPD)

- **Symptoms:** Shortness of breath, chronic cough, wheezing, and sputum production.
- **Medical Advice:**
  - **Diagnosis:** Pulmonary function tests, chest X-ray, and blood tests.
  - **Treatment:** Smoking cessation, bronchodilators, steroids, and pulmonary rehabilitation.
  - **Prevention:** Avoid smoking, stay away from pollutants, and exercise regularly.
  - **Seek Help:** If you experience severe shortness of breath or chest pain.

## 10. Cancer (General)

- **Symptoms:** Symptoms vary by type but may include unexplained weight loss, fatigue, pain, and changes in bowel or bladder habits.
- **Medical Advice:**
  - **Diagnosis:** Biopsy, imaging tests (CT, MRI), and blood tests.
  - **Treatment:** Surgery, chemotherapy, radiation, or immunotherapy depending on the type and stage of cancer.
  - **Prevention:** Healthy diet, regular screenings, avoiding tobacco, and limiting alcohol.
  - **Seek Help:** If you notice unusual lumps, persistent pain, or unexplained changes in your body.

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## General Health Advice for Preventing Diseases:

- **Healthy Eating:** Eat a balanced diet rich in fruits, vegetables, whole grains, lean protein, and healthy fats.
- **Regular Exercise:** Aim for at least 150 minutes of moderate-intensity exercise per week.
- **Vaccination:** Stay up-to-date with vaccinations to prevent diseases like the flu, pneumonia, and HPV.
- **Stress Management:** Practice relaxation techniques like yoga, meditation, or deep breathing exercises.
- **Regular Check-ups:** Visit your doctor for routine screenings and preventive care, especially as you age.

## 11. Migraine

- **Symptoms:** Intense, throbbing headache, often on one side of the head, nausea, vomiting, sensitivity to light and sound.
- **Medical Advice:**
  - **Diagnosis:** Based on history, physical examination, and sometimes brain imaging.
  - **Treatment:** Pain relief medications, triptans, anti-nausea meds, and preventive medications (beta-blockers, antidepressants).
  - **Prevention:** Avoiding known triggers (foods, lack of sleep, stress), regular sleep, and hydration.
  - **Seek Help:** If migraines worsen, become more frequent, or you experience unusual neurological symptoms.

## 12. Obesity

- **Symptoms:** Excessive body fat, difficulty breathing, joint pain, fatigue.
- **Medical Advice:**
  - **Diagnosis:** Body Mass Index (BMI) calculation, waist circumference, and health assessment.
  - **Treatment:** Diet changes, regular physical activity, behavior changes, and weight-loss medications or surgery in severe cases.
  - **Prevention:** Balanced diet, regular exercise, and maintaining a healthy weight.
  - **Seek Help:** If you have difficulty losing weight despite efforts or develop related health issues like diabetes or hypertension.

## 13. Chronic Sinusitis

- **Symptoms:** Nasal congestion, facial pain, headache, loss of smell, cough, fatigue.
- **Medical Advice:**
  - **Diagnosis:** Nasal endoscopy, CT scan, or allergy testing.
  - **Treatment:** Decongestants, nasal corticosteroids, antibiotics (if bacterial), and saline irrigation.
  - **Prevention:** Avoid allergens, manage allergies, and use a humidifier to keep airways moist.
  - **Seek Help:** If symptoms persist for more than 12 weeks or if you experience fever or difficulty breathing.

## 14. Gallstones

- **Symptoms:** Severe abdominal pain (especially after eating), nausea, vomiting, fever, and jaundice.
- **Medical Advice:**
  - **Diagnosis:** Ultrasound, blood tests, and sometimes CT scan or MRCP (Magnetic Resonance Cholangiopancreatography).

- **Treatment:** Surgery (cholecystectomy) to remove the gallbladder, medications to dissolve the stones in some cases.
- **Prevention:** Maintain a healthy weight, avoid rapid weight loss, and eat a high-fiber, low-fat diet.
- **Seek Help:** If you experience sudden severe abdominal pain or jaundice.

