# Anemia:

It is a condition where there is a **Deficiency of healthy red blood cells in blood**.

Symptoms of anemia vary depending on the cause of anemia. It may include:

- Fatigue
- Weakness
- Pale skin
- Cold hands and feet
- Dizziness
- Reduced immunity more prone to infections
- Shortness of breath

### **Treatment:**

- Eat foods that are rich sources of iron.
- Limit the consumption of tea/coffee immediately after food. It contains tannins-substances that can inhibit iron absorption. Foods to eat:
- Iron-rich foods such as dry fruits like raisins and apricots; green leafy vegetables
- Vitamin B12 -rich foods such as red meat and seafood

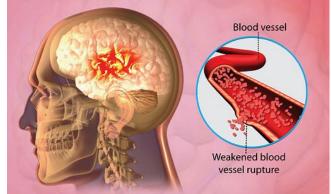
### Stroke:

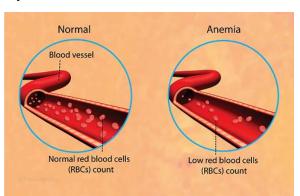
It is a condition when the supply of blood to the brain is reduced or blocked completely, which prevents brain tissue from getting oxygen and nutrients.

The main symptoms are:

- Paralysis or numbness or inability to move parts of The face, arm, or leg particularly on one side of The body
- Confusion- including trouble with speaking
- Headache with vomiting
- Trouble seeing in one or both eyes
- Metallic taste in mouth
- Difficulty in swallowing
- Trouble in walking (impaired coordination) Treatments

Clot dissolver: **To dissolve clots and reopen arteries.** 



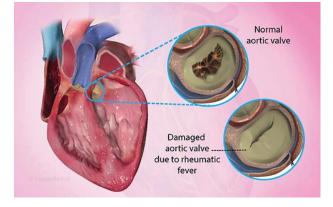


#### Rheumatic heart disease

A condition in which the heart valves are damaged permanently due to rheumatic fever, a condition which occurs after under-treated streptococcal infection.

Signs and symptoms of valve damage include:

- Fever
- Chest pain
- Difficulty breathing
- Fatigue
- Swollen joints like wrist and ankles
- Heart palpitation
- Nodules on the skin
- Jerky, uncontrollable movements of arms, legs or facial muscles



#### Treatment

- > Anti-inflammatory drugs: Used to ease inflammation.
- > Steroids: Prescribed to manage inflammation

#### **Coronary heart disease**

A condition where the major blood vessels supplying the heart are narrowed. The reduced blood flow can cause chest pain and shortness of breath.

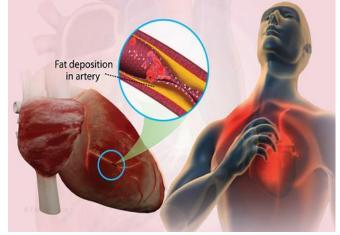
**Symptoms of CAD** are not noted until the artery is significantly damaged. Severe artery damage decreases blood flow to the heart, which presents as

- Chest pain that spreads across the chest
- Shortness of breath
- Heart attack is experienced if the coronary artery is completely blocked
- Other associated symptoms include:
- Nausea
- Sweating
- Fatigue
- Faster heartbeat
- Weakness or dizziness

#### Treatment

- Stent placement
- Bypass surgery

### Self-care:



- Quit smoking and alcohol.
- Monitor blood sugar and cholesterol levels.
- Monitor your blood pressure regularly.
- Manage stress.
- Maintain the recommended weigh

## Cancer

Cancer refers to any one of a large number of diseases characterized by the development of abnormal cells that divide uncontrollably and have the ability to infiltrate and destroy normal body tissue

Some general signs and symptoms associated with, but not specific to, cancer, include:

