

1. Influenza (Flu)

- **Symptoms:** Fever, chills, muscle aches, cough, sore throat, fatigue, headache.
- **Prevention:** Annual flu vaccines, hand hygiene, avoiding close contact with infected people.
- **Other Info:** Caused by influenza viruses; spread through respiratory droplets.

2. Common Cold

- **Symptoms:** Runny nose, cough, sore throat, congestion, mild fever.
- **Prevention:** Hand hygiene, avoid contact with sick individuals, cover mouth/nose when coughing.
- **Other Info:** Caused by viruses like rhinovirus; less severe than the flu.

3. COVID-19

- **Symptoms:** Fever, cough, difficulty breathing, fatigue, loss of taste/smell, body aches.
- **Prevention:** Vaccination, mask-wearing, physical distancing, hand hygiene.
- **Other Info:** Caused by SARS-CoV-2; highly contagious.

4. Tuberculosis (TB)

- **Symptoms:** Persistent cough, chest pain, coughing up blood, weight loss, fever, night sweats.
- **Prevention:** Bacillus Calmette–Guérin (BCG) vaccine, good ventilation, screening high-risk individuals.
- **Other Info:** Caused by *Mycobacterium tuberculosis*; spread through air droplets.

5. Malaria

- **Symptoms:** Fever, chills, sweating, headache, nausea, vomiting.
- **Prevention:** Use of insect repellent, bed nets, anti-malarial drugs.
- **Other Info:** Caused by *Plasmodium* parasites, transmitted by Anopheles mosquitoes.

6. Dengue Fever

- **Symptoms:** High fever, severe headache, pain behind eyes, joint pain, rash, nausea.

- **Prevention:** Mosquito control, using insect repellent, wearing long sleeves/pants.
- **Other Info:** Caused by dengue virus; transmitted by Aedes mosquitoes.

7. Typhoid Fever

- **Symptoms:** Fever, abdominal pain, weakness, headache, loss of appetite.
- **Prevention:** Vaccination, drinking purified water, proper handwashing.
- **Other Info:** Caused by *Salmonella typhi*; spread through contaminated food/water.

8. Hepatitis A

- **Symptoms:** Fatigue, abdominal pain, jaundice, loss of appetite, nausea.
- **Prevention:** Hepatitis A vaccination, handwashing, safe drinking water.
- **Other Info:** Spread through contaminated food and water.

9. Hepatitis B

- **Symptoms:** Fatigue, abdominal pain, jaundice, dark urine, nausea.
- **Prevention:** Vaccination, avoiding needle sharing, safe sex practices.
- **Other Info:** Caused by the hepatitis B virus; transmitted through blood and bodily fluids.

10. Hepatitis C

- **Symptoms:** Fatigue, abdominal pain, nausea, loss of appetite, jaundice.
- **Prevention:** Avoiding needle sharing, screening blood donations, safe sex practices.
- **Other Info:** Caused by the hepatitis C virus; transmitted through blood.

11. HIV/AIDS

- **Symptoms:** Fever, swollen lymph nodes, sore throat, weight loss, fatigue.
- **Prevention:** Safe sex practices, needle exchange programs, pre-exposure prophylaxis (PrEP).
- **Other Info:** Caused by HIV virus; weakens the immune system, leading to AIDS.

12. Measles

- **Symptoms:** High fever, cough, runny nose, red eyes, rash starting from the face.

- **Prevention:** Measles, mumps, rubella (MMR) vaccine.
- **Other Info:** Highly contagious viral infection; spread by respiratory droplets.

13. Mumps

- **Symptoms:** Swollen salivary glands, fever, headache, muscle aches.
- **Prevention:** MMR vaccine.
- **Other Info:** Caused by the mumps virus; spread through saliva.

14. Rubella (German Measles)

- **Symptoms:** Rash, fever, swollen lymph nodes, joint pain.
- **Prevention:** MMR vaccine.
- **Other Info:** A mild viral infection, but dangerous for pregnant women (can cause birth defects).

15. Chickenpox

- **Symptoms:** Itchy rash, fever, tiredness, loss of appetite.
- **Prevention:** Chickenpox vaccine.
- **Other Info:** Caused by varicella-zoster virus; highly contagious.

16. Shingles (Herpes Zoster)

- **Symptoms:** Painful rash, blisters, itching, fever.
- **Prevention:** Shingles vaccine, especially for older adults.
- **Other Info:** Reactivation of the chickenpox virus in older adults.

17. Whooping Cough (Pertussis)

- **Symptoms:** Severe coughing fits, difficulty breathing, runny nose.
- **Prevention:** DTaP (Diphtheria, Tetanus, Pertussis) vaccine.
- **Other Info:** Caused by *Bordetella pertussis* bacteria; highly contagious.

18. Pneumonia

- **Symptoms:** Cough, fever, chills, shortness of breath, chest pain.
- **Prevention:** Pneumococcal vaccine, flu vaccine, good hand hygiene.
- **Other Info:** Inflammation of the lungs, caused by bacteria, viruses, or fungi.

19. Scarlet Fever

- **Symptoms:** Red rash, sore throat, fever, strawberry tongue.
- **Prevention:** Early treatment of strep throat with antibiotics.
- **Other Info:** Caused by *Streptococcus* bacteria; typically affects children.

20. Norovirus

- **Symptoms:** Nausea, vomiting, diarrhea, stomach cramps.
- **Prevention:** Good hygiene, avoiding contaminated food/water.
- **Other Info:** Highly contagious; causes gastroenteritis.

21. Rotavirus

- **Symptoms:** Severe diarrhea, vomiting, fever, abdominal pain.
- **Prevention:** Rotavirus vaccine, hand hygiene, safe drinking water.
- **Other Info:** Common cause of diarrhea in young children.

22. Zika Virus

- **Symptoms:** Fever, rash, joint pain, conjunctivitis.
- **Prevention:** Avoiding mosquito bites, using insect repellent, wearing long clothing.
- **Other Info:** Spread by Aedes mosquitoes; associated with birth defects.

23. Ebola

- **Symptoms:** Fever, headache, muscle pain, vomiting, diarrhea, bleeding.
- **Prevention:** Avoid contact with infected bodily fluids, quarantine, vaccine.
- **Other Info:** Severe viral disease; outbreaks mostly in Africa.

24. Chikungunya

- **Symptoms:** Fever, joint pain, rash, headache.
- **Prevention:** Avoiding mosquito bites, using insect repellent.
- **Other Info:** Spread by Aedes mosquitoes; usually non-fatal.

25. Leptospirosis

- **Symptoms:** Fever, headache, muscle pain, vomiting, jaundice.
- **Prevention:** Avoiding contaminated water, using protective gear.
- **Other Info:** Caused by bacteria found in animal urine, often in flooded areas.

26. Yellow Fever

- **Symptoms:** Fever, chills, headache, jaundice, bleeding.
- **Prevention:** Yellow fever vaccine, mosquito control.
- **Other Info:** Spread by mosquitoes, particularly in Africa and South America.

27. Hantavirus

- **Symptoms:** Fever, muscle aches, dizziness, shortness of breath.
- **Prevention:** Avoiding rodent contact, cleaning up rodent nests.
- **Other Info:** Respiratory disease caused by hantavirus, spread by rodents.

28. West Nile Virus

- **Symptoms:** Fever, headache, fatigue, body aches, rash.
- **Prevention:** Mosquito control, using insect repellent, wearing long clothing.
- **Other Info:** Spread by mosquitoes; most people have mild symptoms.

29. Tetanus

- **Symptoms:** Muscle stiffness, spasms, difficulty swallowing.
- **Prevention:** Tetanus vaccine, proper wound care.
- **Other Info:** Caused by *Clostridium tetani* bacteria; usually from contaminated wounds.

30. Anthrax

- **Symptoms:** Fever, cough, fatigue, muscle aches, difficulty breathing.
- **Prevention:** Vaccination (for certain at-risk groups), avoiding exposure to contaminated animals.
- **Other Info:** Caused by *Bacillus anthracis* bacteria; can be fatal if not treated promptly.

These are basic descriptions of each disease's **symptoms**, **prevention**, and **key facts**. Please note, for any medical issue, it's always best to consult a healthcare provider.

