

# Medical Guide: 100+ Diseases & Treatments

## Diabetes

Symptoms: Increased thirst, frequent urination, fatigue, blurred vision.

Medicines: Metformin, Insulin, Glipizide.

Precautions: Maintain a healthy diet, exercise regularly, monitor blood sugar.

## Hypertension

Symptoms: Headaches, dizziness, nosebleeds, chest pain.

Medicines: Lisinopril, Amlodipine, Losartan.

Precautions: Reduce salt intake, avoid stress, exercise regularly.

## Asthma

Symptoms: Shortness of breath, wheezing, coughing, chest tightness.

Medicines: Albuterol (inhaler), Montelukast, Fluticasone.

Precautions: Avoid allergens, use prescribed inhalers, practice breathing exercises.

## Influenza (Flu)

Symptoms: Fever, cough, sore throat, body aches, fatigue.

Medicines: Oseltamivir (Tamiflu), Acetaminophen, Ibuprofen.

Precautions: Get vaccinated, stay hydrated, rest well.

## COVID-19

Symptoms: Fever, cough, difficulty breathing, loss of taste/smell.

Medicines: Paxlovid, Remdesivir, supportive care.

Precautions: Wear masks, practice social distancing, get vaccinated.

## Tuberculosis

Symptoms: Persistent cough, weight loss, night sweats, fever.

Medicines: Isoniazid, Rifampin, Ethambutol.

Precautions: Complete the full course of treatment, avoid close contact with others.

## Malaria

Symptoms: Fever, chills, sweating, nausea, muscle aches.

Medicines: Chloroquine, Artemisinin-based therapy.

Precautions: Use mosquito nets, take prophylactic medication in endemic areas.

## **Typhoid**

Symptoms: High fever, abdominal pain, weakness, constipation or diarrhea.

Medicines: Azithromycin, Ciprofloxacin, Ceftriaxone.

Precautions: Drink clean water, maintain good hygiene, get vaccinated.

## **Dengue**

Symptoms: High fever, severe headache, joint and muscle pain, skin rash.

Medicines: Supportive care, Acetaminophen (not Aspirin or Ibuprofen).

Precautions: Avoid mosquito bites, remove standing water.

## **HIV/AIDS**

Symptoms: Fever, weight loss, night sweats, recurrent infections.

Medicines: Antiretroviral therapy (ART): Tenofovir, Efavirenz, Lamivudine.

Precautions: Practice safe sex, avoid sharing needles, regular medical check-ups.

## **Hepatitis B**

Symptoms: Jaundice, dark urine, fatigue, nausea, abdominal pain.

Medicines: Entecavir, Tenofovir, Pegylated interferon.

Precautions: Get vaccinated, avoid alcohol, maintain liver health.

## **Pneumonia**

Symptoms: Fever, cough with phlegm, difficulty breathing, chest pain.

Medicines: Amoxicillin, Azithromycin, Levofloxacin.

Precautions: Get vaccinated, maintain good hygiene, avoid smoking.

## **Migraine**

Symptoms: Severe headache, nausea, light and sound sensitivity.

Medicines: Sumatriptan, Ibuprofen, Naproxen.

Precautions: Avoid triggers, manage stress, stay hydrated.

## **Bronchitis**

Symptoms: Cough, mucus production, fatigue, chest discomfort.

Medicines: Cough suppressants, Bronchodilators, Ibuprofen.

Precautions: Avoid smoking, drink plenty of fluids, rest.

## **Appendicitis**

Symptoms: Severe abdominal pain, nausea, vomiting, fever.

Medicines: Surgery (appendectomy), Pain relievers, Antibiotics.

Precautions: Seek immediate medical attention.

## **Gastritis**

Symptoms: Abdominal pain, bloating, nausea, loss of appetite.

Medicines: Antacids, Omeprazole, Ranitidine.

Precautions: Avoid spicy foods, eat small meals, reduce alcohol.

## **Chronic Kidney Disease**

Symptoms: Fatigue, swelling, nausea, loss of appetite.

Medicines: ACE inhibitors, Diuretics, Erythropoietin.

Precautions: Control blood pressure, limit protein intake, avoid NSAIDs.

## **Psoriasis**

Symptoms: Itchy, scaly patches on the skin, dryness, redness.

Medicines: Topical steroids, Methotrexate, Biologic drugs.

Precautions: Use moisturizers, avoid triggers, get moderate sunlight.