- Fatigue
- Lump or area of thickening that can be felt under the skin
- Weight changes, including unintended loss or gain
- Skin changes, such as yellowing, darkening or redness of the skin, sores that won't heal, or changes to existing moles
- Changes in bowel or bladder habits
- Persistent cough or trouble breathing
- Difficulty swallowing
- Hoarseness
- Persistent indigestion or discomfort after eating
- Persistent, unexplained muscle or joint pain
- Persistent, unexplained fevers or night sweats
- Unexplained bleeding or bruising

### Causes

 Cancer is caused by changes (mutations) to the DNA within cells. The DNA inside a cell is packaged into a large number of individual genes, each of which contains a set of instructions telling the cell what functions to perform, as well as how to grow and divide. Errors in the instructions can cause the cell to stop its normal function and may allow a cell to become cancerous.



## **Prevention:**

Doctors have identified several ways to reduce your risk of cancer, such as:

- **Stop smoking.** If you smoke, quit. If you don't smoke, don't start. Smoking is linked to several types of cancer not just lung cancer. Stopping now will reduce your risk of cancer in the future.
- Avoid excessive sun exposure. Harmful ultraviolet (UV) rays from the sun can increase your risk of skin cancer. Limit your sun exposure by staying in the shade, wearing protective clothing or applying sunscreen.
- **Eat a healthy diet.** Choose a diet rich in fruits and vegetables. Select whole grains and lean proteins. Limit your intake of processed meats.
- Exercise most days of the week. Regular exercise is linked to a lower risk of cancer. Aim for at least 30 minutes of exercise most days of the week. If you haven't been exercising regularly, start out slowly and work your way up to 30 minutes or longer.
- **Maintain a healthy weight.** Being overweight or obese may increase your risk of cancer. Work to achieve and maintain a healthy weight through a combination of a healthy diet and regular exercise.
- **Drink alcohol in moderation, if you choose to drink.** If you choose to drink alcohol, do so in moderation. For healthy adults, that means up to one drink a day for women and up to two drinks a day for men.
- Schedule cancer screening exams. Talk to your doctor about what types of cancer screening exams are best for you based on your risk factors.

Treatment: Chemotherapy, Radiation therapy

### **Blindness:**

The term *blindness* strictly refers to the state of being totally sightless in both eyes, and a completely blind individual is unable to see at all.

Symptoms of total blindness include the lack of sight in both eyes.

Symptoms of relative blindness can include

- cloudy vision,
- an inability to see shapes,
- seeing only shadows,
- poor night vision

There are numerous causes of blindness. It can be present at birth, or it may develop as a result of conditions, including diabetes, injuries or trauma to the eyes, macular degeneration, glaucoma, infections of the eyes and stroke.



# Accidents:

An unfortunate incident that happens unexpectedly and unintentionally, typically resulting in damage or injury.

### Classification based on the location of the accident

- **Domestic accidents:** Domestic accidents an accident that takes place at home or in its immediate surroundings, and, more generally, all accidents not connected with traffic, vehicles or sport. Examples include Burns, cut, slip, trip, fall, electric shock, etc.
- **Industrial accident:** According to the Factories Act, 1948: "It is an occurrence in an industrial establishment causing bodily injury to a person who makes him unfit to resume his duties in the next 48 hours".
- **Road traffic accident:** The law defines a road traffic accident as a collision involving a vehicle on a road or in a public area that has caused damage or injury to a person, animal, another vehicle or property.
- Air transport accident: This is the accident that involves air transport resulting to property damage, injury, loss of life, etc.
- Water transport accident: This is the accident that involves water transport resulting to property damage, injury, loss of life, etc.

### **Classification based on occupation**

- **Occupational accident:** A work accident, workplace accident, occupational accident, or accident at work is a "discrete occurrence in the course of work" leading to physical or mental occupational injury.
- **Non-occupational accident:** This is the accident that occurred outside the course of your work

### Mental illness:

A condition which causes serious disorder in a person's behaviour or thinking.

