MEDICAL TERMINOLOGY
Primerica Medical Terminology

2.a Hypertension (high blood pressure)

High Blood Pressure/Hypertension

High blood pressure (HBP) is a serious condition that can lead to coronary heart disease (also called coronary artery disease), heart failure, stroke, kidney failure, and other health problems. "Blood pressure" is the force of blood pushing against the walls of the arteries as the heart pumps blood. If this pressure rises and stays high over time, it can damage the body in many ways. Blood Pressure Numbers: You most often will see blood pressure numbers written with the systolic number above or before the diastolic number, such as 120/80.

2.b Stroke, diabetes, cancer, tumor, paralysis, multiple sclerosis, lupus, scleroderma, rheumatoid arthritis, muscular dystrophy, leukemia, lymphoma (Hodgkin’s, Non-Hodgkin’s), seizure, mental or nervous disorder?

Stroke and TIA (mini stroke)

A stroke happens when blood flow to a part of the brain stops. A stroke is sometimes called a "brain attack."

TIA (mini stroke): transient ischemic attack is a very brief episode in which there is insufficient blood supply to the brain, usually caused by plaque or embolus.

There are two major types of stroke: ischemic stroke and hemorrhagic stroke.

Ischemic stroke: occurs when a blood vessel that supplies blood to the brain is blocked by a blood clot. Ischemic strokes may be caused by clogged arteries. Fat, cholesterol, and other substances collect on the artery walls, forming a sticky substance called plaque.

Hemorrhagic stroke: occurs when a blood vessel in part of the brain becomes weak and bursts open, causing blood to leak into the brain. Some people have defects in the blood vessels of the brain that make this more likely.

Common names associated with strokes: Cerebrovascular disease; CVA; Cerebral infarction; Cerebral hemorrhage; Ischemic stroke; Cerebrovascular accident
Diabetes

Diabetes mellitus is a lifelong (chronic) disease in which there are high levels of sugar in the blood. Insulin is a hormone produced by the pancreas to control blood sugar. Diabetes can be caused by too little insulin, resistance to insulin, or both. People with diabetes have high blood sugar because their body cannot move sugar into fat, liver, and muscle cells to be stored for energy. High blood sugar levels can cause several symptoms, including: blurry vision, excess thirst, fatigue, frequent urination, hunger and weight loss. Treatment for diabetes can be with insulin, oral medication, diet, or a combination.

Type 1: can occur at any age, but it is most often diagnosed in children, teens, or young adults. In this disease, the body makes little or no insulin. Daily injections of insulin are needed. The exact cause is unknown. Symptoms of Type 1 diabetes develop over a short period of time. People may be very sick by the time they are diagnosed.

Type 2: makes up most diabetes cases. It most often occurs in adulthood, but teens and young adults are now being diagnosed with it because of high obesity rates. Many people with Type 2 diabetes do not know they have it. Because type 2 diabetes develops slowly, some people with high blood sugar have no symptoms.

Gestational: is high blood sugar that develops at any time during pregnancy in a woman who does not have diabetes.

Leukemia

Leukemia is cancer of the blood cells. It starts in the bone marrow, the soft tissue inside most bones. Bone marrow is where blood cells are made. In general, leukemia is grouped by how fast it gets worse and what kind of white blood cell it affects. It may be acute or chronic.

Acute leukemia gets worse very fast and may make you feel sick right away.

Chronic leukemia gets worse slowly and may not cause symptoms for years.

Symptoms may depend on what type of leukemia you have, but common symptoms include: fever, headaches, bruising or bleeding easily, bone or joint pain, enlarged spleen, swollen lymph nodes in armpit, neck and groin, getting a lot of infections, feeling tired or weak, losing weight and loss of appetite. Treatments for leukemia include: chemotherapy, radiation treatments, stem cell transplant and biological therapy (special medicines).
Lymphoma (Hodgkin’s, Non-Hodgkin’s)

Lymphoma refers to cancer of the lymphatic system, a network of lymph nodes connected by blood vessels that drain waste products and strain cancerous cells from the body. It occurs when lymphocytes, the white blood cells that attack infectious invaders, begin to multiply uncontrollably, producing cancerous cells that invade the body. The two main types of lymphoma are Hodgkin’s lymphoma and non-Hodgkin’s lymphoma. Symptoms include swollen lymph nodes, night sweats, and extreme fatigue.