31–60: Respiratory & ENT Diseases

31. Asthma

- **Symptoms:** Wheezing, shortness of breath, chest tightness, coughing.
- **Prevention:** Avoiding triggers, using inhalers, regular monitoring of lung function.

- **Other Info:** Chronic condition, airways become inflamed and narrow.

32. Chronic Bronchitis

- **Symptoms:** Persistent cough, mucus production, fatigue, shortness of breath.
- **Prevention:** Avoiding smoking, using air purifiers, flu vaccinations.
- **Other Info:** Often caused by long-term smoking.

33. Emphysema

- **Symptoms:** Shortness of breath, chronic cough, wheezing.
- **Prevention:** Smoking cessation, avoiding air pollutants.
- **Other Info:** A type of COPD where air sacs in the lungs are damaged.

34. COPD (Chronic Obstructive Pulmonary Disease)

- **Symptoms:** Shortness of breath, chronic cough, wheezing.
- **Prevention:** Quitting smoking, avoiding lung irritants.
- **Other Info:** Progressive disease, often due to long-term smoking.

35. Sinusitis

- **Symptoms:** Nasal congestion, headache, facial pain, fever, loss of smell.
- **Prevention:** Avoiding allergens, using saline nasal spray.
- **Other Info:** Inflammation of the sinuses, often due to infection or allergies.

36. Laryngitis

- **Symptoms:** Hoarseness, sore throat, loss of voice.
- **Prevention:** Avoiding vocal strain, staying hydrated.
- **Other Info:** Inflammation of the larynx, often caused by infections or overuse of the voice.

37. Pharyngitis

- **Symptoms:** Sore throat, difficulty swallowing, fever.
- **Prevention:** Hand hygiene, avoiding contact with infected individuals.
- **Other Info:** Inflammation of the pharynx, caused by viral or bacterial infections.

38. Tonsillitis

- **Symptoms:** Sore throat, difficulty swallowing, fever, swollen tonsils.

- **Prevention:** Good hygiene, avoiding close contact with sick individuals.
- **Other Info:** Inflammation of the tonsils, often caused by viral or bacterial infections.

39. Rhinitis

- **Symptoms:** Runny nose, sneezing, congestion, itchy eyes.
- **Prevention:** Avoiding allergens, using antihistamines.
- **Other Info:** Inflammation of the nasal passages, often due to allergies.

40. Nasal Polyps

- **Symptoms:** Blocked nose, loss of smell, nasal congestion.
- **Prevention:** Managing allergies, avoiding nasal irritants.
- **Other Info:** Non-cancerous growths in the nasal passages or sinuses.

41. Sleep Apnea

- **Symptoms:** Loud snoring, choking or gasping for air, daytime fatigue.
- **Prevention:** Weight management, sleeping on your side, CPAP therapy.
- **Other Info:** Sleep disorder where breathing repeatedly stops and starts during sleep.

42. Pneumoconiosis

- **Symptoms:** Cough, shortness of breath, fatigue, chest pain.
- **Prevention:** Wearing protective gear, limiting exposure to dust.
- **Other Info:** Lung disease caused by inhaling dust or pollutants.

43. Cystic Fibrosis

- **Symptoms:** Chronic cough, thick mucus, lung infections, digestive problems.
- **Prevention:** Ongoing treatment to manage symptoms, including medications.
- **Other Info:** Genetic disorder affecting the lungs and digestive system.

44. Pulmonary Fibrosis

- **Symptoms:** Shortness of breath, dry cough, fatigue.
- **Prevention:** Avoiding environmental pollutants and smoking.
- **Other Info:** Scarring of lung tissue that affects breathing.

45. Tuberculosis (TB)

- **Symptoms:** Persistent cough, weight loss, night sweats, fatigue.
- **Prevention:** TB vaccination, proper treatment of infected individuals.
- **Other Info:** Caused by *Mycobacterium tuberculosis*, spread via air droplets.

46. Bronchiectasis

- **Symptoms:** Chronic cough, coughing up mucus, fatigue.
- **Prevention:** Treating underlying infections, avoiding lung irritants.
- **Other Info:** Chronic condition where the airways in the lungs become enlarged and damaged.

47. Sarcoidosis

- **Symptoms:** Cough, shortness of breath, fatigue, swollen lymph nodes.
- **Prevention:** No specific prevention; treatment focuses on managing symptoms.
- **Other Info:** An inflammatory disease affecting multiple organs, especially the lungs.

48. Pleurisy

- **Symptoms:** Sharp chest pain, difficulty breathing, cough.
- **Prevention:** Treating underlying conditions like infections.
- **Other Info:** Inflammation of the pleura (lining of the lungs), often due to infections.

49. Respiratory Syncytial Virus (RSV)

- **Symptoms:** Runny nose, cough, fever, wheezing.
- **Prevention:** Hand hygiene, avoiding sick individuals.
- **Other Info:** Common in infants and young children, causing respiratory infections.

50. Occupational Asthma

- **Symptoms:** Wheezing, coughing, shortness of breath, chest tightness.
- **Prevention:** Avoiding exposure to workplace allergens or irritants.
- **Other Info:** Asthma triggered by inhalation of substances in the workplace.

51. Hay Fever (Allergic Rhinitis)

- **Symptoms:** Sneezing, runny nose, itchy eyes, congestion.

- **Prevention:** Avoiding allergens, using antihistamines.
- **Other Info:** Caused by allergic reactions to pollen, dust, or mold.

52. Upper Respiratory Infection (URI)

- **Symptoms:** Sore throat, cough, runny nose, mild fever.
- **Prevention:** Hand hygiene, avoiding contact with sick individuals.
- **Other Info:** Typically caused by viral infections like the common cold.

53. Laryngotracheobronchitis (Croup)

- **Symptoms:** Barking cough, stridor (wheezing sound), difficulty breathing.
- **Prevention:** Avoiding respiratory infections, using humidifiers.
- **Other Info:** Often affects young children; viral infection of the airways.

54. Epiglottitis

- **Symptoms:** Severe sore throat, difficulty swallowing, fever, drooling.
- **Prevention:** Vaccination (Hib vaccine), good hygiene.
- **Other Info:** Life-threatening condition caused by bacterial infection.

55. Vocal Cord Nodules

- **Symptoms:** Hoarseness, voice fatigue, difficulty speaking.
- **Prevention:** Avoiding vocal strain, staying hydrated.
- **Other Info:** Benign growths on the vocal cords, often caused by overuse of the voice.

56. Deviated Septum

- **Symptoms:** Difficulty breathing through the nose, snoring, congestion.
- **Prevention:** No direct prevention; surgery may be needed.
- **Other Info:** A condition where the nasal septum is displaced, affecting airflow.

57. Foreign Body Aspiration

- **Symptoms:** Coughing, choking, difficulty breathing, wheezing.
- **Prevention:** Keeping small objects away from children, chewing food thoroughly.
- **Other Info:** Inhalation of an object into the airways, often accidental.

58. Nasopharyngeal Cancer

- **Symptoms:** Nasal congestion, frequent nosebleeds, hearing loss.
- **Prevention:** Reducing risk factors like smoking, HPV vaccination.
- **Other Info:** A type of cancer in the upper part of the throat, behind the nose.

59. Otitis Media (Middle Ear Infection)

- **Symptoms:** Ear pain, fever, hearing loss, irritability.
- **Prevention:** Vaccination, avoiding secondhand smoke, good hygiene.
- **Other Info:** Common in children, caused by bacterial or viral infections.

60. Otitis Externa (Swimmer's Ear)

- **Symptoms:** Itching in the ear canal, redness, pain, fluid drainage.
- **Prevention:** Keeping ears dry, using earplugs, avoiding inserting objects in the ear.
- **Other Info:** Inflammation of the outer ear canal, often caused by bacterial infection.

31–60: Respiratory & ENT Diseases

31. Asthma

- **Symptoms:** Wheezing, shortness of breath, chest tightness, coughing.
- **Prevention:** Avoiding triggers, using inhalers, regular monitoring of lung function.
- **Other Info:** Chronic condition, airways become inflamed and narrow.

