

Overview of Common Diseases

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1. Infectious Diseases

- Caused by pathogens such as bacteria, viruses, fungi, and parasites.
- Examples: flu, pneumonia, tuberculosis, HIV/AIDS, malaria.

2. Chronic Diseases

- Long-term conditions that progress slowly.
- Examples: diabetes, heart disease, hypertension, cancer.

3. Autoimmune Diseases

- Immune system attacks healthy cells by mistake.
- Examples: rheumatoid arthritis, lupus, multiple sclerosis.

4. Genetic Diseases

- Inherited disorders passed down through genes.
- Examples: cystic fibrosis, sickle cell anemia, Huntington's disease.

5. Neurological Diseases

- Affect the brain, spinal cord, and nerves.
- Examples: Alzheimer's disease, Parkinson's disease, epilepsy.

6. Mental Health Disorders

- Conditions that affect mood, behavior, and thinking.
- Examples: depression, anxiety disorders, schizophrenia.

7. Cardiovascular Diseases

- Disorders of the heart and blood vessels.
- Examples: coronary artery disease, stroke, heart failure.

8. Respiratory Diseases

- Affect the lungs and breathing.

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- Examples: asthma, chronic obstructive pulmonary disease (COPD), pneumonia.

9. Digestive System Diseases

- Affect the gastrointestinal tract.
- Examples: irritable bowel syndrome (IBS), gastroesophageal reflux disease (GERD), inflammatory bowel disease (IBD).

10. Skin Diseases

- Disorders affecting the skin.
- Examples: eczema, psoriasis, acne.

Understanding common diseases is essential for prevention, early detection, and management. Regular medical check-ups, a healthy lifestyle, and vaccination can help reduce the risk of developing these diseases.