Hodgkin’s lymphoma: Is a cancer of lymph tissue found in the lymph nodes, spleen, liver, bone marrow, and other sites. The first sign of Hodgkin's lymphoma is often a swollen lymph node, which appears without a known cause. The disease can spread to nearby lymph nodes. Later it may spread to the spleen, liver, bone marrow, or other organs. The cause is not known. Hodgkin's lymphoma is most common among people ages 15 - 35 and 50 - 70. Patients with HIV infection are more at risk than the general population. Stages of Hodgkin's lymphoma range from I to IV. The higher the staging number, the more advanced the cancer. Stage’s 1 and 2 (limited disease) can be treated with radiation therapy, chemotherapy, or both. Stage 3 is treated with chemotherapy alone or a combination of radiation therapy and chemotherapy. Stage 4 (extensive disease) is most often treated with chemotherapy alone.

Non-Hodgkin’s lymphoma: Is cancer of the lymphoid tissue, which includes the lymph nodes, spleen, and other organs of the immune system. For most patients, the cause of this cancer is unknown. However, lymphomas may develop in people with weakened immune systems. There are many different types of non-Hodgkin's lymphoma. It is classified according to how fast the cancer spreads. The cancer may be low grade (slow growing), intermediate grade, or high grade (fast growing). The cancer is further sub-classified by how the cells look under the microscope.
**Cancer**

_Cancer_ is the *uncontrolled growth of abnormal cells* in the body. Cancerous cells are also called malignant cells. Cancer can form in any part of the body.

**Skin Cancer:** Is cancer that may arise on the surface of the body. It may be red, brown, black or white, according to the type. It may occur singly or in a group, may be open or ulcerated, may be localized or invade the blood vessels, lymph glands and connecting ducts. Skin cancer is divided into two major groups: non-melanoma and melanoma.

**Basal cell carcinoma:** Basal cell carcinoma is a slow-growing form of skin cancer. Basal cell carcinoma is a type of non-melanoma skin cancer, and is the most common form of cancer. 75% of all skin cancers are basal cell carcinomas. Basal cell carcinoma starts in the top layer of the skin called the epidermis. It grows slowly and is painless. The majority of these cancers occur on areas of skin that are regularly exposed to sunlight or other ultraviolet radiation. They may also appear on the scalp. Basal cell skin cancer almost never spreads. But, if left untreated, it may grow into surrounding areas and nearby tissues and bone. Treatment varies depending on the size, depth, and location of the basal cell cancer.

**Tumor**

A tumor is an abnormal growth of body tissue. _Tumors can be cancerous (malignant) or noncancerous (benign)._ Tumors occur when cells divide excessively in the body. Typically, cell division is strictly controlled. New cells are created to replace older ones or to perform new functions. Cells that are damaged or no longer needed die to make room for healthy replacements. If the balance of cell division and death is disturbed, a tumor may form.

When a tumor is found, a biopsy is performed to determine if the tumor is noncancerous (benign) or cancerous (malignant). Depending on the location of the tumor, the biopsy may be a simple procedure or a serious operation.

**These are some of the most common types of benign tumors:**

- **Back:** lipoma
- **Endometrium:** fibroid, polyp
- **Cervix:** papillomas
- **Eyelid:** Basal cell, papillomas
- **Fallopian tubes:** mesothelioma; adenomatoid tumor
- **Uterus:** fibroid, leiomyoma (or myomas), polyp
Ovary: neoplasm; Epithelial cell tumors start from the cells on the surface of the ovaries. These are the most common type of ovarian tumors; Germ cell tumors start in the cells that produce the eggs; Stromal tumors originate in the cells that produce female hormones

Skin: Nevi (moles or birthmarks); Seborrheic keratosis (growths on skin ranging from light to dark brown color); warts (skin tumor resulting from a virus);

Adenomas are benign tumors starting in the epithelial tissue of a gland or gland-like structure. A common type of adenoma is a polyp in the colon. Adenomas might also grow in the liver or the adrenal, pituitary, or thyroid gland.

Fibromas (or fibroids) are tumors of fibrous or connective tissue that can grow in any organ. Fibroids commonly grow in the uterus. Another type of fibrous tissue tumor is a desmoid tumor.

Hemangiomas are a buildup of blood vessel cells in the skin or internal organs. Hemangiomas are a common type of birthmark often occurring in the head, neck, or trunk. They may appear red or bluish in color. Most will go away on their own. Those that interfere with vision, hearing, or eating may require treatment with corticosteroids or other medication.

Lipomas grow from fat cells. They are the most common benign tumor in adults, often found in the neck, shoulders, back, or arms. Lipomas are slow growing, usually round and movable, and soft to the touch. Two other types of benign fat tumors are lipoblastomas, which occur in young children, and hibernomas.