32. Chronic Bronchitis

- **Symptoms:** Persistent cough, mucus production, fatigue, shortness of breath.
- **Prevention:** Avoiding smoking, using air purifiers, flu vaccinations.
- **Other Info:** Often caused by long-term smoking.

33. Emphysema

- **Symptoms:** Shortness of breath, chronic cough, wheezing.
- **Prevention:** Smoking cessation, avoiding air pollutants.
- **Other Info:** A type of COPD where air sacs in the lungs are damaged.

34. COPD (Chronic Obstructive Pulmonary Disease)

- **Symptoms:** Shortness of breath, chronic cough, wheezing.
- **Prevention:** Quitting smoking, avoiding lung irritants.

- **Other Info:** Progressive disease, often due to long-term smoking.

35. Sinusitis

- **Symptoms:** Nasal congestion, headache, facial pain, fever, loss of smell.
- **Prevention:** Avoiding allergens, using saline nasal spray.
- **Other Info:** Inflammation of the sinuses, often due to infection or allergies.

36. Laryngitis

- **Symptoms:** Hoarseness, sore throat, loss of voice.
- **Prevention:** Avoiding vocal strain, staying hydrated.
- **Other Info:** Inflammation of the larynx, often caused by infections or overuse of the voice.

37. Pharyngitis

- **Symptoms:** Sore throat, difficulty swallowing, fever.
- **Prevention:** Hand hygiene, avoiding contact with infected individuals.
- **Other Info:** Inflammation of the pharynx, caused by viral or bacterial infections.

38. Tonsillitis

- **Symptoms:** Sore throat, difficulty swallowing, fever, swollen tonsils.
- **Prevention:** Good hygiene, avoiding close contact with sick individuals.
- **Other Info:** Inflammation of the tonsils, often caused by viral or bacterial infections.

39. Rhinitis

- **Symptoms:** Runny nose, sneezing, congestion, itchy eyes.
- **Prevention:** Avoiding allergens, using antihistamines.
- **Other Info:** Inflammation of the nasal passages, often due to allergies.

40. Nasal Polyps

- **Symptoms:** Blocked nose, loss of smell, nasal congestion.
- **Prevention:** Managing allergies, avoiding nasal irritants.
- **Other Info:** Non-cancerous growths in the nasal passages or sinuses.

41. Sleep Apnea

- **Symptoms:** Loud snoring, choking or gasping for air, daytime fatigue.

- **Prevention:** Weight management, sleeping on your side, CPAP therapy.
- **Other Info:** Sleep disorder where breathing repeatedly stops and starts during sleep.

42. Pneumoconiosis

- **Symptoms:** Cough, shortness of breath, fatigue, chest pain.
- **Prevention:** Wearing protective gear, limiting exposure to dust.
- **Other Info:** Lung disease caused by inhaling dust or pollutants.

43. Cystic Fibrosis

- **Symptoms:** Chronic cough, thick mucus, lung infections, digestive problems.
- **Prevention:** Ongoing treatment to manage symptoms, including medications.
- **Other Info:** Genetic disorder affecting the lungs and digestive system.

44. Pulmonary Fibrosis

- **Symptoms:** Shortness of breath, dry cough, fatigue.
- **Prevention:** Avoiding environmental pollutants and smoking.
- **Other Info:** Scarring of lung tissue that affects breathing.

45. Tuberculosis (TB)

- **Symptoms:** Persistent cough, weight loss, night sweats, fatigue.
- **Prevention:** TB vaccination, proper treatment of infected individuals.
- **Other Info:** Caused by *Mycobacterium tuberculosis*, spread via air droplets.

46. Bronchiectasis

- **Symptoms:** Chronic cough, coughing up mucus, fatigue.
- **Prevention:** Treating underlying infections, avoiding lung irritants.
- **Other Info:** Chronic condition where the airways in the lungs become enlarged and damaged.

47. Sarcoidosis

- **Symptoms:** Cough, shortness of breath, fatigue, swollen lymph nodes.
- **Prevention:** No specific prevention; treatment focuses on managing symptoms.
- **Other Info:** An inflammatory disease affecting multiple organs, especially the lungs.

48. Pleurisy

- **Symptoms:** Sharp chest pain, difficulty breathing, cough.
- **Prevention:** Treating underlying conditions like infections.
- **Other Info:** Inflammation of the pleura (lining of the lungs), often due to infections.

49. Respiratory Syncytial Virus (RSV)

- **Symptoms:** Runny nose, cough, fever, wheezing.
- **Prevention:** Hand hygiene, avoiding sick individuals.
- **Other Info:** Common in infants and young children, causing respiratory infections.

50. Occupational Asthma

- **Symptoms:** Wheezing, coughing, shortness of breath, chest tightness.
- **Prevention:** Avoiding exposure to workplace allergens or irritants.
- **Other Info:** Asthma triggered by inhalation of substances in the workplace.

51. Hay Fever (Allergic Rhinitis)

- **Symptoms:** Sneezing, runny nose, itchy eyes, congestion.
- **Prevention:** Avoiding allergens, using antihistamines.
- **Other Info:** Caused by allergic reactions to pollen, dust, or mold.

52. Upper Respiratory Infection (URI)

- **Symptoms:** Sore throat, cough, runny nose, mild fever.
- **Prevention:** Hand hygiene, avoiding contact with sick individuals.
- **Other Info:** Typically caused by viral infections like the common cold.

53. Laryngotracheobronchitis (Croup)

- **Symptoms:** Barking cough, stridor (wheezing sound), difficulty breathing.
- **Prevention:** Avoiding respiratory infections, using humidifiers.
- **Other Info:** Often affects young children; viral infection of the airways.

54. Epiglottitis

- **Symptoms:** Severe sore throat, difficulty swallowing, fever, drooling.
- **Prevention:** Vaccination (Hib vaccine), good hygiene.

- **Other Info:** Life-threatening condition caused by bacterial infection.

55. Vocal Cord Nodules

- **Symptoms:** Hoarseness, voice fatigue, difficulty speaking.
- **Prevention:** Avoiding vocal strain, staying hydrated.
- **Other Info:** Benign growths on the vocal cords, often caused by overuse of the voice.

56. Deviated Septum

- **Symptoms:** Difficulty breathing through the nose, snoring, congestion.
- **Prevention:** No direct prevention; surgery may be needed.
- **Other Info:** A condition where the nasal septum is displaced, affecting airflow.

57. Foreign Body Aspiration

- **Symptoms:** Coughing, choking, difficulty breathing, wheezing.
- **Prevention:** Keeping small objects away from children, chewing food thoroughly.
- **Other Info:** Inhalation of an object into the airways, often accidental.

58. Nasopharyngeal Cancer

- **Symptoms:** Nasal congestion, frequent nosebleeds, hearing loss.
- **Prevention:** Reducing risk factors like smoking, HPV vaccination.
- **Other Info:** A type of cancer in the upper part of the throat, behind the nose.

59. Otitis Media (Middle Ear Infection)

- **Symptoms:** Ear pain, fever, hearing loss, irritability.
- **Prevention:** Vaccination, avoiding secondhand smoke, good hygiene.
- **Other Info:** Common in children, caused by bacterial or viral infections.

60. Otitis Externa (Swimmer's Ear)

- **Symptoms:** Itching in the ear canal, redness, pain, fluid drainage.
 - **Prevention:** Keeping ears dry, using earplugs, avoiding inserting objects in the ear.
 - **Other Info:** Inflammation of the outer ear canal, often caused by bacterial infection.
-

Would you like me to continue with the **Digestive & Liver Diseases** section and the rest of the diseases in the list, or would you prefer to focus on specific groups or conditions?

40 mini

You said:

61 to 150 disease

ChatGPT said:

Here is the explanation for **61–150 diseases**, focusing on their **symptoms**, **prevention**, and **other important information**:

61–90: Digestive & Liver Diseases

61. Gastroenteritis

- **Symptoms:** Diarrhea, vomiting, abdominal pain, fever.
- **Prevention:** Proper handwashing, drinking clean water, avoiding contaminated food.
- **Other Info:** Often caused by viral or bacterial infections.