## 15. Kidney Disease (Chronic Kidney Disease - CKD)

- **Symptoms:** Fatigue, swelling in legs or ankles, changes in urine output, nausea.
- **Medical Advice:**
  - **Diagnosis:** Blood tests (creatinine, eGFR), urine tests, and ultrasound.
  - **Treatment:** Control underlying causes (e.g., diabetes, hypertension), medications, and lifestyle changes.
  - **Prevention:** Healthy diet, regular exercise, monitor blood pressure, and avoid smoking.
  - **Seek Help:** If you notice swelling, changes in urination, or fatigue.

## 16. Epilepsy

- **Symptoms:** Seizures, which can vary in severity and type (e.g., convulsions, loss of awareness).
- **Medical Advice:**
  - **Diagnosis:** Neurological examination, EEG (electroencephalogram), and sometimes MRI.
  - **Treatment:** Anticonvulsant medications, lifestyle adjustments, and surgery in some cases.
  - **Prevention:** Avoid triggers (e.g., flashing lights, lack of sleep), regular medication adherence.
  - **Seek Help:** If seizures are frequent or if you experience prolonged or unmanageable seizures.

## 17. Multiple Sclerosis (MS)

- **Symptoms:** Fatigue, numbness, walking difficulties, blurred vision, muscle weakness.
- **Medical Advice:**
  - **Diagnosis:** MRI, lumbar puncture (spinal fluid test), and neurological evaluation.
  - **Treatment:** Disease-modifying therapies (e.g., interferons), symptom management (e.g., corticosteroids, muscle relaxants).
  - **Prevention:** No known prevention, but early treatment can slow progression.
  - **Seek Help:** If you experience sudden weakness, loss of vision, or difficulty walking.

## 18. Tuberculosis (TB)

- **Symptoms:** Persistent cough (sometimes with blood), night sweats, weight loss, fatigue, chest pain.
- **Medical Advice:**
  - **Diagnosis:** Tuberculin skin test, chest X-ray, and sputum test.
  - **Treatment:** A combination of antibiotics (e.g., isoniazid, rifampin) for several months.
  - **Prevention:** BCG vaccination, avoid close contact with infected individuals, good hygiene.
  - **Seek Help:** If you experience a persistent cough or coughing up blood.

## 19. Hepatitis C

- **Symptoms:** Fatigue, jaundice, abdominal pain, dark urine, loss of appetite.
- **Medical Advice:**
  - **Diagnosis:** Blood tests (HCV antibody test, HCV RNA test), liver biopsy.
  - **Treatment:** Antiviral medications (direct-acting antivirals like sofosbuvir).
  - **Prevention:** Avoid sharing needles, ensure safe blood transfusions, and vaccination for Hepatitis A and B.
  - **Seek Help:** If you experience symptoms like yellowing of the skin or eyes (jaundice).

## 20. Stroke

- **Symptoms:** Sudden numbness or weakness in the face, arm, or leg (especially on one side), confusion, trouble speaking, severe headache.
- **Medical Advice:**
  - **Diagnosis:** CT scan, MRI, and physical examination.
  - **Treatment:** Immediate medical intervention (thrombolytics, clot removal), rehabilitation.
  - **Prevention:** Manage blood pressure, cholesterol, and diabetes, quit smoking, and maintain a healthy diet.
  - **Seek Help:** Immediately if you notice signs of a stroke (FAST: Face, Arms, Speech, Time).

## 21. Panic Disorder

- **Symptoms:** Sudden, intense feelings of fear, chest pain, difficulty breathing, dizziness, and palpitations.
- **Medical Advice:**
  - **Diagnosis:** Based on clinical history and symptoms, sometimes with additional psychological assessments.
  - **Treatment:** Cognitive-behavioral therapy (CBT), medications (SSRIs, benzodiazepines), and relaxation techniques.
  - **Prevention:** Stress management, regular exercise, and adequate sleep.

- **Seek Help:** If panic attacks interfere with your daily life or you experience frequent episodes.

## 22. Allergic Rhinitis (Hay Fever)

- **Symptoms:** Sneezing, runny nose, itchy eyes, congestion, and postnasal drip.
- **Medical Advice:**
  - **Diagnosis:** Medical history, allergy testing (skin tests or blood tests).
  - **Treatment:** Antihistamines, nasal corticosteroids, decongestants, and allergy shots (immunotherapy).
  - **Prevention:** Avoid allergens (e.g., pollen, dust), keep windows closed during high pollen seasons, and use air purifiers.
  - **Seek Help:** If symptoms are severe or persist despite over-the-counter medications.

