

1. Allergies: Allergies are an immune response to substances that are otherwise harmless to most people. Symptoms include itchy eyes, runny nose, sneezing, and skin rashes. Causes include pollen, dust mites, pet dander, and certain foods. Prevention includes avoiding triggers, keeping indoor spaces clean, and using air filters. Treatment includes antihistamines, decongestants, and corticosteroids.

2. Colds and Flu: Colds and flu are viral infections that affect the respiratory system. Symptoms include sneezing, sore throat, cough, and fever. Causes include various viruses. Prevention includes frequent hand washing, avoiding close contact with sick individuals, and getting vaccinated. Treatment includes rest, hydration, and over-the-counter remedies.

3. Conjunctivitis ("pink eye"): Conjunctivitis is an inflammation of the conjunctiva, the membrane that covers the inside of the eyelids and the white part of the eye. Symptoms include redness, itching, and discharge. Causes include bacteria, viruses, and allergies. Prevention includes frequent hand washing and avoiding touching the eyes. Treatment includes antibiotics, antihistamines, and corticosteroids.

4. Diarrhea: Diarrhea is a condition characterized by loose, watery stools. Symptoms include abdominal cramps, bloating, and nausea. Causes include viruses, bacteria, and parasites. Prevention includes frequent hand washing, avoiding contaminated food and water, and getting vaccinated. Treatment includes hydration, electrolyte replacement, and antibiotics.

5. Headaches: Headaches are a common condition characterized by pain in the head or neck. Symptoms include throbbing, pressure, and sensitivity to light and sound. Causes include tension, migraines, and sinus infections. Prevention includes stress management, hydration, and avoiding triggers. Treatment includes over-the-counter pain relievers and prescription medications.

6. Mononucleosis: Mononucleosis, also known as "mono" or the "kissing disease," is a viral infection that affects the lymph nodes. Symptoms include extreme fatigue, swollen lymph nodes, sore throat, fever, and muscle aches. Causes include the Epstein-Barr virus. Prevention includes avoiding contact with infected individuals. Treatment includes rest, hydration, and pain relief.

7. Stomach Aches: Stomach aches are a common condition characterized by pain or discomfort in the abdomen. Symptoms include cramping, bloating, and nausea. Causes include indigestion, constipation, and inflammation. Prevention includes a healthy diet, regular exercise, and avoiding triggers. Treatment includes over-the-counter remedies and prescription medications.

8. Haemorrhoids (piles): Haemorrhoids are swollen veins in the rectum or anus that can cause discomfort and bleeding. Symptoms include itching, pain, and bleeding. Causes include straining during bowel movements, pregnancy, and obesity. Prevention includes a high-fiber

diet, regular exercise, and avoiding constipation. Treatment includes over-the-counter remedies and prescription medications.

9. Hand, foot and mouth disease: Hand, foot and mouth disease is a viral infection that affects the skin and mucous membranes. Symptoms include fever, sore throat, and a rash on the hands and feet. Causes include coxsackievirus and enterovirus. Prevention includes frequent hand washing and avoiding contact with infected individuals. Treatment includes rest, hydration, and pain relief.

10. Hay fever: Hay fever is an allergic reaction to pollen or other airborne allergens. Symptoms include sneezing, runny nose, and itchy eyes. Causes include pollen, dust mites, and pet dander. Prevention includes avoiding triggers, keeping indoor spaces clean, and using air filters. Treatment includes antihistamines, decongestants, and corticosteroids.

11. Obesity: Obesity is a medical condition characterized by excess body weight and fat accumulation. Symptoms include fatigue, joint pain, and difficulty performing physical activities. Causes include overeating, lack of physical activity, and genetic factors. Prevention includes maintaining a healthy diet, regular exercise, and lifestyle modifications. Treatment includes diet and exercise programs, medication, and in severe cases, bariatric surgery.

12. Osteoarthritis: Osteoarthritis is a degenerative joint disease that causes the breakdown of cartilage in the joints. Symptoms include joint pain, stiffness, and swelling. Causes include aging, joint injury, and obesity. Prevention includes maintaining a healthy weight, staying physically active, and avoiding joint injuries. Treatment includes pain management, physical therapy, and in severe cases, joint replacement surgery.

