

SHORT-SIGHTEDNESS

Definition:

Short-sightedness also known as nearsightedness is a condition in which individual can see near objects clearly but distant objects look blurry.

Scientific / Medical Term Myopia.



Symptoms

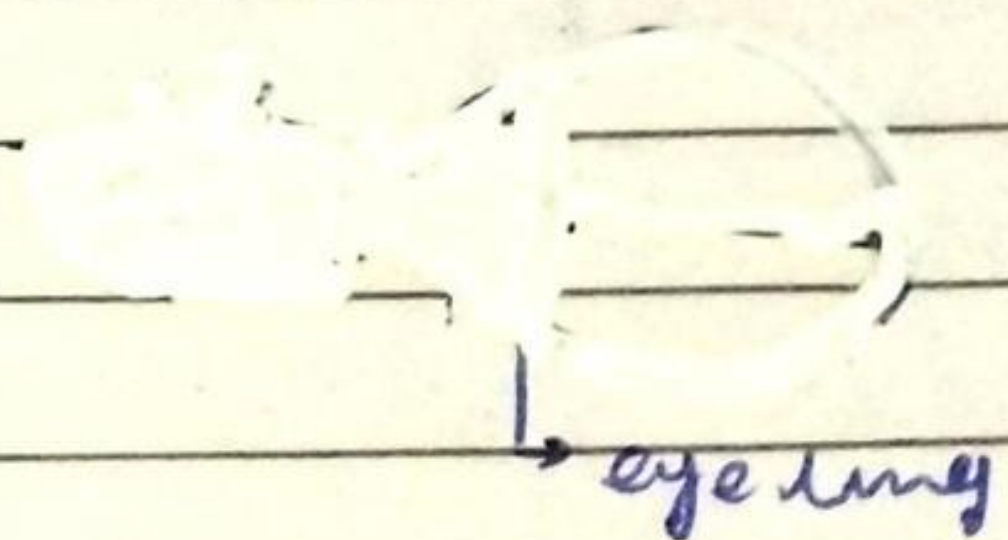
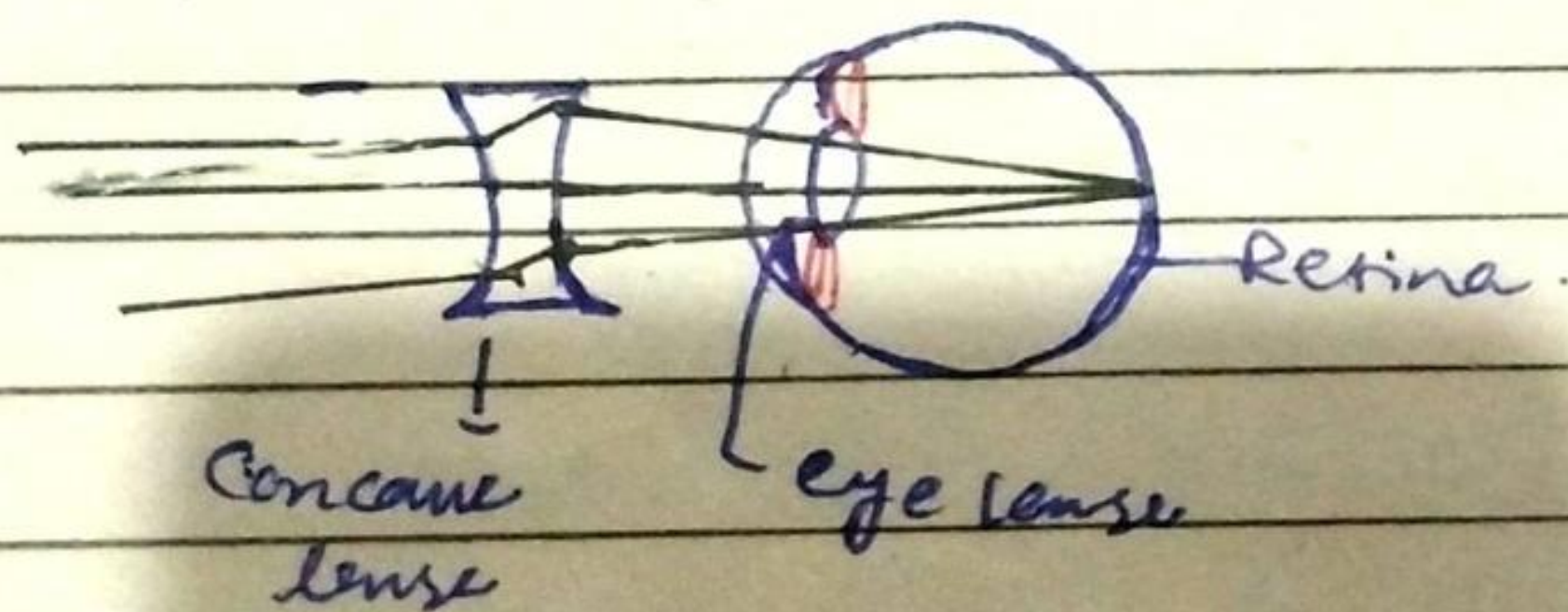
- = Blurred vision when looking at distant objects
- = Eye strain or headache
- = squinting to see clearly.

