



Welcome to 
care

2 YEAR WAITING PERIOD DISEASES

14 DISEASES ARE UNDER 2 YEAR WAITING PERIOD :-

1. Cataract
2. Hernia
3. Stone
4. Piles
5. Cyst
6. Tumor
7. Uterus
8. Prostate
9. Ligament
10. Veins
11. Spinal
12. ENT
13. Parkinson & Alzheimer
14. Joint/Hip/Knee Replacement



1. CATARACT

○ Overview:-

A **cataract** is a clouding of the lens of the eye which leads to a decrease in vision. **Cataracts** often develop slowly and can affect one or both eyes.

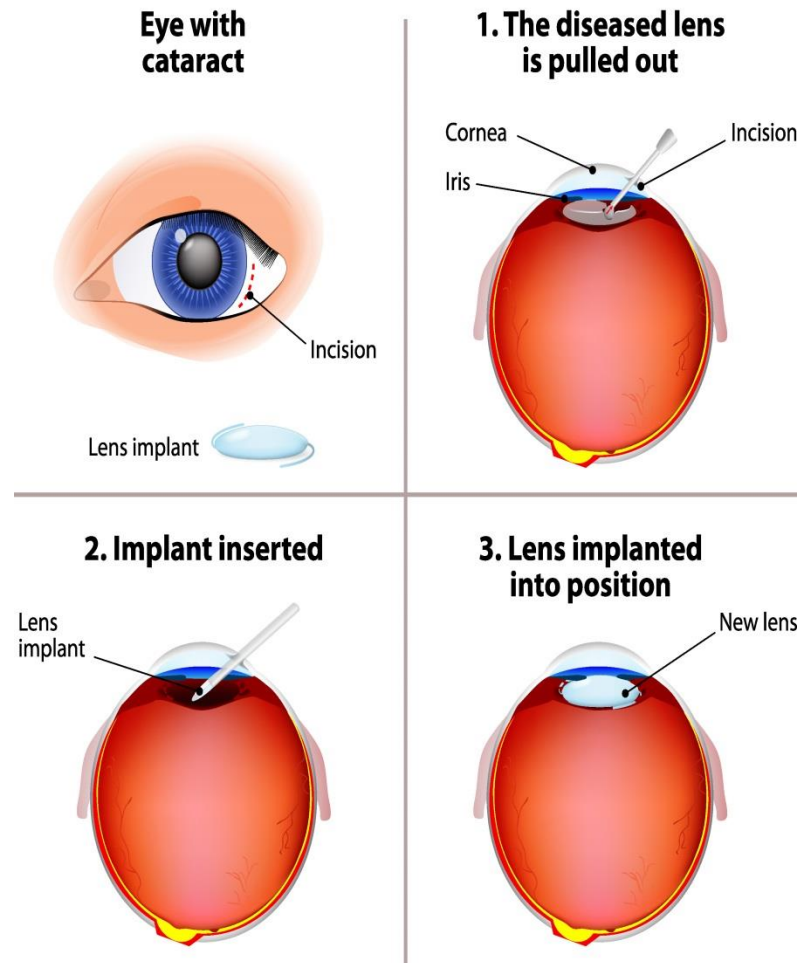
○ Symptoms:-

This includes faded colors, blurry or double vision, halos around light, trouble with bright lights, and trouble seeing at night.

○ Treatments:-

When a cataract interferes with someone's usual activities, the cloudy lens can be replaced with a clear, artificial lens. This is generally a safe, outpatient procedure.

CATARACT SURGERY



2. HERNIA

○ Overview:-

A **hernia** occurs when an organ pushes through an opening in the muscle or tissue that holds it in place. For example, the intestines may break through a weakened area in the abdominal wall.

Many **hernias** occur in the abdomen between your chest and hips, but they can also appear in the upper thigh and groin areas.

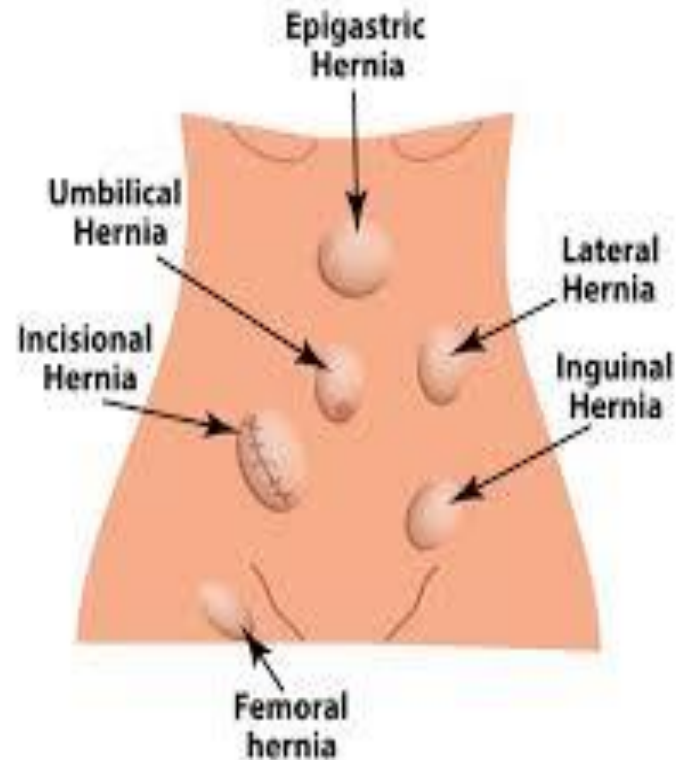
○ Symptoms:-

Symptoms include a bulge, swelling or pain. In some cases, there are no symptoms, but patient can experience :

- **Pain areas:** in the abdomen, pelvis, or testicle
- **Pain types:** can be dull
- **Also common:** abdominal discomfort, abdominal distension, groin discomfort, or tenderness

○ Treatments:-

Treatment includes monitoring the condition. If required, surgery can return tissue to its normal location and close the opening.