Meningiomas are tumors that develop from the membrane surrounding the brain and spinal cord. About nine in 10 are benign. Many grow slowly. Others grow more

Myomas are tumors that grow from muscle. Leiomyomas grow from smooth muscle, which is found in internal organs such as the stomach and uterus. They can start in the walls of blood vessels. In the wall of the uterus, leiomyomas are often called fibroids. A rare benign tumor of skeletal muscle is rhabdomyoma.

Nevi (moles) are growths on the skin. They can range in color from pink and tan to brown or black. You may develop new moles until about age 40. Moles that look different than ordinary moles (dysplastic nevi) may be more likely to develop into a type of skin cancer (melanoma).

Neuromas grow from nerves. Two other types of nerve tumors are neurofibromas and schwannomas. These benign nerve tumors can occur almost anywhere in nerves that run throughout the body.

Osteochondromas are the most common type of benign bone tumor. These tumors usually appear as a painless bump or bumps near the joint such as the knee or shoulder

Papillomas are tumors that grow from epithelial tissue and project in finger-like fronds. They can be benign or malignant. They can grow in the skin, cervix, breast duct, or mucous membrane covering the inside of the eyelid (conjunctiva), for example. These tumors can result from direct contact with an infection such as human papillomavirus (HPV).
The 4 classes of malignant tumors are: carcinoma, lymphoma, sarcomas, and melanomas.

Carcinoma: A malignant tumor that arises from epithelial cells, which line the internal and external surfaces of the body. Carcinomas are most commonly found in the lining of body organs, such as the breast, prostate, lung, stomach, or bowel. Most human cancers are carcinomas.

Lymphoma: Lymphomas are a group of cancers in which cells of the lymphatic system become abnormal and start to grow uncontrollably. Because there is lymph tissue in many parts of the body, lymphomas can start in almost any organ.

Sarcoma: A sarcoma is a bone tumor that contains cancer (malignant) cells.

Melanomas: Melanoma is the most dangerous type of skin cancer. It is the leading cause of death from skin disease. It involves cells called melanocytes, which produce a skin pigment called melanin. Melanin is responsible for skin.

Paralysis

Paralysis is the loss of muscle function in part of your body. It happens when something goes wrong with the way messages pass between your brain and muscles. Paralysis can be complete or partial. It can occur on one or both sides of your body. It can also occur in just one area, or it can be widespread. Paralysis of the lower half of your body, including both legs, is called paraplegia. Paralysis of the arms and legs is quadriplegia. Most paralysis is due to strokes or injuries such as spinal cord injury or a broken neck. Other causes of paralysis include nerve diseases, autoimmune diseases and Bell’s palsy (which affects muscles in the face).

Multiple Sclerosis

Multiple sclerosis is an autoimmune disease that affects the brain and spinal cord. Multiple sclerosis (MS) affects women more than men. The disorder is most commonly diagnosed between ages 20 and 40, but can be seen at any age. MS is caused by damage to the myelin sheath, the protective covering that surrounds nerve cells. When this nerve covering is damaged, nerve signals slow down or stop. The nerve damage is caused by inflammation. Inflammation occurs when the body's own immune cells attack the nervous system. This can occur along any area of the brain, optic nerve, and spinal cord.
**Lupus**

**Discoid lupus:** (DLE) is a chronic, recurrent disease, occurring primarily in women between 20 and 40 years of age, characterized by a butterfly-shaped eruption of scale-covered red lesions over the cheeks and bridge of the nose (sometimes in other areas). Patchy skin color, fingers that change color when cold. Treatment included avoidance of the sun and use of steroids and antimalarial drugs.

**Systemic lupus:** (SLE) is a long-term autoimmune disorder, which means the body's immune system mistakenly attacks healthy tissue. This leads to long-term (chronic) inflammation that may affect the skin, joints, kidneys, brain, and other organs. There is no cure for SLE. The goal of treatment is to control symptoms. Almost everyone with SLE has joint pain and swelling. Some develop arthritis. Frequently affected joints are the fingers, hands, wrists, and knees.

**Scleroderma**

Scleroderma is a connective tissue disease that involves changes in the skin, blood vessels, muscles, and internal organs. It is a type of autoimmune disorder. The cause of scleroderma is unknown. People with this condition have a buildup of a substance called collagen in the skin and other organs. This buildup leads to the symptoms of the disease. The disease usually affects people 30 to 50 years old. Women get scleroderma more often than men do. Some types of scleroderma affect only the skin, while others affect the whole body.

