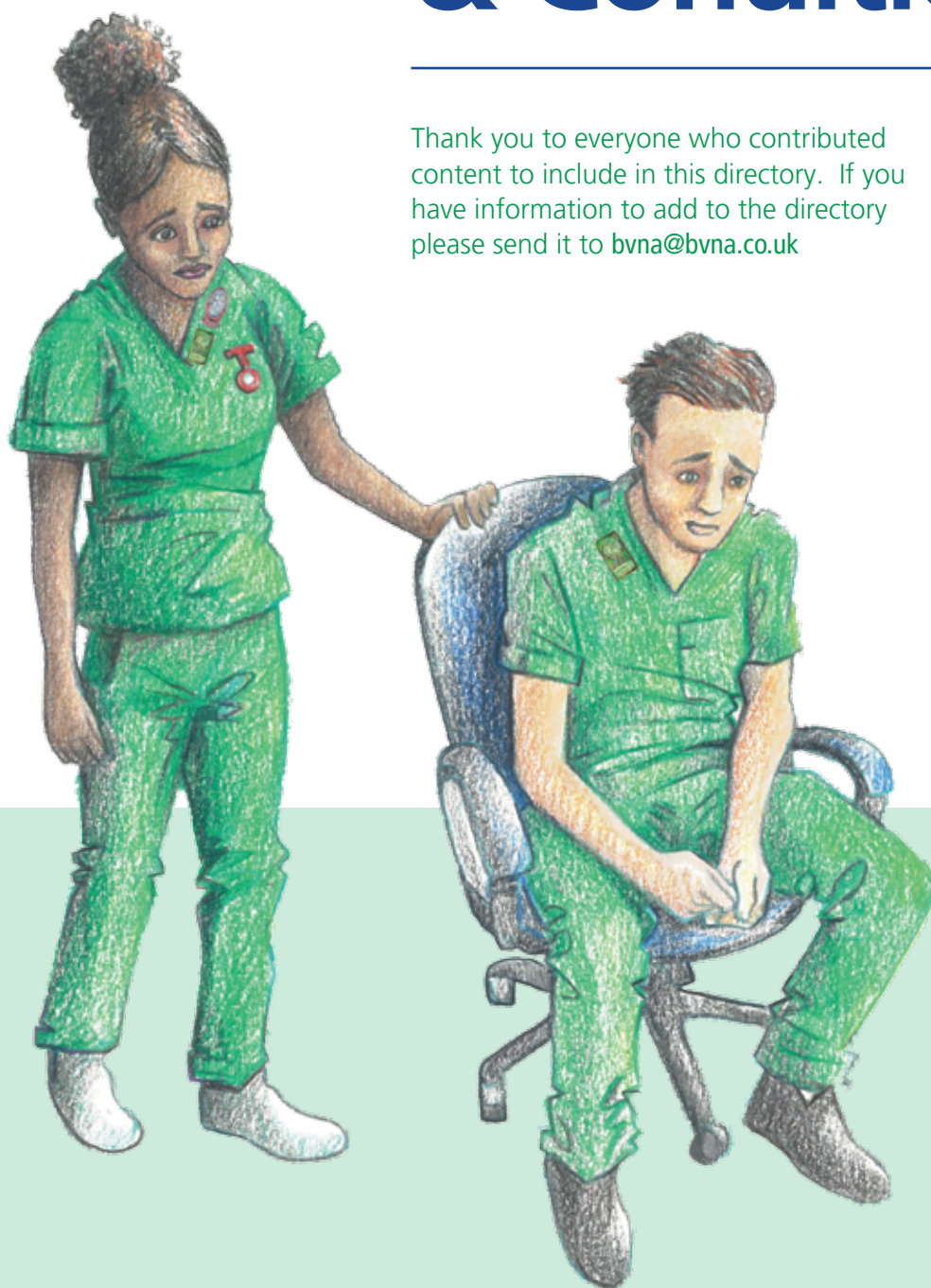




BVNA
British Veterinary
Nursing Association

A Directory of Chronic Illness & Conditions

Thank you to everyone who contributed content to include in this directory. If you have information to add to the directory please send it to bvna@bvna.co.uk



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ACHALASIA

Achalasia occurs when nerves in the esophagus become damaged. As a result, the esophagus becomes paralyzed and dilated over time and eventually loses the ability to squeeze food down into the stomach. Food then collects in the esophagus, sometimes fermenting and washing back up into the mouth, which can taste bitter.

Signs and symptoms

The most common symptom of achalasia is difficulty swallowing. Patients often experience the sensation that swallowed material, both solids and liquids, gets stuck in the chest. This problem often begins slowly and progresses gradually.

Where to get help

<https://www.achalasia-action.org/>

ACID REFLUX SYNDROME

Acid reflux most commonly occurs just before bedtime, when you're lying down, largely because it doesn't take as much force for stomach acid to travel up the chest and throat.

Stomach acid helps us break down food. But as we age, our bodies are less adapted to keeping the acid from travelling up the body. That's why you're more likely to experience it later in life, though it can be triggered in young people too.

Signs and symptoms

A burning sensation in your chest (heartburn), usually after eating, which might be worse at night. Chest pain. Difficulty swallowing. Regurgitation of food or sour liquid. Sensation of a lump in your throat.

