

DIABETES

Chronic condition affecting blood sugar regulation.

Type 1 – autoimmune, insulin dependent.

Type 2 – lifestyle-related, most common.

Gestational – during pregnancy.

Prevention: healthy diet, exercise, weight control.

Symptoms of Diabetes



Increased thirst.



Slow-healing cuts and sores.



Fatigue.



Blurred vision.



Frequent urination.



Unexplained weight loss.

CANCER



Uncontrolled growth of abnormal cells.



Common types: breast, cervical, prostate, colon, lung.



Prevention: no smoking, healthy diet, regular screening.



Treatment: surgery, chemotherapy, radiation, immunotherapy.



Lifestyle: stress reduction, exercise, avoid carcinogens.



Unexplained bruising



Pain in bone, joints or abdomen



Frequent infection



Unexplained weight loss



Tiredness



Lumps or swelling



Drenching night sweats



Paleness (pallor)



Shortness of breath



Unexplained rash

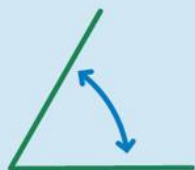


Unexplained fever

What are arthritis symptoms and signs?



Joint pain.



Stiffness or reduced range of motion.



Swelling (inflammation).



Skin discoloration.

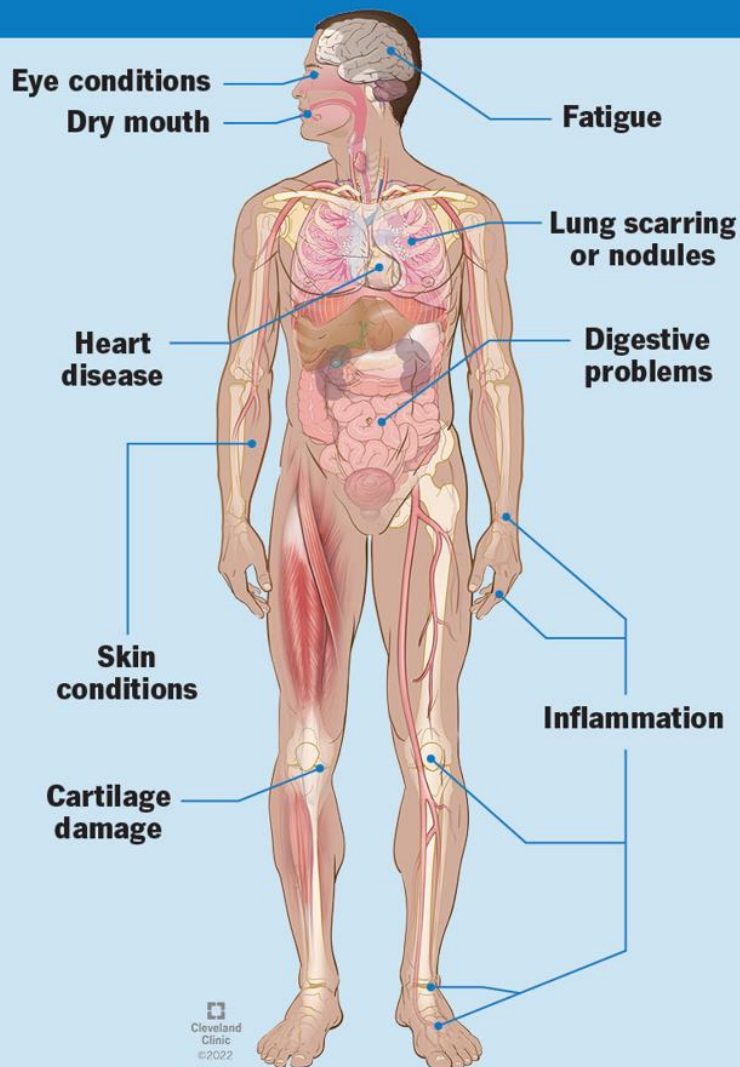


Tenderness or sensitivity to touch around a joint.



A feeling of heat or warmth near your joints.

Rheumatoid Arthritis (RA) Effects on the body



Asthma and COPD



Chronic lung diseases causing breathing difficulties.



Asthma: often starts in childhood, triggered by allergens.



COPD: due to smoking or pollutants.



Symptoms: wheezing, breathlessness, coughing.



Management: inhalers, avoid smoke, vaccinations, check-ups.