**Rheumatoid Arthritis**

Rheumatoid arthritis (RA) is a long-term disease that leads to inflammation of the joints and surrounding tissues. It can also affect other organs. The cause of RA is unknown. It is an autoimmune disease, which means the body's immune system mistakenly attacks healthy tissue. RA can occur at any age, but is more common in middle age. Women get RA more often than men. RA usually affects joints on both sides of the body equally. Wrists, fingers, knees, feet, and ankles are the most commonly affected. The disease often begins slowly, usually with only minor joint pain, stiffness, and fatigue. RA usually requires lifelong treatment, including medications, physical therapy, exercise, education, and possibly surgery.

**Methotrexate** (METH oh TREX ate) is a chemotherapy drug. This medicine also works on the immune system and is commonly used to treat psoriasis and rheumatoid arthritis. If used for arthritis or psoriasis, the drug is only given once a week.

**Steriods:** Types of drugs that increase strength and muscle growth when ingested by humans.
Muscular Dystrophy

Muscular dystrophies, or MD, are a group of inherited conditions, which means they are passed down through families, and involve muscle weakness and loss of muscle tissue that get worse over time. They may occur in childhood or adulthood. There are many different types of muscular dystrophy. All of the muscles may be affected. Or, only specific groups of muscles may be affected, such as those around the pelvis, shoulder, or face. Muscular dystrophy can affect adults, but the more severe forms tend to occur in early childhood. Symptoms include: mental retardation (only present in some types of the condition), muscle weakness that slowly gets worse, delayed development of muscle motor skills, difficulty using one or more muscle groups, drooling, eyelid drooping, frequent falls, loss in muscle size, problem or delayed walking. There are no known cures for the various muscular dystrophies.

Seizure

Seizures happen when the electrical system of the brain malfunctions. The term "seizure" is often used interchangeably with "convulsion." Convulsions are when a person's body shakes rapidly and uncontrollably. There are many different types of seizures. Some have mild symptoms and no body shaking. It may be hard to tell if someone is having a seizure. Some seizures only cause a person to have staring spells. These may go unnoticed. Symptoms may stop after a few seconds, minutes, or continue for 15 minutes. They rarely continue longer.

Petit mal seizure: is the term commonly given to a staring spell, most commonly called an "absence seizure." It is a brief (usually less than 15 seconds) disturbance of brain function due to abnormal electrical activity in the brain.

Grand mal (Tonic-Clonic) seizure: A generalized tonic-clonic is seizure involving the entire body. It is also called a grand mal seizure. The terms "seizure," convulsion," or "epilepsy" are most often associated with generalized tonic-clonic seizures.

Simple partial (Jacksonian): A form of epilepsy involving brief alteration in movement, sensation or nerve function caused by abnormal electrical activity in a localized area of the brain. Seizures of this type typically cause no change in awareness or alertness. Jacksonian seizures are extremely varied and may involve, for example, apparently purposeful movements such as turning the head, eye movements, smacking the lips, mouth movements, drooling, rhythmic muscle contractions in a part of the body, abnormal numbness, tingling, and a crawling sensation over the skin.
Mental or Nervous Disorder

Depression (excluding major depression)

All depression types are not the same. Major depression, also known as clinical depression, and chronic depression, also known as dysthymia, are the most common types. But there are also other types of depression with unique signs, symptoms, and treatment.

Dysthymia (Mild, Chronic Depression): Dysthymia, sometimes referred to as mild, chronic depression, is less severe than major depression. With dysthymia, the depression symptoms can linger for a long period of time, often two years or longer. Those who suffer from dysthymia can also experience periods of major depression.

Atypical Depression: The key symptoms of atypical depression include: overeating, oversleeping, fatigue, extreme sensitivity to rejection, moods that worsen or improve in direct response to events.

Seasonal Depression: Often called seasonal affective disorder or SAD, is a depression that occurs each year at the same time. It usually starts in the fall or winter and ends in spring or early summer. It is more than just "the winter blues" or "cabin fever." A rare form of SAD, known as "summer depression," begins in late spring or early summer and ends in fall.

Postpartum Depression: is linked to chemical, social, and psychological changes associated with having a baby. The term describes a range of physical and emotional changes that many new mothers experience. The good news is postpartum depression can be treated with medication and counseling.