3. STONE

○ Overview:-

A small, hard deposit that forms in the kidneys and is often painful when passed. **Kidney stone disease**, also known as nephrolithiasis or urolithiasis, is when a solid piece of material (**kidney stone**) develops in the urinary tract. **Kidney stones** typically form in the kidney and leave the body in the urine stream.

○ Symptoms:-

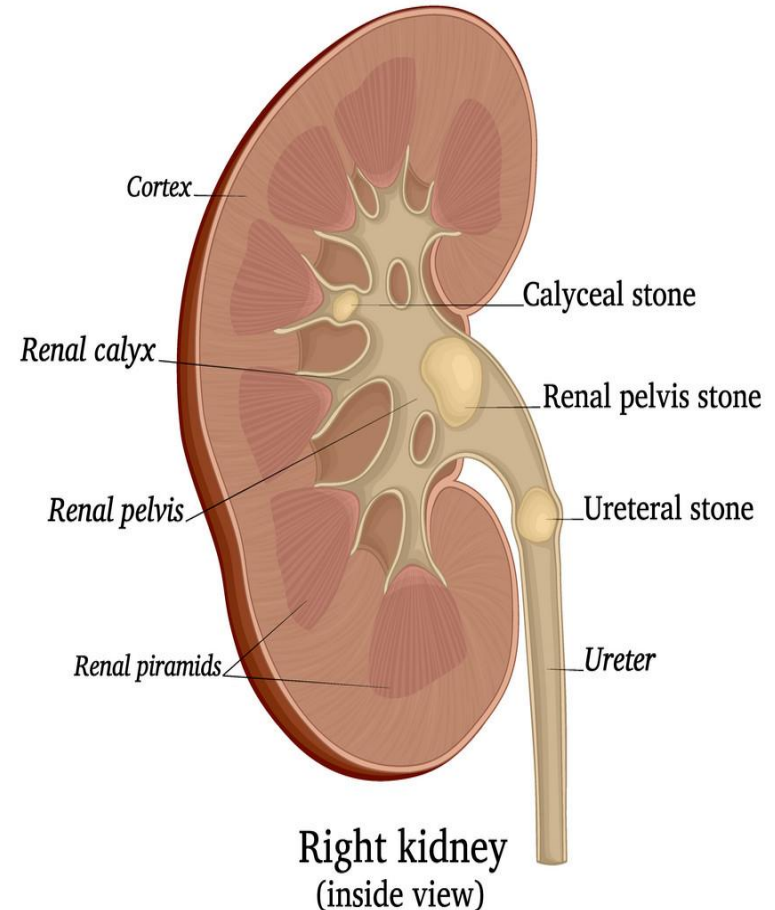
The most common symptom is severe pain, usually in the side of the abdomen, that's often associated with nausea.

- **Pain areas:** in the back or side part of the body
- **Pain types:** can be severe, sharp, or sudden in the abdomen.
- **Pain circumstances:** can occur during urination
- **Gastrointestinal:** nausea or vomiting
- **Urinary:** blood in urine or frequent urination
- **Also common:** sweating

○ Treatments:-

Treatment includes pain relievers and drinking lots of water to help pass the stone. Medical procedures may be required to remove or break up larger stones.

Kidney stone disease



4. PILES

○ Overview:-

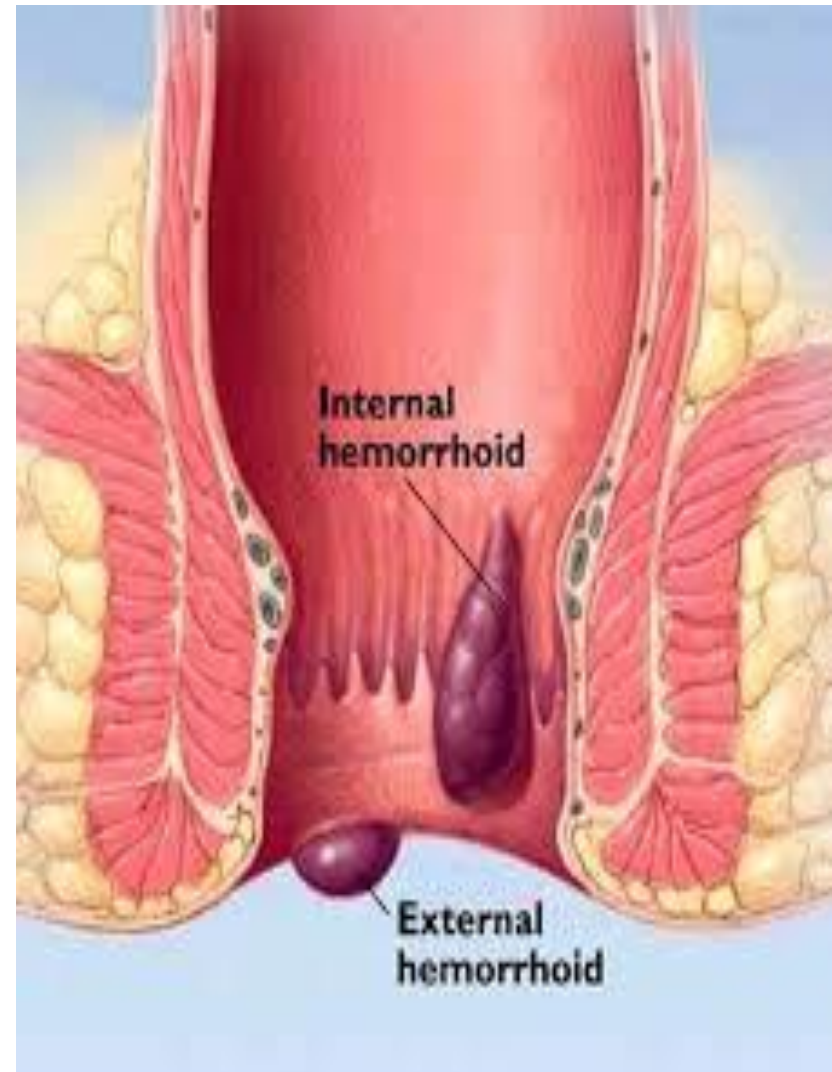
Piles are collections of tissue and vein that become inflamed and swollen. The size of **piles** can vary, and they are found inside or outside the anus. Swollen and inflamed veins in the rectum and anus that cause discomfort and bleeding.