62. Food Poisoning

- **Symptoms:** Nausea, vomiting, diarrhea, abdominal cramps.
- **Prevention:** Avoiding undercooked food, practicing food hygiene.
- **Other Info:** Caused by consuming contaminated food or drink.

63. Peptic Ulcer

- **Symptoms:** Burning stomach pain, bloating, nausea, indigestion.
- **Prevention:** Avoiding excessive alcohol and spicy foods, stress management.
- **Other Info:** Sores in the lining of the stomach or small intestine.

64. GERD (Acid Reflux)

- **Symptoms:** Heartburn, chest pain, regurgitation, difficulty swallowing.
- **Prevention:** Eating smaller meals, avoiding trigger foods, not lying down after meals.
- **Other Info:** Caused by stomach acid flowing back into the esophagus.

65. Irritable Bowel Syndrome (IBS)

- **Symptoms:** Abdominal cramps, bloating, diarrhea, constipation.
- **Prevention:** Managing stress, avoiding trigger foods.
- **Other Info:** A disorder of the large intestine.

66. Crohn's Disease

- **Symptoms:** Abdominal pain, diarrhea, fatigue, weight loss.
- **Prevention:** No known prevention, but diet and medication help manage symptoms.
- **Other Info:** Inflammatory bowel disease affecting the gastrointestinal tract.

67. Ulcerative Colitis

- **Symptoms:** Diarrhea with blood, abdominal cramps, fatigue.
- **Prevention:** Avoiding triggers, stress management.
- **Other Info:** Chronic condition causing inflammation in the colon.

68. Celiac Disease

- **Symptoms:** Diarrhea, weight loss, fatigue, bloating.
- **Prevention:** Avoiding gluten-containing foods.
- **Other Info:** An autoimmune disorder where ingestion of gluten damages the small intestine.

69. Lactose Intolerance

- **Symptoms:** Bloating, diarrhea, cramps after consuming dairy.
- **Prevention:** Avoiding dairy or using lactose-free alternatives.
- **Other Info:** Inability to digest lactose, a sugar found in milk and dairy products.

70. Gallstones

- **Symptoms:** Abdominal pain, nausea, vomiting, indigestion.
- **Prevention:** Maintaining a healthy weight, eating a balanced diet.
- **Other Info:** Solid particles that form in the gallbladder.

71. Appendicitis

- **Symptoms:** Severe abdominal pain, nausea, vomiting, fever.
- **Prevention:** No specific prevention, but early detection is key.
- **Other Info:** Inflammation of the appendix, often requiring surgical removal.

72. Pancreatitis

- **Symptoms:** Upper abdominal pain, nausea, vomiting, fever.
- **Prevention:** Avoiding heavy alcohol use, maintaining a healthy weight.
- **Other Info:** Inflammation of the pancreas, can be acute or chronic.

73. Hepatitis A

- **Symptoms:** Fatigue, nausea, abdominal pain, jaundice.
- **Prevention:** Vaccination, good hygiene, avoiding contaminated food and water.
- **Other Info:** A viral liver infection caused by the Hepatitis A virus.

74. Hepatitis B

- **Symptoms:** Fatigue, abdominal pain, jaundice, nausea.
- **Prevention:** Vaccination, safe sex practices, avoiding sharing needles.
- **Other Info:** A viral infection that affects the liver, can lead to chronic disease.

75. Hepatitis C

- **Symptoms:** Fatigue, abdominal pain, jaundice, loss of appetite.
- **Prevention:** Avoiding sharing needles, safe sex practices, no vaccine.
- **Other Info:** A viral infection that can lead to chronic liver disease.

76. Cirrhosis

- **Symptoms:** Fatigue, easy bruising, jaundice, swelling in the legs.
- **Prevention:** Limiting alcohol, vaccination for Hepatitis B and C.
- **Other Info:** Scarring of the liver tissue, often caused by alcohol or viral infections.

77. Fatty Liver Disease

- **Symptoms:** Fatigue, abdominal discomfort, elevated liver enzymes.
- **Prevention:** Healthy diet, regular exercise, weight management.
- **Other Info:** Accumulation of fat in the liver cells, can lead to cirrhosis.

78. Liver Cancer

- **Symptoms:** Abdominal pain, weight loss, jaundice, nausea.
- **Prevention:** Avoiding hepatitis, managing alcohol consumption.

- **Other Info:** Cancer that originates in the liver, often linked with cirrhosis or hepatitis.

79. Hemorrhoids

- **Symptoms:** Pain, swelling, bleeding around the anus.
- **Prevention:** Eating fiber-rich foods, avoiding straining during bowel movements.
- **Other Info:** Swollen veins in the rectum or anus.

80. Constipation

- **Symptoms:** Infrequent bowel movements, hard stools, abdominal discomfort.
- **Prevention:** Eating fiber, staying hydrated, regular exercise.
- **Other Info:** Difficulty passing stools, often related to diet or lifestyle.

81. Diarrhea

- **Symptoms:** Frequent loose stools, abdominal cramping, dehydration.
- **Prevention:** Hand hygiene, avoiding contaminated food and water.
- **Other Info:** Often caused by infections or food intolerances.

82. Indigestion

- **Symptoms:** Bloating, nausea, stomach discomfort.
- **Prevention:** Avoiding overeating, managing stress, eating slowly.
- **Other Info:** Discomfort in the upper abdomen, often related to eating habits.

83. Bloating

- **Symptoms:** Swelling in the abdomen, discomfort, belching.
- **Prevention:** Avoiding gas-producing foods, eating smaller meals.
- **Other Info:** Caused by excess gas in the stomach or intestines.

84. Giardiasis

- **Symptoms:** Diarrhea, nausea, abdominal cramps, fatigue.
- **Prevention:** Drinking clean water, practicing good hygiene.
- **Other Info:** Intestinal infection caused by the parasite *Giardia*.

85. Amebiasis

- **Symptoms:** Diarrhea, abdominal pain, fever, weight loss.

- **Prevention:** Safe drinking water, proper sanitation.
- **Other Info:** Intestinal infection caused by *Entamoeba histolytica*.

86. Cholera

- **Symptoms:** Watery diarrhea, vomiting, dehydration, leg cramps.
- **Prevention:** Drinking clean water, proper sanitation, vaccination.
- **Other Info:** Acute diarrheal disease caused by *Vibrio cholerae* bacteria.

87. Whipple's Disease

- **Symptoms:** Diarrhea, weight loss, joint pain, fever.
- **Prevention:** No specific prevention; early treatment with antibiotics is key.
- **Other Info:** Rare bacterial infection that affects the small intestine.

88. Esophagitis

- **Symptoms:** Difficulty swallowing, heartburn, chest pain.
- **Prevention:** Avoiding irritants like alcohol and spicy foods.
- **Other Info:** Inflammation of the esophagus, often due to acid reflux or infections.

89. Barrett's Esophagus

- **Symptoms:** Heartburn, regurgitation, difficulty swallowing.
- **Prevention:** Treating acid reflux, maintaining a healthy weight.
- **Other Info:** Condition where the esophageal lining changes, increasing the risk of esophageal cancer.

90. Biliary Atresia

- **Symptoms:** Jaundice, pale stools, dark urine, poor weight gain.
- **Prevention:** No prevention; early diagnosis is critical.
- **Other Info:** A rare condition in infants where bile ducts are blocked or absent.

91–120: Cardiovascular & Endocrine Diseases

91. Hypertension

- **Symptoms:** Often none, but can cause headaches, shortness of breath.
- **Prevention:** Healthy diet, regular exercise, reducing stress.

- **Other Info:** High blood pressure, increases risk of heart disease and stroke.

92. Hypotension

- **Symptoms:** Dizziness, fainting, blurred vision.
- **Prevention:** Drinking enough water, eating small meals.
- **Other Info:** Low blood pressure, can cause fainting or dizziness.

93. Atherosclerosis

- **Symptoms:** Chest pain, fatigue, shortness of breath.
- **Prevention:** Eating a healthy diet, managing cholesterol levels.
- **Other Info:** Hardening and narrowing of the arteries due to plaque buildup.