<https://www.nhs.uk/conditions/heartburn-and-acid-reflux/>

ADENOMYOSIS

Similar to endometriosis, except the endometrium (tissue usually found inside the womb) is located deep inside the myometrium (uterine muscle). This tissue flares up every month during a woman's menstrual cycle.

Signs and symptoms

Heavy menstrual bleeding with clots, severe 'stabbing' abdominal cramps, spotting between periods, longer menstrual cycles, painful sex, fatigue.

Where to get help

<https://www.pelvicpain.org.uk/conditions/adenomyosis/>

<https://www.endometriosis-uk.org/adenomyosis-and-endometriosis>

ADDISON'S

Addison's disease, also known as primary adrenal insufficiency or hypoadrenalism, is a rare disorder of the adrenal glands. The adrenal glands are 2 small glands that sit on top of the kidneys. They produce 2 essential hormones: cortisol and aldosterone.

Signs and symptoms

People who have a condition called Addison's disease or who have damaged adrenal glands may not be able to produce enough cortisol. Low levels of cortisol can cause weakness, fatigue, and low blood pressure.

<https://www.addisonsdisease.org.uk/>

ALCOHOLISM

Over reliance on alcohol that can have many repercussions.

Signs and symptoms

Isolation, depression, drunkenness, liver failure, reckless behaviour.

<https://www.alcoholics-anonymous.org.uk/contact>

ANAEMIA

Anaemia is a deficiency in the number or quality of red blood cells in your body. Red blood cells carry oxygen around your body using a particular protein called haemoglobin. Anaemia means that either the level of red blood cells or the level of haemoglobin is lower than normal.

Signs and symptoms

Check if you have iron deficiency anaemia. Tiredness and lack of energy, shortness of breath, noticeable heartbeats (heart palpitations), pale skin.

<https://www.nhs.uk/conditions/iron-deficiency-anaemia/>



ALZHEIMER'S

Damage occurring in the brain of someone with Alzheimer's disease begins to show itself in very early clinical signs and symptoms. For most people with Alzheimer's—those who have the late-onset variety—symptoms first appear in their mid-60s. Signs of early-onset Alzheimer's begin between a person's 30s and mid-60s.

Signs and symptoms

Early Signs Of Alzheimer's. Forgetfulness. An individual with early Alzheimer's might be more forgetful than normal. Misplacing Things. It's not uncommon for those with Alzheimer's to misplace things. Withdrawal from Social Activities. Changes in Personality and Mood. Problems Speaking or Writing.

<https://www.asthma.org.uk/>

ANKYLOSING SPONDYLOSIS

Ankylosing spondylitis (AS) is a long-term condition in which the spine and other areas of the body become inflamed. AS tends to first develop in teenagers and young adults. It's also around 2 times more common in men than in women.

Signs and symptoms

Early signs and symptoms of ankylosing spondylitis might include pain and stiffness in your lower back and hips, especially in the morning and after periods of inactivity. Neck pain and fatigue also are common. Over time, symptoms might worsen, improve or stop at irregular intervals.

<https://nass.co.uk/>

ANTIPHOSPHOLIPID SYNDROME (APS)

Auto-immune disease where the body produces antibodies against itself.

Signs and symptoms

Signs and symptoms may be low grade of acute and include: memory problems, migrains/ headaches, dizziness, joint pain and fatigue. Serious health issues such as DVT (deep vein thrombosis), heart attacks, strokes, pulmonary embolisoms and miscarriages can occur due to APS.

<https://aps-support.org.uk/>

ANXIETY

Many different types of anxiety

Signs and symptoms

Some of the most common physical symptoms are: Increased heart rate or increased muscle tension, 'Jelly legs' or tingling in the hands and feet, Hyperventilation (breathing too heavily) or dizziness, difficulty in breathing or a tight band across the chest, wanting to use the toilet more often, feeling sick, tension headaches, hot flushes or increased perspiration, dry mouth, shaking or palpitations, choking sensations.

Some of the most common psychological symptoms include feeling that:

You might lose control and/or go 'mad'; or feelings that you might die. You might have a heart attack/ be sick/faint/have a brain tumour. People are looking at you and noticing your anxiety. Things are speeding up/slowing down. You're detached from your environment and the people in it. You want to run away/escape from the situation, you're on edge and alert to everything around you

<https://www.anxietyuk.org.uk/>

ARTHRITIS RHEUMATOID AND OSTEOARTHRITIS AND PSORIATIC

Signs and symptoms

Rheumatoid arthritis can cause pain, swelling and deformity. As the tissue that lines your joints (synovial membrane) becomes inflamed and thickened, fluid builds up and joints erode and degrade. Rheumatoid arthritis is a chronic inflammatory disorder that can affect more than just your joints.

<https://www.versusarthritis.org/>

ASPERGERS

Asperger's Syndrome, a form of Autism Spectrum Disorder, is a developmental disorder. Young people with Asperger's Syndrome have a difficult time relating to others socially and their behavior and thinking patterns can be rigid and repetitive.

Signs and symptoms

Children with Asperger's Syndrome exhibit poor social interactions, obsessions, odd speech patterns, limited facial expressions and other peculiar mannerisms. They might engage in obsessive routines and show an unusual sensitivity to sensory stimuli.

