

Avviso pubblico per conferimento incarichi a tempo determinato nel profilo di
Assistente Amministrativo – INTERPRETE cat. C

1	<p>ASTHMA: Asthma is a condition that affects the airways. It makes it hard to breathe because the airways become swollen, produce too much mucus and the muscles around the airways tighten. Asthma can range from mild to severe and can be life threatening. It is recognized that in some families, inherited factors play a role in an individual's risk for asthma. If a parent, or other close relative, has been diagnosed with asthma, a child may be at an increased risk for the condition; family history is important in the assessment and treatment of asthma. There is no cure for asthma, but it can be controlled by ongoing medical care, including a management plan developed by a health care provider, medication, avoidance of triggers and good health habits. The exact cause of asthma is not known; there is not a single cause of asthma. The causes of asthma symptoms can vary for different people. Most often starts in childhood, and some researchers think genetic and environmental factors interact to cause asthma.</p>
2	<p>CHICKENPOX: Chickenpox is a very contagious disease caused by the varicella-zoster virus (VZV). It causes a blister-like rash, itching, tiredness, and fever. The rash appears first on the stomach, back and face and can spread over the entire body causing between 250 and 500 itchy blisters. Chickenpox can be serious, especially in babies, adults, and people with weakened immune systems. The best way to prevent it is to get the vaccine. Anyone who hasn't had chickenpox or gotten the chickenpox vaccine can get the disease. Chickenpox illness usually lasts about 5 to 7 days. The classic symptom of chickenpox is a rash that turns into itchy, fluid-filled blisters that eventually turn into scabs. The rash may first show up on the face, chest, and back then spread to the rest of the body, including inside the mouth and the eyelids. It usually takes about one week for all the blisters to become scabs.</p>
3	<p>Some people who have been vaccinated against chickenpox can still get the disease. However, the symptoms are usually milder with fewer red spots or blisters and mild or no fever. Though uncommon, some vaccinated people who get chickenpox will develop illness as serious as chickenpox in unvaccinated persons. Complications from chickenpox can occur, but they are not common in healthy people who get the disease. People who may get a serious case of chickenpox and may be at high risk for complications include infants, adolescents, adults, pregnant women, people with weakened immune systems because of illness or medications; for example; people with HIV/AIDS or cancer; patients who have had transplants, and people on chemotherapy, immunosuppressive medications, or long-term use of steroids. Some people with serious complications from chickenpox can become so sick that they need to be hospitalized. Chickenpox can also cause death.</p>
4	<p>Extreme heat: Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average. Because some places are hotter than others, this depends on what's considered average for a particular location at that time of year. Humid and muggy conditions can make it seem hotter than it really is. Heat-related illnesses, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself. While the body normally cools itself by sweating, during extreme heat, this might not be enough. In these cases, a person's body temperature rises faster than it can cool itself down. This can cause damage to the brain and other vital organs. Older adults, the very young, and people with mental illness and chronic diseases are at highest risk. However, even young and healthy people can be affected if they participate in strenuous physical activities during hot weather.</p>
5	<p>EXTREME HEAT: Heat stress is heat-related illness caused by your body's inability to cool down properly. The body normally cools itself by sweating. But under some conditions, sweating just is not enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs. As a result of the changing climate, serious weather events, like heat waves, happen more often. These changes have the potential to affect human health in several direct and indirect ways, some of them severe. Extreme heat can be dangerous for anyone, but it can be especially dangerous for those with chronic medical conditions. People who exercise in extreme heat are more likely to become dehydrated and get heat-related illness, as well as people who work outdoors. Summertime activity, whether on the playing field or the construction site, must be balanced with actions that help the body cool itself to prevent heat-related illness.</p>
6	<p>FAINTING: Fainting, "blacking out" or syncope is the temporary loss of consciousness followed by the return to full wakefulness. This loss of consciousness may be accompanied by loss of muscle tone that can result in falling or slumping over. To better understand why fainting can occur it is helpful to explain why somebody is awake. The brain has multiple parts, including two hemispheres, the cerebellum, and the brain stem. The brain requires blood flow to provide oxygen and glucose (sugar) to its cells to sustain life. For the body to be awake, an area known as the reticular activating system located in the brain stem needs to be turned on, and at least one brain hemisphere needs to be functioning. For fainting or syncope to occur, either the reticular activating system loses its blood supply, or both hemispheres of the brain are deprived of blood, oxygen, or glucose. If blood sugar levels are normal blood flow must be briefly disrupted to the whole brain or to the reticular activating system for fainting to occur.</p>

7	<p>FLU: The flu is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms: fever* or feeling feverish/chills, Cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue (tiredness), some people may have vomiting and diarrhea, though this is more common in children than adults. Most people who get influenza will recover in a few days to less than two weeks, but some people will develop complications (such as pneumonia) as a result of the flu, some of which can be life-threatening and result in death. Pneumonia, bronchitis, sinus and ear infections are examples of complications from flu. The flu can make chronic health problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic congestive heart failure may experience worsening of this condition that is triggered by the flu.</p>
8	<p>FLU: Sinus and ear infections are examples of moderate complications from flu, while pneumonia is a serious flu complication that can result from either influenza virus infection alone or from co-infection of flu virus and bacteria. Other possible serious complications triggered by flu can include inflammation of the heart (myocarditis), brain (encephalitis) or muscle (myositis, rhabdomyolysis) tissues, and multi-organ failure (for example, respiratory and kidney failure). Flu virus infection of the respiratory tract can trigger an extreme inflammatory response in the body and can lead to sepsis, the body's life-threatening response to infection. Flu also can make chronic medical problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic heart disease may experience a worsening of this condition triggered by flu.</p>
9	<p>GASTRITIS: Gastritis is inflammation of the lining of the stomach. Unfortunately, the term "gastritis" has been misused to include many different upper abdominal problems, but true gastritis refers to the stomach lining (gastric mucosa) that is inflamed. All or part of the gastric mucosa may be involved. Gastritis may be classified as acute or chronic. Acute gastritis may be characterized as erosive (damaged areas where mucosal cells are disrupted or missing) and nonerosive. Chronic gastritis is determined by histopathology (appearance of the gastric mucosa) with symptoms lasting a long time. There is no widely accepted classification system although some have been proposed. Many people with gastritis do not have symptoms. The condition is diagnosed only when samples of the stomach mucosa are examined for other suspected diseases. However, when gastritis symptoms occur, the most common symptoms include the following: Abdominal pain, nausea and vomiting, diarrhea.</p>