## 23. Skin Cancer (Melanoma)

- **Symptoms:** New or changing moles, changes in shape, size, or color of an existing mole.
- **Medical Advice:**
  - **Diagnosis:** Skin biopsy.
  - **Treatment:** Surgical removal of the tumor, chemotherapy, radiation therapy.
  - **Prevention:** Avoid excessive sun exposure, use sunscreen, wear protective clothing, and avoid tanning beds.
  - **Seek Help:** If you notice changes in your skin or any new growths.

## 36. Fibromyalgia

- **Symptoms:** Widespread musculoskeletal pain, fatigue, sleep disturbances, difficulty concentrating (fibro fog), headaches, and irritable bowel syndrome.
- **Medical Advice:**
  - **Diagnosis:** Physical exam, patient history, and ruling out other conditions.
  - **Treatment:** Pain management (NSAIDs, antidepressants), physical therapy, stress reduction, and lifestyle changes.
  - **Prevention:** Exercise, good sleep hygiene, stress management.
  - **Seek Help:** If you have persistent pain, fatigue, or other symptoms impacting your quality of life.

## 37. Multiple Sclerosis (MS)

- **Symptoms:** Numbness or weakness in limbs, vision problems, difficulty walking, fatigue, dizziness, and cognitive changes.
- **Medical Advice:**
  - **Diagnosis:** MRI, lumbar puncture, evoked potentials tests.

- **Treatment:** Disease-modifying therapies (DMTs), corticosteroids, and physical therapy.
- **Prevention:** No prevention, but early treatment can reduce flare-ups and complications.
- **Seek Help:** If you experience unexplained neurological symptoms like numbness or vision changes.

### 38. Tuberculosis (TB)

- **Symptoms:** Persistent cough, chest pain, night sweats, fatigue, fever, weight loss, and coughing up blood.
- **Medical Advice:**
  - **Diagnosis:** Tuberculin skin test, chest X-ray, sputum culture.
  - **Treatment:** Antibiotics for a prolonged period (usually 6-9 months).
  - **Prevention:** TB vaccination (BCG), good ventilation, and reducing contact with infected individuals.
  - **Seek Help:** If you have a persistent cough, unexplained weight loss, or night sweats.

### 39. Gout

- **Symptoms:** Severe pain, redness, and swelling in joints, especially the big toe, sudden onset of symptoms.
- **Medical Advice:**
  - **Diagnosis:** Joint fluid test, blood tests for uric acid levels, and X-rays.
  - **Treatment:** Medications to lower uric acid levels, NSAIDs, colchicine for pain relief, and lifestyle modifications.
  - **Prevention:** Avoid high-purine foods (e.g., red meat, alcohol), stay hydrated, and maintain a healthy weight.
  - **Seek Help:** If you experience sudden severe joint pain, especially in the toe.

### 40. Tinnitus

- **Symptoms:** Ringing, buzzing, or hissing sounds in the ears without an external source.
- **Medical Advice:**
  - **Diagnosis:** Hearing tests, physical examination, and review of symptoms.
  - **Treatment:** No cure, but treatments include sound therapy, hearing aids, and stress management.
  - **Prevention:** Avoid loud noises, use ear protection, and reduce exposure to high-risk environments.
  - **Seek Help:** If tinnitus persists or worsens, especially if it affects hearing.

### 41. Alzheimer's Disease



- **Symptoms:** Memory loss, confusion, difficulty completing familiar tasks, personality changes, and impaired judgment.
- **Medical Advice:**
  - **Diagnosis:** Cognitive and neurological tests, brain imaging (MRI or CT scans), and blood tests.
  - **Treatment:** Medications to help manage symptoms (e.g., cholinesterase inhibitors), therapies to support memory.
  - **Prevention:** Regular physical and mental exercise, a healthy diet, and social engagement.
  - **Seek Help:** If you or a loved one experience significant memory loss or difficulty with daily tasks.