ASTHMA

Asthma is a chronic (long-term) condition that affects the airways in the lungs. The airways are tubes that carry air in and out of your lungs. If you have asthma, the airways can become inflamed and narrowed at times. Asthma affects people of all ages and often starts during childhood.

Signs and symptoms

Cough, shortness of breath, fatigue

<https://www.asthma.org.uk/>

ATTENTION DEFICIT HYPERACTIVITY DISORDER ADHD

While everybody to some extent, and at certain times, occasionally has trouble sitting still, paying attention, or controlling impulsive behaviour, many others experience impulsivity, hyperactivity, and inattention at such mal-adaptively high levels that their daily lives at home, at school, at work, and in social settings are disrupted to a considerable and sometimes

disabling extent. These people may have a common neurobiological disorder called Attention Deficit Hyperactivity Disorder (ADHD). There is also a less common and more severe form of ADHD called Hyperkinetic Disorder.

Signs and symptoms

Below is a list of symptoms which may be used to recognise adult ADHD.

Carelessness and lack of attention to detail, continually starting new tasks before finishing old ones, poor organisational skills, inability to focus, or prioritise, continually losing, or misplacing, things, forgetfulness, restlessness and edginess, difficulty keeping quiet and speaking out of turn, blurting responses, and poor social timing when talking to others, often interrupting others, mood swings, irritability and a quick temper, inability to deal with stress, extreme impatience, taking risks in activities, often with little, or no, regard for personal safety, or the safety of others.

<https://aadduk.org/>

AUTISM

Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication.

Signs and symptoms

Patterns of Behavior

Repetitive behaviors like hand-flapping, rocking, jumping, or twirling, Constant moving (pacing) and “hyper” behavior, Fixations on certain activities or objects. Specific routines or rituals (and getting upset when a routine is changed, even slightly), Extreme sensitivity to touch, light, and sound.

<https://www.autism.org.uk/>

B

BACK CONDITIONS

Pain in the lower back (lumbago) is particularly common, although it can be felt anywhere along the spine, from the neck down to the hips. It's often not possible to identify the cause of back pain.

Doctors call this non-specific back pain.

Sometimes the pain may be from an injury such as a sprain or strain, but often it happens for no apparent reason. It's very rarely caused by anything serious.

Occasionally back pain can be caused by a medical condition such as:

a slipped (prolapsed) disc – where a disc of cartilage in the spine presses on a nearby nerve

sciatica – irritation of the nerve that runs from the pelvis to the feet

These conditions tend to cause additional symptoms, such as numbness, weakness or a tingling sensation, and they're treated differently from non-specific back pain.

Signs and symptoms

Seek immediate medical help if you have any of these symptoms numbness or tingling around your genitals or buttocks, difficulty peeing, loss of bladder or bowel control – peeing or pooing yourself, chest pain, a high temperature, unintentional weight loss, a swelling or a deformity in your back, it does not improve after resting or is worse at night, it started after a serious accident, such as after a car accident, the pain is so bad you're having problems sleeping, pain is made worse when sneezing, coughing or pooing, the pain is coming from the top of your back, between your shoulders, rather than your lower back

<https://www.nhs.uk/conditions/back-pain/>

BIPOLAR

Bipolar disorder, formerly called manic depression, is a mental health condition that causes extreme mood swings that include emotional highs (mania or hypomania) and lows (depression). When you become depressed, you may feel sad or hopeless and lose interest or pleasure in most activities.

Signs and symptoms

The main symptoms of bipolar disorder are episodes of extreme highs and lows, which can last for several weeks.

People with bipolar disorder have episodes of: depression – feeling very low and lethargic, mania – feeling very high and overactive.

Symptoms of bipolar disorder depend on which mood you're experiencing. Unlike simple mood swings, each extreme episode of bipolar disorder can last for several weeks (or even longer).

<https://www.bipolaruk.org/>

BORDERLINE PERSONALITY DISORDER

Borderline personality disorder is a condition that affects how you think, feel and interact with other people.

Symptoms of borderline personality include being emotionally unstable, having upsetting thoughts and acting without thinking.

The main treatment for borderline personality disorder is a type of talking therapy called psychotherapy.

The cause of borderline personality disorder is unclear. It's been linked to traumatic events during childhood, such as neglect or abuse.

Signs and symptoms

Symptoms of borderline personality include being emotionally unstable, having upsetting thoughts and acting without thinking.

The symptoms of BPD can be grouped into 4 main areas: emotional instability – the psychological term for this is affective dysregulation, disturbed patterns of thinking or perception – cognitive distortions or perceptual distortions

impulsive behaviour, intense but unstable relationships with others.

The symptoms of a personality disorder may range from mild to severe and usually emerge in adolescence, persisting into adulthood.

BRONCHECTASIS

Bronchiectasis is a long-term condition where the airways of the lungs become widened, leading to a build-up of excess mucus that can make the lungs more vulnerable to infection. The most common symptoms of bronchiectasis include: a persistent cough that usually brings up phlegm (sputum).

Signs and symptoms

The most common symptom of bronchiectasis is a persistent cough that brings up a large amount of phlegm on a daily basis, shortness of breath, wheezing, coughing up blood or bloodstained phlegm, chest pain, joint pain.