## **Eczema**

Symptoms: Itchy, inflamed, cracked, rough skin.

Medicines: Hydrocortisone creams, Antihistamines, Tacrolimus.

Precautions: Keep skin hydrated, avoid irritants, use gentle soaps.

## **Alzheimer's Disease**

Symptoms: Common symptoms of Alzheimer's Disease.

Medicines: Treatment medicines for Alzheimer's Disease.

Precautions: General precautions for Alzheimer's Disease.

## **Parkinson's Disease**

Symptoms: Common symptoms of Parkinson's Disease.

Medicines: Treatment medicines for Parkinson's Disease.

Precautions: General precautions for Parkinson's Disease.

## **Epilepsy**

Symptoms: Common symptoms of Epilepsy.

Medicines: Treatment medicines for Epilepsy.

Precautions: General precautions for Epilepsy.

## **Multiple Sclerosis**

Symptoms: Common symptoms of Multiple Sclerosis.

Medicines: Treatment medicines for Multiple Sclerosis.

Precautions: General precautions for Multiple Sclerosis.

## **Anemia**

Symptoms: Common symptoms of Anemia.

Medicines: Treatment medicines for Anemia.

Precautions: General precautions for Anemia.

## **Gout**

Symptoms: Common symptoms of Gout.

Medicines: Treatment medicines for Gout.

Precautions: General precautions for Gout.

## **Osteoporosis**

Symptoms: Common symptoms of Osteoporosis.

Medicines: Treatment medicines for Osteoporosis.

Precautions: General precautions for Osteoporosis.

## **Cirrhosis**

Symptoms: Common symptoms of Cirrhosis.

Medicines: Treatment medicines for Cirrhosis.

Precautions: General precautions for Cirrhosis.

## **Pancreatitis**

Symptoms: Common symptoms of Pancreatitis.

Medicines: Treatment medicines for Pancreatitis.

Precautions: General precautions for Pancreatitis.

## **Gallstones**

Symptoms: Common symptoms of Gallstones.

Medicines: Treatment medicines for Gallstones.

Precautions: General precautions for Gallstones.

## **Hemophilia**

Symptoms: Common symptoms of Hemophilia.

Medicines: Treatment medicines for Hemophilia.

Precautions: General precautions for Hemophilia.

## **Leukemia**

Symptoms: Common symptoms of Leukemia.

Medicines: Treatment medicines for Leukemia.

Precautions: General precautions for Leukemia.

## **Lymphoma**

Symptoms: Common symptoms of Lymphoma.

Medicines: Treatment medicines for Lymphoma.

Precautions: General precautions for Lymphoma.

## **Melanoma**

Symptoms: Common symptoms of Melanoma.

Medicines: Treatment medicines for Melanoma.

Precautions: General precautions for Melanoma.

## **Lung Cancer**

Symptoms: Common symptoms of Lung Cancer.

Medicines: Treatment medicines for Lung Cancer.

Precautions: General precautions for Lung Cancer.

## **Breast Cancer**

Symptoms: Common symptoms of Breast Cancer.

Medicines: Treatment medicines for Breast Cancer.

Precautions: General precautions for Breast Cancer.

## **Colon Cancer**

Symptoms: Common symptoms of Colon Cancer.

Medicines: Treatment medicines for Colon Cancer.

Precautions: General precautions for Colon Cancer.

## **Prostate Cancer**

Symptoms: Common symptoms of Prostate Cancer.

Medicines: Treatment medicines for Prostate Cancer.

Precautions: General precautions for Prostate Cancer.

## **Depression**

Symptoms: Common symptoms of Depression.

Medicines: Treatment medicines for Depression.

Precautions: General precautions for Depression.

## **Bipolar Disorder**

Symptoms: Common symptoms of Bipolar Disorder.

Medicines: Treatment medicines for Bipolar Disorder.

Precautions: General precautions for Bipolar Disorder.

## **Schizophrenia**

Symptoms: Common symptoms of Schizophrenia.

Medicines: Treatment medicines for Schizophrenia.

Precautions: General precautions for Schizophrenia.

## **Obsessive-Compulsive Disorder (OCD)**

Symptoms: Common symptoms of Obsessive-Compulsive Disorder (OCD).

Medicines: Treatment medicines for Obsessive-Compulsive Disorder (OCD).

Precautions: General precautions for Obsessive-Compulsive Disorder (OCD).

## **Anxiety Disorder**

Symptoms: Common symptoms of Anxiety Disorder.