94. Coronary Artery Disease

- **Symptoms:** Chest pain, shortness of breath, fatigue.
- **Prevention:** Healthy lifestyle, controlling cholesterol and blood pressure.
- **Other Info:** A disease where the coronary arteries are blocked or narrowed.

95. Heart Attack (Myocardial Infarction)

- **Symptoms:** Chest pain, sweating, nausea, difficulty breathing.
- **Prevention:** Healthy eating, regular exercise, managing stress.
- **Other Info:** Occurs when blood flow to the heart is blocked, leading to tissue damage.

96. Heart Failure

- **Symptoms:** Shortness of breath, swelling, fatigue, chest pain.
- **Prevention:** Managing hypertension, avoiding smoking and excessive alcohol.
- **Other Info:** The heart is unable to pump blood effectively.

97. Arrhythmia

- **Symptoms:** Palpitations, dizziness, chest pain, shortness of breath.
- **Prevention:** Healthy diet, regular check-ups, avoiding excessive alcohol.
- **Other Info:** Irregular heartbeats, can be dangerous if untreated.

98. Stroke

- **Symptoms:** Sudden numbness, confusion, difficulty speaking, severe headache.

- **Prevention:** Healthy lifestyle, controlling hypertension, avoiding smoking.
- **Other Info:** Disruption of blood flow to the brain, can lead to long-term disability.

99. Peripheral Artery Disease (PAD)

- **Symptoms:** Leg pain, cramping, numbness, difficulty walking.
- **Prevention:** Quitting smoking, managing diabetes, exercise.
- **Other Info:** Narrowing of the peripheral arteries, usually in the legs.

100. Angina

- **Symptoms:** Chest pain or discomfort, shortness of breath, fatigue.
- **Prevention:** Healthy eating, managing stress, avoiding smoking.
- **Other Info:** Chest pain caused by reduced blood flow to the heart.

101–120: Cardiovascular & Endocrine Diseases (Continued)

101. Rheumatic Heart Disease

- **Symptoms:** Heart murmur, shortness of breath, fatigue, chest pain.
- **Prevention:** Treating strep throat early with antibiotics, avoiding rheumatic fever.
- **Other Info:** Damage to heart valves due to untreated streptococcal throat infections.

102. Cardiomyopathy

- **Symptoms:** Fatigue, swelling in the legs, shortness of breath, chest pain.
- **Prevention:** Managing underlying conditions, avoiding alcohol and drugs.
- **Other Info:** Disease of the heart muscle, which affects the heart's ability to pump blood.

103. Hyperthyroidism

- **Symptoms:** Weight loss, rapid heartbeat, sweating, anxiety, insomnia.
- **Prevention:** No known prevention, but early diagnosis and treatment can manage symptoms.
- **Other Info:** Overactive thyroid gland producing too much thyroid hormone.

104. Hypothyroidism

- **Symptoms:** Fatigue, weight gain, depression, dry skin, sensitivity to cold.
- **Prevention:** No specific prevention, but regular thyroid function tests are helpful.

- **Other Info:** Underactive thyroid, leading to low production of thyroid hormones.

105. Diabetes Mellitus Type 1

- **Symptoms:** Excessive thirst, frequent urination, weight loss, fatigue.
- **Prevention:** No known prevention, but managing blood sugar levels is critical.
- **Other Info:** An autoimmune disorder where the body attacks insulin-producing cells in the pancreas.

106. Diabetes Mellitus Type 2

- **Symptoms:** Increased thirst, frequent urination, blurry vision, fatigue.
- **Prevention:** Healthy diet, regular exercise, maintaining a healthy weight.
- **Other Info:** The body becomes resistant to insulin, leading to high blood sugar levels.

107. Gestational Diabetes

- **Symptoms:** Often no symptoms, but can include increased thirst and urination.
- **Prevention:** Healthy diet during pregnancy, regular prenatal check-ups.
- **Other Info:** Diabetes that develops during pregnancy, typically resolves after childbirth.

108. Addison's Disease

- **Symptoms:** Fatigue, weight loss, low blood pressure, salt cravings.
- **Prevention:** No known prevention, but hormone replacement therapy is critical.
- **Other Info:** A disorder in which the adrenal glands do not produce enough hormones.

109. Cushing's Syndrome

- **Symptoms:** Weight gain, rounded face, high blood pressure, diabetes.
- **Prevention:** Avoiding prolonged use of corticosteroid medications.
- **Other Info:** Caused by high levels of cortisol, often due to medication or tumors.

110. Polycystic Ovary Syndrome (PCOS)

- **Symptoms:** Irregular periods, excess hair growth, acne, infertility.
- **Prevention:** Healthy diet, exercise, managing weight.
- **Other Info:** A hormonal disorder affecting women's ovaries, leading to cysts.

111. Endometriosis

- **Symptoms:** Pelvic pain, heavy periods, pain during sex, infertility.
- **Prevention:** No specific prevention, but early diagnosis and treatment can manage symptoms.
- **Other Info:** A condition where tissue similar to the uterine lining grows outside the uterus.

112. Menopause

- **Symptoms:** Hot flashes, night sweats, mood swings, vaginal dryness.
- **Prevention:** No prevention, but managing symptoms with lifestyle changes or hormone therapy.
- **Other Info:** The natural end of a woman's menstrual cycle, typically occurring around age 50.

113. Osteoporosis

- **Symptoms:** Bone fractures, back pain, loss of height.
- **Prevention:** Adequate calcium and vitamin D intake, weight-bearing exercise.
- **Other Info:** A condition in which bones become weak and brittle, increasing fracture risk.

114. Gout

- **Symptoms:** Severe joint pain, redness, swelling, especially in the big toe.
- **Prevention:** Limiting alcohol and purine-rich foods, maintaining a healthy weight.
- **Other Info:** A type of arthritis caused by high uric acid levels in the blood.

115. Rickets

- **Symptoms:** Bone pain, delayed growth, muscle weakness.
- **Prevention:** Adequate vitamin D, calcium, and phosphorus intake.
- **Other Info:** A bone disorder caused by a deficiency in vitamin D, calcium, or phosphate.

116. Scurvy

- **Symptoms:** Fatigue, swollen gums, joint pain, anemia.
- **Prevention:** Adequate vitamin C intake through fruits and vegetables.

- **Other Info:** A condition caused by a deficiency in vitamin C, affecting collagen production.

117. Marfan Syndrome

- **Symptoms:** Tall stature, long limbs, heart and vision problems.
- **Prevention:** Genetic counseling for families, management of symptoms.
- **Other Info:** A genetic disorder affecting connective tissue.

118. Ehlers-Danlos Syndrome

- **Symptoms:** Hyper-elastic skin, joint hypermobility, frequent joint dislocations.
- **Prevention:** No prevention; management of symptoms through physical therapy and surgery.
- **Other Info:** A group of connective tissue disorders causing skin and joint problems.

119. Osteoarthritis

- **Symptoms:** Joint pain, stiffness, swelling, difficulty moving joints.
- **Prevention:** Regular exercise, maintaining a healthy weight, avoiding joint injury.
- **Other Info:** Degenerative joint disease where cartilage breaks down over time.

120. Rheumatoid Arthritis

- **Symptoms:** Joint pain, swelling, stiffness, fatigue.
- **Prevention:** No known prevention, but early treatment can prevent joint damage.
- **Other Info:** An autoimmune disorder causing inflammation in the joints.

121–150: Skin, Bone, and Immune System Disorders

121. Psoriasis

- **Symptoms:** Red, scaly patches on the skin, itching, dry skin.
- **Prevention:** Avoiding skin irritants, managing stress.
- **Other Info:** An autoimmune condition where skin cells multiply rapidly, causing patches.

122. Eczema (Atopic Dermatitis)

- **Symptoms:** Itchy, inflamed skin, redness, dry patches.

- **Prevention:** Avoiding triggers, using moisturizers, managing stress.
- **Other Info:** A chronic inflammatory skin condition, often in children.

123. Acne

- **Symptoms:** Pimples, blackheads, whiteheads, cysts, redness.
- **Prevention:** Proper skin care, avoiding oily products.
- **Other Info:** A common skin condition that affects hair follicles and sebaceous glands.

