

Medical Report

Patient Information

Name: Sharavana Kumar R N

Age: 1

Predicted Disease

Fungal infection

Description

Fungal infection is a common skin condition caused by fungi.

Precautions

bath twice, use detol or neem in bathing water, keep infected area dry, use clean cloths

Medications

Antifungal Cream, Fluconazole, Terbinafine, Clotrimazole, Ketoconazole

Diet

Antifungal Diet, Probiotics, Garlic, Coconut oil, Turmeric

Workout

Avoid sugary foods, Consume probiotics, Increase intake of garlic, Include yogurt in diet, Limit processed foods, Stay hydrated, Consume green tea, Eat foods rich in zinc, Include turmeric in diet, Eat fruits and vegetables

Personalized Advice

Medical Report

1. **Optimize Sleep:** Aim for 7-9 hours of quality sleep each night; avoid caffeine and alcohol before bed.
2. **Adjust Activity Level:** Gradually increase activity to improve circulation and reduce itching; consider gentle exercises like walking or yoga.
3. **Manage Symptoms:** Keep skin clean and dry; apply topical antifungal creams as directed; use lukewarm baths with oatmeal or baking soda to soothe itching.
4. **Seek Medical Help:** Consult a healthcare professional if symptoms worsen or persist beyond a week; severe cases may require prescription antifungal medications.
5. **Monitor Progress:** Track the severity of your symptoms and any changes in your overall health; report any concerns promptly to your healthcare provider.

You might also have these diseases

Chicken pox, Drug Reaction