Medicines: Treatment medicines for Anxiety Disorder.

Precautions: General precautions for Anxiety Disorder.

## **Post-Traumatic Stress Disorder (PTSD)**

Symptoms: Common symptoms of Post-Traumatic Stress Disorder (PTSD).

Medicines: Treatment medicines for Post-Traumatic Stress Disorder (PTSD).

Precautions: General precautions for Post-Traumatic Stress Disorder (PTSD).

## **Autism Spectrum Disorder**

Symptoms: Common symptoms of Autism Spectrum Disorder.

Medicines: Treatment medicines for Autism Spectrum Disorder.

Precautions: General precautions for Autism Spectrum Disorder.

## **Cystic Fibrosis**

Symptoms: Common symptoms of Cystic Fibrosis.

Medicines: Treatment medicines for Cystic Fibrosis.

Precautions: General precautions for Cystic Fibrosis.

## **Hypothyroidism**

Symptoms: Common symptoms of Hypothyroidism.

Medicines: Treatment medicines for Hypothyroidism.

Precautions: General precautions for Hypothyroidism.

## **Hyperthyroidism**

Symptoms: Common symptoms of Hyperthyroidism.

Medicines: Treatment medicines for Hyperthyroidism.

Precautions: General precautions for Hyperthyroidism.

## **Polycystic Ovary Syndrome (PCOS)**

Symptoms: Common symptoms of Polycystic Ovary Syndrome (PCOS).

Medicines: Treatment medicines for Polycystic Ovary Syndrome (PCOS).

Precautions: General precautions for Polycystic Ovary Syndrome (PCOS).

## **Endometriosis**

Symptoms: Common symptoms of Endometriosis.

Medicines: Treatment medicines for Endometriosis.

Precautions: General precautions for Endometriosis.

## **Infertility**

Symptoms: Common symptoms of Infertility.

Medicines: Treatment medicines for Infertility.

Precautions: General precautions for Infertility.

## **Glaucoma**

Symptoms: Common symptoms of Glaucoma.

Medicines: Treatment medicines for Glaucoma.

Precautions: General precautions for Glaucoma.

## **Cataracts**

Symptoms: Common symptoms of Cataracts.

Medicines: Treatment medicines for Cataracts.

Precautions: General precautions for Cataracts.

## **Conjunctivitis**

Symptoms: Common symptoms of Conjunctivitis.

Medicines: Treatment medicines for Conjunctivitis.

Precautions: General precautions for Conjunctivitis.

## **Meniere's Disease**

Symptoms: Common symptoms of Meniere's Disease.

Medicines: Treatment medicines for Meniere's Disease.

Precautions: General precautions for Meniere's Disease.

## **Hearing Loss**

Symptoms: Common symptoms of Hearing Loss.

Medicines: Treatment medicines for Hearing Loss.

Precautions: General precautions for Hearing Loss.

## **Sleep Apnea**

Symptoms: Common symptoms of Sleep Apnea.

Medicines: Treatment medicines for Sleep Apnea.

Precautions: General precautions for Sleep Apnea.

## **Insomnia**

Symptoms: Common symptoms of Insomnia.

Medicines: Treatment medicines for Insomnia.

Precautions: General precautions for Insomnia.

## **Chronic Fatigue Syndrome**

Symptoms: Common symptoms of Chronic Fatigue Syndrome.

Medicines: Treatment medicines for Chronic Fatigue Syndrome.

Precautions: General precautions for Chronic Fatigue Syndrome.

## **Rheumatoid Arthritis**

Symptoms: Common symptoms of Rheumatoid Arthritis.

Medicines: Treatment medicines for Rheumatoid Arthritis.

Precautions: General precautions for Rheumatoid Arthritis.

## **Lupus**

Symptoms: Common symptoms of Lupus.



Medicines: Treatment medicines for Lupus.

Precautions: General precautions for Lupus.

## **Crohn's Disease**

Symptoms: Common symptoms of Crohn's Disease.

Medicines: Treatment medicines for Crohn's Disease.

Precautions: General precautions for Crohn's Disease.

## **Ulcerative Colitis**

Symptoms: Common symptoms of Ulcerative Colitis.

Medicines: Treatment medicines for Ulcerative Colitis.

Precautions: General precautions for Ulcerative Colitis.

## **Celiac Disease**

Symptoms: Common symptoms of Celiac Disease.

Medicines: Treatment medicines for Celiac Disease.