○ Symptoms:-

Discomfort is a common symptom, especially during bowel movements or when sitting. Other symptoms include itching and bleeding.

○ Treatments:-

A high-fibre diet can be effective, along with stool softeners. In some cases, a medical procedure to remove the haemorrhoid may be needed to provide relief.



5. CYST

○ Overview:-

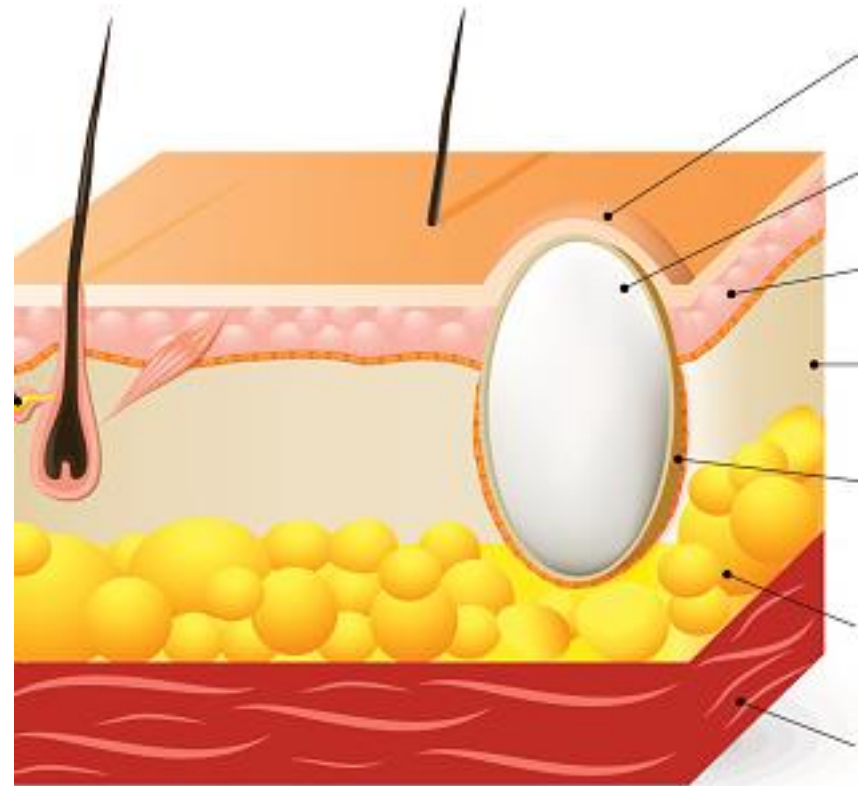
Cyst is a sac-like pocket of membranous tissue that contains fluid, air, or other substances. **Cysts** can grow almost anywhere in your body or under your skin. There are many different types of **cysts**.

○ Symptoms:-

The symptoms of a cyst depend on the location in the organ affected

○ Treatments:-

- Draining the **cyst**. The doctor cuts the **cyst** and pushes out the gunk inside. ...
- Injecting medicine into the **cyst** to reduce swelling if it's tender, swollen or growing,
- Removing it by minor surgery to take out the entire **cyst** wall. This usually keeps them from coming back.
- **Laser removal.**



