

### Answers

Letters	Conditions	Descriptions
F	Chronic obstructive pulmonary disorder (COPD)	Pulmonary disease (such as emphysema or chronic bronchitis) that is characterized by chronic typically irreversible airway obstruction resulting in a slowed rate of exhalation
C	Arthritis (osteo and rheumatoid)	Inflammation of joints due to infectious, metabolic, or constitutional causes
I	Sickle cell	An abnormal red blood cell of crescent shape
A	Hypertension	Abnormally high blood pressure and especially arterial blood pressure
H	Bronchitis	Acute or chronic inflammation of the bronchial tubes
L	Osteoporosis	A condition that affects especially older women and is characterized by decrease in bone mass with decreased density and enlargement of bone spaces producing porosity and fragility
B	Heart disease	An abnormal condition of the heart or of the heart and circulation (such as coronary heart disease, arrhythmia, or heart-valve defect)
J	Motor neurone disease	A progressively degenerative disease of the motor system causing muscle weakness and wasting
K	Paget's disease	Paget's disease of bone disrupts the normal cycle of bone renewal, causing bones to become weakened and possibly deformed.
G	Parkinson's disease	A chronic progressive neurological disease chiefly of later life that is linked to decreased dopamine production in the substantia nigra and is marked especially by tremor of resting muscles, rigidity, slowness of movement, impaired balance, and a shuffling gait
D	Deep vein thrombosis (DVT)	A condition marked by the formation of a thrombus within a deep vein that may be asymptomatic or be accompanied by symptoms (as swelling and pain) and that is potentially life threatening if dislodgment of the thrombus results in pulmonary embolism

E	Crohn's disease	Chronic inflammation that typically involves the lower portion of the ileum, often spreads to the colon, and is characterized by diarrhoea, cramping, loss of appetite and weight, and the development of abscesses and scarring
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Conditions	Symptoms	Treatments
Chronic obstructive pulmonary disorder (COPD)	<p>Increasing breathlessness – this may just occur when exercising at first, and you may sometimes wake up at night feeling breathless</p> <p>A persistent chesty cough with phlegm that never seems to go away</p> <p>Frequent chest infections</p> <p>Persistent wheezing</p>	<p>There's currently no cure for chronic obstructive pulmonary disease (COPD), but treatment can help slow the progression of the condition and control the symptoms.</p>
Arthritis (osteo and rheumatoid)	<p>Joint pain, tenderness and stiffness</p> <p>Inflammation in and around the joints</p> <p>Restricted movement of the joints</p> <p>Warm red skin over the affected joint</p> <p>Weakness and muscle wasting</p>	<p>There's no cure for arthritis, but there are many treatments that can help slow it down.</p> <p>Osteoarthritis treatments include lifestyle changes, medications and surgery.</p> <p>Treatment for rheumatoid arthritis aims to slow the condition's progress and minimise joint inflammation. This helps prevent joint damage.</p>
Sickle cell	<p>Painful episodes</p> <p>Getting infections often</p> <p>Anaemia</p>	<p>Sickle cell disease usually requires lifelong treatment.</p>
Hypertension	<p>High blood pressure, or hypertension, rarely has noticeable symptoms. But if untreated, it increases your risk of serious problems such as heart attacks and strokes.</p>	<p>Simple lifestyle changes can help reduce high blood pressure, although some people may need to take medicine as well.</p>
Bronchitis	<p>Sore throat</p> <p>Headache</p> <p>Runny or blocked nose</p> <p>Aches and pains</p>	<p>Eating a healthy diet can help prevent lung infections</p> <p>Regular moderate exercise plus a healthy diet will help you to maintain a healthy weight – being overweight makes breathing</p>

	Tiredness	harder Avoiding smoking and smoky environments
Osteoporosis	<p>Osteoporosis is a health condition that weakens bones, making them fragile and more likely to break. It develops slowly over several years and is often only diagnosed when a fall or sudden impact causes a bone to break (fracture).</p> <p>The most common injuries in people with osteoporosis are:</p> <ul style="list-style-type: none"> <li>broken wrist</li> <li>broken hip</li> <li>broken spinal bones (vertebrae)</li> </ul>	<p>Treating osteoporosis involves treating and preventing fractures, and using medicines to strengthen bones.</p>
Heart disease	<p>The most common symptom of coronary heart disease (CHD) is chest pain (angina).</p> <p>You can also experience other symptoms, such as heart palpitations and unusual breathlessness. Some people may not have any symptoms before they are diagnosed.</p>	<p>Treatment for coronary heart disease (CHD) can help manage the symptoms and reduce the risk of further problems.</p> <p>CHD can be managed effectively with a combination of lifestyle changes, medicine and, in some cases, surgery.</p> <p>With the right treatment, the symptoms of CHD can be reduced and the functioning of the heart improved.</p>
Motor neurone disease	<p>Weakness in your ankle or leg – you might trip, or find it harder to climb stairs</p> <p>Slurred speech, which may develop into difficulty swallowing some foods</p> <p>A weak grip – you might drop things, or find it hard to</p>	<p>Highly specialised clinics, typically involving a specialist nurse and occupational therapy to help make everyday tasks easier</p> <p>Physiotherapy and exercises to maintain strength and reduce stiffness</p> <p>Advice from a speech and</p>

	<p>open jars or do up buttons</p> <p>Muscle cramps and twitches</p> <p>Weight loss – your arms or leg muscles may have become thinner over time</p> <p>Difficulty stopping yourself crying or laughing in inappropriate situations</p>	<p>language therapist</p> <p>Advice from a dietitian about diet and eating</p> <p>A medicine called riluzole that can slightly slow down the progression of the condition</p> <p>Medicines to relieve muscle stiffness and help with saliva problems</p> <p>Emotional support for you and your carer</p>
<p>Paget's disease</p>	<p>Symptoms of Paget's disease of bone include bone pain, joint pain and problems caused by a nerve being squashed or damaged.</p>	<p>There's currently no cure for Paget's disease of bone, but treatment can help relieve the symptoms.</p>
<p>Parkinson's disease</p>	<p>Tremor – shaking, which usually begins in the hand or arm and is more likely to occur when the limb is relaxed and resting</p> <p>Slowness of movement (bradykinesia) – physical movements are much slower than normal, which can make everyday tasks difficult and result in a distinctive slow, shuffling walk with very small steps</p> <p>Muscle stiffness (rigidity) – stiffness and tension in the muscles, which can make it difficult to move around and make facial expressions, and can result in painful muscle cramps (dystonia)</p>	<p>There's currently no cure for Parkinson's disease, but treatments are available to help relieve the symptoms and maintain your quality of life.</p> <p>These treatments include:</p> <p>Supportive therapies, such as physiotherapy</p> <p>Medication</p> <p>Surgery (for some people)</p>

<p>Deep vein thrombosis (DVT)</p>	<p>Pain, swelling and tenderness in one of your legs (usually your calf)</p> <p>A heavy ache in the affected area</p> <p>Warm skin in the area of the clot</p> <p>Red skin, particularly at the back of your leg below the knee</p>	<p>If you have deep vein thrombosis (DVT), you'll need to take anticoagulant medication.</p>
<p>Crohn's disease</p>	<p>Diarrhoea – which may come on suddenly</p> <p>Stomach aches and cramps – most often in the lower-right part of your tummy</p> <p>Blood in your faeces</p> <p>Tiredness (fatigue)</p> <p>Weight loss</p>	<p>There's currently no cure for Crohn's disease, but treatment can control or reduce the symptoms and help stop them coming back.</p>