## 42. Sepsis

- **Symptoms:** Fever, chills, rapid breathing and heart rate, confusion, low blood pressure, and organ failure.
- **Medical Advice:**
  - **Diagnosis:** Blood cultures, urine tests, imaging, and physical examination.
  - **Treatment:** Antibiotics, IV fluids, and sometimes surgery.
  - **Prevention:** Good hygiene, vaccinations, prompt treatment of infections, and wound care.
  - **Seek Help:** If you experience any signs of infection, especially with confusion, rapid heart rate, or low blood pressure.

## 43. Sinusitis

- **Symptoms:** Nasal congestion, facial pain, pressure, headache, thick nasal discharge, cough, and fever.
- **Medical Advice:**
  - **Diagnosis:** Physical examination, sometimes imaging (CT scan).
  - **Treatment:** Decongestants, saline nasal sprays, antibiotics (for bacterial cases), and pain relievers.
  - **Prevention:** Avoiding allergens, using a humidifier, and practicing good hand hygiene.
  - **Seek Help:** If symptoms persist for more than 10 days or worsen after initial improvement.

## 44. Cataracts

- **Symptoms:** Blurred vision, glare, difficulty seeing at night, and faded colors.
- **Medical Advice:**
  - **Diagnosis:** Eye exam and dilated pupil examination.
  - **Treatment:** Surgery to remove the cataract and replace the lens with an artificial one.

- **Prevention:** Wear sunglasses, avoid smoking, and manage diabetes.
- **Seek Help:** If you notice changes in your vision or difficulty seeing clearly.

## 45. Irritable Bowel Syndrome (IBS)

- **Symptoms:** Abdominal pain, bloating, diarrhea, constipation, and changes in bowel habits.
- **Medical Advice:**
  - **Diagnosis:** Diagnosis based on symptoms and exclusion of other conditions (e.g., Crohn's disease).
  - **Treatment:** Dietary changes, fiber supplements, medications (antispasmodics, laxatives, or anti-diarrheal), and stress management.
  - **Prevention:** Avoiding trigger foods, regular exercise, and managing stress.
  - **Seek Help:** If symptoms significantly impact daily life or are persistent.

## 46. Chronic Obstructive Pulmonary Disease (COPD)

- **Symptoms:** Shortness of breath, wheezing, chest tightness, chronic cough, and increased mucus production.
- **Medical Advice:**
  - **Diagnosis:** Pulmonary function tests (spirometry), chest X-ray, and blood tests.
  - **Treatment:** Bronchodilators, steroids, oxygen therapy, pulmonary rehabilitation, and smoking cessation.
  - **Prevention:** Avoid smoking and exposure to lung irritants, regular exercise.
  - **Seek Help:** If you have persistent shortness of breath, especially with activity or exertion.

## 47. Hepatitis B

- **Symptoms:** Jaundice, fatigue, abdominal pain, nausea, vomiting, and dark urine.
- **Medical Advice:**
  - **Diagnosis:** Blood tests for hepatitis B surface antigen, liver function tests.
  - **Treatment:** Antiviral medications and monitoring liver function.
  - **Prevention:** Hepatitis B vaccine, safe sex practices, and avoiding sharing needles.
  - **Seek Help:** If you experience symptoms of jaundice or abdominal pain, especially after exposure to contaminated blood.

## 48. Lupus

- **Symptoms:** Joint pain, skin rashes, fatigue, sensitivity to sunlight, and kidney problems.
- **Medical Advice:**
  - **Diagnosis:** Blood tests (e.g., ANA test), kidney function tests, and physical examination.

- **Treatment:** Anti-inflammatory drugs, immunosuppressants, and corticosteroids.
- **Prevention:** Regular follow-up visits, managing triggers (e.g., sun exposure, infections).
- **Seek Help:** If you experience a butterfly-shaped facial rash, joint pain, or extreme fatigue.

## 49. Parkinson's Disease

- **Symptoms:** Tremors, muscle rigidity, bradykinesia (slow movement), and postural instability.
- **Medical Advice:**
  - **Diagnosis:** Clinical evaluation, neurological exams, and sometimes imaging studies (e.g., PET scans).
  - **Treatment:** Medications (e.g., levodopa), physical therapy, and in some cases, surgery (e.g., deep brain stimulation).
  - **Prevention:** No known prevention, but early treatment can help manage symptoms.
  - **Seek Help:** If you notice tremors or difficulty with movement.