Anxiety and/or stress: Anxiety takes several forms: phobia, social anxiety, obsessive-compulsive, and post-traumatic stress. Stress is your body's way of responding to any kind of demand. It can be caused by both good and bad experiences. When people feel stressed by something going on around them, their bodies react by releasing chemicals into the blood. Many different things can cause stress -- from physical (such as fear of something dangerous) to emotional (such as worry over your family or job.) Some of the most common sources of stress are: Survival Stress - You may have heard the phrase "fight or flight" before. This is a common response to danger in all people and animals. Internal Stress - Internal stress is when people make themselves stressed like worrying about things they can't control or themselves in situations we know will cause us stress. Environmental Stress - This is a response to things around you that cause stress, such as noise, crowding, and pressure from work or family. Fatigue and Overwork - This kind of stress builds up over a long time and can take a hard toll on your body. It can be caused by working too much or too hard at your job(s), school, or home. It can also be caused by not knowing how to manage your time well or how to take time out for rest and relaxation.
Bipolar Disorder: Bipolar disorder is known as manic depressive disorder or manic depression. Bipolar disorder is characterized by extreme changes in mood (poles) – from mania to depression. Between these mood swings, a person with bipolar disorder may experience normal moods. Mania or "manic" describes an increasingly restless, energetic, talkative, reckless, powerful, euphoric period. Lavish spending sprees or impulsive risky sex can occur. Then, at some point, this high-flying mood can spiral into something darker -- irritation, confusion, anger, feeling trapped. "Depression" describes the opposite mood -- sadness, crying, sense of worthlessness, loss of energy, loss of pleasure, sleep problems.

Other mental or nervous disorders

Major depression: True clinical depression is a mood disorder in which feelings of sadness, loss, anger, or frustration interfere with everyday life for weeks or longer.

Schizophrenia: A long-term mental disorder of a type involving a breakdown in the relation between thought, emotion, and behavior, leading to faulty perception, inappropriate actions and feelings, withdrawal from reality and personal relationships into fantasy and delusion, and a sense of mental fragmentation.

Post-traumatic stress disorder (PTSD): is an anxiety disorder that can occur after you have been through a traumatic event. A traumatic event is something horrible and scary that you see or that happens to you.
2.c Any disease or disorder of the heart (excluding hypertension), liver (including hepatitis), pancreas, blood, brain, kidney, circulatory, respiratory, gastrointestinal, neurological or nervous system?

**Heart**

**Heart:** Heart disease is any disorder that affects the heart’s ability to function normally.

**Heart attack (myocardial infarction):** A heart attack is when blood vessels that supply blood to the heart are blocked, preventing enough oxygen from getting to the heart. The heart muscle dies or becomes permanently damaged. Your doctor calls this a myocardial infarction.

**Congestive heart failure:** Heart failure, also called congestive heart failure, is a condition in which the heart can no longer pump enough blood to the rest of the body.

**Cardiomyopathy:** Cardiomyopathy is a weakening of the heart muscle or a change in heart muscle structure. It is often associated with inadequate heart pumping or other heart function problems.

**Valvular heart disease:** Valvular heart disease refers to several disorders and diseases of the heart valves, which are the tissue flaps that regulate the flow of blood through the four chambers of the heart.

**Liver**

**Liver (including hepatitis):** Liver disease is any disturbance of liver function that causes illness. The liver is the largest solid organ in the body; and is also considered a gland because among its many functions, it makes and secretes bile. The liver is located in the upper right portion of the abdomen protected by the rib cage. The liver is the only organ in the body that can easily replace damaged cells. **Cirrhosis** is a term that describes permanent scarring of the liver. Normal liver cells are replaced by scar tissue that cannot perform any liver function. The term “hepatitis” simply means inflammation of the liver. Hepatitis may be caused by a virus (such as hepatitis B virus) or a toxin (such as alcohol). **Hepatitis A** is inflammation (irritation and swelling) of the liver caused by the hepatitis A virus. **Fatty liver** is the collection of excessive amounts of triglycerides and other fats inside liver cells. Also called **steatosis**, fatty liver can be a temporary or long-term condition, which is not harmful itself, but may indicate some other type of problem. **Acute liver failure** may or may not be reversible, meaning that is there is a treatable cause and the liver is able to recover and resume its normal functions.
Pancreas

Pancreas: The pancreas is an organ important in digestion and blood sugar regulation. It is considered to be part of the gastrointestinal system. The pancreas produces digestive enzymes to be released into the small intestine to aid in reducing food particles to basic elements that can be absorbed by the intestine and used by the body. It has another very different function in that it forms insulin, glucagon and other hormones to be sent into the bloodstream to regulate blood sugar levels and other activities throughout the body. The pancreas also plays a role in diabetes. In Type 1 diabetes, the beta cells of the pancreas no longer make insulin because the body's immune system has attacked them. In Type 2 diabetes, the pancreas loses the ability to secrete enough insulin in response to meals.