6. TUMOR

○ Overview:-

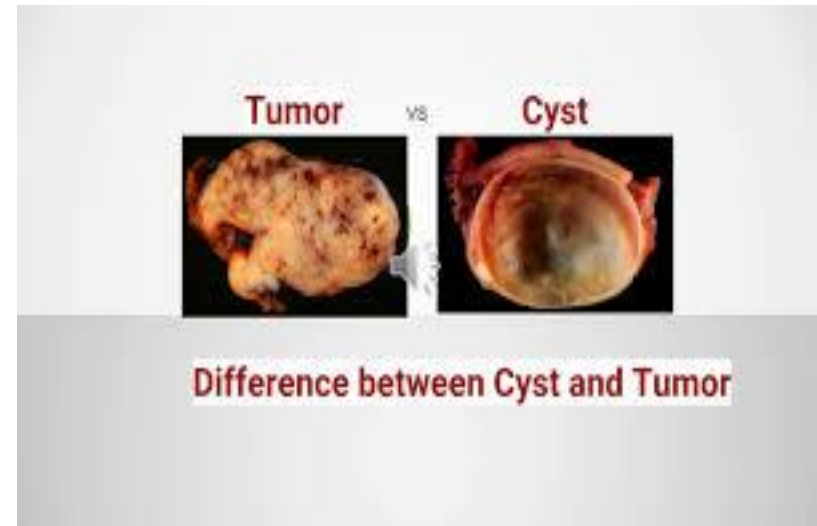
A **tumor** is a mass or **lump** of tissue that may resemble swelling. Not all **tumors** are cancerous, but it is a good idea to see a doctor if one appears. The National **Cancer** Institute define a **tumor** as “an abnormal mass of tissue that results when cells divide more than they should or do not die when they should.”

○ Symptoms:-

Symptoms include new or increasingly strong headaches, blurred vision, loss of balance, confusion and seizures. In some cases, there may be no symptoms.

○ Treatments:-

Treatments include surgery, radiation and chemotherapy.



7. UTERUS

○ Overview:-

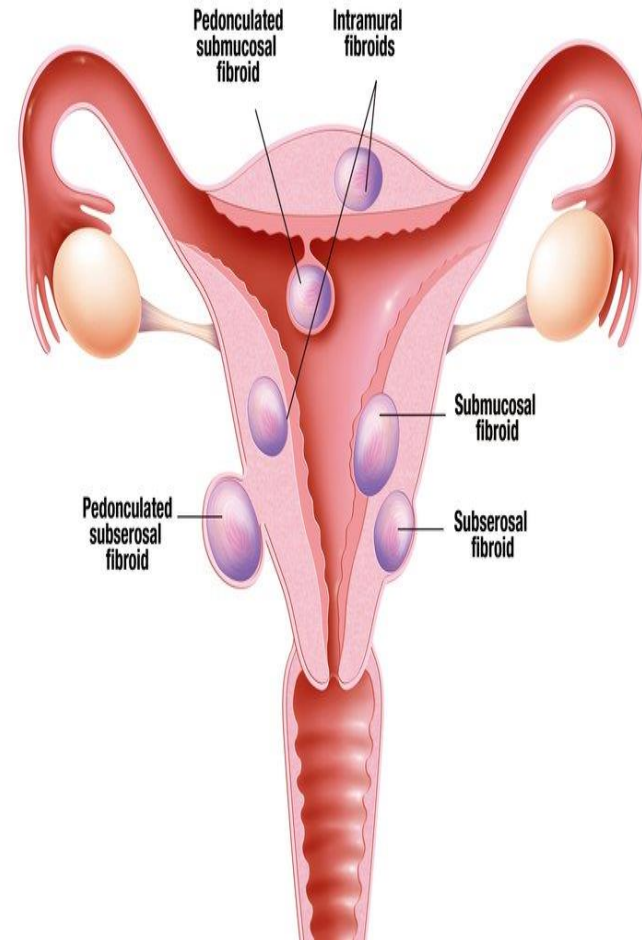
The uterus, or womb, is the place where a baby grows when a woman is pregnant. The first sign of a problem with the uterus may be bleeding between periods or after sex. Causes can include hormones, thyroid problems, fibroids, polyps, cancer, infection, or pregnancy.

○ Symptoms:-

Symptoms include pain in the pelvis, lower abdomen or rectal area, heavy bleeding, etc.

○ Treatments:-

- Dilation and Curettage
- Endometrial ablation



8. PROSTATE

○ Overview:-

The **prostate** is a walnut-sized gland located lower at the bladder. The three most common forms of **prostate disease** are inflammation (prostatitis), non-cancerous enlargement of the **prostate** (benign **prostatic** hyperplasia, or BPH) and **prostate** cancer. A man may experience one or more of these conditions

○ Symptoms:-

- Dribbling urine.
- Pain or burning during **urination**.
- Frequent **urination**.
- Blood in the semen or urine.
- Frequent pain or stiffness in the lower back, hips, pelvic or rectal area, or the upper thighs.
- Urinary incontinence (the inability to urinate)

○ Treatments:-

Include **medications** to relax the smooth muscle of the gland or to shrink the size of the prostate, and surgery to produce a permanently widened channel in the part of the urethra that passes through the prostate.



9. LIGAMENT (ACL)

○ Overview:-

A **ligament** is the fibrous connective tissue that connects bones to other bones. It is also known as articular **ligament**, articular Laura, fibrous **ligament**, or true **ligament**

The ACL is tissue that connects the thighbone to the shinbone, at the knee. Most ACL injuries occur during certain sports such as basketball, football, skiing and tennis.

