

# Chronic Health Diseases and Conditions

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## Brief Report

A chronic condition is a human health condition or illness whose symptoms are persistent or otherwise long-lasting, or a sickness that develops over time. Chronic sickness is defined as an ailment that lasts more than three months. Arthritis, asthma, cancer, chronic obstructive pulmonary disease, diabetes, Lyme disease, autoimmune illnesses, genetic disorders and viral diseases including hepatitis C and acquired immunodeficiency syndrome are all common chronic diseases.

A terminal sickness is one that lasts for the rest of one's life because it leads to death. It's conceivable and not unheard of, for an illness's definition to shift from terminal to chronic. Diabetes and HIV, for example, were previously thought fatal but are now termed chronic due to the availability of insulin for diabetics and daily medication therapy for HIV patients, allowing them to survive while managing their symptoms.

Chronic disease is a condition that lasts for a long time. Chronic illness can impair persons with disabilities' freedom and health by imposing extra activity restrictions. When people with chronic diseases have no symptoms, they often believe they are rid of the condition. However, the absence of symptoms does not always imply the absence of chronic illness. The good news is that chronic illness may be avoided or managed by engaging in regular physical exercise, eating a nutritious diet, not smoking and abstaining from excessive alcohol use.

Chronic diseases include disease-specific symptoms, but they can also

cause symptoms that aren't obvious, such as pain, tiredness and mood swings. It's possible that pain and exhaustion will become a regular part of your day. You undoubtedly have specific things you need to do to take care of yourself, such as taking medicine or exercise, in addition to your condition. Keeping up with your health-care responsibilities may be stressful.

Stress may pile up over time and alter your outlook on life. Long durations of stress can result in feelings of irritation, rage, hopelessness and sadness. Not only may this happen to you, but it can also happen to your family members. They're also impacted by a loved one's chronic health issues. Many chronic illnesses are avoidable, despite their prevalence and high costs. Many chronic illnesses are connected to lifestyle decisions that you have control over. Many of these illnesses and disorders may be avoided by eating healthy meals, increasing physical activity and avoiding cigarette use.

## Children with a chronic disease

There are programmes and financing options for children with chronic illnesses linked to government, Catholic and independent sector schools. If your child suffers from a chronic condition, contact your school principal for assistance in establishing a health support plan and applying for programmes or funds. Visit Raising Children Network for information on support groups for teenagers with chronic illnesses, or go to livewire, an online community for youth with chronic illnesses or disabilities. In the management of chronic illnesses, early diagnosis is critical. Speak with your doctor for additional information about chronic diseases, as well as proven disease prevention and management strategies.

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