



Common Diagnoses ▼

## Common Diagnoses

This list briefly describes a myriad of common diagnoses that you may need to learn about for yourself or a loved one. StarLight CareGivers does not provide medical care, but we do focus on aiding the client and supporting third-party medical staff. We recommend that you get educated with more detail on these issues by reading from the renowned Mayo Clinic Website by clicking the link after each description.

### Alzheimer's Disease



Alzheimer's disease is a progressive disease that destroys memory and other important mental functions. It's the most common cause of dementia – a group of brain disorders that results in the loss of intellectual and social skills. These changes are severe enough to interfere with day-to-day life. In Alzheimer's disease, the connections between brain cells and the brain cells themselves degenerate and die, causing a steady decline in memory and mental function.

[Learn more from the Mayo Clinic »](#)

### Amyotrophic Lateral Sclerosis (ALS)



Amyotrophic lateral sclerosis, or ALS, is a serious neurological disease that causes muscle weakness, disability and eventually death. ALS is often called Lou Gehrig's disease, after the famous baseball player who was diagnosed with it in 1939. In the U.S., ALS and motor neuron disease (MND) are sometimes used interchangeably.

[Learn more from the Mayo Clinic »](#)

### Arrhythmia of the Heart



Heart rhythm problems (heart arrhythmias) occur when the electrical impulses in your heart that coordinate your heartbeats don't work properly, causing your heart to beat too fast, too slow or irregularly. Heart arrhythmias (uh-RITH-me-uhs) are often harmless. Most people have occasional, irregular heartbeats that may feel like a fluttering or racing heart. However, some heart arrhythmias may cause bothersome – sometimes even life-threatening – signs and symptoms.

[Learn more from the Mayo Clinic »](#)

### Arthritis



Arthritis is inflammation of one or more of your joints. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age. The two most common types of arthritis are osteoarthritis and rheumatoid arthritis. Osteoarthritis is usually caused by normal wear and tear, while rheumatoid arthritis is an autoimmune disorder. Other types of arthritis can be caused by uric acid crystals, infections or even an underlying disease, such as psoriasis or lupus.

[Learn more from the Mayo Clinic »](#)

### Atrial Fibrillation



Atrial fibrillation is an irregular and often rapid heart rate that commonly causes poor blood flow to the body. During atrial fibrillation, the heart's two upper chambers (the atria) beat chaotically and irregularly – out of coordination with the two lower chambers (the ventricles) of the heart. Atrial fibrillation symptoms include heart palpitations, shortness of breath and weakness.

[Learn more from the Mayo Clinic »](#)

## Autism



Autism is one of a group of serious developmental problems called autism spectrum disorders that appear in early childhood – usually before age 3. Though symptoms and severity vary, all autism spectrum disorders affect a child's ability to communicate and interact with others.

[Learn more from the Mayo Clinic »](#)

## Bedsores (pressure ulcers)



Bedsore – also called pressure sores or pressure ulcers – are injuries to skin and underlying tissues that result from prolonged pressure on the skin. Bedsore most often develop on skin that covers bony areas of the body, such as the heel, ankles, hips or buttocks. People most at risk of bedsore are those with a medical condition that limits their ability to change positions, requires them to use a wheelchair or confines them to a bed for prolonged periods. Bedsore can develop quickly and are often difficult to treat. Several care strategies can help prevent some bedsore and promote healing.

[Learn more from the Mayo Clinic »](#)

## Bipolar Disorder (Manic-depressive illness)



Bipolar disorder – sometimes called manic-depressive disorder – is associated with mood swings that range from the lows of depression to the highs of mania. When you become depressed, you may feel sad or hopeless and lose interest or pleasure in most activities. When your mood shifts in the other direction, you may feel euphoric and full of energy. Mood shifts may occur only a few times a year, or as often as several times a day. In some cases, bipolar disorder causes symptoms of depression and mania at the same time. Although bipolar disorder is a disruptive, long-term condition, you can keep your moods in check by following a treatment plan. In most cases, bipolar disorder can be controlled with medications and psychological counseling (psychotherapy).