Causes

- = Eyeball is too long, or the cornea too curved, so light focuses in front of the retina instead of on it.
- = Can be genetic = Environmental factors: lots of close work (reading, screen use).

Treatment

- = Eye glasses with concave (minus) lenses.
- = Contact lenses.



FAR-SIGHTEDNESS

Definition:

Far-sightedness means you can see distant objects clearly, but near objects look blurry.

Medical term:

Hyperopia / Hypermetropia



Hypermetropia

Symptoms:

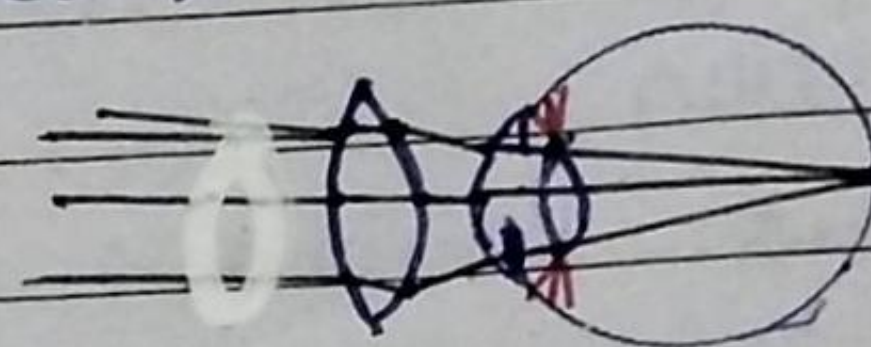
- Blurred vision for near tasks (Reading, writing)
- Eye strain
- Headache after close work.

Causes:

- Eye ball too short, or the cornea too flat, so light focuses behind the retina instead of on it.
- Can be genetic.
- Age: ~~increases~~ (lens become less flexible)

Treatment:

- Eye glasses with convex (plus) lenses.
- Contact lenses.



COLOR BLINDNESS

Definition:-

Color blindness is when a person has difficulty seeing or telling certain colors apart, usually red and green.

Medical term:

Color vision deficiency.

Symptoms:

- Trouble distinguishing between certain colors (most often red & green, sometimes blue & yellow)
- Color may look dull, faded or similar.
- Difficulty in activities that require color recognition

Causes:

- Genetic
- Damage to the retina, optic nerve or brain
- Glaucoma, or diabetes related retinopathy.
- Aging.

Treatment:

- No permanent cure for inherited color blindness.
- Tinted glasses or contact lenses.

NIGHT BLINDNESS

Definition

Night blindness means having difficulty seeing in low light or at night.

Medical term:

Nyctalopia.

Symptoms:

- Poor vision in dim light *
- Slow adjustment of eyes when moving from bright to dark places.

Causes:

- vitamin A deficiency (common in developing countries).
- cataracts (clouding of the eye lens).
- Glaucoma or its medication.

Treatment

If due to vitamin A deficiency, vitamin A supplements, improving diet. (Carrots, liver, Spinach, dairy).

MALARIA

Malaria is a life-threatening disease caused by Plasmodium parasites, transmitted through the bite of infected female Anopheles mosquitoes.
~ World Health Organization

Symptoms:

- High fever (often in cycles). • chills and sweating • Headache • Nausea, vomit, diarrhea
- Muscle pain and fatigue
- In severe cases: anemia, jaundice, seizures.

Causes:

- Infection with Plasmodium parasites (P. falciparum, Ovale, malariae)
- Bite of infected female Anopheles mosquito.
- Rarely: blood transfusion, sharing infected needle, mother to baby.

Treatment

- Antimalarial medicines depends on severity.
e.g Chloroquine, Primaquine.
- Supportive treatment for fever, dehydration and anemia = Hospitalization for severe malaria.

Prevention:

a Mosquito Control:

- Use insecticide-treated bed nets
- Apply mosquito repellent
- wear long sleeves and covered clothing
- Spray insecticides.

b Environmental measures.

- Remove Stagnant water (mosquito breeding sites).

c Chemoprophylaxis (Preventive medicine) for travelers

- to malaria endemic areas.