## 50. Kidney Stones

- **Symptoms:** Severe pain in the back or side, blood in urine, nausea, vomiting, and frequent urination.
- **Medical Advice:**
  - **Diagnosis:** Urinalysis, blood tests, and imaging (X-ray, CT scan).
  - **Treatment:** Pain management, fluids, medications, and in some cases, surgery or lithotripsy (stone-breaking).
  - **Prevention:** Drink plenty of water, avoid excessive salt, and maintain a balanced diet.
  - **Seek Help:** If you experience severe pain or blood in your urine.

## 52. Chickenpox (Varicella)

- **Symptoms:** Itchy rash, fever, tiredness, and loss of appetite.
- **Medical Advice:**
  - **Diagnosis:** Physical examination of the rash.
  - **Treatment:** Antihistamines for itching, antiviral medications in severe cases.
  - **Prevention:** Chickenpox vaccine.
  - **Seek Help:** If there are complications like fever that doesn't go away, difficulty breathing, or if the rash appears infected.

## 53. Pneumonia

- **Symptoms:** Cough, fever, chills, shortness of breath, chest pain, fatigue, and coughing up mucus.
- **Medical Advice:**
  - **Diagnosis:** Chest X-ray, blood tests, sputum culture.
  - **Treatment:** Antibiotics (for bacterial pneumonia), antiviral medications (for viral pneumonia), and supportive care (fluids, rest).
  - **Prevention:** Pneumococcal vaccine, influenza vaccination, and proper hand hygiene.
  - **Seek Help:** If you have difficulty breathing, chest pain, or a persistent cough with high fever.

## 54. Anemia

- **Symptoms:** Fatigue, pale skin, shortness of breath, dizziness, and headache.
- **Medical Advice:**
  - **Diagnosis:** Blood tests, including a complete blood count (CBC).
  - **Treatment:** Iron supplements, vitamin B12 or folate supplementation, and in some cases, blood transfusions.
  - **Prevention:** A balanced diet rich in iron, vitamin B12, and folic acid.
  - **Seek Help:** If you feel consistently weak, tired, or short of breath.

## 55. HIV/AIDS

- **Symptoms:** Fever, fatigue, swollen lymph nodes, weight loss, and frequent infections (during the later stages).
- **Medical Advice:**
  - **Diagnosis:** Blood tests to detect HIV antibodies or RNA.
  - **Treatment:** Antiretroviral therapy (ART) to manage and suppress the virus.
  - **Prevention:** Safe sex practices, PrEP (pre-exposure prophylaxis), and avoiding sharing needles.
  - **Seek Help:** If you have symptoms of HIV or believe you've been exposed to the virus.

## 56. Hepatitis C

- **Symptoms:** Fatigue, jaundice, abdominal pain, loss of appetite, and dark urine.
- **Medical Advice:**
  - **Diagnosis:** Blood tests for HCV antibodies and viral RNA.
  - **Treatment:** Antiviral medications (e.g., direct-acting antivirals).
  - **Prevention:** Avoid sharing needles and ensure blood products are screened.
  - **Seek Help:** If you have a history of hepatitis C exposure or experience unexplained jaundice.

## 57. Acid Reflux (GERD)

- **Symptoms:** Heartburn, regurgitation, chest pain, difficulty swallowing, and chronic cough.
- **Medical Advice:**
  - **Diagnosis:** Endoscopy, pH monitoring, and esophageal manometry.
  - **Treatment:** Antacids, proton pump inhibitors (PPIs), and lifestyle modifications.
  - **Prevention:** Avoiding trigger foods, maintaining a healthy weight, and eating smaller meals.
  - **Seek Help:** If symptoms are severe, persistent, or disrupt daily activities.