<https://bronchiectasis.com.au/>

BURN OUT

Emotional and physical exhaustion. Caused by chronic stress, or if you have been in a particularly demanding job role for a long period of time, leaving you feeling physically and emotionally fatigued.

Signs and symptoms

Signs include: Feeling overwhelmed, exhausted, hopeless, detached, cynical, numb or empty and unable to cope or manage, resulting in reduced motivation and in poor performance at work. Physical signs may include gastrointestinal upset and headaches.

<https://mentalhealth-uk.org/burnout>
<https://www.mind.org.uk/workplace/coronavirus-and-work/dealing-with-burnout-when-working-from-home>
<https://www.helpguide.org/articles/stress/burnout-prevention-and-recovery>

BURSITIS

Painful joint triggered by inflammation of the bursa (fluid filled sac around the joint)

Signs and symptoms

Signs include: Pain, warmth and swelling of the affected joint.

<https://www.nhs.uk/conditions/bursitis/>

C COELIAC DISEASE

A life-long autoimmune disease triggered by a reaction to gluten. Affects 1:100 people

Signs and symptoms

Signs include: vomiting, diarrhoea, abdominal pain, bloating, anaemia, mouth ulcers and fatigue

<https://www.coeliac.org.uk/information-and-support/>
<https://gutscharity.org.uk/advice-and-information/conditions/coeliac-disease/>

CANCER

Where cells in the body reproduce and grow at an abnormal rate, affecting surrounding organs and tissue. The most common types are breast, lung, prostate and bowel cancer. Cancer affects 1:2 people in the UK.

Signs and symptoms

There are hundreds of different types of cancer, which can cause lots of different symptoms. Cancer can affect people both physically and mentally.

<https://www.macmillan.org.uk/>
<https://www.supportline.org.uk/>
<https://www.cancerresearchuk.org/>
<https://www.nhs.uk/conditions/cancer/>

CORONARY HEART DISEASE

Also known as ischaemic heart disease. Caused by a narrowing or blockage of the vessels to the heart, compromising its blood supply.

Signs and symptoms

Signs include: chest pain, nausea, shortness of breath, feeling faint or dizzy

<https://www.bhf.org.uk/information-support/conditions/coronary-heart-disease>
<https://www.nhs.uk/conditions/coronary-heart-disease/>

CARPAL TUNNEL SYNDROME

Compression of the median nerve in the wrist. Can be triggered by: arthritis (inflammation/swelling), pregnancy (hormones), obesity, hypothyroidism, trauma to the wrist area, using certain tools at work.

Signs and symptoms

Signs include: pain, numbness, weakness and pins and needles in hand and sometimes the forearm. Writing and performing certain manual tasks may be challenging.

<https://www.versusarthritis.org/about-arthritis/conditions/carpal-tunnel-syndrome>
<https://www.nhs.uk/conditions/carpal-tunnel-syndrome/>

CEREBRAL PALSY

A life-long condition that is usually caused by an injury the brain before, during or just after a child is born.

Signs and symptoms

Can affect a person's coordination, balance, posture and movement and signs can be mild or severe. Speech may also be affected. Some people with cerebral palsy will also suffer from seizures and may have visual, hearing and intellectual impairments.

<https://www.mencap.org.uk/learning-disability-explained/conditions-linked-learning-disability/cerebral-palsy>
<https://cparf.org/>

CROHN'S DISEASE

Crohn's disease is an inflammatory bowel disease that causes inflammation and sometimes severe pain in the gastrointestinal tract. Crohn's disease (along with ulcerative colitis) is a type of IBD (inflammatory bowel disease). Stress and diet can trigger inflammation caused by Crohn's disease and it is thought that the causes are multifactorial, including: hereditary, genetic, and environmental reasons

Signs and symptoms

Diarrhoea (mucous, pus or blood may be present) urgency to use the toilet, abdominal pain/cramps, constipation, mouth ulcers, fatigue, anaemia, poor appetite, weight loss

<https://www.crohnsandcolitis.org.uk/>
<https://www.crohnscolitisfoundation.org/>

CHRONIC FATIGUE SYNDROME

Chronic fatigue syndrome (CFS) is a long-term illness with a wide range of symptoms. The most common symptom is extreme tiredness. CFS is also known as ME, which stands

for myalgic encephalomyelitis. Many people refer to the condition as CFS/ME. CFS/ME can affect anyone, including children.

Signs and symptoms

Constant and debilitating fatigue, headaches, joint pain, insomnia, nausea, heart palpitations, brain fog

<https://meassociation.org.uk/>
<https://www.mereseach.org.uk/>
<https://www.royalfree.nhs.uk/services/services-a-z/fatigue-service/chronic-fatigue-syndrome-treatment/>

COSTROCHONDRITIS

Inflammation of the cartilage that joins a person's rib to their sternum. Can last for weeks or months.

Signs and symptoms

Signs include pain when: driving in the car (seatbelt), laying down (may cause sleep issues and tiredness), exercising, coughing and sneezing.

