

Date: ___/___/___

Day: M T W T F S

Q) Typhoid : Causes, Sx, Tx, Prevention.

Ans) Typhoid :

It is a bacterial infection that can spread throughout the body, affecting many organs. If prompt treatment is not given then it can cause many complications or even death.

Causes :

Typhoid is caused by the Bacteria named *Salmonella Typhi*. Which is related to the *Salmonella* bacteria which causes food poisoning.

It is a highly contagious disease. It can easily spread from 1 person to person if the infected person doesn't wash his/her hands after defecating or urinating.

Symptoms :-

The symptoms usually appear 1 to 2 weeks after a person is affected with *Salmonella Typhi*. They are:

- (i) High temperature increasing with each day.
- (ii) Headaches
- (iii) Fatigue
- (iv) Cough
- (v) Constipation.

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Treatment:

It can easily be treated at home or at the hospital with the help of antibiotics like Ciprofloxacin.

The medicines are taken for 7-14 days.

Prevention:

Vaccines are available for Typhoid and they need to be taken before going to areas with typhoid prevalence like; The Indian Subcontinent, Africa etc.

Both injectable vaccines (The Vi) and capsular vaccines (Ty2La) are available

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Q1) Malaria: Causes, Sx, Tx and preventive measures.

Ans) Malaria

It is the world's largest parasitic ~~disea~~ parasitic disease killing more than any communicable disease except TB.

Every year 300-500 million people contract malaria, while 3 million die because of it.

Causes:

It is caused by an intra-cellular parasite of the genus *Plasmodium*, which is carried by the female members of a specie of mosquito called *Plas Anopheles*.

Four species of *Plasmodium* infect humans: *P. falciparum* (most lethal), *P. vivax*, *P. ovale*, *P. Malariae*.

Symptoms:-

The most common symptoms are Headaches, fever, nausea, vomiting, fatigue, muscular weakness, yellow-skin, seizures and coma.

Some of the severe symptoms include liver failure, renal failure, or cerebral disease.

Treatment:

Intravenous use of Anti Malarial drugs is indicated. In mild to moderate cases Quinine is used, while in severe cases Artesunate is preferred. Artesunate is indicated for patients already in CCU. Along with these drugs, the symptoms are controlled by Anti-fever medications.

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Preventive measures:

Malaria can be prevented with the help of the following:

- ① Using an insect repellent.
- ② Keeping mosquitoes out of your housing
- ③ Using long-sleeved clothes when going out.
- ④ Sleeping under a mosquito net.

(Time taken = 13 min)