10	<p>MEASLES: The symptoms of measles generally appear about seven to 14 days after a person is infected. Measles typically begins with high fever, cough, runny nose, watery eyes. Two or three days after symptoms begin, tiny white spots may appear inside the mouth. Three to five days after symptoms begin, a rash breaks out. It usually begins as flat red spots that appear on the face at the hairline and spread downward to the neck, trunk, arms, legs, and feet. Small raised bumps may also appear on top of the flat red spots. The spots may become joined together as they spread from the head to the rest of the body. When the rash appears, a person's fever may spike to more than 38°. After a few days, the fever subsides and the rash fades. Measles remains a common disease in many parts of the world, including areas in Europe, Asia, the Pacific, and Africa. Worldwide, 36 cases of measles per 1 million persons are reported each year; about 134,200 die.</p>
11	<p>MEASLES: Measles is an acute viral respiratory illness. It is characterized by a prodrome of fever (as high as 39°C) and malaise, cough and conjunctivitis. The rash usually appears about 14 days after a person is exposed. The rash spreads from the head to the trunk to the lower extremities. Patients are considered to be contagious from 4 days before to 4 days after the rash appears. Of note, sometimes immunocompromised patients do not develop the rash. Common complications from measles include otitis media, bronchopneumonia, laryngotracheobronchitis, and diarrhea. Even in previously healthy children, measles can cause serious illness requiring hospitalization. Measles is one of the most contagious of all infectious diseases; approximately 9 out of 10 susceptible persons with close contact to a measles patient will develop measles. The virus is transmitted by direct contact with infectious droplets or by airborne spread when an infected person breathes, coughs, or sneezes.</p>
12	<p>MEASLES: The symptoms of measles generally appear about seven to 14 days after a person is infected. Measles typically begins with high fever, cough, runny nose, and red, watery eyes (conjunctivitis). Measles is a highly contagious virus that lives in the nose and throat mucus of an infected person. It can spread to others through coughing and sneezing. Also, measles virus can live for up to two hours in an airspace where the infected person coughed or sneezed. If other people breathe the contaminated air or touch the infected surface, then touch their eyes, noses, or mouths, they can become infected. Measles is so contagious that if one person has it, 90% of the people close to that person who are not immune will also become infected. Infected people can spread measles to others from four days before through four days after the rash appears.</p>

13	<p>PINK EYE: People often call conjunctivitis “pink eye” because it can cause the white of the eye to take on a pink or red color. Symptoms of pink eye can vary but typically include redness or swelling of the white of the eye. Several viruses and bacteria can cause conjunctivitis (pink eye). Both viral and bacterial conjunctivitis are highly contagious. Each of these types of germs can spread from person to person in different ways. They usually spread from an infected person to others through personal contact, such as touching or shaking hands, the air by coughing and sneezing, touching an object or surface with germs on it, then touching your eyes before washing your hands. If you have conjunctivitis, you may be allowed to remain at work or school with your doctor’s approval. However, if you still have symptoms, and your activities at work or school are such that you can’t avoid close contact with other people, you should not attend.</p>
14	<p>RUBELLA: In children, rubella is usually mild, with few noticeable symptoms. For children who do have symptoms, a red rash is typically the first sign. The rash generally first appears on the face and then spreads to the rest of the body, and lasts about three days. Other symptoms that may occur 1 to 5 days before the rash appears include: a low-grade fever; headache; mild pink eye (redness or swelling of the white of the eye); general discomfort; swollen and enlarged lymph nodes; cough; runny nose. Most adults who get rubella usually have a mild illness, with low-grade fever, sore throat, and a rash that starts on the face and spreads to the rest of the body. Some adults may also have a headache, pink eye, and general discomfort before the rash appears. About 25 to 50% of people infected with rubella will not experience any symptoms. Up to 70% of women who get rubella may experience arthritis; this is rare in children and men. In rare cases, rubella can cause serious problems, including brain infections and bleeding problems.</p>
15	<p>RUBELLA: The most serious complication from rubella infection is the harm it can cause a pregnant woman’s developing baby. If an unvaccinated pregnant woman gets infected with rubella virus she can have a miscarriage, or her baby can die just after birth. Also, she can pass the virus to her developing baby who can develop serious birth defects such as heart problems, loss of hearing and eyesight, intellectual disability, and liver or spleen damage. Serious birth defects are more common if a woman is infected early in her pregnancy, especially in the first trimester. These severe birth defects are known as congenital rubella syndrome (CRS). There is no specific medicine to treat rubella or make the disease go away faster. In many cases, symptoms are mild. For others, mild symptoms can be managed with bed rest and medicines for fever. A person with rubella may spread the disease to others up to one week before the rash appears, and remain contagious up to 7 days after. However, 25% to 50% of people infected with rubella do not develop a rash or have any symptoms.</p>
16	<p>SCARLET FEVER Scarlet fever is a bacterial infection that can easily spread to other people. Children and some adults are more likely to get scarlet fever than others. It is usually a mild illness, but it needs to be treated to prevent rare but serious long-term health problems. There is a quick test doctors can use to see if you have scarlet fever. Antibiotics help someone with scarlet fever feel better sooner and protect others from getting sick. Scarlet fever is caused by bacteria called group A Streptococcus. The rash is caused by a poison (toxin) made by the bacteria. It most often occurs along with strep throat, but can also occur with skin infections. Group A streptococcus live in the nose and throat and can easily spread to other people. When someone who is infected coughs or sneezes, the bacteria travel in small droplets of water called respiratory droplets. You can get sick if you breathe in those droplets or if you touch something that has the droplets on it and then touch your mouth or nose.</p>
17	<p>SCARLET FEVER:You could become ill with scarlet fever if you drink from the same glass or eat from the same plate as a sick person. It is possible to get scarlet fever from touching sores on the skin caused by group A strep. Although rare, group A strep can be spread through food if it is not handled properly. Pets or household items, like toys, are not known to spread these bacteria. It usually takes two to five days for someone exposed to group A strep to become sick. Illness usually begins with a fever and sore throat. One or two days later, a red rash usually appears, although the rash can appear before illness or up to 7 days later. The rash may first appear on the neck, underarm, and groin, then spread over the body. The red rash usually begins as small, flat blotches that slowly become fine bumps that feel like sandpaper. The rash from scarlet fever fades in about 7 days.</p>
18	<p>SCIATICA:Sciatica is pain in the lower extremity resulting from irritation of the sciatic nerve. The pain of sciatica is typically felt from the low back (lumbar area) to behind the thigh and can radiate down below the knee. The sciatic nerve is the largest nerve in the body and begins from nerve roots in the lumbar spinal cord in the low back and extends through the buttock area to send nerve endings down the lower limb. The pain of sciatica is sometimes referred to as sciatic nerve pain. While sciatica is most commonly a result of a lumbar disc herniation directly pressing on the nerve, any cause of irritation or inflammation of the sciatic nerve can produce the symptoms of sciatica. This irritation of nerves as a result of an abnormal intervertebral disc is referred to as radiculopathy. Aside from a pinched nerve from a disc, other causes of sciatica include irritation of the nerve from adjacent bone, tumors, internal bleeding, infections in or around the lumbar spine, injury, and other causes.</p>