13. Osteoporosis: Osteoporosis is a condition characterized by weakened bones that are prone to fractures. Symptoms may not be noticeable until a fracture occurs. Causes include aging, hormonal changes, and nutritional deficiencies. Prevention includes consuming adequate calcium and vitamin D, engaging in weight-bearing exercises, and avoiding smoking and excessive alcohol consumption. Treatment includes medications to strengthen bones and reduce fracture risk, along with lifestyle modifications.

14. Panic disorder: Panic disorder is a type of anxiety disorder characterized by recurring panic attacks. Symptoms include sudden feelings of intense fear or anxiety, chest pain, and shortness of breath. Causes include genetics, brain chemistry, and stressful life events. Prevention includes stress management techniques, regular exercise, and avoiding caffeine and alcohol. Treatment includes therapy, medication, and relaxation techniques to manage symptoms and prevent future panic attacks.

15. Peptic ulcer disease: Peptic ulcer disease is a condition characterized by open sores in the lining of the stomach or duodenum. Symptoms include abdominal pain, bloating, and nausea. Causes include infection with *Helicobacter pylori* bacteria, long-term use of nonsteroidal anti-inflammatory drugs (NSAIDs), and excessive alcohol consumption. Prevention includes

avoiding NSAIDs, quitting smoking, and reducing stress. Treatment includes antibiotics to eradicate *H. pylori*, medications to reduce stomach acid production, and lifestyle modifications.

16. Pneumothorax: Pneumothorax, also known as a collapsed lung, occurs when air leaks into the space between the lung and chest wall, causing the lung to collapse. Symptoms include sudden chest pain, shortness of breath, and rapid heartbeat. Causes include trauma to the chest, underlying lung diseases, and certain medical procedures. Prevention includes avoiding smoking and protecting the chest from injury. Treatment includes inserting a chest tube to remove air from the chest cavity and allow the lung to reinflate, along with monitoring for complications.

17. Post-traumatic stress disorder (PTSD): PTSD is a mental health condition that can develop after experiencing or witnessing a traumatic event. Symptoms include flashbacks, nightmares, and hypervigilance. Causes include experiencing or witnessing a traumatic event, such as combat, natural disasters, or physical assault. Prevention includes early intervention and support for individuals who have experienced trauma. Treatment includes therapy, medication, and coping strategies to manage symptoms and improve quality of life.

18. Prostate cancer: Prostate cancer is a type of cancer that occurs in the prostate, a small gland located below the bladder in men. Symptoms may not be present in the early stages. Causes include genetics, age, and hormonal factors. Prevention includes maintaining a healthy diet, regular exercise, and avoiding tobacco. Treatment includes surgery, radiation therapy, hormone therapy, chemotherapy, and immunotherapy, depending on the stage and aggressiveness of the cancer.

19. Psoriasis: Psoriasis is a chronic autoimmune disease that causes rapid skin cell growth, leading to thick, scaly patches on the skin. Symptoms include redness, itching, and flaking skin. Causes include genetics, immune system dysfunction, and environmental factors. Prevention includes avoiding triggers such as stress, skin injuries, and certain medications. Treatment includes topical creams and ointments, phototherapy, oral medications, and biologic drugs.

20. Rheumatic fever: Rheumatic fever is an inflammatory disease that can develop after an untreated or inadequately treated strep throat infection. Symptoms include fever, joint pain, and skin rash. Causes include infection with group A *Streptococcus* bacteria. Prevention includes prompt treatment of strep throat with antibiotics. Treatment includes antibiotics to eradicate the strep bacteria, along with anti-inflammatory medications to reduce inflammation and relieve symptoms.

21. Rosacea: Rosacea is a chronic skin condition that causes redness, visible blood vessels, and pimple-like bumps on the face. Symptoms include flushing, persistent redness, and sensitivity to skincare products. Causes include genetics, environmental factors, and abnormal immune system response. Prevention includes avoiding triggers such as sun exposure, spicy foods, and alcohol. Treatment includes topical medications, oral antibiotics, laser therapy, and lifestyle modifications.

22. Schizophrenia: Schizophrenia is a chronic mental health disorder characterized by distorted thinking, hallucinations, and delusions. Symptoms may include hearing voices, disorganized thinking, and social withdrawal. Causes include genetic, brain chemistry, and environmental factors. Prevention includes early intervention and support for individuals at risk. Treatment includes antipsychotic medications, therapy, and support services to manage symptoms and improve functioning.