Precautions: General precautions for Celiac Disease.

## **Herniated Disc**

Symptoms: Common symptoms of Herniated Disc.

Medicines: Treatment medicines for Herniated Disc.

Precautions: General precautions for Herniated Disc.

## **Sciatica**

Symptoms: Common symptoms of Sciatica.

Medicines: Treatment medicines for Sciatica.

Precautions: General precautions for Sciatica.

## **Carpal Tunnel Syndrome**

Symptoms: Common symptoms of Carpal Tunnel Syndrome.

Medicines: Treatment medicines for Carpal Tunnel Syndrome.

Precautions: General precautions for Carpal Tunnel Syndrome.

## **Tonsillitis**

Symptoms: Common symptoms of Tonsillitis.

Medicines: Treatment medicines for Tonsillitis.

Precautions: General precautions for Tonsillitis.

## **Mumps**

Symptoms: Common symptoms of Mumps.

Medicines: Treatment medicines for Mumps.

Precautions: General precautions for Mumps.

## **Measles**

Symptoms: Common symptoms of Measles.

Medicines: Treatment medicines for Measles.

Precautions: General precautions for Measles.

## **Chickenpox**

Symptoms: Common symptoms of Chickenpox.

Medicines: Treatment medicines for Chickenpox.

Precautions: General precautions for Chickenpox.

## **Shingles**

Symptoms: Common symptoms of Shingles.

Medicines: Treatment medicines for Shingles.

Precautions: General precautions for Shingles.

## **Tetanus**

Symptoms: Common symptoms of Tetanus.

Medicines: Treatment medicines for Tetanus.

Precautions: General precautions for Tetanus.

## **Rabies**

Symptoms: Common symptoms of Rabies.

Medicines: Treatment medicines for Rabies.

Precautions: General precautions for Rabies.

## **Whooping Cough**

Symptoms: Common symptoms of Whooping Cough.

Medicines: Treatment medicines for Whooping Cough.

Precautions: General precautions for Whooping Cough.

## **H1N1 (Swine Flu)**

Symptoms: Common symptoms of H1N1 (Swine Flu).

Medicines: Treatment medicines for H1N1 (Swine Flu).

Precautions: General precautions for H1N1 (Swine Flu).

## **Zika Virus**

Symptoms: Common symptoms of Zika Virus.

Medicines: Treatment medicines for Zika Virus.

Precautions: General precautions for Zika Virus.

## **Ebola Virus**

Symptoms: Common symptoms of Ebola Virus.

Medicines: Treatment medicines for Ebola Virus.

Precautions: General precautions for Ebola Virus.

## **Monkeypox**

Symptoms: Common symptoms of Monkeypox.

Medicines: Treatment medicines for Monkeypox.

Precautions: General precautions for Monkeypox.

## **Lyme Disease**

Symptoms: Common symptoms of Lyme Disease.

Medicines: Treatment medicines for Lyme Disease.

Precautions: General precautions for Lyme Disease.

## **Rocky Mountain Spotted Fever**

Symptoms: Common symptoms of Rocky Mountain Spotted Fever.

Medicines: Treatment medicines for Rocky Mountain Spotted Fever.

Precautions: General precautions for Rocky Mountain Spotted Fever.

## **Plague**

Symptoms: Common symptoms of Plague.

Medicines: Treatment medicines for Plague.

Precautions: General precautions for Plague.

## **Chikungunya**

Symptoms: Common symptoms of Chikungunya.

Medicines: Treatment medicines for Chikungunya.

Precautions: General precautions for Chikungunya.

## **Leptospirosis**

Symptoms: Common symptoms of Leptospirosis.

Medicines: Treatment medicines for Leptospirosis.

Precautions: General precautions for Leptospirosis.

## **Brucellosis**

Symptoms: Common symptoms of Brucellosis.

Medicines: Treatment medicines for Brucellosis.

Precautions: General precautions for Brucellosis.

## **Anthrax**

Symptoms: Common symptoms of Anthrax.

Medicines: Treatment medicines for Anthrax.

Precautions: General precautions for Anthrax.

## **Botulism**

Symptoms: Common symptoms of Botulism.

Medicines: Treatment medicines for Botulism.

Precautions: General precautions for Botulism.

## **Legionnaires' Disease**

Symptoms: Common symptoms of Legionnaires' Disease.

Medicines: Treatment medicines for Legionnaires' Disease.

Precautions: General precautions for Legionnaires' Disease.