<https://www.nhs.uk/conditions/costochondritis/>



D DEAFNESS AND HEARING LOSS

Complete or partial loss of hearing. Can be related to genetic or age-related factors, infections, trauma, ototoxic drugs, acoustic neuromas, cardiovascular disease or diabetes. Some people are born deaf, whilst others may experience either a gradual or sudden loss of hearing. Ménière's disease or may be noise induced. 1:6 people in the UK are affected by hearing loss

Signs and symptoms

Depends on the individual, but deaf or those hard of hearing may experience frustration and loneliness due to communication challenges with others. Some people may also experience tinnitus and problems with their balance.

<https://www.hearinglink.org.uk/>

<https://bda.org.uk/>

<https://ruid.org.uk/>

<https://www.nhs.uk/conditions/hearing-loss/>

DEGENERATIVE DISC DISEASE

Wearing down of the discs between the vertebra. Can be caused due to age (disc dries out), wear and tear (activity) and injury.

Signs and symptoms

Signs can be mild or severe and include: pain in the lower back, buttocks, thighs, arms or legs. Stiffness and pain when moving, bending or twisting the body. Weak leg muscles. Numbness in arms or legs.

<https://www.arthritis.org/diseases/degenerative-disc-disease>

DEPRESSION

Depression is a low mood that lasts for a long time, and affects your everyday life.

Signs and symptoms

In its mildest form, depression can mean just being in low spirits. It doesn't stop you leading your normal life but makes everything harder to do and seem less worthwhile. At its most severe, depression can be life-threatening because it can make you feel suicidal.

How you might feel: Down, upset or tearful, restless, agitated or irritable, guilty, worthless and down on yourself, empty and numb, isolated and unable to relate to other people, finding no pleasure in life or things you usually enjoy, a sense of unreality, no self-confidence or self-esteem, hopeless and despairing, suicidal.

How you might behave: avoiding social events and activities you usually enjoy, self-harming or suicidal behaviour, difficulty speaking, thinking clearly or making decisions, losing interest in sex, difficulty remembering or concentrating on things, using more tobacco, alcohol or other drugs than usual, difficulty sleeping, or sleeping too much, feeling tired all the time, no appetite and losing weight, or eating too much and gaining weight, physical aches and pains with no obvious physical cause, moving very slowly, or being restless and agitated.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/about-depression/>

DIABETES TYPE 1 AND 2

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy. Most of the food you eat is broken down into sugar (also called glucose) and released into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin.

Signs and symptoms

Weight loss, fatigue, mood changes.

<https://www.diabetes.org.uk/>

DYSLEXIA

A life-long neurological and learning difference that can affect a person's writing, reading and organisational skills. Can range from mild to severe and is often genetic.

Signs and symptoms

Affects each individual differently. Children and adults may show different signs. May cause confusion with words, erratic spelling, difficulty listening and focussing, confusion with instructions and person may be easily distracted. Some people may develop low self-esteem.

<https://www.bdadyslexia.org.uk/>

<https://www.dyslexia.uk.net/>

<https://www.nhs.uk/conditions/dyslexia/>

DYSPRAXIA

Also known as 'Developmental Co-ordination Disorder'. A complex neurological condition that affects muscle coordination and movement. Is linked with other conditions such as ADHD, autism, dyslexia, anxiety and depression.

Signs and symptoms

Signs include: problems with muscle coordination, movement and

balance. Vision, hearing and limb proprioception may be affected. Dyspraxia may also affect how someone deals with their emotions, as well as how they process and remember information. Can impact on how someone writes or performs daily tasks.

<https://www.dyspraxiauk.com/>

<https://www.nhs.uk/conditions/developmental-coordination-disorder-dyspraxia-in-adults/>

EATING DISORDERS

Eating disorders are complex mental illnesses. Anyone, no matter what their age, gender, ethnicity or background, can develop one. Some examples of eating disorders include avoidant/restrictive food intake disorder (ARFID), bulimia, binge eating disorder, and anorexia.

There's no single cause and people might not have all symptoms for any one eating disorder. Many people are diagnosed with "other specified feeding or eating disorder" (OSFED), which means that their symptoms don't exactly match what doctors check for to diagnose binge eating disorder, anorexia, or bulimia, but doesn't mean that it's not still very serious.

It's also possible for someone's symptoms, and therefore their diagnosis, to change over time

Signs and symptoms

Can include limiting the amount of food eaten, eating very large quantities of food at once, getting rid of food eaten through unhealthy means (e.g. making themselves sick, misusing laxatives, fasting, or excessive exercise), or a combination of these behaviours.

<https://www.beateatingdisorders.org.uk/>

ECZEMA

A dry skin condition that comes in many different forms (also known as dermatitis) and can be present in lots of different areas of the body. The protective barrier of the skin is often compromised in people with eczema, allowing the skin to become easily irritated and damaged. Eczema affects 1:12 adults.

Signs and symptoms

Signs include: Dry, itchy, inflamed and painful skin.

<https://eczema.org/>

EHLERS-DANLOS SYNDROMES

A group of rare genetic connective tissue disorders. There are 13 different types of EDS.

Signs and symptoms

Symptoms may vary, but can include: joint hypermobility, joints that dislocate easily, stretchy or fragile skin that bruises easily, gastrointestinal problems, bladder issues, dizziness, organ prolapse, hernias and extreme fatigue.