23. Sciatica: Sciatica is a condition characterized by pain that radiates along the path of the sciatic nerve, which runs from the lower back down through the buttocks and into the legs. Symptoms include sharp, shooting pain, numbness, and tingling in the leg or foot. Causes include herniated discs, spinal stenosis, and muscle spasms. Prevention includes maintaining good posture, regular exercise, and avoiding prolonged sitting or standing. Treatment includes pain management, physical therapy, and in severe cases, surgery to relieve pressure on the nerve[1].

24. Sexually transmitted infections (STIs): Sexually transmitted infections are infections that are spread through sexual contact. Symptoms vary depending on the infection but may include genital sores, discharge, and pain during urination. Causes include bacteria, viruses, and parasites. Prevention includes practicing safe sex, using condoms consistently and correctly, and getting tested regularly. Treatment includes antibiotics, antiviral medications, and other medications depending on the specific infection.

25. Sinusitis: Sinusitis is an inflammation or swelling of the tissue lining the sinuses. Symptoms include facial pain, nasal congestion, and thick nasal discharge. Causes include viral infections, bacterial infections, and allergies. Prevention includes avoiding triggers such as allergens and smoking, using a humidifier, and practicing good nasal hygiene. Treatment includes nasal decongestants, saline nasal irrigation, antibiotics for bacterial infections, and corticosteroids for severe inflammation.

26. Skin cancer: Skin cancer is the abnormal growth of skin cells, often caused by ultraviolet radiation from sunlight or tanning beds. Symptoms may include changes in the size, shape, or color of moles or skin lesions. Prevention includes sun protection measures such as wearing sunscreen, protective clothing, and avoiding peak sun hours. Treatment includes surgical removal of the cancerous tissue, chemotherapy, radiation therapy, and immunotherapy, depending on the type and stage of the cancer.

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37. Head and neck cancer: Head and neck cancer is a group of cancers that affect the mouth, nose, throat, and surrounding tissues. Symptoms include difficulty swallowing, persistent hoarseness, and lumps in the neck. Causes include tobacco use, alcohol consumption, and human papillomavirus (HPV) infection. Prevention includes avoiding tobacco and alcohol, getting vaccinated against HPV, and regular screenings. Treatment includes surgery, radiation therapy, and chemotherapy.

38. Head lice and nits: Head lice and nits are parasites that live in the hair and cause itching and scratching. Symptoms include scalp itching and the presence of nits (eggs) in the hair. Causes include close contact with infected individuals. Prevention includes avoiding head-to-head contact, washing bedding and clothing, and using over-the-counter treatments.

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40. Hearing loss: Hearing loss is a condition characterized by difficulty hearing or understanding speech. Symptoms include muffled speech, difficulty hearing in noisy environments, and tinnitus (ringing in the ears). Causes include age-related hearing loss, noise exposure, and genetic factors. Prevention includes avoiding loud noises, wearing hearing protection, and getting regular hearing screenings. Treatment includes hearing aids, cochlear implants, and other assistive devices.

41. Heart attack: A heart attack is a serious medical emergency characterized by chest pain, shortness of breath, and a rapid heartbeat. Causes include blockages in the coronary arteries, high blood pressure, and high cholesterol. Prevention includes a healthy diet, regular exercise, and avoiding tobacco and alcohol. Treatment includes emergency medical care, medications, and surgery.

42. Hepatitis: Hepatitis is a group of viral infections that affect the liver. Symptoms include jaundice (yellowing of the skin and eyes), fatigue, and abdominal pain. Causes include hepatitis A, B, and C viruses. Prevention includes vaccination, avoiding contaminated food and water, and practicing safe sex. Treatment includes antiviral medications and supportive care.

43. HIV/AIDS: HIV/AIDS is a viral infection that attacks the immune system and can lead to serious illnesses and death. Symptoms include fever, fatigue, and swollen lymph nodes. Causes include the human immunodeficiency virus (HIV). Prevention includes safe sex, avoiding sharing needles, and getting vaccinated. Treatment includes antiretroviral therapy (ART) and supportive care.