124. Vitiligo

- **Symptoms:** White patches of skin, often around the eyes, mouth, or genitals.
- **Prevention:** No specific prevention, but early treatment can help manage the condition.
- **Other Info:** A condition where the skin loses pigment, leading to white patches.

125. Ringworm

- **Symptoms:** Red, ring-shaped rash, itching, scaly skin.
- **Prevention:** Good hygiene, avoiding sharing personal items.
- **Other Info:** A fungal infection of the skin, hair, or nails.

126. Rosacea

- **Symptoms:** Redness on the face, pimples, visible blood vessels.
- **Prevention:** Avoiding triggers like hot drinks, spicy foods, sun exposure.
- **Other Info:** A chronic skin condition causing redness and inflammation, mainly on the face.

127. Shingles (Herpes Zoster)

- **Symptoms:** Painful rash, blisters, burning sensation, fever.
- **Prevention:** Vaccination, especially for older adults.
- **Other Info:** A reactivation of the chickenpox virus, causing a painful rash.

128. Sunburn

- **Symptoms:** Red, painful skin, blisters, peeling.
- **Prevention:** Using sunscreen, wearing protective clothing, avoiding direct sun exposure.

- **Other Info:** Skin damage caused by excessive UV radiation.

129. Melanoma

- **Symptoms:** New or changing moles, irregular borders, bleeding or itching.
- **Prevention:** Avoiding sunburns, using sunscreen, regular skin checks.
- **Other Info:** A type of skin cancer that begins in melanocytes.

130. Squamous Cell Carcinoma

- **Symptoms:** A firm red nodule, a flat lesion with a scaly crust.
- **Prevention:** Avoiding excessive sun exposure, using sunscreen.
- **Other Info:** A type of skin cancer arising from squamous cells.

131. Basal Cell Carcinoma

- **Symptoms:** Pearly bump, red patches, open sores that don't heal.
- **Prevention:** Regular use of sunscreen, avoiding tanning beds.
- **Other Info:** The most common type of skin cancer, usually caused by sun exposure.

132. Bone Fracture

- **Symptoms:** Pain, swelling, inability to move the affected limb, deformity.
- **Prevention:** Adequate calcium intake, regular exercise, protecting bones during activities.
- **Other Info:** A break in the bone due to injury or trauma.

133. Sprains

- **Symptoms:** Pain, swelling, bruising, limited movement.
- **Prevention:** Warming up before exercise, wearing proper footwear.
- **Other Info:** Stretching or tearing of ligaments around a joint.

134. Tendonitis

- **Symptoms:** Pain, swelling, tenderness around a tendon.
- **Prevention:** Avoiding overuse, warming up before physical activity.
- **Other Info:** Inflammation of a tendon, often due to repetitive movement.

135. Bursitis

- **Symptoms:** Pain, swelling, tenderness near joints.

- **Prevention:** Avoiding repetitive movements, proper stretching.
- **Other Info:** Inflammation of the bursa, small fluid-filled sacs around joints.

136. Osteomyelitis

- **Symptoms:** Pain, fever, swelling, redness over bone.
- **Prevention:** Proper wound care, managing diabetes.
- **Other Info:** Bone infection, often caused by bacteria.

137. Scoliosis

- **Symptoms:** Uneven shoulders, back pain, visible curve in the spine.
- **Prevention:** Regular check-ups, especially in children and teens.
- **Other Info:** Abnormal curvature of the spine.

138. Multiple Sclerosis

- **Symptoms:** Numbness, weakness, vision problems, difficulty walking.
- **Prevention:** No known prevention, but treatment can slow disease progression.
- **Other Info:** An autoimmune disease affecting the central nervous system.

139. Lupus

- **Symptoms:** Fatigue, joint pain, rashes, kidney problems.
- **Prevention:** Avoiding sun exposure, managing stress.
- **Other Info:** An autoimmune disease where the body attacks its own tissues.

140. Rheumatic Fever

- **Symptoms:** Joint pain, fever, rash, heart murmur.
- **Prevention:** Early treatment of streptococcal throat infections.
- **Other Info:** An inflammatory disease following a strep throat infection.

141. Autoimmune Hepatitis

- **Symptoms:** Fatigue, jaundice, abdominal pain, nausea.
- **Prevention:** No specific prevention, but early diagnosis is key.
- **Other Info:** A condition where the body's immune system attacks the liver.

142. Guillain-Barré Syndrome

- **Symptoms:** Muscle weakness, paralysis, difficulty breathing.

- **Prevention:** No known prevention, but vaccination may reduce risk.
- **Other Info:** A rare autoimmune disorder where the immune system attacks the nerves.

143. Myasthenia Gravis

- **Symptoms:** Muscle weakness, difficulty swallowing, drooping eyelids.
- **Prevention:** No known prevention, but treatment can manage symptoms.
- **Other Info:** An autoimmune neuromuscular disorder causing muscle weakness.

144. Amyotrophic Lateral Sclerosis (ALS)

- **Symptoms:** Muscle weakness, difficulty speaking, swallowing, breathing.
- **Prevention:** No known prevention, but early diagnosis can manage symptoms.
- **Other Info:** A progressive neurodegenerative disease affecting motor neurons.

145. Parkinson's Disease

- **Symptoms:** Tremors, stiffness, slowness of movement, balance problems.
- **Prevention:** No known prevention, but medications can manage symptoms.
- **Other Info:** A neurodegenerative disorder affecting movement control.

146. Alzheimer's Disease

- **Symptoms:** Memory loss, confusion, difficulty with daily tasks.
- **Prevention:** Mental stimulation, physical activity, social engagement.
- **Other Info:** A progressive disorder that affects memory and cognitive function.

147. Huntington's Disease

- **Symptoms:** Movement problems, mood swings, cognitive decline.
- **Prevention:** No known prevention, but genetic testing can detect early stages.
- **Other Info:** A genetic disorder that causes the progressive breakdown of nerve cells in the brain.

148. Tuberculosis (TB)

- **Symptoms:** Cough, chest pain, fever, weight loss, night sweats.
- **Prevention:** Vaccination, wearing masks, regular screening.
- **Other Info:** A bacterial infection primarily affecting the lungs.

149. Pneumonia

- **Symptoms:** Cough, fever, shortness of breath, chest pain.
- **Prevention:** Vaccination, hand hygiene, avoiding smoking.
- **Other Info:** An infection of the lungs caused by bacteria, viruses, or fungi.

150. Bronchitis

- **Symptoms:** Cough, mucus production, wheezing, shortness of breath.
- **Prevention:** Avoiding smoking, regular exercise, avoiding respiratory irritants.
- **Other Info:** Inflammation of the bronchial tubes, can be acute or chronic.

Comprehensive Explanation of Neurological and Respiratory Diseases (Word Count: ~2000 words)

1. **Guillain-Barré Syndrome (GBS)** Guillain-Barré Syndrome is a rare neurological disorder where the immune system mistakenly attacks the peripheral nerves. It often follows infections such as respiratory or gastrointestinal viruses. The main symptoms include weakness or tingling in the legs that can progress to the arms and upper body. Severe cases may lead to paralysis. Diagnosis involves clinical examination, nerve conduction studies, and spinal fluid analysis. There is no known prevention. Treatment typically includes intravenous immunoglobulin (IVIG) or plasmapheresis to reduce the immune system's attack. Recovery can take weeks to months, and although most people recover, some may experience lingering weakness or symptoms.
2. **Myasthenia Gravis** Myasthenia Gravis is an autoimmune disorder affecting the communication between nerves and muscles. It leads to varying degrees of skeletal muscle weakness, commonly affecting muscles that control the eyes and eyelids, facial expression, chewing, talking, and swallowing. The weakness typically worsens with activity and improves with rest. This disorder is caused by antibodies that block or destroy acetylcholine receptors at the neuromuscular junction. Diagnosis involves blood tests, nerve conduction studies, and imaging to check for thymoma (tumor of the thymus gland). Although there is no cure, medications like anticholinesterase agents and immunosuppressants, along with lifestyle changes, can help manage the condition.
3. **Amyotrophic Lateral Sclerosis (ALS)** ALS, also known as Lou Gehrig's Disease, is a progressive neurodegenerative condition that affects motor neurons in the brain and spinal cord. Symptoms start with muscle twitching, weakness in an arm or leg, and slurred speech, which progress to difficulties in movement, speaking, swallowing, and breathing. The exact cause is unknown, although

genetic and environmental factors may play a role. There is no cure, and prevention is currently not possible. Treatments such as riluzole and edaravone may slow progression. Supportive care, including physical therapy and speech therapy, can improve quality of life.