Pancreatitis or inflammation of the pancreas: This happens when digestive enzymes start digesting the pancreas itself.

Pancreatic cancer: A tumor or cancer in the pancreas may often grow without any symptoms at first. This may mean pancreatic cancer is more advanced when it is first found.

Cystic fibrosis: a genetic disorder in which thick, sticky mucus can also block tubes in your pancreas.

Blood

Blood: Blood is a liquid connective tissue that performs many functions in the body, including transport of oxygen, carbon dioxide, nutrients, waste products, and hormones; clotting; and defense against microorganisms. Blood consists of blood cells suspended in plasma, a fluid that contains proteins, salts, and other substances. If you lose blood, you may need a transfusion.

Cholesterol and triglycerides are two forms of lipid, or fat, that circulate in your bloodstream. They are both necessary for life itself. Cholesterol is necessary for building and maintaining key parts of your cells (such as your cell membranes), and for making several essential hormones. Triglycerides, which are chains of high-energy fatty acids, provide much of the energy needed for your tissues to function. So you can't live without them. But when blood levels of cholesterol or triglycerides become too high, your risk of developing cardiovascular disease is significantly increased. And this is why you need to be concerned about your lipid levels.
Brain

**Brain:** The brain is the portion of the central nervous system in vertebrates (animals with bones) that lies within the skull. In humans, the brain weighs about 3 pounds. Differences in weight and size do not correlate with differences in mental ability. The brain is the control center for movement, sleep, hunger, thirst, and virtually every other vital activity necessary to survive. The brain is the control center of the body. It controls thoughts, memory, speech and movement. It regulates the function of many organs. When the brain is healthy, it works quickly and automatically. However, when problems occur, the results can be devastating.

**Inflammation** in the brain can lead to problems such as vision loss, weakness and paralysis. Loss of brain cells, which happens if you suffer a stroke, can affect your ability to think clearly. **Brain tumors** can also press on nerves and affect brain function. Some brain diseases are genetic. We do not know what causes some brain diseases, such as **Alzheimer’s disease**.

A **headache** is pain or discomfort in the head, scalp, or neck. Serious causes of headaches are extremely rare. Most people with headaches can feel much better by making lifestyle changes, learning ways to relax, and occasionally by taking medications.

**Cluster headache:** Cluster headaches are sharp, extremely painful headaches that tend to occur several times per day for months and then go away for a similar period. They are far less common.

**Migraine:** Migraine headaches are severe headaches that usually occur with other symptoms such as visual disturbances or nausea. The pain may be described as throbbing, pounding, or pulsating. It tends to begin on one side of your head, although it may spread to both sides. The pain usually gets worse as you try to move around.

**Tension headache:** The most common headaches are probably caused by tight, contracted muscles in your shoulders, neck, scalp, and jaw. These are called tension headaches. They are often related to stress, depression, or anxiety. Overworking, not getting enough sleep, missing meals, and using alcohol or street drugs can make you more susceptible to them. Headaches can be triggered by chocolate, cheese, and monosodium glutamate (MSG). People who drink caffeine can have headaches when they don’t get their usual daily amount.

**Sinus headache:** Sinus headaches cause pain in the front of your head and face. They are due to inflammation in the sinus passages that lie behind the cheeks, nose, and eyes. The pain tends to be worse when you bend forward and when you first wake up in the morning. Postnasal drip, sore throat, and nasal discharge usually occur with these headaches.

**Rare causes** of headache include: Brain aneurysm -- a weakening of the wall of a blood vessel that can rupture and bleed into the brain; brain tumor; stroke or TIA; brain infection like meningitis or encephalitis.
Kidney

**Kidney**: The main function of the kidneys is to remove waste products and excess water from the blood. The kidneys, two organs located on either side of your spine just above the waist, perform several life-sustaining roles. They cleanse your blood by removing waste and excess fluid, maintain the balance of salt and minerals in your blood, and help regulate blood pressure. When the kidneys become damaged, waste products and fluid can build up in the body, causing swelling in your ankles, vomiting, weakness, poor sleep, and shortness of breath. If left untreated, diseased kidneys may eventually stop functioning completely. Loss of kidney function is a serious -- potentially fatal -- condition.