<https://www.ehlers-danlos.org/>

<https://www.nhs.uk/conditions/ehlers-danlos-syndromes/>

ENDOMETRIOSIS

Endometriosis is a common long-term (chronic) condition where tissue similar to the lining of the womb is found elsewhere in the body (usually in the abdominal cavity and around the reproductive organs). Each month, this tissue responds to the monthly menstrual cycle in the same way as the lining of the womb. The lining builds up, then breaks down followed by bleeding, inflammation, and painful lesions and scarring. Endometriosis affects 1:10 women.

Signs and symptoms

Infertility or difficulty conceiving, chronic (sometimes debilitating) pelvic pain, heavy and intensely painful periods, bowel and urinary problems, chronic fatigue, anxiety and depression caused by concerns over relationships and fulfilling social and work-related commitments, painful sex

<https://www.endometriosis-uk.org/>

EPILEPSY

Epilepsy is a condition that affects the brain. When someone has epilepsy, it means they have a tendency to have epileptic seizures.

Anyone can have a one-off seizure, but this doesn't always mean they have epilepsy. Epilepsy is usually only diagnosed if a doctor thinks there's a high chance that the person could have more seizures.

Epilepsy can start at any age and there are many different types. Some types of epilepsy last for a limited time and the person eventually stops having seizures.

Signs and symptoms

There are many different types of seizure. What happens to someone during a seizure depends on which part of their brain is affected, and how far the seizure activity spreads. During some types of seizure the person may remain alert and aware of what's going on around them, and with other types they may lose awareness. They may have unusual sensations, feelings or movements. Or they may go stiff, fall to the floor and jerk.

<https://www.epilepsy.org.uk/>

F FIBROMYALGIA

Fibromyalgia is a chronic condition that causes pain in muscles and soft tissues all over the body. Researchers think it may be linked to sleep problems, stress, or immune, endocrine, or biochemical problems. Symptoms may also include lack of energy (fatigue), sleep problems, depression, headaches, and other problems.

Signs and symptoms

Muscle pain/stiffness, fatigue, brain fog, insomnia, headaches, bowel problems, sensitivity to pain

<https://www.fmauk.org/>

FUNCTIONAL NEUROLOGICAL DISORDER

Different types of neurological issues caused by the brain failing to send or receive signals and messages in the correct way.

Signs and symptoms

Can affect a person's ability to walk and may cause weakness, paralysis, muscle twitching, seizures and sensory problems.

<https://www.fndaction.org.uk/>

G GLANDULAR FEVER

Viral infection (infectious mononucleosis) that often affects young people and adults

Signs and symptoms

Signs include: Sore throat, fever, swollen glands in neck and fatigue that can last for weeks or months.

<https://www.nhs.uk/conditions/glandular-fever/>

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/glandular-fever>

GRAVE'S DISEASE

Autoimmune disorder resulting in hyperthyroidism

Signs and symptoms

Signs include: tachycardia, weight loss, diarrhoea, goitre, irritability and anxiety, insomnia

<https://www.niddk.nih.gov/health-information/endocrine-diseases/graves-disease>

H HASHIMOTO'S DISEASE

Occurs when the body's own immune system damages and attacks the thyroid gland

Signs and symptoms

Swollen thyroid gland and hypothyroidism

<https://www.nhs.uk/conditions/thyroiditis/>

HEMICRANIA CONTINUA

Continuous and fluctuating headache that occurs on one side of the head

Signs and symptoms

Signs include: head pain, vomiting, watering eyes, blocked nose, drooping eyelid and photophobia

<https://migrainetrust.org/understand-migraine/types-of-migraine/other-headache-disorders/hemicrania-continua/>

HEPATITIS

Inflammation of the liver, most commonly caused by a virus or damage from alcohol consumption. Viral hepatitis includes Hepatitis A, B, C, D and E. People can also suffer from autoimmune hepatitis (rare)

Signs and symptoms

Fatigue, vomiting and nausea, jaundice, joint aches and pains, abdominal pain, fever, dark urine, grey coloured stools, itchy skin

<https://britishlivertrust.org.uk/>

<https://www.nhs.uk/conditions/hepatitis/>

HUMAN INSUFFICIENCY VIRUS (HIV)

HIV (human immunodeficiency virus) is a virus that attacks a person's immune system, weakening it and reducing the body's ability to fight off pathogens and disease.

Signs and symptoms

Most (but not all) people infected with HIV will get some symptoms up to six weeks after infection. This is known as 'seroconversion' and signs include: fever, sore throat and skin rash. Later, as the body's immune system becomes weaker, people may experience the following signs: fatigue, diarrhoea, weight loss, night sweats, swollen glands, mouth thrush, cold sores/herpes outbreaks. Those in the later stages of HIV infection may develop pneumonia, tuberculosis and cancer.

<https://www.tht.org.uk/>

<https://www.avert.org/public-hub>

<https://www.nhs.uk/conditions/hiv-and-aids/>

HUNTINGTON'S DISEASE

Huntington's disease is an inherited disease that affects the body's nervous system. It is caused by a faulty gene in their DNA. Huntington's is a progressive disease and there is no cure. Symptoms usually begin between 20-50 years of age.