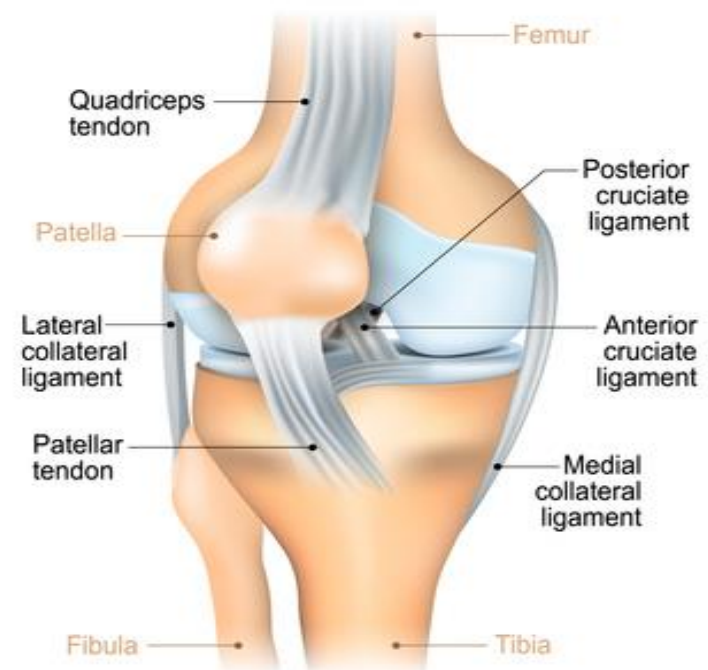
○ Symptoms:-

- Muscle weakness.
- Pain
- Knee Swelling
- Instability

○ Treatments:-

Treatment may include surgery and physiotherapy.

Ligaments of the knee



10. VEINS

○ Overview:-

- Varicose veins

Gnarled, enlarged veins, most commonly appearing in the legs and feet.

- Varicose ulcer

A wound on the leg or ankle caused by abnormal or damaged veins. Venous ulcers are due to abnormal vein function. People may inherit a tendency for abnormal veins. Common causes of damaged veins include blood clots, injury, ageing and obesity.

○ Symptoms:-

- Varicose veins

For many people, there are no symptoms and varicose veins are simply a cosmetic concern. In some cases, they cause aching pain and discomfort or signal an underlying circulatory problem.

- Varicose ulcer

Symptoms include swelling, aching and tiredness in the legs. Usually a red, irritated skin rash develops into an open wound.

○ Treatments:-

- Varicose veins

Treatment involves compression stockings, exercise or procedures to close or remove the veins.

- Varicose ulcer

Treatment includes leg elevation, compression and wound care. Sometimes surgery is required.



11. SPINAL

○ Overview:-

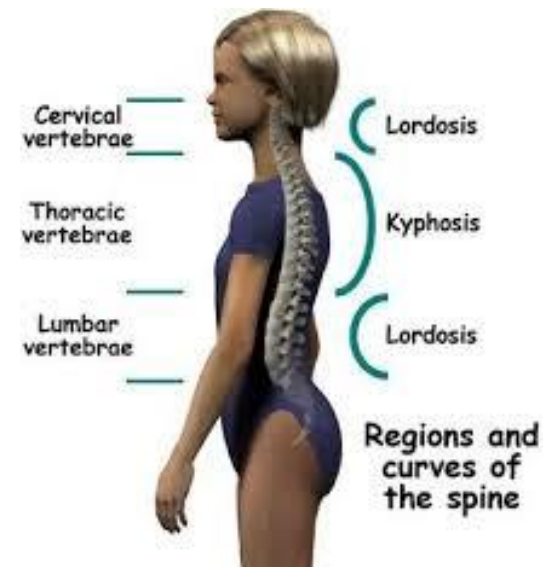
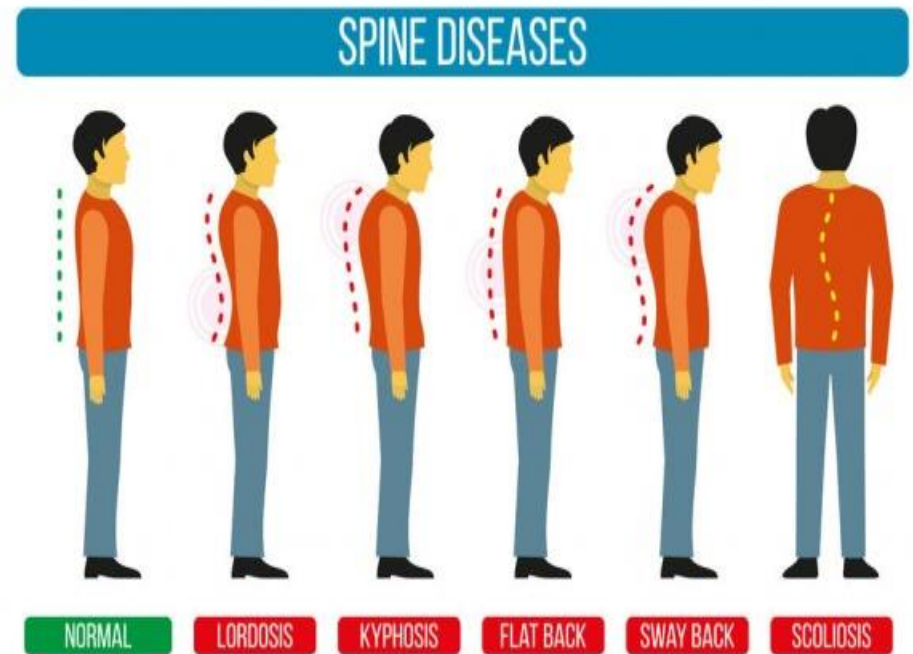
This include various **diseases** of the back or **spine**, such as kyphosis. Dorsalgia refers to back pain. Some other **spinal diseases** include **spinal** muscular atrophy, ankylosing spondylitis, lumbar **spinal** stenosis, spine bifida, **spinal** tumors, osteoporosis and cauda equine syndrome.