[Learn more from the Mayo Clinic »](#)

## Cancer



Cancer refers to any one of a large number of diseases characterized by the development of abnormal cells that divide uncontrollably and have the ability to infiltrate and destroy normal body tissue. Cancer also has the ability to spread throughout your body. Cancer is the second leading cause of death in the United States. But survival rates are improving for many types of cancer, thanks to improvements in cancer screening and cancer treatment.

[Learn more from the Mayo Clinic »](#)

## Cataracts



A cataract is a clouding of the normally clear lens of your eye. For people who have cataracts, seeing through cloudy lenses is a bit like looking through a frosty or fogged-up window. Clouded vision caused by cataracts can make it more difficult to read, drive

a car – especially at night – or see the expression on a friend's face. Most cataracts develop slowly and don't disturb your eyesight early on. But with time, cataracts will eventually interfere with your vision.

[Learn more from the Mayo Clinic »](#)

## Cholesterol

Cholesterol is a waxy substance that's found in the fats (lipids) in your blood. While your body needs cholesterol to continue building healthy cells, having high cholesterol can increase your risk of heart disease. When you have high cholesterol, you may develop fatty deposits in your blood vessels. Eventually, these deposits make it difficult for enough blood to flow through your arteries. Your heart may not get as much oxygen-rich blood as it needs, which increases the risk of a heart attack. Decreased blood flow to your brain can cause a stroke.

[Learn more from the Mayo Clinic »](#)

## Chronic Kidney Failure

Chronic kidney failure, also called chronic kidney disease, describes the gradual loss of kidney function. Your kidneys filter wastes and excess fluids from your blood, which are then excreted in your urine. When chronic kidney failure reaches an advanced stage, dangerous levels of fluid, electrolytes and wastes can accumulate in your body.

[Learn more from the Mayo Clinic »](#)

## COPD, or Chronic Obstructive Pulmonary Disease

Chronic obstructive pulmonary disease (COPD) refers to a group of lung diseases that block airflow and make breathing difficult. Emphysema and chronic bronchitis are the two most common conditions that make up COPD. Chronic bronchitis is an inflammation of the lining of your bronchial tubes, which carry air to and from your lungs. Emphysema occurs when the air sacs (alveoli) at the end of the smallest air passages (bronchioles) in the lungs are gradually destroyed. Damage to your lungs from COPD can't be reversed, but treatment can help control symptoms and minimize further damage.

[Learn more from the Mayo Clinic »](#)

## Diabetes

Diabetes mellitus refers to a group of diseases that affect how your body uses blood glucose, commonly called blood sugar. Glucose is vital to your health because it's an important source of energy for the cells that make up your muscles and tissues. It's also your brain's main source of fuel. If you have diabetes, no matter what type, it means you have too much glucose in your blood, although the reasons may differ. Too much glucose can lead to serious health problems.

[Learn more from the Mayo Clinic »](#)

## Fibromyalgia

Fibromyalgia is a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues. Researchers believe that fibromyalgia amplifies painful sensations by affecting the way your brain processes pain signals. Symptoms sometimes begin after a physical trauma, surgery, infection or significant psychological stress. In other cases, symptoms gradually accumulate over time with no single triggering event.

[Learn more from the Mayo Clinic »](#)

## Glaucoma



Glaucoma is not just one eye disease, but a group of eye conditions resulting in optic nerve damage, which may cause loss of vision. Abnormally high pressure inside your eye (intraocular pressure) usually, but not always, causes this damage. Glaucoma is one of the leading causes of blindness in the United States. Glaucoma can damage your vision so gradually you may not notice any loss of vision until the disease is at an advanced stage. The most common type of glaucoma, primary open-angle glaucoma, has no noticeable signs or symptoms except gradual vision loss.

[Learn more from the Mayo Clinic »](#)

## Heart Disease



Heart disease is a broad term used to describe a range of diseases that affect your heart. The various diseases that fall under the umbrella of heart disease include diseases of your blood vessels, such as coronary artery disease; heart rhythm problems (arrhythmias); heart infections; and heart defects you're born with (congenital heart defects). The term "heart disease" is often used interchangeably with "cardiovascular disease." Cardiovascular disease generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke. Other heart conditions, such as infections and conditions that affect your heart's muscle, valves or beating rhythm, also are considered forms of heart disease.