44. Influenza (flu): Influenza is a viral infection that affects the respiratory system. Symptoms include fever, cough, and muscle aches. Causes include influenza A and B viruses. Prevention includes vaccination, frequent hand washing, and avoiding close contact with sick individuals. Treatment includes antiviral medications and supportive care.

45. Infectious diseases: Infectious diseases are caused by viruses, bacteria, fungi, or parasites. Symptoms vary depending on the disease. Prevention includes vaccination, frequent hand washing, and avoiding close contact with sick individuals. Treatment includes antibiotics, antivirals, and supportive care.

46. Kidney disease: Kidney disease is a condition characterized by damage to the kidneys and their ability to filter waste and fluids. Symptoms include fatigue, swelling, and changes in urination. Causes include diabetes, high blood pressure, and genetic factors. Prevention includes controlling blood sugar and blood pressure, avoiding tobacco and alcohol, and getting regular kidney screenings. Treatment includes medications, dialysis, and kidney transplantation.

47. Lung cancer: Lung cancer is a group of cancers that affect the lungs and surrounding tissues. Symptoms include coughing, chest pain, and shortness of breath. Causes include tobacco use, air pollution, and radon exposure. Prevention includes avoiding tobacco and air pollution, getting vaccinated against pneumococcal pneumonia and influenza, and regular screenings. Treatment includes surgery, radiation therapy, and chemotherapy.

48. Malaria: Malaria is a parasitic infection transmitted through the bite of infected mosquitoes. Symptoms include fever, chills, and headache. Causes include *Plasmodium falciparum*, *Plasmodium vivax*, and other *Plasmodium* species. Prevention includes avoiding mosquito bites, using insect repellent, and taking antimalarial medications. Treatment includes antimalarial medications and supportive care.

49. Measles: Measles is a viral infection that affects the respiratory system. Symptoms include fever, cough, and a rash. Causes include the measles virus. Prevention includes vaccination, frequent hand washing, and avoiding close contact with sick individuals. Treatment includes supportive care and vitamin A supplementation.

50. Meningitis: Meningitis is an inflammation of the meninges, the membranes that cover the brain and spinal cord. Symptoms include fever, headache, and stiff neck. Causes include bacteria, viruses, and fungi. Prevention includes vaccination, avoiding close contact with sick individuals, and practicing good hygiene. Treatment includes antibiotics, antivirals, and supportive care.

51. Migraines: Migraines are a type of headache characterized by throbbing pain, sensitivity to light and sound, and nausea. Causes include genetics, environmental factors, and hormonal changes. Prevention includes stress management, avoiding triggers, and taking preventive medications. Treatment includes over-the-counter and prescription pain relievers, and other medications for nausea and sensitivity to light and sound.

52. Multiple sclerosis (MS): Multiple sclerosis is a chronic autoimmune disease that affects the central nervous system. Symptoms include fatigue, weakness, and difficulty walking. Causes include genetic and environmental factors. Prevention is not currently possible. Treatment includes medications, physical therapy, and lifestyle changes.

53. Parkinson's disease: Parkinson's disease is a chronic neurodegenerative disorder that affects movement. Symptoms include tremors, stiffness, and difficulty walking. Causes include genetic and environmental factors. Prevention is not currently possible. Treatment includes medications, physical therapy, and lifestyle changes.

54. Pneumonia: Pneumonia is an infection of the lungs caused by bacteria, viruses, or fungi. Symptoms include cough, chest pain, and difficulty breathing. Causes include *Streptococcus pneumoniae*, *Haemophilus influenzae*, and other pathogens. Prevention includes vaccination, avoiding close contact with sick individuals, and practicing good hygiene. Treatment includes antibiotics, antivirals, and supportive care.

55. Rheumatoid arthritis (RA): Rheumatoid arthritis is a chronic autoimmune disease that affects the joints. Symptoms include joint pain, swelling, and stiffness. Causes include genetics, environmental factors, and hormonal changes. Prevention is not currently possible. Treatment includes medications, physical therapy, and lifestyle changes.

56. Stroke: A stroke is a serious medical emergency characterized by sudden weakness or numbness in the face, arm, or leg, difficulty speaking, and loss of balance. Causes include blockages in the blood vessels that supply the brain, high blood pressure, and high cholesterol. Prevention includes a healthy diet, regular exercise, and avoiding tobacco and alcohol. Treatment includes emergency medical care, medications, and surgery.