Signs and symptoms

Affects how a person moves, as well as their ability to think and learn and their emotional state. Signs include: confusion, poor mobility, memory issues, mood swings and depression.

<https://www.hda.org.uk/>

<https://www.nhs.uk/conditions/huntingtons-disease/>

HYPOTENSION

Low blood pressure, medically known as hypotension, is when your blood pressure is below 90/60mmHg. This does not necessarily mean that there is a problem.

Signs and symptoms

it can cause dizziness or even fainting.

<https://www.bhf.org.uk/information-support/risk-factors/high-blood-pressure/low-blood-pressure>

HYPOTHYROIDISM

An underactive thyroid gland (hypothyroidism) is where your thyroid gland does not produce enough hormones. Common signs of an underactive thyroid are tiredness, weight gain and feeling depressed.

Signs and symptoms

Weight gain, tiredness, constipation, feeling cold, muscle aches and weakness, depression, dry skin and nails, irregular or heavy periods, loss of libido. Infertility - Infertility is described as pregnancy is not achieved after one year or more of regular and unprotected sex. There are many different causes of infertility, which can be due to issues with the male or female partner (or both) Signs depend on cause of infertility.

<https://fertilityfoundation.org/>

<https://fertilitynetworkuk.org/>

<https://www.nhs.uk/conditions/infertility/>



INTERSTITIAL CYSTITIS

Also known as 'bladder pain syndrome'. Caused by chronic and painful inflammation of the bladder wall. More common in women than men.

Signs and symptoms

Signs include: needing to pee more frequently, urgent need to use the toilet, abdominal, urethral and vaginal pain.

<https://bladderhealthuk.org/interstitial-cystitis>

<https://www.nhs.uk/conditions/interstitial-cystitis/>

IRRITABLE BOWEL SYNDROME

Irritable bowel syndrome (IBS) is a common disorder that affects the digestive system.

Signs and symptoms

Depression, cramping, abdominal pain, bloating, gas, and diarrhea or constipation, or both. IBS is a chronic condition that you'll need to manage long term.

<https://www.theibsnetwork.org/>



JOINT HYPERMOBILITY SYNDROME

JHS occurs when someone has extremely flexible joints (double jointed), which can cause pain and/or dislocate.

Signs and symptoms

Signs and symptoms include: Dislocating of joints, thin, stretchy skin, sprains of joints and muscle strains, issues with balance and coordination, bowel or bladder problems, dizziness and fatigue.

<https://www.hypermobility.org/joint-hypermobility-syndrome-jhs>

<https://www.nhs.uk/conditions/joint-hypermobility-syndrome/>



KIDNEY DISEASE (CHRONIC)

A long-term condition where kidney function is compromised. CKD is more common in people who are black or have south Asian origin.

Signs and symptoms

Signs and symptoms include: Nausea, blood in urine, needing to pee urgently, strong smelling urine, swollen hands/feet, fatigue

<https://www.kidneycareuk.org/about-kidney-health/conditions/ckd/>

<https://kidneyresearchuk.org/conditions-symptoms/chronic-kidney-disease/>

<https://www.kidney.org.uk/chronic-kidney-disease>

<https://www.nhs.uk/conditions/kidney-disease/>



LONG COVID

For some people, coronavirus (COVID-19) can cause symptoms that last weeks or months after the infection has gone. This is sometimes called post-COVID-19 syndrome or "long COVID."

Signs and symptoms

There are lots of symptoms you can have after a COVID-19 infection. Common long COVID symptoms include: extreme tiredness (fatigue), shortness of breath, chest pain or tightness, problems with memory and concentration ("brain fog"), difficulty sleeping (insomnia), heart palpitations, dizziness, pins and needles, joint pain, depression and anxiety, tinnitus, earaches, feeling sick, diarrhoea, stomach aches, loss of appetite, a high temperature, cough, headaches, sore throat, changes to sense of smell or taste, rashes

<https://www.nhs.uk/conditions/coronavirus-covid-19/long-term-effects-of-coronavirus-long-covid/>



M

MARFAN SYNDROME

An inherited disorder of the body's connective tissue. Affects 1:3000 people in the UK.

Signs and symptoms

Diagnosis can be challenging and signs may vary, but can include issues with eyes, the musculoskeletal system (esp. long limbs, fingers and toes), as well as the heart, gastrointestinal system and ear, nose throat and dental problems.

<https://www.marfantrust.org/>

<https://www.marfan.org/>

<https://www.nhs.uk/conditions/marfan-syndrome/>

MENOPAUSE

When a woman stops having her periods and can no longer get pregnant

Signs and symptoms

hot flushes, night sweats, insomnia, headaches, low mood/anxiety, brain fog, irregular (perimenopause) or cessation of periods, heart palpitations, aches and pains, UTI's, osteoporosis, reduced muscle mass, reduced libido

<https://www.menopause.org/>

<https://www.talkingmenopause.co.uk/>

MIGRAINE

Chronic migraine is defined as having at least 15 headache days a month, with at least 8 days of having headaches with migraine features, for more than 3 months. Chronic headaches begin as less frequent headache episodes that gradually change into a more frequent headache pattern.

Signs and symptoms

Symptoms of an attack can include: head pain, problems with your sight such as seeing flashing lights, being very sensitive to light, sounds and smells, fatigue, feeling sick and being sick.