## 58. Osteoarthritis

- **Symptoms:** Joint pain, stiffness, decreased flexibility, and swelling, especially in knees, hips, and hands.
- **Medical Advice:**
  - **Diagnosis:** Physical exam, X-rays, and MRI.
  - **Treatment:** Pain relief (NSAIDs), physical therapy, joint injections, and in severe cases, surgery (joint replacement).
  - **Prevention:** Maintaining a healthy weight, regular exercise, and joint protection.
  - **Seek Help:** If joint pain significantly limits movement or quality of life.

## 59. Psoriasis

- **Symptoms:** Red, scaly patches on the skin, usually on the elbows, knees, or scalp, and sometimes accompanied by itching or pain.
- **Medical Advice:**
  - **Diagnosis:** Physical exam and skin biopsy (if necessary).
  - **Treatment:** Topical treatments (steroids, vitamin D analogs), phototherapy, and systemic medications (e.g., biologics).
  - **Prevention:** Avoiding triggers (e.g., stress, certain medications), moisturizing skin regularly.
  - **Seek Help:** If you notice red, scaly patches on your skin or if the condition worsens.

## 60. Celiac Disease

- **Symptoms:** Diarrhea, weight loss, abdominal pain, bloating, and fatigue after consuming gluten-containing foods.
- **Medical Advice:**
  - **Diagnosis:** Blood tests for specific antibodies and intestinal biopsy.
  - **Treatment:** Strict gluten-free diet.
  - **Prevention:** Adherence to a gluten-free diet throughout life.
  - **Seek Help:** If you have unexplained gastrointestinal symptoms, particularly after eating wheat or gluten products.

## 61. Epilepsy

- **Symptoms:** Seizures, loss of consciousness, abnormal movements, and confusion post-seizure.
- **Medical Advice:**
  - **Diagnosis:** EEG (electroencephalogram), MRI, and blood tests.
  - **Treatment:** Antiepileptic drugs (AEDs) and sometimes surgery or ketogenic diet.
  - **Prevention:** Medication adherence, avoiding known seizure triggers.
  - **Seek Help:** If you experience a seizure or have recurrent seizures.

## 62. Gallstones

- **Symptoms:** Abdominal pain, nausea, vomiting, and sometimes jaundice.
- **Medical Advice:**
  - **Diagnosis:** Ultrasound or CT scan.
  - **Treatment:** Pain management, lithotripsy (to break stones), or gallbladder removal surgery (cholecystectomy).
  - **Prevention:** Healthy diet (low in fat), regular exercise, and weight management.
  - **Seek Help:** If you experience intense abdominal pain, particularly after eating fatty foods.

## 63. Conjunctivitis (Pink Eye)

- **Symptoms:** Redness, itching, discharge from the eyes, and a gritty feeling in the eye.
- **Medical Advice:**
  - **Diagnosis:** Physical exam and patient history.
  - **Treatment:** Antibiotic eye drops (for bacterial cases), antihistamines, and warm compresses.
  - **Prevention:** Hand hygiene, avoiding touching your eyes, and not sharing personal items (e.g., towels).
  - **Seek Help:** If you have persistent or worsening symptoms, especially if there's vision impairment.

## 64. Stroke

- **Symptoms:** Sudden weakness or numbness in the face, arms, or legs, especially on one side of the body, confusion, difficulty speaking or understanding speech, sudden vision loss, or severe headache.
- **Medical Advice:**
  - **Diagnosis:** CT or MRI scans, blood tests.
  - **Treatment:** Immediate medical intervention (e.g., clot-busting drugs for ischemic stroke), rehabilitation, and lifestyle changes.
  - **Prevention:** Control risk factors (e.g., hypertension, high cholesterol, diabetes), quit smoking, and maintain a healthy diet and exercise routine.

- **Seek Help:** If you notice sudden symptoms of weakness, confusion, or loss of speech.

## 65. Meningitis

- **Symptoms:** Headache, stiff neck, fever, nausea, vomiting, and sensitivity to light.
- **Medical Advice:**
  - **Diagnosis:** Lumbar puncture (spinal tap), blood tests, and imaging.
  - **Treatment:** Antibiotics or antiviral medications, depending on the cause.
  - **Prevention:** Vaccination, especially for bacterial meningitis (e.g., meningococcal vaccine).
  - **Seek Help:** If you have a severe headache, neck stiffness, or fever, especially if they worsen rapidly.