According to WHO: 76% of the ^{global} deaths were in children under the age of 5

In 2022, 600,000 deaths reported due to malaria.
WHO

DENGUE

Definition:

Dengue is a viral disease transmitted to humans by the bite of infected *Aedes* mosquitoes, particularly *Aedes aegypti*.

As of April 2024, more than 7.6 million cases, and 3000+ deaths were reported globally (WHO).

Symptoms:

= High fever, severe headache, pain behind eyes, joint & muscle pain & nausea, vomit, rash, severe cases may cause bleeding, abdominal pain.

Causes

- = Caused by any of 4 serotypes of the dengue virus (DENV-1-4)
- = Environmental drivers: High humidity, rain water accumulation, living in tropical and sub-tropical areas.

WHO reported that approximately 4 billion people live in dengue endemic regions, with 50-100 million cases each year.

Treatment:

No specific antiviral. Supportive care (fluids, rest, paracetamol).

Severe cases need hospitalization and IV fluids.

Diet: fluids (ORS, coconut water etc), soft diet (dal, chicken soups), fruits: Orange, Papaya etc.

Prevention:

- = Avoid mosquito bites (nets, repellents, covered clothing).
- = remove stagnant water, community spraying (fogging, lariciding)

DATE: ___/___/20___

POLIO MYELITIS

Definition:

Polio is a highly infectious viral disease that affects nerves and can lead to partial or full paralysis (WHO)

- mainly affects the young children under the age of 5

Medical:

- Polio myelitis

wild polio virus cases have decreased by over 99%. Since 1988, from an estimated 350,000 cases in more than 125 regions to 6 reported cases in 2021 (WHO)

Symptoms

- Often asymptomatic
- Mild (non-paralytic): fevers, fatigue, headache, neck/back stiffness
- Severe (paralytic): Sudden paralysis (legs), loss of reflexes, muscle wasting, breathing difficulty

Causes:

Agent: Poliovirus (enterovirus).

Transmission: fecal-oral routes (contaminated food, water, hands)
occasionally via oral-oral route (saliva, droplets).

Risk factor: Poor sanitation, lack of vaccination, young age

Treatment

No cure; only supportive care.

Prevention

- Vaccination (most effective): Oral polio vaccine (OPV), inactivated polio vaccine (IPV).
- Good sanitation and hygiene (safe water, hand ^{washing} ~~washing~~)
- Public health campaigns (polio eradication ^{YOU SAF PAPER} program).

DIARRHEA

Definition:

Frequent Passage of loose or watery stools (≥ 3 times/day)
Diarrheal disease is the 3rd leading cause of death
in children 1-59 months of age. (WHO)

- It is both preventable and treatable.

Symptoms:

- Loose / watery stool = Abdominal cramps = Bloating = Nausea
fever (Sometimes) = Dehydration (dry mouth, sunken eyes, weakness)

Causes:

- Infections: (bacterial, viral, parasitic $\rightarrow$ (E. coli, rotavirus))
- Contaminated food & water = Food intolerance (lactose, gluten)
- Medications (antibiotics) = Intestinal disease (IBD, IBS).

Treatment:

- Oral rehydration solution (ORS) = Adequate fluids & electrolytes
- Diet: Soft diet & light, easily digestible diet BRAT
(Banana, rice, applesauce and toast) KiyB (Khichdi, Yogurt, banana)
- Antibiotics (only when prescribed by doctor).

Prevention

- Safe drinking water = proper food hygiene
- Handwashing with soap.

Diarrhea is the leading cause of malnutrition in
children under the age of 5
(WHO)

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HEPATITIS

Hepatitis B and C are among the main infectious disease killers, causing an estimated 1.2 million deaths/year. (WHO)

An estimated 304 million people worldwide live with Hepatitis B and C. WHO

Definition:

Inflammation of the liver, commonly caused by viral infections (Hepatitis A, B, C, D & E), but ^{can} also result from alcohol, toxins, or autoimmune disease.

Types:

Hepatitis A (contaminated food and water) - acute

B & C (spread by blood) B: acute, C: chronic

D: Require HBV → prevented by HBV vaccine

E: Spread by contaminated water - acute.

Symptoms

- Fatigue
- Fever
- Nausea & vomit
- Abdominal pain.
- Loss of appetite
- Dark urine
- Pale stool
- Jaundice.

Causes:

- viral infections (HAV, HBV, HCV, HDV, HEV).
- Excess alcohol intake.
- Autoimmune
- toxins.

Treatment:

Hepatitis A & E (Supportive care: rest, fluid, nutrition).

B and C: Antiviral drugs.

- Avoid alcohol and liver toxin drugs.

Prevention:

- Vaccination (Hepatitis A, B)
- Safe food & water (HAV, HEV).
- Safe blood transfusion & injections (HBV, HCV, HDV).
- Avoid hepatotoxic drugs & Alcohol.