19	<p>SHINGLES: Almost 1 out of every 3 people in Europe will develop shingles, also known as herpes zoster, in their lifetime. There are an estimated 1 million cases of shingles each year in Europe. Anyone who has recovered from chickenpox may develop this illness and even children can get it. However, the risk of shingles increases as you get older. Some people have a greater risk of getting shingles. This includes people who have medical conditions that keep their immune systems from working properly, such as certain cancers like leukemia and lymphoma, and human immunodeficiency virus (HIV), and receive immunosuppressive drugs, such as steroids and drugs that are given after organ transplantation. Most people who develop shingles have only one episode during their lifetime. However, a person can have a second or even a third episode.</p>
20	<p>SHINGLES: Shingles is a painful rash that develops on one side of the face or body. The rash usually clears up within 2 to 4 weeks. Before the rash develops, people often have pain, itching, or tingling in the area where the rash will develop. This may happen anywhere from 1 to 5 days before the rash appears. Most commonly, the rash occurs in a single stripe around either the left or the right side of the body. In other cases, the rash occurs on one side of the face. In rare cases (usually among people with weakened immune systems), the rash may be more widespread and look similar to a chickenpox rash. Shingles can affect the eye and cause loss of vision. Other symptoms of shingles can include Fever, Headache, Chills, Upset stomach. The most common complication of shingles is a condition called postherpetic neuralgia (PHN). People with PHN have severe pain in the areas where they had the shingles rash, even after the rash clears up. The pain from PHN may be severe and debilitating, but it usually resolves in a few weeks or months.</p>
21	<p>STROKE: A stroke, sometimes called a brain attack, occurs when something blocks blood supply to part of the brain or when a blood vessel in the brain bursts. In either case, parts of the brain become damaged or die. A stroke can cause lasting brain damage, long-term disability, or even death. If something happens to block the flow of blood, brain cells start to die within minutes because they can't get oxygen. This causes a stroke. There are two types of stroke: An ischemic stroke occurs when blood clots or other particles block the blood vessels to the brain. Fatty deposits called plaque can also cause blockages by building up in the blood vessels. A hemorrhagic stroke occurs when a blood vessel bursts in the brain. Blood builds up and damages surrounding brain tissue. Both types of stroke damage brain cells. Symptoms of that damage start to show in the parts of the body controlled by those brain cells.</p>
22	<p>SWIMMER'S EAR: Ear infections can affect the ear canal or the middle ear. Acute otitis externa (AOE) is the scientific name for an infection of the ear canal, which is also called swimmer's ear. Middle ear infections are called Otitis Media, and there are two types of middle ear infections: Otitis Media with Effusion (OME) occurs when fluid builds up in the middle ear without pain, pus, fever, or other signs and symptoms of infection. Acute Otitis Media (AOM) occurs when fluid builds up in the middle ear and is often caused by bacteria, but can also be caused by viruses. AOE is usually treated with antibiotic ear drops. OME usually goes away on its own and does not benefit from antibiotics. AOM may not need antibiotics in many cases because the body's immune system can fight off the infection without help from antibiotics, but sometimes antibiotics are needed. Mild AOM often will get better on its own without antibiotic treatment.</p>
23	<p>SWIMMER'S EAR: Many cases of otitis externa may be prevented by decreasing the opportunity for water or moisture to enter the ear canal by taking the following measures: Carefully dry the ears after swimming or bathing; Shake out excess water in the ear.; Hold a hair drier on a low heat setting at least 12 inches from the ear; Wear earplugs while swimming. Pain in the outer ear also can be caused by putting objects into the ear canal. Do not use objects to clean the ear that may tear the skin. Most people have ears that are self-cleansing, and cleaning with a cotton-tipped swab is unnecessary and potentially harmful. People who have excess wax buildup should have it removed by a health-care professional who can use an otoscope or with ear irrigation. Occasionally, a foreign object such as an insect can cause inflammation and pain, and will need to be removed by a health-care professional.</p>
24	<p>TRAUMATIC BRAIN INJURY: Traumatic brain injury (TBI) is a serious public health problem in Europe. Each year, traumatic brain injuries contribute to a substantial number of deaths and cases of permanent disability. In 2010 2.5 million TBIs occurred either as an isolated injury or along with other injuries. A TBI is caused by a bump, blow or jolt to the head or a penetrating head injury that disrupts the normal function of the brain. The severity of a TBI may range from "mild" a brief change in mental status or consciousness to "severe" an extended period of unconsciousness or amnesia after the injury. CDC's research (Center for Disease Control) and programs work to prevent TBI and help people better recognize, respond, and recover if a TBI occurs. A TBI can cause a wide range of functional short- or long-term changes affecting: Thinking (memory and reasoning); Sensation (sight and balance); Language (communication, expression, and understanding); and Emotion (depression, anxiety, personality changes, aggression and social inappropriateness).</p>

25	<p>TRAUMATIC BRAIN INJURY: Most people with a concussion recover well from symptoms experienced at the time of the injury. But for some people, symptoms can last for days, weeks, or longer. In general, recovery may be slower among older adults, young children, and teens. Those who have had a concussion in the past are also at risk of having another one. Some people may also find that it takes longer to recover if they have another concussion. In rare cases, a person with a concussion may form a dangerous blood clot that crowds the brain against the skull. Contact your health care professional or emergency department right away if you experience these danger signs after a bump, blow, or jolt to your head or body: Headache that gets worse and does not go away; Weakness, numbness or decreased coordination; Repeated vomiting or nausea.</p>
26	<p>WHOOPING COUGH: Pertussis, more commonly known as whooping cough, is caused by a bacterium (germ), <i>Bordetella pertussis</i>, that lives in the mouth, nose and throat. The germ is highly contagious and is easily spread from person-to-person. The bacteria spread to others through coughing and sneezing. An infected person is contagious from just before onset of symptoms until up to three weeks after symptoms start. Treatment with appropriate antibiotics shortens the contagious period to about five days. Symptoms usually appear five-to 10-days after exposure, but can take as long as 21 days. The first symptoms are similar to those of a common cold - a runny nose, sneezing, low-grade fever and a mild, occasional cough. The cough gradually becomes severe and, after one to two weeks, the patient has spasmodic bursts of numerous, rapid coughs.</p>