A **kidney stone** is a solid mass made up of tiny crystals. One or more stones can be in the kidney or ureter at the same time. **Cystinuria** is a condition passed down through families in which stones form in the kidney, ureter, and bladder.

**Kidney infection** is a general term used to describe infection of the kidney by bacteria, fungi, or viruses. The infecting microbe may have invaded the kidney from the urinary bladder or from the bloodstream. The disease is characterized by fever, chills, back pain, and, often, the symptoms associated with bladder infection.

Circulatory System

**Circulatory system**: is responsible for transporting materials throughout the entire body. It transports nutrients, water, and oxygen to your billions of body cells and carries away wastes such as carbon dioxide that body cells produce. It is an amazing highway that travels through your entire body connecting all your body cells. The circulatory System is divided into three major parts: The **heart**, the **blood** and the **blood vessels**.

**Hemorrhoids** are painful, swollen veins in the lower portion of the rectum or anus. This condition is very common, especially during pregnancy and after childbirth. Hemorrhoids result from increased pressure in the veins of the anus. The pressure causes the veins to bulge and expand, making them painful, particularly when you are sitting. The most common cause is straining during bowel movements. Hemorrhoids may result from constipation, sitting for long periods of time, and anal infections. In some cases they may be caused by other diseases, such as liver cirrhosis. **Internal hemorrhoids** occur just inside the anus, at the beginning of the rectum. **External hemorrhoids** occur at the anal opening and may hang outside the anus.

**Varicose veins**: are swollen, twisted, painful veins that have filled with blood. They usually develop in the legs. Your doctor may be able to treat them in noninvasive ways instead of vein stripping, the traditional surgery for this problem.
Respiratory System

Respiratory system: The respiratory system is a group of organs that supply the body with oxygen. The system consists of the nose, mouth, throat, lungs, and diaphragm. These organs work together to convert the air that is breathed in into oxygen for the blood. The body’s cells require oxygen in order to function, so if the respiratory system does not work properly, it can cause serious health complications or even be fatal.

Sleep apnea: Central sleep apnea is when you repeatedly stop breathing during sleep because the brain temporarily stops sending signals to the muscles that control breathing. Obstructive Sleep Apnea is a condition in which a person's airway closes for a number of reasons while they're sleeping, causing the body to startle itself awake in the absence of any breathing occurring. A person can have anywhere to 100 to 200 of these a night. Symptoms of sleep apnea are headache; dry mouth; a feeling of poor sleep. People report it as insomnia or daytime fatigue.

Pneumonia is a respiratory condition in which there is inflammation of the lung. Germs called bacteria, viruses and fungi may cause pneumonia. Pneumonia caused by bacteria tends to be the most serious, and is most common in adults. Viruses are a common cause of pneumonia in infants and young children.

Gastrointestinal

Gastrointestinal system: The digestive system is also known by a number of other names, including the gut, the digestive tube, the alimentary canal, the gastrointestinal (GI) tract, the intestinal tract, and the intestinal tube. The digestive system consists of the mouth, esophagus, stomach, and small and large intestines, along with several glands, such as the salivary glands, liver, gall bladder, and pancreas.

Acid reflux: symptoms can be so intense you can think you're having a heart attack when you're actually dealing with extreme heartburn due to acid reflux. This is a chronic condition which often follows from eating a large meal. On the other hand, it can be caused by wearing tight clothing, slenderizing undergarments or belts that can squeeze the stomach, forcing food to reflux into the esophagus, causing an attack. Although technically acid reflux is incurable, people suffering from it can find temporary relief through medication.

GERD: Gastroesophageal reflux disease (GERD) is a condition in which the stomach contents (food or liquid) leak backwards from the stomach into the esophagus (the tube from the mouth to the stomach). This action can irritate the esophagus, causing heartburn and other symptoms. Also known as: peptic esophagitis; Reflux esophagitis; Heartburn; Dyspepsia.

Gas: When food is not digested properly, you may experience flatulence or gas. It can also be caused by consuming too much air while eating or drinking.
**Heartburn:** Heartburn is a painful burning sensation in the esophagus, just below or behind the breastbone. The pain often rises in your chest and may radiate to your neck or throat. Almost everyone has occasional heartburn. If you have frequent, ongoing heartburn, you may have gastroesophageal reflux disease (GERD).

**Indigestion:** Indigestion is a vague feeling of abdominal discomfort - possibly including belching, heartburn, a feeling of fullness, bloating, and nausea.

**Appendicitis:** Appendicitis is inflammation of the appendix. The appendix is a small pouch attached to the beginning of your large intestine.