[Learn more from the Mayo Clinic »](#)

## Hepatitis



Viral hepatitis, including hepatitis A, hepatitis B, and hepatitis C, are distinct diseases that affect the liver. Other causes of hepatitis include drugs and medications. Each type of hepatitis has different hepatitis symptoms and causes and treatment options may depend on the type. Your doctor will run laboratory tests to determine the type of hepatitis.

[Learn more from the Mayo Clinic »](#)

## HIV/AIDS



AIDS is a chronic, potentially life-threatening condition caused by the human immunodeficiency virus (HIV). By damaging your immune system, HIV interferes with your body's ability to fight the organisms that cause disease. HIV is a sexually transmitted infection. It can also be spread by contact with infected blood, or from mother to child during pregnancy, childbirth or breast-feeding. It can take years before HIV weakens your immune system to the point that you have AIDS.

[Learn more from the Mayo Clinic »](#)

## Hypertension (High Blood Pressure)



High blood pressure is a common condition in which the force of the blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease. Blood pressure is determined by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure. You can have high blood pressure (hypertension) for years without any symptoms. Uncontrolled high blood pressure increases your risk of serious health problems, including heart attack and stroke.

[Learn more from the Mayo Clinic »](#)

## Hyperthyroidism (overactive thyroid)

Hyperthyroidism is a condition in which your thyroid gland produces too much of the hormone thyroxine. Hyperthyroidism can accelerate your body's metabolism significantly, causing sudden weight loss, a rapid or irregular heartbeat, sweating, and nervousness or irritability. Several treatment options are available if you have hyperthyroidism. Doctors use anti-thyroid medications and radioactive iodine to slow the production of thyroid hormones. Sometimes, treatment of hyperthyroidism involves surgery to remove all or part of your thyroid gland.

[Learn more from the Mayo Clinic »](#)

## Hypothyroidism (underactive thyroid)

Hypothyroidism (underactive thyroid) is a condition in which your thyroid gland doesn't produce enough of certain important hormones. Women, especially those older than age 60, are more likely to have hypothyroidism. Hypothyroidism upsets the normal balance of chemical reactions in your body. It seldom causes symptoms in the early stages, but, over time, untreated hypothyroidism can cause a number of health problems, such as obesity, joint pain, infertility and heart disease. The good news is that accurate thyroid function tests are available to diagnose hypothyroidism, and treatment of hypothyroidism with synthetic thyroid hormone is usually simple, safe and effective once you and your doctor find the right dose for you.

[Learn more from the Mayo Clinic »](#)

## Irritable Bowel Syndrome (IBS)

IBS is a common disorder that affects your large intestine (colon). Irritable bowel syndrome commonly causes cramping, abdominal pain, bloating gas, diarrhea and constipation. Despite these uncomfortable signs and symptoms, IBS doesn't cause permanent damage to your colon. Most people with IBS find that symptoms improve as they learn to control their condition. Only a small number of people with irritable bowel syndrome have disabling signs and symptoms.

[Learn more from the Mayo Clinic »](#)

## Incontinence, Urinary

Urinary incontinence – the loss of bladder control – is a common and often embarrassing problem. The severity of urinary incontinence ranges from occasionally leaking urine when you cough or sneeze to having an urge to urinate that's so sudden and strong you don't get to a toilet in time. If urinary incontinence affects your day-to-day activities, don't hesitate to see your doctor. In most cases, simple lifestyle changes or medical treatment can ease your discomfort or stop urinary incontinence.

[Learn more from the Mayo Clinic »](#)

## Inflammatory Bowel Disease (IBD)

Inflammatory bowel disease (IBD) involves chronic inflammation of all or part of your digestive tract. IBD primarily includes ulcerative colitis and Crohn's disease. IBD can be painful and debilitating, and sometimes leads to life-threatening complications. Ulcerative colitis (UL-sur-uh-tiv koe-LIE-tis) is an inflammatory bowel disease that causes long-lasting inflammation in part of your digestive tract. Symptoms usually develop over time, rather than suddenly. Ulcerative colitis usually affects only the

innermost lining of your large intestine (colon) and rectum. It occurs only through continuous stretches of your colon.