○ Symptoms:-

- Numbness or tingling in a hand, arm, foot or leg.
- Weakness in a hand, arm, foot or leg.
- Problems with walking and balance.
- Neck **pain**.
- In severe cases, bowel or bladder dysfunction (urinary urgency and incontinence)

○ Treatments:-

Rehabilitation and assistive devices allow many people with spinal cord injuries to lead productive, independent lives. Treatments include drugs to reduce symptoms and surgery to stabilise the spine.



12. ENT (EAR)

○ Overview:-

Ear related many diseases have found, most common are:

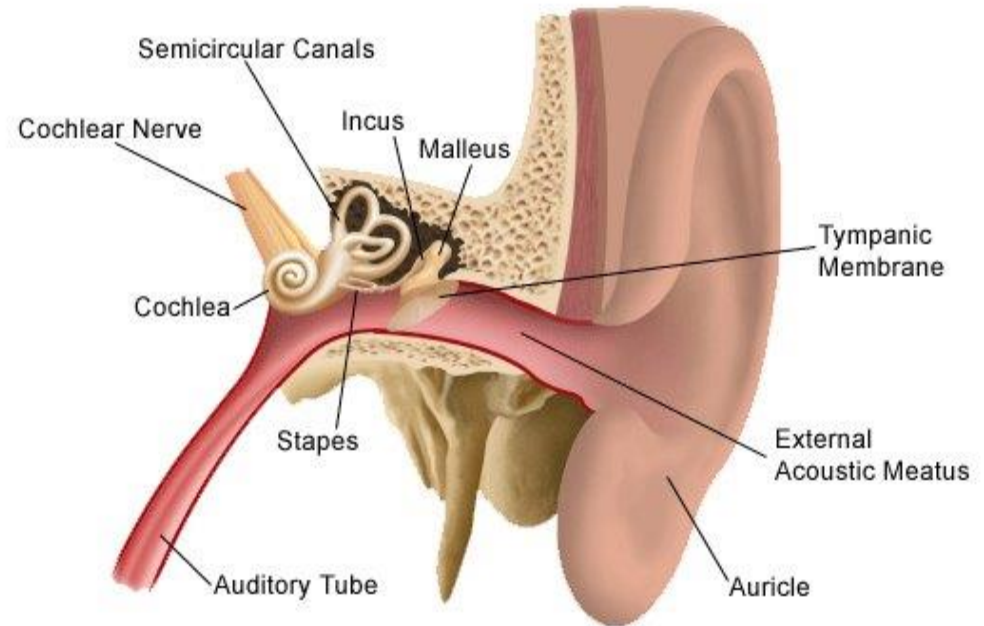
- Single Sided Deafness
- Ear Infection
- Hyperacusis
- Tinnitus
- Swimmer's Ear
- Labyrinthitis

○ Symptoms:-

- Dizziness or spinning sensation
- Nausea and vomiting.
- Problems with balance or walking.
- Hearing loss (or decrease in sound volume) in one **ear**.
- Earache or **ear** pain.
- Fever (sometimes)
- Feeling of fullness in the **ear**.

○ Treatments:-

Treatment varies and may include watchful waiting, antibiotics or anti-inflammatory medicines.



12. ENT (NOSE)

○ Overview:-

Nose related many diseases have found, most common are:

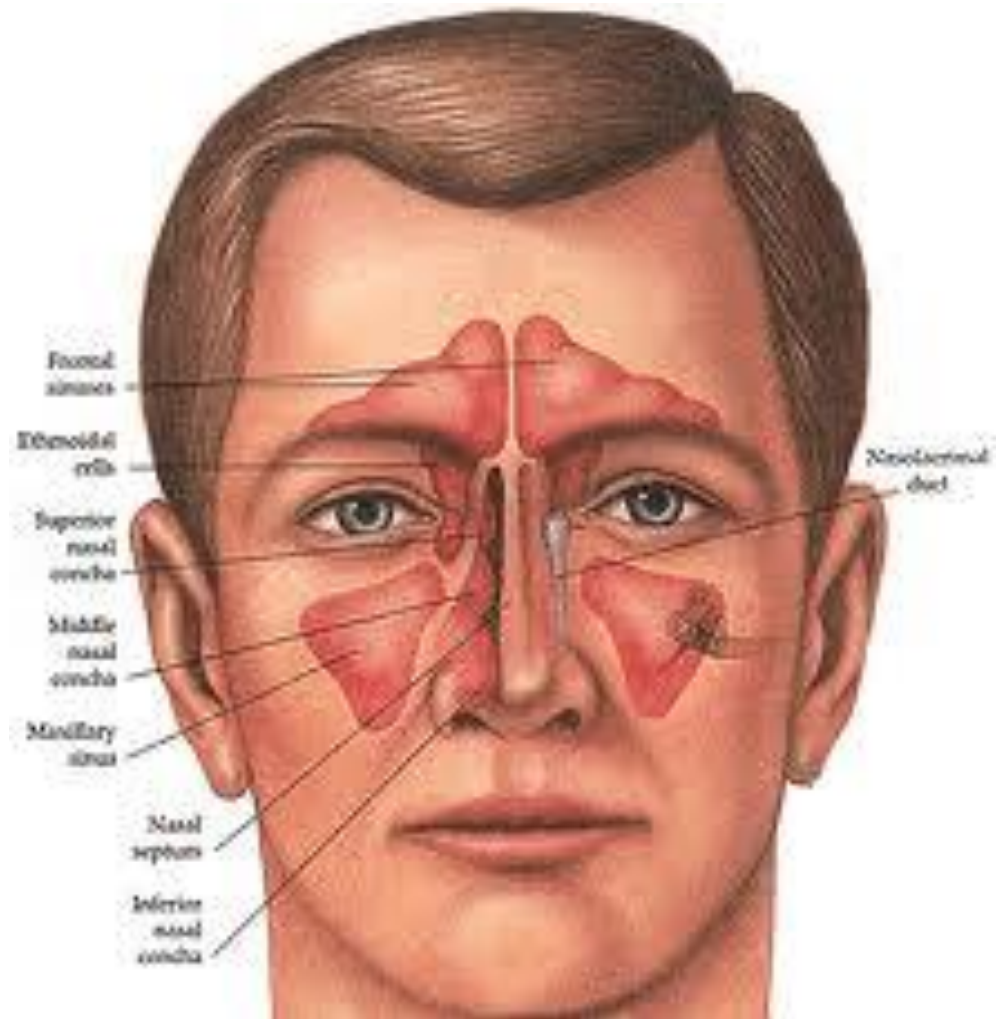
- Allergic rhinitis – an inflammation of the membranes lining the nose.
- Cerebral spinal fluid leaks.
- Chronic sinusitis with polyps – an inflammation of the sinuses that lasts more than 12 weeks and is associated with **nasal polyps**.
- Chronic sinusitis without polyps.
- Difficult infections.
- Deviated septum.