**Diverticulitis:** is swelling (inflammation) of an abnormal pouch (diverticulum) in the intestinal wall. These pouches are usually found in the large intestine (colon). The presence of the pouches themselves is called diverticulosis.

**Diverticulosis:** Diverticulitis is caused by inflammation, or (sometimes) a small tear in a diverticulum. If the tear is large, stool in the colon can spill into the abdominal cavity, causing an infection (abscess) or inflammation in the abdomen.

**Esophagitis:** Esophagitis is a general term for any inflammation, irritation, or swelling of the esophagus, the tube that leads from the back of the mouth to the stomach. Esophagitis is frequently caused by the backflow of acid-containing fluid from the stomach to the esophagus, a condition called gastroesophageal reflux.

**Irritable bowel syndrome (IBS):** refers to a disorder of the lower intestinal tract. It involves abdominal pain and abnormal bowel movements. Emotional stress often makes the symptoms worse. It is not the same as inflammatory bowel disease (IBD), which includes Crohn's disease and ulcerative colitis.

**Hernia:** A hernia is usually a sac formed by the lining of the abdominal cavity (peritoneum). The sac comes through a hole or weak area in the fascia, the strong layer of the abdominal wall that surrounds the muscle. The types of hernias are based on where they occur: inguinal hernia appears as a bulge in the groin. This type is more common in men than women. The bulge may go all the way down into the scrotum; femoral hernia appears as a bulge in the upper thigh. This type is more common in women than men; incisional hernia can occur through a scar if you have had abdominal surgery in the past; umbilical hernia appears as a bulge around the belly button. It occurs when the muscle around the navel doesn't close completely.
**Gallstones**: Gallstones are hard, pebble-like deposits that form inside the gallbladder. Gallstones may be as small as a grain of sand or as large as a golf ball.

**Gallbladder removal (cholecystectomy)**: The most common way to remove the gallbladder is by using a medical instrument called a laparoscope. Open gallbladder removal is surgery to remove the gallbladder.

**Ulcer**: An ulcer is a hole in the gastrointestinal tract. They can occur in the small intestine (called a duodenal ulcer) or the stomach (called a gastric ulcer). A peptic ulcer is erosion in the lining of the stomach or the first part of the small intestine, an area called the duodenum.

**Colitis (not including ulcerative colitis)**: Colitis is swelling (inflammation) of the large intestine (colon). Ulcerative colitis is a type of inflammatory bowel disease (IBD) that affects the large intestine (colon) and rectum.

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**Neurological or Nervous System**

**Neurological system**: The nervous system is divided into the central nervous system and peripheral nervous system. The central nervous system is divided into two parts: the brain and the spinal cord. The peripheral nervous system is divided into two major parts: the somatic nervous system and the autonomic nervous system. The somatic nervous system consists of peripheral nerve fibers that send sensory information to the central nervous system and motor nerve fibers that project to skeletal muscle. The autonomic nervous system controls smooth muscle of the viscera (internal organs) and glands.

**Bell’s Palsy**: Bell’s palsy is either weakness or paralysis of the muscles on one side of the face due to malfunction of the facial nerve. It usually starts suddenly - somebody can wake up in the morning and find that one side of the face does not move. Sometimes one eyelid may be affected, meaning that the patient is unable to blink properly from one eye. Bell’s palsy must not be confused with cerebral palsy, a completely different condition. Most people who suddenly experience symptoms think they are having a stroke. However, if the weakness or paralysis only affects the face it is more likely to be Bell’s palsy.
2.d Acquired Immune Deficiency Syndrome (AIDS) or immune deficiency related disorders or tested positive for Human Immunodeficiency Virus (HIV)?

AIDS stands for Acquired Immune Deficiency Syndrome

*Acquired* means you can get infected with it;

*Immune Deficiency* means a weakness in the body’s system that fights diseases;

Syndrome means a group of health problems that make up a disease

AIDS is caused by a virus called HIV, the Human Immunodeficiency Virus. If you get infected with HIV, your body will try to fight the infection. It will make “antibodies,” special molecules to fight HIV. A blood test for HIV looks for these antibodies. If you have them in your blood, it means that you have HIV infection. People who have the HIV antibodies are called “HIV-Positive.” Being HIV-positive, or having HIV disease, is not the same as having AIDS. Many people are HIV-positive but don’t get sick for many years. As HIV disease continues, it slowly wears down the immune system. Viruses, parasites, fungi and bacteria that usually don’t cause any problems can make you very sick if your immune system is damaged. These are called opportunistic infections.