[Learn more from the Mayo Clinic »](#)

## Kidney Failure, Chronic

Chronic kidney failure, also called chronic kidney disease, describes the gradual loss of kidney function. Your kidneys filter wastes and excess fluids from your blood, which are then excreted in your urine. When chronic kidney failure reaches an advanced stage, dangerous levels of fluid, electrolytes and wastes can accumulate in your body. In the early stages of chronic kidney failure, you may have few signs or symptoms. Chronic kidney failure may not become apparent until your kidney function is significantly impaired.

[Learn more from the Mayo Clinic »](#)

## Leukemia

Leukemia is cancer of the body's blood-forming tissues, including the bone marrow and the lymphatic system. Many types of leukemia exist. Some forms of leukemia are more common in children. Other forms of leukemia occur mostly in adults. Leukemia usually starts in the white blood cells. Your white blood cells are potent infection fighters – they normally grow and divide in an orderly way, as your body needs them. But in people with leukemia, the bone marrow produces abnormal white blood cells, which don't function properly.

[Learn more from the Mayo Clinic »](#)

## Liver Failure, Acute

Acute liver failure occurs when your liver rapidly loses its ability to function. More commonly, liver failure develops slowly over the course of years. But in acute liver failure, liver failure develops in a matter of days. Acute liver failure can cause many complications, including excessive bleeding and increasing pressure in the brain. Another term for acute liver failure is fulminant hepatic failure. Acute liver failure is a medical emergency that requires hospitalization. Some causes of acute liver failure can be reversed with treatment. But in other situations, a liver transplant may be the only cure for acute liver failure.

[Learn more from the Mayo Clinic »](#)

## Liver Spots (Age Spots)

Age spots – also called liver spots and solar lentigines – are flat gray, brown or black spots. They vary in size and usually appear on the face, hands, shoulders and arms – areas most exposed to the sun. Though age spots are very common in adults older than age 40, they can affect younger people as well. True age spots are harmless and don't need treatment, but they can look like cancerous growths. For cosmetic reasons, age spots can be lightened with skin-bleaching products or removed. However, preventing age spots – by avoiding the sun and using sunscreen – may be the easiest way to maintain your skin's youthful appearance and to avoid these dark skin spots.

[Learn more from the Mayo Clinic »](#)

## Lupus

Lupus is a chronic inflammatory disease that occurs when your body's immune system attacks your own tissues and organs. Inflammation caused by lupus can affect many

different body systems – including your joints, skin, kidneys, blood cells, brain, heart and lungs. Lupus can be difficult to diagnose because its signs and symptoms often mimic those of other ailments. The most distinctive sign of lupus – a facial rash that resembles the wings of a butterfly unfolding across both cheeks – occurs in many but not all cases of lupus.

[Learn more from the Mayo Clinic](#)

## Lymphoma, Hodgkin's (Hodgkin's disease)

Hodgkin's lymphoma – formerly known as Hodgkin's disease – is a cancer of the lymphatic system, which is part of your immune system. In Hodgkin's lymphoma, cells in the lymphatic system grow abnormally and may spread beyond the lymphatic system. As Hodgkin's lymphoma progresses, it compromises your body's ability to fight infection. Hodgkin's lymphoma is one of two common types of cancers of the lymphatic system. The other type, non-Hodgkin's lymphoma, is far more common. Advances in diagnosis and treatment of Hodgkin's lymphoma have helped to give people with this diagnosis the chance for a full recovery. The prognosis continues to improve for people with Hodgkin's lymphoma.

[Learn more from the Mayo Clinic »](#)

## Lymphoma, Non-Hodgkin's

Non-Hodgkin's lymphoma, also called non-Hodgkin lymphoma, is cancer that originates in your lymphatic system, the disease-fighting network spread throughout your body. In non-Hodgkin's lymphoma, tumors develop from lymphocytes – a type of white blood cell. Non-Hodgkin's lymphoma is more common than the other general type of lymphoma – Hodgkin lymphoma. Many different subtypes of non-Hodgkin's lymphoma exist. The most common non-Hodgkin's lymphoma subtypes include diffuse large B-cell lymphoma and follicular lymphoma.