27	<p>WHOOPING COUGH: Whooping cough can cause serious illness in babies, children, teens, and adults. Symptoms of usually develop within 5 to 10 days after you are exposed. Sometimes symptoms do not develop for as long as 3 weeks. Early Symptoms: The disease usually starts with cold-like symptoms and maybe a mild cough or fever. In babies, the cough can be minimal or not even there. Babies may have a symptom known as “apnea.” Apnea is a pause in the child’s breathing pattern. Whooping cough is most dangerous for babies. About half of babies younger than 1 year who get the disease need care in the hospital. Early symptoms can last for 1 to 2 weeks and usually include: Runny nose; Low-grade fever (generally minimal throughout the course of the disease); Mild, occasional cough; Apnea – a pause in breathing (in babies). Pertussis in its early stages appears to be nothing more than the common cold. Therefore, healthcare professionals often do not suspect or diagnose it until the more severe symptoms appear.</p>
28	<p>ANTIBIOTICS: Antibiotic resistance is a growing problem, both in Europe and across the world. The main driving factors behind antibiotic resistance are the overuse and misuse of antibiotics. Taking antibiotics when you have a virus may do more harm than good: Taking antibiotics increases your risk of getting an antibiotic-resistant infection later. Antibiotics kill the healthy bacteria in the gut, allowing more harmful bacteria to grow in its place. Although this infection is more commonly found in hospitals, it also occurs in clinics outside of the hospital. Antibiotics cause 1 out of 5 emergency department visits for adverse drug events. Antibiotics are the most common cause of emergency department visits for adverse drug events in children under 18 years of age. It’s important to only take antibiotics for bacterial infections since they can put you or your child at risk for harmful side effects and antibiotic-resistant infections.</p>
29	<p>ANTIVIRAL MEDICATION: Antiviral drugs stop replication of the virus and may reduce complications. Most healthy people do not need these. They should only be used for extremely sick or high-risk patients. Ideally they would be administered within 48 hours of onset of symptoms. Just as with antibiotics, some patients develop resistance to some antivirals. If antiviral treatment is needed, these are typically the first administered. Side effects include nausea, vomiting and diarrhea as well as behavioral changes, hallucinations and sleep problems. Certain antibiotics might also help because of their anti-inflammatory effects. This may be why people feel better after taking an antibiotic, even though they likely have a viral infection. For coughs, most medications are not helpful. Clearing or “drying up” nasal drainage in the back of the nose and throat is the best method. If the cough is deep in the lungs, then an inhaler may be needed and a doctor should be seen.</p>
30	<p>APPENDICITIS: Appendicitis is defined as an inflammation of the inner lining of the vermiform appendix that spreads to its other parts. Despite diagnostic and therapeutic advancement in medicine, appendicitis remains a clinical emergency and is one of the more common causes of acute abdominal pain. The clinical presentation of appendicitis is notoriously inconsistent. The classic history of anorexia and periumbilical pain followed by nausea, right lower quadrant (RLQ) pain, and vomiting occurs in only 50% of cases. Features include the following: Abdominal pain: Most common symptom; Nausea: 61-92% of patients; Anorexia: 74-78% of patients. Features of the abdominal pain are as follows: Typically begins as periumbilical or epigastric pain; Patients usually lie down, flex their hips, and draw their knees up to reduce movements and to avoid worsening their pain</p>

31	<p>BROKEN BONES:</p> <p>A broken bone, or fracture, happens when excessive force applied to your bone causes it to break or shatter. Some fractures break the bone completely, while others just cause a crack in the bone. Fracture types vary depending on the circumstances of the injury and the amount of force applied to the bone. Bones are very strong. Their design allows them to absorb pressure if you fall or you're in an accident. But your bones can only absorb so much pressure before breaking. A broken bone commonly occurs for the following reasons: injury (accidental or intentional); falls from heights; falls on ice or other unsafe surfaces; overuse, particularly if you run or participate in sports; Osteoporosis is also a common cause of broken bones. This disease causes bones to weaken in older adults. A simple fracture is when the bone breaks into two pieces; An open or compound fracture is when a piece of bone protrudes through your skin or if the force of the injury breaks the skin; A closed fracture is when the bone breaks, but the skin is intact.</p>
32	<p>COLD AND FLU:The common cold and the flu may seem similar at first. They are both respiratory illnesses and can cause similar symptoms. But different viruses cause these two conditions. Your symptoms will help you tell the difference between the two. Both a cold and the flu share a few common symptoms. People with either illness often experience: a runny or stuffy nose; sneezing; body aches; general fatigue; As a rule, flu symptoms are more severe than cold symptoms. Another distinct difference between the two is how serious they are. Colds rarely cause other health conditions or problems. But the flu can lead to sinus and ear infections, pneumonia, and sepsis. To determine whether your symptoms are from a cold or from the flu, you need to see your doctor. Your doctor will run tests that can help determine what's behind your symptoms. If your doctor diagnoses a cold, you'll only need to treat your symptoms until the virus has run its course.</p>
33	<p>COMMON COLDS:</p> <p>Sore throat and runny nose are usually the first signs of a cold, followed by coughing and sneezing. Most people recover in about 7-10 days. You can help reduce your risk of getting a cold: wash your hands often and avoid touching your face with unwashed hands. Common colds are the main reason that children miss school and adults miss work. Each year in the United States, there are millions of cases of the common cold. Adults have an average of 2-3 colds per year, and children have even more. Most people get colds in the winter and spring, but it is possible to get a cold any time of the year. Symptoms usually include: sore throat; runny nose; coughing; sneezing; headaches; body aches. Most people recover within about 7-10 days. However, people with weakened immune systems, asthma, or respiratory conditions may develop serious illness, such as pneumonia.</p>
34	<p>COMMON COLDS:</p> <p>Viruses that cause colds can spread from infected people to others through the air and close personal contact. You can also get infected through contact with stool (poop) or respiratory secretions from an infected person. This can happen when you shake hands with someone who has a cold, or touch a doorknob that has viruses on it, then touch your eyes, mouth, or nose. Help reduce your risk of getting a cold by washing hands often with soap and water. Practice good cough and sneeze etiquette: always cough and sneeze into a tissue or your upper shirt sleeve, completely covering your mouth and nose.</p>
35	<p>COMMON COLD: You should call your doctor if you or your child has one or more of these conditions:a temperature higher than 100.4° F; symptoms that last more than 10 days; symptoms that are severe or unusual. If your child is younger than 3 months of age and has a fever, you should always call your doctor right away. Your doctor can determine if you or your child has a cold and can recommend therapy to help with symptoms. Causes of the Common Cold. Many different viruses can cause the common cold, but rhinoviruses are the most common. Rhinoviruses can also trigger asthma attacks and have been linked to sinus and ear infections. Other viruses that can cause colds include human parainfluenza viruses and human metapneumovirus.</p>
36	<p>CONCUSSION</p> <p>A concussion is a mild traumatic brain injury (TBI). It can occur after an impact to your head or after a whiplash-type injury that causes your head and brain to shake quickly back and forth. A concussion results in an altered mental state that may include becoming unconscious. Anyone can become injured during a fall, car accident, or any other daily activity. If you participate in impact sports such as football or boxing, you have an increased risk of getting a concussion. Concussions are usually not life-threatening, but they can cause serious symptoms that require medical treatment. A concussion is different from a contusion. Contusions can occur on your head, but they aren't typically serious and tend to resolve within several days. Symptoms of a concussion vary depending on both the severity of the injury and the person injured. It is not true that a loss of consciousness always occurs with a concussion. Some people do experience a loss of consciousness, but others don't.</p>