○ Symptoms:-

Like runny nose, persistent stuffiness, loss of sense of smell, facial pain or headache, pain in upper teeth

○ Treatments:-

Treatments vary upon the type of disease like medication or in some cases surgery required.



12. ENT (THROAT)

○ Overview:-

Throat related many diseases have found, most common are:

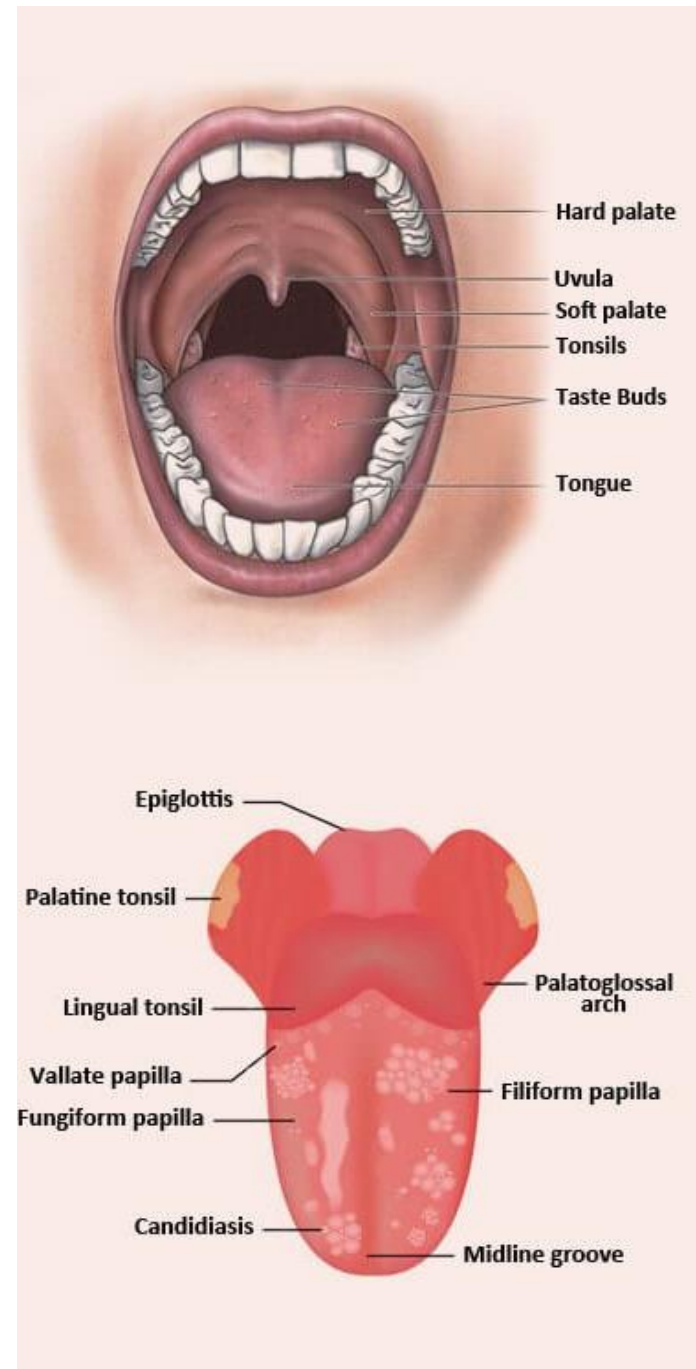
- Heartburn / Gastro esophageal Reflux **Disease** (GERD)
- Laryngeal Cancer (cancer of the larynx)
- Salivary Gland **Diseases** and Disorders.
- Sore **Throat**.
- Strep **Throat**.
- Swallowing Disorders (Dysphagia)
- Tonsillitis.
- Voice Disorders.
- Cancer

○ Symptoms:-

Like fever, cough, runny nose, sneezing, body ache, headache, nausea or vomiting, pain, etc.