[Learn more from the Mayo Clinic »](#)

## Macular Degeneration, Dry

Dry macular degeneration is a chronic eye disease that causes vision loss in the center of your field of vision. Dry macular degeneration is marked by deterioration of the macula (MAK-u-luh), which is in the center of the retina. The layer of tissue on the inside back wall of your eyeball. Dry macular degeneration is one of two types of age-related macular degeneration. The other type – wet macular degeneration – is characterized by blood vessels that grow under the retina in the back of the eye, leaking blood and fluid. Dry macular degeneration is the more common form of the disease. Dry macular degeneration may worsen your quality of life by causing blurred central vision or a blind spot in your central vision.

[Learn more from the Mayo Clinic »](#)

## Melanoma, Skin Cancer

Melanoma, the most serious type of skin cancer, develops in the cells (melanocytes) that produce melanin – the pigment that gives your skin its color. Melanoma can also form in your eyes and, rarely, in internal organs, such as your intestines. The exact cause of all melanomas isn't clear, but exposure to ultraviolet (UV) radiation from sunlight or tanning lamps and beds increases your risk of developing melanoma. Limiting your exposure to UV radiation can help reduce your risk of melanoma.

[Learn more from the Mayo Clinic](#)

## Multiple Sclerosis (MS)

Multiple sclerosis is a potentially debilitating disease in which your body's immune system eats away at the protective sheath (myelin) that covers your nerves. Damage to myelin causes interference in the communication between your brain, spinal cord and other areas of your body. This condition may result in deterioration of the nerves themselves, a process that's not reversible. Symptoms vary widely, depending on the amount of damage and the nerves that are affected. People with severe cases of multiple sclerosis may lose the ability to walk or speak clearly. Multiple sclerosis can be difficult to diagnose early in the course of the disease because symptoms often come and go – sometimes disappearing for months.

[Learn more from the Mayo Clinic »](#)

## Obstructive Sleep Apnea

Obstructive sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts during sleep. Several types of sleep apnea exist, but the most common type is obstructive sleep apnea, which occurs when your throat muscles intermittently relax and block your airway during sleep. The most noticeable sign of obstructive sleep apnea is snoring. Anyone can develop obstructive sleep apnea, although it most commonly affects middle-aged and older adults and people who are overweight.

[Learn more from the Mayo Clinic »](#)

## Osteoarthritis

Osteoarthritis is the most common form of arthritis, affecting millions of people around the world. Often called wear-and-tear arthritis, osteoarthritis occurs when the protective cartilage on the ends of your bones wears down over time. While osteoarthritis can damage any joint in your body, the disorder most commonly affects joints in your hands, neck, lower back, knees and hips. Osteoarthritis gradually worsens with time, and no cure exists.

[Learn more from the Mayo Clinic »](#)

## Osteoporosis

Osteoporosis causes bones to become weak and brittle – so brittle that a fall or even mild stresses like bending over or coughing can cause a fracture. Osteoporosis-related fractures most commonly occur in the hip, wrist or spine. Bone is living tissue, which is constantly being absorbed and replaced. Osteoporosis occurs when the creation of new bone doesn't keep up with the removal of old bone. Osteoporosis affects men and women of all races. But white and Asian women – especially those who are past menopause – are at highest risk. Medications, dietary supplements and weight-bearing exercise can help strengthen your bones.

[Learn more from the Mayo Clinic »](#)

## Pancreatic Cancer

Pancreatic cancer begins in the tissues of your pancreas – an organ in your abdomen that lies horizontally behind the lower part of your stomach. Your pancreas secretes enzymes that aid digestion and hormones that help regulate the metabolism of sugars. Pancreatic cancer often has a poor prognosis, even when diagnosed early. Pancreatic cancer typically spreads rapidly and is seldom detected in its early stages, which is a



major reason why it's a leading cause of cancer death. Signs and symptoms may not appear until pancreatic cancer is quite advanced and surgical removal isn't possible.