37	<p>Chronic Obstructive Pulmonary Disease (COPD): Chronic obstructive pulmonary disease (COPD) refers to a group of diseases that cause airflow blockage and breathing-related problems. COPD includes emphysema; chronic bronchitis; and in some cases, asthma. With COPD, less air flows through the airways—the tubes that carry air in and out of your lungs—because of one or more of the following: The airways and tiny air sacs in the lungs lose their ability to stretch and shrink back. The walls between many of the air sacs are destroyed. The walls of the airways become thick and inflamed (irritated and swollen). The airways make more mucus than usual, which can clog them and block air flow. In the early stages of COPD, there may be no symptoms, or you may only have mild symptoms, such as: A nagging cough (often called "smoker's cough"); Shortness of breath, especially with physical activity.</p>
38	<p>Coronary Artery Disease (CAD) Coronary artery disease (CAD) is the most common type of heart disease in the United States. For some people, the first sign of CAD is a heart attack. CAD is caused by plaque buildup in the walls of the arteries that supply blood to the heart (called coronary arteries) and other parts of the body. Plaque is made up of deposits of cholesterol and other substances in the artery. Plaque buildup causes the inside of the arteries to narrow over time, which could partially or totally block the blood flow. This process is called atherosclerosis. Too much plaque buildup and narrowed artery walls can make it harder for blood to flow through your body. When your heart muscle doesn't get enough blood, you may have chest pain or discomfort, called angina. Angina is the most common symptom of CAD. Over time, CAD can weaken the heart muscle. This may lead to heart failure, a serious condition where the heart can't pump blood the way that it should. An irregular heartbeat, or arrhythmia, also can develop.</p>
39	<p>Dizziness Dizziness is the feeling of being lightheaded or unbalanced. It affects the sensory organs, specifically the eyes and ears, so it can sometimes cause fainting. Dizziness isn't a disease, but rather a symptom of various disorders. Vertigo and disequilibrium may cause a feeling of dizziness, but those two terms describe different symptoms. Vertigo is characterized by a spinning sensation, like the room is moving. It may also feel like motion sickness. Disequilibrium is a loss of balance or equilibrium. True dizziness is the feeling of lightheadedness or nearly fainting. Dizziness is common and its underlying cause usually isn't serious. Occasional dizziness is not something to worry about. However, you should call your doctor immediately if you're experiencing repeated episodes of dizziness for no apparent reason or for a prolonged period.</p>
40	<p>Dizziness Common causes of dizziness include a migraine, medications, and alcohol. It can also be caused by a problem in the inner ear, where balance is regulated. Dizziness is often a result of vertigo as well. This causes short-term dizziness when someone changes positions quickly, such as sitting up in bed after lying down. Dizziness and vertigo can also be triggered by Meniere's disease. This causes fluid to build up in the ear with associated ear fullness, hearing loss, and tinnitus. Another possible cause for dizziness and vertigo is an acoustic neuroma. This is a noncancerous tumor that forms on the nerve that connects the inner ear to the brain. Some other possible causes of dizziness include: sudden drop in blood pressure; heart muscle disease; decrease in blood volume; anxiety disorders; ear infection; dehydration; heat stroke. In rare cases, dizziness could be caused by multiple sclerosis, a stroke, a malignant tumor, or another brain disorder.</p>
41	<p>Erysipelas Erysipelas is an acute infection typically with a skin rash, usually on any of the legs and toes, face, arms, and fingers. It is an infection of the upper dermis and superficial lymphatics, usually caused by beta-hemolytic group A Streptococcus bacteria on scratches or otherwise infected areas. Affected individuals typically develop symptoms including high fevers, shaking, chills, fatigue, headaches, vomiting, and general illness within 48 hours of the initial infection. The erythematous skin lesion enlarges rapidly and has a sharply demarcated, raised edge. It appears as a red, swollen, warm, and painful rash, similar in consistency to an orange peel. More severe infections can result in vesicles, blisters, with possible skin necrosis (death). Lymph nodes may be swollen, and lymphedema may occur. Occasionally, a red streak extending to the lymph node can be seen. The infection may occur on any part of the skin, including the face, arms, fingers, legs, and toes; it tends to favour the extremities.</p>
42	<p>Gum disease Gum disease is a very common condition where the gums become swollen, sore or infected. Most adults have gum disease to some degree and most people experience it at least once. It's much less common in children. If you have gum disease, your gums may bleed when you brush your teeth and you may have bad breath. This early stage of gum disease is known as gingivitis. If gingivitis isn't treated, a condition called periodontitis can develop. This affects more tissues that support teeth and hold them in place. If periodontitis isn't treated, the bone in your jaw may be damaged and small spaces can open up between the gum and teeth. Your teeth may eventually fall out. Gum disease is caused by a build-up of plaque on the teeth. Plaque is a sticky substance that contains bacteria. Some bacteria in plaque are harmless, but some are harmful for the health of your gums. If you don't remove plaque from your teeth by brushing them, it builds up and irritates your gums. This can lead to redness with bleeding, swelling and soreness.</p>

43	<p>Hand, foot and mouth disease</p> <p>Hand, foot and mouth disease is a common viral infection which is easily passed from person to person. It usually causes a mild illness but rarely causes serious illness. It is not related to the foot and mouth disease that affects animals. Good hygiene helps prevent infection. Hand, foot and mouth disease is generally a mild illness. It is usually not a serious illness, and occurs and is not related to the foot and mouth disease that affects cattle. It mainly occurs in children under 10 years of age but can also occur in older children and adults. Hand, foot and mouth disease starts with blisters that begin as small red dots which later become ulcers. Blisters appear inside the cheeks, gums, and on the sides of the tongue, as well as on the palms of the hands and soles of the feet. In infants, blisters can sometimes be seen in the nappy area. Blisters usually last for seven 7 to 10 days. Children can sometimes have a low fever, irritability, sore throat, tiredness.</p>
44	<p>Heart failure</p> <p>Heart failure is characterized by the heart's inability to pump an adequate supply of blood to the body. Without sufficient blood flow, all major body functions are disrupted. Heart failure is a condition or a collection of symptoms that weaken your heart. In some people with heart failure, the heart has difficulty pumping enough blood to support other organs in the body. Other people may have a hardening and stiffening of the heart muscle itself, which blocks or reduces blood flow to the heart. Heart failure can affect the right or left side of your heart, or both at the same time. It can be either an acute or chronic condition. In acute heart failure, the symptoms appear suddenly but go away fairly quickly. This condition often occurs after a heart attack. It may also be a result of a problem with the heart valves that control the flow of blood in the heart. In chronic heart failure, however, symptoms are continuous and don't improve over time. The vast majority of heart failure cases are chronic.</p>