○ Treatments:-

Most sore throats get better in a few days without treatment. Rest, warm liquids, saltwater gargles, and over-the-counter pain relievers can help soothe the pain of a **sore throat** at home. Strep throat and other bacterial infections are treated with antibiotics.



13. 1) PARKINSON

○ Overview:-

Parkinson's disease is a brain **disorder** that leads to shaking, stiffness, and difficulty with walking, balance, and coordination. A disorder of the central nervous system that affects movement, often including tremors

○ Symptoms:-

Parkinson's often starts with a tremor in one hand. Other symptoms are slow movement, stiffness and loss of balance.

○ Treatments:-

Medication can help control the symptoms of Parkinson's.



13. II) ALZHEIMER

○ Overview:-

Alzheimer's disease is a progressive disorder that causes brain cells to waste away (degenerate) and die. **Alzheimer's** disease is the most common cause of dementia, a continuous decline in thinking, behavioral and social skills that disrupts a person's ability to function independently.

○ Symptoms:-

Memory loss and confusion are the main symptoms.

○ Treatments:-

No cure exists, but medication and management strategies may temporarily improve symptoms.



14. JOINT/HIP/KNEE REPLACEMENT

○ Overview:-

• **Joint Replacement**

Replacement arthroplasty, or joint replacement surgery, is a procedure of orthopedic surgery in which an arthritic or dysfunctional joint surface is replaced with an orthopedic prosthesis

• **Hip Replacement**

Hip replacement is a surgical procedure in which the hip joint is replaced by a prosthetic implant, that is, a hip prosthesis. Hip replacement surgery can be performed as a total replacement or a hemi replacement.

• **Knee Replacement**

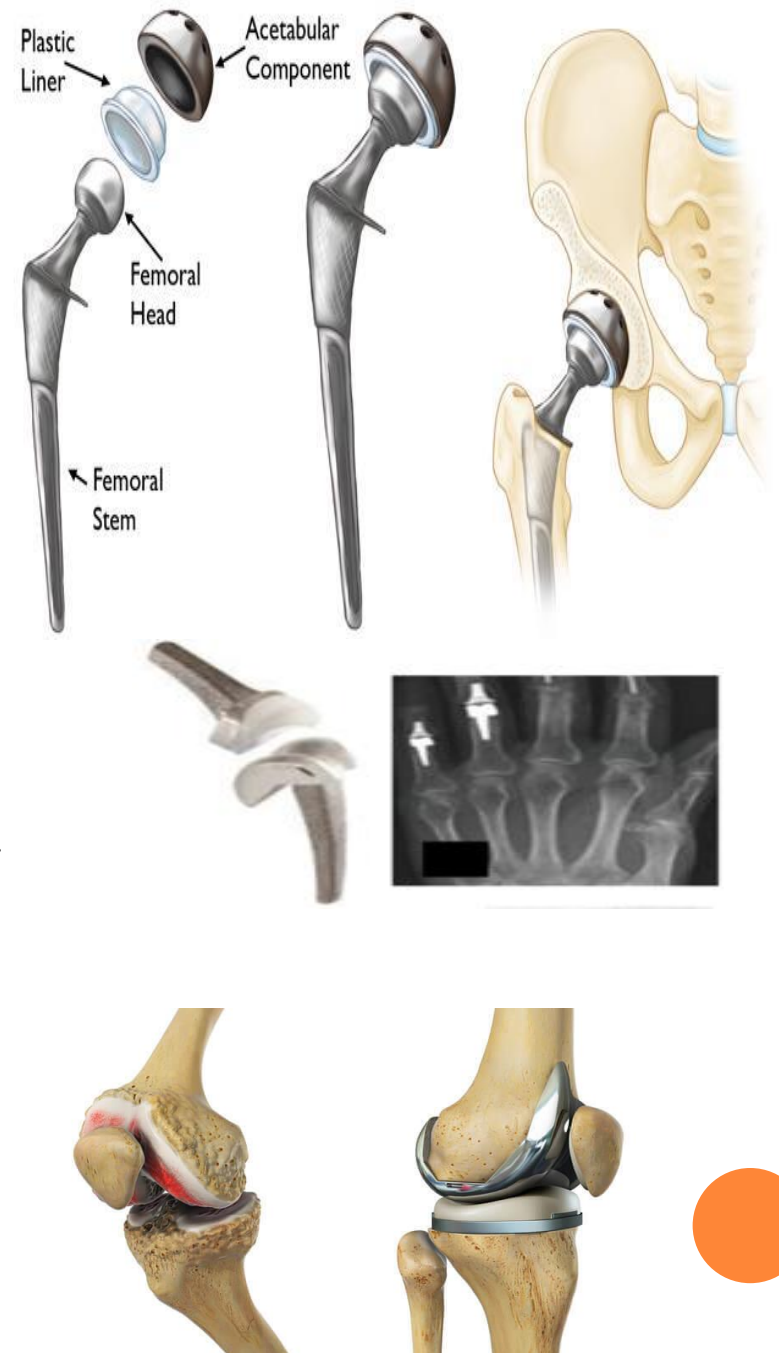
Knee replacement, also known as knee arthroplasty, is a surgical procedure to replace the weight-bearing surfaces of the knee joint to relieve pain and disability. It is most commonly performed for osteoarthritis, and also for other knee diseases such as rheumatoid arthritis and psoriatic arthritis.

○ Symptoms:-

Due to accidental or from long time pain, discomfort to move, body ache, etc.

○ Treatments:-

Exercise or required surgery.



THANK YOU

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