4. **Parkinson's Disease** Parkinson's Disease is a chronic and progressive movement disorder. It results from the loss of dopamine-producing brain cells in a region called the substantia nigra. The main symptoms include tremor, stiffness, bradykinesia (slowness of movement), and balance problems. As the disease advances, cognitive issues may also appear. While there is no known way to prevent Parkinson's, medications like levodopa and dopamine agonists can alleviate symptoms. In some cases, surgical options such as deep brain stimulation (DBS) are considered. Physical therapy and regular exercise are also beneficial.
5. **Alzheimer's Disease** Alzheimer's is the most common cause of dementia, characterized by progressive memory loss and cognitive decline. It involves the accumulation of amyloid plaques and neurofibrillary tangles in the brain, leading to the death of brain cells. Symptoms include difficulty remembering recent events, confusion, disorientation, and personality changes. Though the exact cause is not fully understood, a combination of genetic, environmental, and lifestyle factors is believed to contribute. Prevention strategies include mental stimulation, physical activity, and maintaining cardiovascular health. While no cure exists, drugs like donepezil and memantine can offer modest symptom relief.
6. **Huntington's Disease** Huntington's Disease is a hereditary disorder that leads to the progressive breakdown of nerve cells in the brain. It affects movement, cognition, and emotions. The condition is caused by a mutation in the HTT gene and is inherited in an autosomal dominant pattern. Symptoms typically appear between ages 30 and 50 and include involuntary movements (chorea), coordination problems, mood swings, and memory loss. There is no known prevention or cure. Treatment focuses on symptom management, including medications for movement issues and psychiatric symptoms, along with supportive therapies.
7. **Tuberculosis (TB)** Tuberculosis is a bacterial infection caused by *Mycobacterium tuberculosis*, primarily affecting the lungs, though it can involve other organs. TB spreads through airborne droplets from an infected person. Symptoms include a persistent cough, chest pain, weight loss, fever, and night sweats. Diagnosis is made through skin tests, blood tests, chest X-rays, and sputum analysis. Prevention involves vaccination with the Bacillus Calmette-

Guérin (BCG) vaccine, proper ventilation, and wearing masks in high-risk areas. TB is treatable with a combination of antibiotics taken over six months or longer.

8. **Pneumonia** Pneumonia is an inflammatory condition of the lungs, usually caused by bacteria, viruses, or fungi. It results in the alveoli (air sacs) filling with fluid or pus, leading to symptoms like cough, fever, shortness of breath, and chest pain. Severity can range from mild to life-threatening, especially in the elderly and those with underlying health conditions. Diagnosis involves physical exams, chest X-rays, and blood tests. Preventive measures include vaccination, good hygiene, and smoking cessation. Treatment depends on the cause and may include antibiotics, antivirals, or antifungal medications, along with supportive care.
9. **Bronchitis** Bronchitis is the inflammation of the bronchial tubes, which carry air to and from the lungs. It can be acute (short-term) or chronic (long-term). Acute bronchitis is usually caused by viruses and presents with symptoms such as cough with mucus, wheezing, and low-grade fever. Chronic bronchitis, a form of chronic obstructive pulmonary disease (COPD), is usually due to prolonged exposure to irritants like tobacco smoke and is characterized by a persistent, mucus-producing cough. Diagnosis is based on clinical history and examination. Prevention includes avoiding smoking and respiratory irritants, and maintaining a healthy lifestyle. Treatment focuses on relieving symptoms with rest, hydration, and medications like bronchodilators.

10.101. Creutzfeldt-Jakob Disease (CJD)

11. A rare, degenerative, and fatal brain disorder caused by prions (misfolded proteins).
Symptoms: Rapid mental deterioration, personality changes, memory loss, and muscle stiffness.
Prevention: No known prevention; avoid contaminated instruments or tissue.
Treatment: No cure; supportive care is provided.

12.102. Toxoplasmosis

13. Caused by the parasite *Toxoplasma gondii*, often from undercooked meat or cat feces.
Symptoms: Flu-like symptoms, but serious for pregnant women and immunocompromised.
Prevention: Proper food handling, avoid cat litter during pregnancy.
Treatment: Antiparasitic drugs like pyrimethamine and sulfadiazine.

14.103. Brucellosis

15. A bacterial infection from animals or unpasteurized dairy.
Symptoms: Fever, sweats, joint pain, and fatigue.
Prevention: Pasteurized milk, safe animal handling.
Treatment: Antibiotics like doxycycline and rifampin.

16.104. Legionnaires' Disease

17. Caused by *Legionella* bacteria, often from water systems.
Symptoms: High fever, cough, muscle pain, and pneumonia.
Prevention: Clean water systems, especially air conditioners.
Treatment: Antibiotics like azithromycin or levofloxacin.

18.105. Q Fever

19. Caused by *Coxiella burnetii*, from livestock or contaminated dust.

Symptoms: Fever, headache, cough, and fatigue.

Prevention: Avoid livestock exposure; proper hygiene.

Treatment: Doxycycline is commonly used.

20.106. Hidradenitis Suppurativa

21. A chronic skin condition causing painful boils in sweat gland areas.

Symptoms: Painful lumps, abscesses, and scarring.

Prevention: Weight management, avoid tight clothes.

Treatment: Antibiotics, biologics, or surgery.

22.107. Behçet's Disease

23. A rare autoimmune condition causing blood vessel inflammation.

Symptoms: Mouth/genital ulcers, eye inflammation, and skin lesions.

Prevention: None known.

Treatment: Steroids and immunosuppressants.

24.108. Kawasaki Disease

25. Inflammation of blood vessels, mainly in children.

Symptoms: High fever, rash, red eyes, swollen lymph nodes.

Prevention: None; monitor and treat early.

Treatment: IVIG and aspirin.

26.109. Marfan Syndrome

27. A genetic disorder affecting connective tissue.

Symptoms: Tall stature, long limbs, heart defects, eye issues.

Prevention: Not preventable, but complications can be managed.

Treatment: Monitoring heart and eyes; surgery if needed.

28.110. Ehlers-Danlos Syndrome (EDS)

29. A group of disorders affecting connective tissues.

Symptoms: Hyperflexible joints, stretchy skin, fragile tissues.

Prevention: Not preventable.

Treatment: Physical therapy, pain management, and surgery if needed.

30.111. Hemophilia

31. A genetic bleeding disorder due to lack of clotting factors.

Symptoms: Excessive bleeding, joint pain, bruising.

Prevention: Genetic counseling.

Treatment: Clotting factor replacement therapy.

32.112. Sickle Cell Anemia

33. An inherited condition where red blood cells become misshapen.

Symptoms: Pain, fatigue, infections, delayed growth.

Prevention: Genetic counseling.

Treatment: Pain relief, hydroxyurea, blood transfusions.

34.113. Thalassemia

35. A blood disorder causing less hemoglobin production.

Symptoms: Fatigue, weakness, pale skin, bone deformities.

Prevention: Genetic counseling.

Treatment: Blood transfusions, iron chelation, bone marrow transplant.

36.114. Wilson's Disease

37. Genetic condition causing copper buildup in organs.

Symptoms: Liver disease, neurological symptoms like tremors.

Prevention: Early diagnosis through genetic testing.

Treatment: Chelation therapy to remove copper.

38.115. Tay-Sachs Disease

39. A fatal genetic disorder in infants causing nerve cell damage.

Symptoms: Muscle weakness, decreased motor skills, seizures.

Prevention: Genetic screening.

Treatment: No cure; supportive care only.

40.116. Niemann-Pick Disease

41. A group of genetic disorders affecting lipid metabolism.

Symptoms: Enlarged liver/spleen, learning difficulties, movement problems.

Prevention: Genetic counseling.

Treatment: Supportive; experimental enzyme therapies.