45	<p>Heart failure:</p> <p>Some people with heart failure will need surgery, such as coronary bypass surgery. During this surgery, your surgeon will take a healthy piece of artery and attach it to the blocked coronary artery. This allows the blood to bypass the blocked, damaged artery and flow through the new one. Your doctor may also suggest an angioplasty. In this procedure, a catheter with a small balloon attached is inserted into the blocked or narrowed artery. Once the catheter reaches the damaged artery, your surgeon inflates a balloon to open the artery. Your surgeon may need to place a permanent stent into the blocked or narrowed artery. A stent permanently holds your artery open and can help prevent further narrowing of the artery. Other people with heart failure will need pacemakers to help control heart rhythms. These small devices are placed into the chest. They can slow your heart rate down when the heart is beating too quickly or increase heart rate if the heart is beating too slowly. Pacemakers are often used along with bypass surgery as well as medications.</p>
46	<p>Heart Disease</p> <p>Heart disease, such as coronary heart disease, heart attack, heart failure, and congenital heart disease, is the leading cause of death for men and women in the U.S. Prevention includes quitting smoking, lowering cholesterol, controlling high blood pressure, maintaining a healthy weight, and exercising. Coronary artery disease, also called coronary heart disease, or simply, heart disease, affects millions of Americans. This serious condition is a result of plaque buildup in your arteries. The arteries, which start out smooth and elastic, get plaque on their inner walls, which can make them more rigid and narrowed. This restricts blood flow to your heart muscle, which can then become starved of oxygen. The plaque could rupture, leading to a heart attack or sudden cardiac death.</p>
47	<p>Hemodialysis</p> <p>Hemodialysis, also spelled haemodialysis, commonly called kidney dialysis or simply dialysis, is a process of purifying the blood of a person whose kidneys are not working normally. This type of dialysis achieves the extracorporeal removal of waste products such as creatinine and urea and free water from the blood when the kidneys are in a state of kidney failure. Hemodialysis is one of three renal replacement therapies (the other two being kidney transplant and peritoneal dialysis). An alternative method for extracorporeal separation of blood components such as plasma or cells is apheresis. Hemodialysis can be an outpatient or inpatient therapy. Routine hemodialysis is conducted in a dialysis outpatient facility, either a purpose built room in a hospital or a dedicated, stand-alone clinic. Less frequently hemodialysis is done at home.</p>

48	<p>High Blood Pressure</p> <p>Blood pressure is the force of blood pushing against the walls of your arteries, which carry blood from your heart to other parts of your body. Blood pressure normally rises and falls throughout the day. But if it stays high for a long time, it can damage your heart and lead to health problems. High blood pressure raises your risk for heart disease and stroke, which are leading causes of death in the Europe. High blood pressure has no warning signs or symptoms, and many people do not know they have it. The only way to know if you have it is to measure your blood pressure. Then you can take steps to control it if it is too high. High blood pressure is called the "silent killer" because it often has no warning signs or symptoms, and many people do not know they have it. Rarely, high blood pressure can cause symptoms like headaches or vomiting.</p>
49	<p>High blood pressure</p> <p>High blood pressure or hypertension increases the risk of heart disease and stroke. Hypertension risk factors include obesity, drinking too much alcohol, smoking, and family history. Beta-blockers are a common treatment for hypertension.</p> <p>One of the most dangerous aspects of hypertension is that you may not know that you have it. In fact, nearly one-third of people who have high blood pressure don't know it. The only way to know if your blood pressure is high is through regular checkups. This is especially important if you have a close relative who has high blood pressure. If your blood pressure is extremely high, there may be certain symptoms to look out for, including:</p> <ul style="list-style-type: none"> • Severe headache • Fatigue or confusion
50	<p>High Blood Pressure</p> <p>For most people, medication is a major part of the plan to lower their blood pressure. These drugs, also called "anti-hypertensive" medicine, won't cure high blood pressure. But they can help bring it back down to a normal range. Which medicine you should take depends on things like:</p> <ul style="list-style-type: none"> • How high your blood pressure is • What's causing it • How your body responds to the drugs • Other health problems you have <p>Many people need more than one type of medication to control their high blood pressure. It may take some time working with your doctor to find the drugs and doses that work best for you.</p>
51	<p>Hives</p> <p>Hives is an outbreak of swollen or plaques (wheals) on the skin that appear suddenly -- either as a result of the body's reaction to certain allergens, or for unknown reasons. Hives usually cause itching, but may also burn or sting. They can appear anywhere on the body, including the face, lips, tongue, throat, or ears. Hives vary in size and may join together to form larger areas known as plaques. They can last for hours, or up to one day before fading. Angioedema is similar to hives, but the swelling occurs beneath the skin instead of on the surface. Angioedema is characterized by deep swelling around the eyes and lips and sometimes of the genitals, hands, and feet. It generally lasts longer than hives, but the swelling usually goes away in less than 24 hours. Rarely, angioedema of the throat, tongue, or lungs can block the airways, causing difficulty breathing. This may become life threatening.</p>
52	<p>Painkillers</p> <p>There are three main types of painkiller: non-steroidal anti-inflammatory drugs, paracetamol and opioids. Each works in a different way. Most people only need to take painkillers for a few days or weeks at most, but some people need to take them for a long time. You can buy some painkillers from pharmacies. If you buy painkillers that contain weak opioids and you need to take them for more than three days you must discuss this with your pharmacist or doctor. Painkillers are medicines that are used to treat pain. There are a large number of painkillers available and they all come in various different brand names. They can be taken: by mouth as liquids, tablets, or capsules; by injection; via the back passage (rectum) as suppositories. Some painkillers are also available as a creams or ointments.</p>
53	<p>Smoking</p> <p>Smoking leads to disease and disability and harms nearly every organ of the body. More than 16 million Europeans are living with a disease caused by smoking. For every person who dies because of smoking, at least 30 people live with a serious smoking-related illness. Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis. Secondhand smoke exposure contributes to approximately 41,000 deaths among nonsmoking adults and 400 deaths in infants each year. Secondhand smoke causes stroke, lung cancer, and coronary heart disease in adults. Children who are exposed to secondhand smoke are at increased risk for sudden infant death syndrome, acute respiratory infections, middle ear disease, more severe asthma, respiratory symptoms, and slowed lung growth.</p>

54	<p>Earwax</p> <p>Earwax protects the ear from dust, foreign particles, and microorganisms. It also protects ear canal skin from irritation due to water. In normal circumstances, excess wax finds its way out of the canal and into the ear opening naturally, and then is washed away. When your glands make more earwax than necessary, it may get hard and block the ear. When you clean your ears, you can accidentally push the wax deeper, causing a blockage. Wax buildup is a common reason for temporary hearing loss. You should take great caution when trying to treat earwax buildup at home. If the problem persists, visit your doctor. Treatment is generally quick and painless, and hearing can be fully restored.</p>