[Learn more from the Mayo Clinic »](#)

## Parkinson's Disease

Parkinson's disease is a progressive disorder of the nervous system that affects your movement. It develops gradually, sometimes starting with a barely noticeable tremor in just one hand. But while tremor may be the most well-known sign of Parkinson's disease, the disorder also commonly causes stiffness or slowing of movement. In early stages of Parkinson's disease, your face may show little or no expression, or your arms may not swing when you walk. Your speech may become soft or slurred. Parkinson's disease symptoms worsen as your condition progresses over time. Although Parkinson's disease can't be cured, medications may markedly improve your symptoms. In occasional cases, your doctor may suggest surgery to regulate certain regions of your brain and improve your symptoms.

[Learn more from the Mayo Clinic »](#)

## Periodontitis

Periodontitis (pair-e-o-don-TI-tis) is a serious gum infection that destroys the soft tissue and bone that support your teeth. Periodontitis can cause tooth loss or worse, an increased risk of heart attack or stroke and other serious health problems. Periodontitis is common but largely preventable. Periodontitis is usually the result of poor oral hygiene. Daily brushing and flossing and regular professional dental cleanings can greatly reduce your chance of developing periodontitis.

[Learn more from the Mayo Clinic »](#)

## Pneumonia

Pneumonia is an inflammation of the lungs caused by infection. Bacteria, viruses, fungi or parasites can cause pneumonia. Pneumonia is a particular concern if you're older than 65 or have a chronic illness or weak immune system. It can also occur in young, healthy people. Pneumonia can range in seriousness from mild to life-threatening. Pneumonia often is a complication of another condition, such as the flu. Antibiotics can treat most common forms of bacterial pneumonias, but antibiotic-resistant strains are a growing problem. The best approach is to try to prevent infection.

[Learn more from the Mayo Clinic »](#)

## Post-traumatic stress disorder (PTSD)

Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event. Many people who go through traumatic events have difficulty adjusting and coping for a while. But with time and taking care of yourself, such traumatic reactions usually get better. In some cases, though, the symptoms can get worse or last for months or even years. Sometimes they may completely shake up your life. In a case such as this, you may have post-traumatic stress disorder.

[Learn more from the Mayo Clinic »](#)

## Rheumatoid Arthritis

Rheumatoid arthritis is a chronic inflammatory disorder that typically affects the small joints in your hands and feet. Unlike the wear-and-tear damage of osteoarthritis, rheumatoid arthritis affects the lining of your joints, causing a painful swelling that can eventually result in bone erosion and joint deformity. An autoimmune disorder, rheumatoid arthritis occurs when your immune system mistakenly attacks your own body's tissues. In addition to causing joint problems, rheumatoid arthritis can also affect your whole body with fevers and fatigue.

[Learn more from the Mayo Clinic »](#)

## Staph Infections

Staph infections are caused by staphylococcus bacteria, a type of germ commonly found on the skin or in the nose of even healthy individuals. Most of the time, these bacteria cause no problems or result in relatively minor skin infections. But staph infections can turn deadly if the bacteria invade deeper into your body, entering your bloodstream, joints, bones, lungs or heart. In the past, a lethal staph infection might have occurred in a person who was hospitalized or had a chronic illness or weakened immune system. Now, a growing number of otherwise healthy people are developing life-threatening staph infections. And many staph infections no longer respond to common antibiotics.

[Learn more from the Mayo Clinic »](#)

## Stroke

A stroke occurs when the blood supply to part of your brain is interrupted or severely reduced, depriving brain tissue of oxygen and food. Within minutes, brain cells begin to die. A stroke is a medical emergency. Prompt treatment is crucial. Early action can minimize brain damage and potential complications. The good news is that strokes can be treated and prevented, and many fewer Americans die of stroke now than even 15 years ago. Better control of major stroke risk factors – high blood pressure, smoking and high cholesterol – may be responsible for the decline.