42.117. Fabry Disease

43. A rare genetic disorder that affects the body's ability to break down specific fats.

Symptoms: Pain in hands/feet, skin lesions, kidney/heart issues.

Prevention: Genetic screening.

Treatment: Enzyme replacement therapy.

44.118. Cystinosis

45. A metabolic disorder where cystine builds up in organs.

Symptoms: Kidney damage, muscle wasting, vision problems.

Prevention: Genetic testing.

Treatment: Cysteamine therapy and supportive care.

46.119. Alport Syndrome

47. A genetic condition causing kidney disease and hearing loss.

Symptoms: Blood in urine, proteinuria, progressive kidney failure.

Prevention: None; genetic counseling.

Treatment: ACE inhibitors and kidney transplant in severe cases.

48.120. Ankylosing Spondylitis

49. A chronic inflammatory arthritis affecting the spine.

Symptoms: Back pain, stiffness, reduced mobility.

Prevention: Cannot be prevented.

Treatment: NSAIDs, physical therapy, biologic drugs.

50.121. Sjögren's Syndrome

51. An autoimmune disease that attacks moisture-producing glands.

Symptoms: Dry mouth, dry eyes, fatigue.

Prevention: None.

Treatment: Artificial tears, immunosuppressants.

52.122. Dermatomyositis

53. A rare disease causing muscle inflammation and skin rash.

Symptoms: Muscle weakness, purple rash, trouble swallowing.

Prevention: None.

Treatment: Corticosteroids, immunosuppressants.

54.123. Polymyositis

55. An inflammatory muscle disease.

Symptoms: Muscle weakness, difficulty swallowing.

Prevention: None.

Treatment: Immunosuppressants and physical therapy.

56.124. Raynaud's Disease

57. A condition where blood flow to fingers/toes is reduced by cold or stress.

Symptoms: Numbness, cold fingers, color changes in skin.

Prevention: Avoid cold exposure.

Treatment: Calcium channel blockers and lifestyle changes.

58.125. Henoch-Schönlein Purpura (HSP)

59. A disorder causing inflammation of small blood vessels.

Symptoms: Rash, joint pain, abdominal pain, kidney issues.

Prevention: None.

Treatment: Usually resolves on its own; supportive care.

60.126. Goodpasture Syndrome

61. An autoimmune disease attacking lungs and kidneys.

Symptoms: Coughing blood, kidney failure.

Prevention: None.

Treatment: Immunosuppressants and plasma exchange.

62.127. Granulomatosis with Polyangiitis (Wegener's)

63. A rare disease causing blood vessel inflammation.

Symptoms: Sinus issues, lung and kidney damage.

Prevention: Not preventable.

Treatment: Corticosteroids and immunosuppressants.

64.128. Primary Biliary Cholangitis (PBC)

65. A liver disease where bile ducts are slowly destroyed.

Symptoms: Fatigue, itching, jaundice.

Prevention: None.

Treatment: Ursodiol, liver transplant in advanced cases.

66.129. Primary Sclerosing Cholangitis (PSC)

67. Chronic liver disease leading to scarring of bile ducts.

Symptoms: Fatigue, itching, right upper abdominal pain.

Prevention: None.

Treatment: Liver transplant; no definitive cure.

68.130. Reactive Arthritis (Reiter's Syndrome)

69. Joint pain triggered by infection in another part of the body.

Symptoms: Joint inflammation, eye pain, urinary issues.

Prevention: Prompt treatment of infections.

Treatment: NSAIDs and antibiotics.

70.131. Lymphoma

71. A cancer of the lymphatic system.

Symptoms: Swollen lymph nodes, fever, weight loss.

Prevention: Not clearly preventable.

Treatment: Chemotherapy, radiation, immunotherapy.

72.132. Leukemia

73. Cancer of the blood-forming tissues.

Symptoms: Fatigue, frequent infections, bruising.

Prevention: Avoid radiation and carcinogens.

Treatment: Chemotherapy, bone marrow transplant.

74.133. Multiple Myeloma

75. Cancer of plasma cells in bone marrow.

Symptoms: Bone pain, anemia, kidney issues.

Prevention: Not preventable.

Treatment: Chemotherapy, stem cell transplant.

76.134. Melanoma

77. A serious type of skin cancer.

Symptoms: New or changing moles, asymmetry.

Prevention: Sun protection, skin checks.

Treatment: Surgery, immunotherapy.

78.135. Basal Cell Carcinoma

79. Most common skin cancer, usually from sun exposure.

Symptoms: Pearly or waxy bumps on skin.

Prevention: Use sunscreen, protective clothing.

Treatment: Surgery, topical treatments.

80.136. Squamous Cell Carcinoma

81. A common skin cancer affecting outer skin layers.

Symptoms: Scaly red patches or sores.

Prevention: Avoid UV radiation.

Treatment: Surgery, radiation.

82.137. Paget's Disease of Bone

83. A chronic disorder that disrupts normal bone recycling.

Symptoms: Bone pain, deformities, fractures.

Prevention: Not preventable.

Treatment: Bisphosphonates, pain relievers.

84.138. Osteomyelitis

85. Bone infection, often from bacteria.

Symptoms: Fever, swelling, pain in the affected area.

Prevention: Prompt treatment of wounds.

Treatment: Antibiotics, sometimes surgery.

86.139. Septic Arthritis

87. Joint infection, typically bacterial.

Symptoms: Severe joint pain, swelling, fever.

Prevention: Treat infections early.

Treatment: Antibiotics and joint drainage.

88.140. Tinea (Ringworm)

89. Fungal infection of the skin.

Symptoms: Red, ring-shaped rashes.

Prevention: Keep skin dry and clean.

Treatment: Antifungal creams.

90.141. Scabies

91. A contagious skin infestation by mites.

Symptoms: Intense itching, rash, blisters.

Prevention: Avoid close contact with infected individuals.

Treatment: Permethrin cream or oral ivermectin.

92.142. Pediculosis (Lice Infestation)

93. Infestation of hair and skin by lice.

Symptoms: Itching, visible lice or eggs (nits).

Prevention: Avoid sharing personal items.

Treatment: Medicated shampoos.

94.143. Trichinosis

95. A parasitic infection from eating undercooked pork.

Symptoms: Muscle pain, fever, swelling around eyes.

Prevention: Cook meat thoroughly.

Treatment: Antiparasitic medications.

96.144. Schistosomiasis

97. Parasitic disease from freshwater snails.

Symptoms: Rash, fever, chills, muscle aches.

Prevention: Avoid contaminated water.

Treatment: Praziquantel.

98.145. Filariasis

99. Parasitic disease transmitted by mosquitoes.

Symptoms

100. 145. Filariasis

101. Parasitic disease transmitted by mosquitoes.

Symptoms: Swelling, often in legs (elephantiasis).

Prevention: Mosquito control.

Treatment: Antiparasitic drugs like diethylcarbamazine.

102. 146. Onchocerciasis (River Blindness)

103. Caused by parasitic worms via blackfly bites.

Symptoms: Skin nodules, itching, vision loss.

Prevention: Insect control, ivermectin distribution.

Treatment: Ivermectin.

104. 147. Dracunculiasis (Guinea Worm Disease)

105. Caused by drinking water with infected water fleas.

Symptoms: Painful skin ulcers.

Prevention: Clean drinking water.

Treatment: Slowly removing the worm, supportive care.

106. 148. Strongyloidiasis

107. Intestinal infection by *Strongyloides stercoralis*.

Symptoms: Abdominal pain, diarrhea, skin rashes.

Prevention: Good hygiene, wear shoes.

Treatment: Ivermectin or albendazole.

108. 149. Hydatid Disease (Echinococcosis)

109. Caused by tapeworms from dogs.

Symptoms: Cysts in liver, lungs; pain, nausea.

Prevention: Avoid contact with dog feces.

Treatment: Surgery and antiparasitic meds.

110. 150. Zika Virus Disease

111. Mosquito-borne viral infection.

Symptoms: Mild fever, rash, joint pain; dangerous during pregnancy.

Prevention: Mosquito control, avoid affected areas.

Treatment: Supportive care, no specific treatment.