55	<p>Ear infections. What are the symptoms of ear infections?</p> <p>An ear infection (acute otitis media) is most often a bacterial or viral infection that affects the middle ear, the air-filled space behind the eardrum that contains the tiny vibrating bones of the ear. Children are more likely than adults to get ear infections. This infection often results from another illness — cold, flu or allergy — that causes congestion and swelling of the nasal passages, throat and eustachian tubes. The symptoms might persist or come and go. Symptoms may occur in one or both ears. Pain is usually more severe with double ear infection (infection in both ears). Chronic ear infection symptoms may be less noticeable than those of acute ear infections. Children younger than 6 months who have a fever or ear infection symptoms should see a doctor.</p>
56	<p>Slipped disk</p> <p>Your spinal column is made up of a series of bones (vertebrae) stacked onto each other. From top to bottom, the column includes seven bones in the cervical spine, 12 in the thoracic spine, and five in the lumbar spine, followed by the sacrum and the coccyx at the base. These bones are cushioned by disks. The disks protect the bones by absorbing the shocks from daily activities like walking, lifting, and twisting. Each disk has two parts: a soft, gelatinous inner portion and a tough outer ring. Injury or weakness can cause the inner portion of the disk to protrude through the outer ring. This is known as a herniated or prolapsed disk. This causes pain and discomfort. If the slipped disk compresses one of your spinal nerves, you may also experience numbness and pain along the affected nerve. In severe instances, you may require surgery to remove or repair the slipped disk.</p>
57	<p>Sprained Ankle</p> <p>Ankle sprains are very common injuries. There's a good chance that while playing as a child or stepping on an uneven surface as an adult you sprained your ankle—some 25,000 people do it every day. Sometimes you lose your balance, but the pain quickly fades away and you go on your way. But the sprain could be more severe; your ankle might swell and it might hurt too much to stand on it. A sprained ankle means one or more ligaments on the outer side of your ankle were stretched or torn. If a sprain is not treated properly, you could have long-term problems. Typically the ankle is rolled either inward (inversion sprain) or outward (eversion sprain). Inversion sprains cause pain along the outer side of the ankle and are the most common type. Pain along the inner side of the ankle may represent a more serious injury to the tendons or to the ligaments and should always be evaluated by a doctor.</p>
58	<p>What is high blood pressure?</p> <p>Every time your heart beats, it pumps blood through your arteries to the rest of your body. Blood pressure is how hard your blood pushes against the walls of your arteries. High blood pressure (hypertension) usually has no symptoms, but it may cause serious problems, such as heart disease, stroke, and kidney failure. How is high blood pressure linked to overweight? High blood pressure is linked to overweight and obesity in several ways. Having a large body size may increase blood pressure because your heart needs to pump harder to supply blood to all your cells. Excess fat may also damage your kidneys, which help regulate blood pressure.</p>
59	<p>Appendicitis</p> <p>Appendicitis is an inflammation of the appendix, a 3 1/2-inch-long tube of tissue that extends from the large intestine. One study suggests that the appendix may have some role in gut immunity, but nothing is definite. One thing we do know: We can live without it, without apparent consequences. Appendicitis is a medical emergency that almost always requires prompt surgery to remove the appendix. Left untreated, an inflamed appendix will eventually burst, or perforate, spilling infectious materials into the abdominal cavity. This can lead to peritonitis, a serious inflammation of the abdominal cavity's lining (the peritoneum) that can be fatal unless it is treated quickly with strong antibiotics.</p>

60	<p>Giving subcutaneous injections</p> <p>A subcutaneous injection is given into the subcutaneous fat under the skin. The skin is made up of different layers. Underneath the epidermis and dermis, which contain sweat glands and hair follicles, is a layer of fat. This is the area into which subcutaneous injections are given.</p> <p>Some medicines work best when they are injected under the skin into the fatty layer. These medicines need to be absorbed more slowly than others that are taken by mouth or injected into a vein. One important factor in making subcutaneous injections less painful and reducing irritation at the injection site is to rotate the position on the body where you give the injections.</p>
61	<p>Physical activity</p> <p>Nowadays people are generally less active day to day. Most of us drive cars or take public transport rather than cycling or walking to work, with fewer of us working in manual jobs. Too much prolonged sitting can cause serious health problems. It is thought to slow your metabolism, affecting the body's ability to regulate blood sugar, blood pressure and break down body fat which in turn can increase your chances of getting a number serious health conditions including heart disease, type 2 diabetes, obesity and some cancers. Research also suggests that regular physical activity can improve your general mood, self-confidence and sleep quality as well as give you more energy and reduce stress levels.</p>
62	<p>Pneumonia</p> <p>How is pneumonia normally diagnosed? A doctor will examine the child and may organise a chest x-ray, blood tests and, sometimes, bacterial cultures of mucus the child produces when coughing to identify the organism concerned.</p> <p>How is pneumonia treated? In most cases, pneumonia can be treated with oral antibiotics given to the child at home. The type of antibiotic used depends on the type of pneumonia. Sometimes, if a child does not begin to get better after 48 hours of treatment at home, hospital treatment may be needed. This might involve putting antibiotics directly into the bloodstream, and supplementary oxygen to aid breathing.</p>
63	<p>How to help at home</p> <p>There are some steps people can take to help the child feel more comfortable at home. If the child has been prescribed antibiotics, make sure the medicine is taken at the right time and that the child completes the course. This will help them recover more quickly, and will reduce the possibility of the infection spreading to other members of the family. If the child has a fever, offer paracetamol syrup to reduce their temperature. Make sure they drink plenty of fluids, but don't worry if they are eating less than usual – they will catch up when they recover. Children can find coughing distressing and this is often worse at night. A productive cough produces mucus and you should encourage the child to cough up phlegm and spit it out.</p>
64	<p>Gallstones</p> <p>Gallstones are thought to be caused by an imbalance in the chemical make-up of bile inside the gallbladder. Bile is a liquid produced by the liver to aid digestion. It's still unclear exactly what leads to this imbalance, but gallstones can form if:</p> <ul style="list-style-type: none"> there are unusually high levels of cholesterol inside the gallbladder (about 4 in every 5 gallstones are made up of cholesterol) there are unusually high levels of a waste product called bilirubin inside the gallbladder (about 1 in every 5 gallstones is made up of bilirubin) <p>These chemical imbalances cause tiny crystals to develop in the bile. These can gradually grow (often over many years) into solid stones that can be as small as a grain of sand or as large as a pebble.</p>
65	<p>Magnetic resonance imaging</p> <p>A magnetic resonance imaging (MRI) scan is a painless procedure that lasts 15 to 90 minutes, depending on the size of the area being scanned and the number of images being taken. Before the scan: On the day of your MRI scan, you should be able to eat, drink and take any medication as usual, unless advised otherwise. In some cases, you may be asked not to eat or drink anything for up to 4 hours before the scan, and sometimes you may be asked to drink a fairly large amount of water beforehand. This depends on the area being scanned.</p>