[Learn more from the Mayo Clinic »](#)

## Thrush, Oral

Oral thrush is a condition in which the fungus *Candida albicans* accumulates on the lining of your mouth. Oral thrush causes creamy white lesions, usually on your tongue or inner cheeks. The lesions can be painful and may bleed slightly when you scrape them. Sometimes oral thrush may spread to the roof of your mouth, your gums, your tonsils or the back of your throat. Although oral thrush can affect anyone, it's more likely to occur in babies and in people who wear dentures, use inhaled corticosteroids or have compromised immune systems. Oral thrush is a minor problem if you're healthy, but if you have a weakened immune system, symptoms of oral thrush may be more severe and difficult to control.

[Learn more from the Mayo Clinic »](#)

## Transient Ischemic Attack (TIA)

A transient ischemic attack (TIA) is like a stroke, producing similar symptoms, but usually lasting only a few minutes and causing no permanent damage. Often called a mini stroke, a transient ischemic attack may be a warning. About 1 in 3 people who have a transient ischemic attack eventually has a stroke, with about half occurring within a year after the transient ischemic attack. A transient ischemic attack can serve as both a

warning and an opportunity – a warning of an impending stroke and an opportunity to take steps to prevent it.

[Learn more from the Mayo Clinic »](#)

## Tuberculosis (TB)

Tuberculosis (TB) is a potentially serious infectious disease that mainly affects your lungs. The bacteria that cause tuberculosis are spread from one person to another through tiny droplets released into the air via coughs and sneezes. Once rare in developed countries, tuberculosis infections began increasing in 1985, partly because of the emergence of HIV, the virus that causes AIDS. HIV weakens a person's immune system so it can't fight the TB germs. In the United States, because of stronger control programs, tuberculosis began to decrease again in 1993, but remains a concern.

[Learn more from the Mayo Clinic »](#)

## Ulcerative Colitis

Ulcerative colitis (UL-sur-uh-tiv koe-LIE-tis) is an inflammatory bowel disease (IBD) that causes long-lasting inflammation in part of your digestive tract. Like Crohn's disease, another common IBD, ulcerative colitis can be debilitating and sometimes can lead to life-threatening complications. Because ulcerative colitis is a chronic condition, symptoms usually develop over time, rather than suddenly.

[Learn more from the Mayo Clinic »](#)

## Vascular Dementia

Vascular dementia is a general term describing problems with reasoning, planning, judgment, memory and other thought processes caused by brain damage from impaired blood flow to your brain. You can develop vascular dementia after a stroke blocks an artery in your brain, but strokes don't always cause vascular dementia. Whether a stroke affects your thinking and reasoning depends on your stroke's severity and location. Vascular dementia also can result from other conditions that damage blood vessels and reduce circulation, depriving your brain of vital oxygen and nutrients. Factors that increase your risk of heart disease and stroke – including high blood pressure, high cholesterol and smoking – also raise your vascular dementia risk. Controlling these factors can help lower your chances of developing vascular dementia.

[Learn more from the Mayo Clinic »](#)

## Vertigo

Benign paroxysmal positional vertigo (BPPV) is one of the most common causes of vertigo – the sudden sensation that you're spinning or that the inside of your head is spinning. Benign paroxysmal positional vertigo is characterized by brief episodes of mild to intense dizziness. Symptoms of benign paroxysmal positional vertigo are triggered by specific changes in the position of your head, such as tipping your head up or down, and by lying down, turning over or sitting up in bed. You may also feel out of balance when standing or walking.

[Learn more from the Mayo Clinic »](#)

## Wrinkles

Wrinkles are a natural part of aging, but they're most prominent on sun-exposed skin, such as the face, neck, hands and forearms. Although genetics are the most important determinant of skin structure and texture, sun exposure is the major contributor to

wrinkles. Environmental exposure, such as to heat, wind and dust, as well as smoking, also may contribute to wrinkling.

[Learn more from the Mayo Clinic »](#)



## Resources

[Industry Articles](#)

[Senior Resources](#)

## Core Values

Read the values that define our mission.

[Read More »](#)

## Quality CareGivers

Learn how we hire and assign the best caregivers for your needs.

[Read More »](#)

Talk to a Care Specialist now

(650) 600-8108

**Get in Touch Today!**