# Signs and symptoms include:

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy or problems sleeping
- Detachment from reality (delusions), paranoia or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Sex drive changes
- Excessive anger, hostility or violence
- Suicidal thinking

### Causes

Mental illnesses, in general, are thought to be caused by a variety of genetic and environmental factors:

- **Inherited traits.** Mental illness is more common in people whose blood relatives also have a mental illness. Certain genes may increase your risk of developing a mental illness, and your life situation may trigger it.
- Environmental exposures before birth. Exposure to environmental stressors, inflammatory conditions, toxins, alcohol or drugs while in the womb can sometimes be linked to mental illness.
- **Brain chemistry.** Neurotransmitters are naturally occurring brain chemicals that carry signals to other parts of your brain and body. When the neural networks involving these chemicals are impaired, the function of nerve receptors and nerve systems change, leading to depression and other emotional disorders.

# Prevention

There's no sure way to prevent mental illness. However, if you have a mental illness, taking steps to control stress, to increase your resilience and to boost low self-esteem may help keep your symptoms under control. Follow these steps:

- **Pay attention to warning signs.** Work with your doctor or therapist to learn what might trigger your symptoms. Make a plan so that you know what to do if symptoms return. Contact your doctor or therapist if you notice any changes in symptoms or how you feel. Consider involving family members or friends to watch for warning signs.
- **Get routine medical care.** Don't neglect checkups or skip visits to your primary care provider, especially if you aren't feeling well. You may have a new health problem that needs to be treated, or you may be experiencing side effects of medication.
- **Get help when you need it.** Mental health conditions can be harder to treat if you wait until symptoms get bad. Long-term maintenance treatment also may help prevent a relapse of symptoms.
- **Take good care of yourself.** Sufficient sleep, healthy eating and regular physical activity are important. Try to maintain a regular schedule. Talk to your primary care provider if you have trouble sleeping or if you have questions about diet and physical activity.

### **Iodine deficiency**

Iodine deficiency is a shortage of iodine in a person's body. You need the right amount of iodine for your metabolism and for the healthy functioning of your thyroid gland.

Iodine deficiency can also lead to <u>hypothyroidism</u>, (underactive thyroid, where there is too little of the thyroid hormone). This can cause symptoms including:

- constant tiredness
- muscle weakness
- unexpected weight gain
- difficulty learning and remembering
- constipation
- weak, slow heartbeat
- dry skin
- hair loss
- puffy face
- feeling cold

### Treatment:

- It is usually treated through eating more foods containing iodine, using iodised salt and taking iodine supplements.
- People with hypothyroidism are usually treated with a synthetic form of the thyroid hormone, which they will need to take for the rest of their lives

#### Fluorosis

Higher levels of fluoride causes a condition called fluorosis

The teeth may have:

- Stains ranging from yellow to dark brown
- Surface irregularities
- Pits that are highly noticeable

#### **Fluorosis Causes**



A major cause of fluorosis is the inappropriate use of fluoride-

containing dental products such as toothpaste and mouth rinses. Sometimes, children enjoy the taste of fluoridated toothpaste so much that they swallow it instead of spitting it out.

### **Epilepsy/Fits**

A neurological disorder that causes seizures or unusual sensations and behaviours.



- Temporary confusion
- Episodes of staring blankly
- Uncontrollable jerking movements or twitching of the arms and legs
- Loss of consciousness or awareness

- Psychological symptoms such as fear and anxiety Treatment:
  - Anti-seizure medications
  - Take your medications as prescribed and in right doses
  - Never stop taking your medications without consulting the doctor

### Asthma

A lung disorder characterized by narrowing of the airways, the tubes which carry air into the lungs that are inflamed and constricted, causing shortness of breath, wheezing and cough

# Symptoms

- difficult breathing
- Wheezing
- Chest tightness
- Persistent coughing, more commonly at night. Most commonly cough with mucus or phlegm Self-care:
- Try to keep your body warm.
- Avoid smoking and indirect smoking.
- Avoid strong perfume or freshners in bedroom.
- Exposure to sunlight for a few minutes might help.