66	<p>Head injury</p> <p>If you have a minor head injury:</p> <ul style="list-style-type: none"> • ask someone to stay with you and keep within easy reach of a telephone and medical help for the first 48 hours after the injury • have plenty of rest and avoid stressful situations • don't drink alcohol or take recreational drugs • don't take sleeping pills, sedatives or tranquillisers (unless they're prescribed by your doctor) • take paracetamol if you have a mild headache, but avoid non-steroidal anti-inflammatory drug (NSAIDs), such as ibuprofen and aspirin, unless advised or prescribed by a doctor • don't play contact sport, such as football or rugby, for at least three weeks without talking to your doctor • don't return to work, college or school until you've completely recovered and feel ready
67	<p>Heart failure</p> <p>The main symptom of heart failure is breathlessness. Breathlessness might occur, or become more noticeable, when walking or exerting yourself. People with more severe heart failure might experience breathlessness when resting and may notice that this gets worse when they lie flat. During the night, you may wake and feel an urgent need to sit up and get a breath in. Tiredness and lethargy are also common symptoms of heart failure. This is a result of poor blood flow to the body organs including the muscles. People with heart failure have a tendency to retain fluid. This appears as swollen ankles and legs because of excess fluid building up.</p>
68	<p>Heart failure</p> <p>People with heart failure have a tendency to retain fluid. This appears as swollen ankles and legs because of excess fluid building up. You may notice that your shoes don't fit and socks appear tight or leave a prominent indent above the ankle. People with heart failure can also notice a loss of appetite. This is because the liver and stomach can become enlarged, due to excess fluid, making you feel sick (nausea) and have a loss of appetite.</p>
69	<p>Back problems</p> <p>Back problems are very common and can be caused by staying in one position too long or lifting something awkwardly. Most back problems start for no obvious reason, which can be very frustrating. The spine is strong and back problems are rarely due to any serious disease or damage. Your back problem may cause hot, burning, shooting, or stabbing pains in your back and sometimes into one or both of your legs. You may also get pins and needles. These can be due to nerve pain. You'll not normally need an X-ray.</p>
70	<p>Head injury</p> <p>A person with a severe head injury should always be seen in an accident and emergency (A&E) department. If any of the symptoms of a severe head injury are present, immediately go to your local A&E department or call 999 and ask for an ambulance.</p> <p>The healthcare professionals treating you will first make sure you're in a stable condition, before asking some questions to help with the diagnosis and treatment of your injury.</p> <p>If a friend or relative has come with you to hospital, they may be asked to describe what happened if you can't remember.</p>
71	<p>Migraine</p> <p>There's no specific test to diagnose migraines. For an accurate diagnosis to be made, your GP must identify a pattern of recurring headaches along with the associated symptoms. Migraines can be unpredictable, sometimes occurring without the other symptoms. Obtaining an accurate diagnosis can sometimes take time. - Seeing your GP: On your first visit, your GP may carry out a physical examination and check your vision, co-ordination, reflexes and sensations. These will help rule out some other possible underlying causes of your symptoms. Your GP may ask if your headaches are: on one side of the head; a pulsating pain; severe enough to prevent you carrying out daily activities; made worse by physical activity or moving about; accompanied by nausea and vomiting and accompanied by sensitivity to light and noise.</p>

72	<p>Computerised tomography (CT) scan</p> <p>You'll have a computerised tomography (CT) scan to help determine the extent of your injury and assess your risk of developing complications of a severe head injury. The CT scan produces a detailed image of the brain. The healthcare professionals treating you will assess your condition using the Glasgow Coma Scale (GCS). The GCS is often used to assess the severity of damage to the brain. It scores you on:</p> <ul style="list-style-type: none"> • verbal responses (whether you can make any noise) • physical movements • how easily you can open your eyes.
73	<p>Kidney infection</p> <p>Taking a painkiller such as paracetamol should help relieve symptoms of pain and a high temperature. However, non-steroidal anti-inflammatories (NSAIDs) such as ibuprofen aren't usually recommended to relieve pain during a kidney infection. This is because they may increase the risk of further kidney problems. It's also important to drink plenty of fluids, because this will help prevent dehydration and will help to flush out the bacteria from your kidneys. Aim to drink enough so that you're frequently passing pale-coloured urine. Make sure that you get plenty of rest. A kidney infection can be physically draining, even if you're normally healthy and strong. It may take up to two weeks before you're fit enough to return to work.</p>
74	<p>Liver transplant</p> <p>Unless advised otherwise, it's important not to eat or drink anything from the time the transplant centre contacts you. Once you arrive at the transplant centre, you will be given a chest X-ray and an electrocardiogram (ECG) so that your heart and lung function can be reassessed. You will then be given a general anaesthetic in preparation for the transplant. Types of transplant - Orthotopic transplant- The most common type of liver transplant is an orthotopic transplant, where a whole liver is taken from a recently deceased donor. The surgeon will make a cut in your tummy and remove your liver. The donor liver will then be put in position and connected to your blood vessels and bile ducts.</p>
75	<p>Split donation</p> <p>A split donation may be carried out if a donor liver becomes available from a recently deceased person, and an adult and a child are both suitable candidates to receive half.</p> <p>The donated liver will be split into the left and right lobes. The larger right lobe will be transplanted into the adult, and the smaller left lobe will usually be transplanted into the child. After the operation once the transplant is complete, you will be moved to an intensive care unit (ICU). A machine called a ventilator will assist you with your breathing, and a tube will be inserted through your nose and into your stomach to provide you with fluid and nutrients. These will normally be removed after a few days.</p>
76	<p>Bronchitis is an infection of the main airways of the lungs (bronchi), causing them to become irritated and inflamed. The main symptom is a cough, which may bring up yellow-grey mucus (phlegm). Bronchitis may also cause a sore throat and wheezing. Most cases of bronchitis can be treated easily at home with rest, non-steroidal anti-inflammatory drugs (NSAIDs) and plenty of fluids. You only need to see your GP if your symptoms are severe or unusual – for example, if your cough is severe or lasts longer than three weeks; you have a constant fever (a temperature of 38°C – 100.4°F – or above) for more than three days; you cough up mucus streaked with blood you have an underlying heart or lung condition, such as asthma or heart failure. Your GP may need to rule out other lung infections, such as pneumonia, which has symptoms similar to those of bronchitis. If your GP thinks you may have pneumonia, you will probably need a chest X-ray, and a sample of mucus may be taken for testing.</p>
77	<p>Dementia</p> <p>Whether your diagnosis came as a shock, or confirmed what you'd suspected for some time, it's important to plan ahead while you're still able to make clear decisions for yourself. If you've just been diagnosed with dementia, you may be feeling numb, scared and unable to take everything in. Give yourself a little time to adjust. It might help to talk it through with family and friends. Once the initial feelings have passed, it's time to move on and create an action plan for the future. Dementia is a progressive illness, so the sooner you take care of legal, financial and healthcare matters, the better. Get assessed: Your local authority has a duty to carry out a care and support needs assessment to establish which of its services you need.</p>