Different people get different symptoms. When you have a migraine attack, you may not be able to function normally.

Migraine attacks usually last for between four hours and three days. Some symptoms may start about 24 hours before you get head pain, and end about 24 hours after you stop having head pain. Most people don't have any symptoms in between migraine attacks.

<https://migrainetrust.org/>

MOTOR NEURONE DISEASE

Motor neurone disease (MND) affects the nerves called motor neurones in the brain and spinal cord. These nerves tell your muscles what to do. When motor neurones are damaged, it can affect the way your body works.

Signs and symptoms

You may have some or all of the symptoms listed below: muscle weakness, with loss of muscle mass (wasting), and movement and mobility problems, muscle cramps and spasms, including rippling sensations (known as fasciculation),

stiff joints, which may limit range of movement, pain or discomfort, as a result of other symptoms (not usually caused by MND directly), speech and communication problems, affecting how you speak, gesture and show expression, swallowing difficulties, affecting how you eat and drink, saliva problems, where thin saliva pools in the mouth or saliva becomes thick and sticky, weakened coughing, which makes it harder to clear the throat, breathing problems, which can lead to breathlessness and fatigue, emotional lability, with inappropriate emotional responses, such as laughing when feeling sad, changes to thinking and behaviour, for about half of those diagnosed with MND.

<https://www.mndassociation.org/>

MULTIPLE SCLEROSIS

MS (multiple sclerosis) is an autoimmune disease of the central nervous system. MS causes the body to attack nerve cells (and their protective sheath(myelin), disrupting nerve transmissions and causing scarring. 1:500 people have MS.

Signs and symptoms

Chronic fatigue, limb weakness, poor balance/coordination, muscle spasms, optic neuritis (loss of vision), pins and needles/numbness, pain, bladder problems, brain fog

<https://www.ms-uk.org/>

<https://www.mssociety.org.uk/>

MUSCLE WASTING CONDITIONS

Can include:, Becker muscular dystrophy, Charcot-Marie-Tooth disease, Dermatomyositis, Duchenne muscular dystrophy, Facioscapulohumeral muscular dystrophy, Inclusion body myositis, Limb girdle muscular dystrophy,

Myasthenia gravis, Myositis,
Myotonic dystrophy, Polymyositis,
Spinal muscular atrophy

Signs and symptoms

Signs vary depending on condition, but can include: muscle deterioration and weakness in different areas of the body, difficulty walking and balance.

<https://www.musculardystrophyuk.org/>
<https://www.nhs.uk/conditions/muscular-dystrophy/>

N

NON-EPILEPTIC SEIZURES AND DISSOCIATIVE SEIZURES

Seizures not caused by epilepsy or abnormal brain activity. May be triggered by something physiological (heart, low blood sugar) or have a psychological cause. More common in women.

Signs and symptoms

Signs include: heart palpitations, dry mouth, sweating and hyperventilation. Some people lose control of their limbs/body and have no sensation or awareness of their surroundings. Affected people may also lose control of their bladder and bite their tongue.

<https://epilepsysociety.org.uk/non-epileptic-seizures>
<http://nonepilepticattackdisorder.org.uk/non-epileptic-attack-disorder/>

O

OBESITY

A condition caused by somebody being very overweight, due to excess body fat. Affects 1:4 adults in the UK.

Signs and symptoms

Associated health risks include: Type 2 diabetes, stroke, breast and bowel cancer. Obese people may also be prone to depression.

<https://www.obesityuk.org.uk/>
<https://www.nhs.uk/conditions/obesity/>

OBSESSIVE COMPULSIVE DISORDER (OCD)

Obsessive-Compulsive Disorder (or more routinely referred to as OCD) is a serious anxiety-related condition where a person experiences frequent intrusive and unwelcome obsessional thoughts, commonly referred to as obsessions.

Obsessions are very distressing and result in a person carrying out repetitive behaviours or rituals in order to prevent a perceived harm and/or worry that preceding obsessions have focused their attention on. Such behaviours include avoidance of people, places or objects and constant reassurance seeking, sometimes the rituals will be internal mental counting, checking of body parts, or blinking, all of these are compulsions.

Compulsions do bring some relief to the distress caused by the obsessions, but that relief is temporary and reoccurs each time a person's obsessive thought/fear is triggered.

Signs and symptoms

People with OCD experience unwanted obsessions which take the form of persistent and uncontrollable thoughts, although obsessions can sometimes be persistent images, impulses, worries, fears or doubts or a combination of all these. They're always intrusive, unwanted, disturbing and most importantly significantly interfere with the sufferer's ability to function on a day-to-day basis as they are incredibly difficult to ignore. Compulsions or compulsive acts can be defined as repetitive, purposeful physical or mental actions that the individual feels compelled to engage in according to their own strict rules or in a stereotyped manner.

<https://www.ocduk.org/>

OSTEOPOROSIS

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). More common in women.

Signs and symptoms

Signs include: bone fractures, curvature of the spine, loss of height, back pain and muscle spasm. The most common injuries in people with osteoporosis are: broken wrist, broken hip.

<https://theros.org.uk/>

<https://www.versusarthritis.org/about-arthritis/conditions/osteoporosis>

P PLANTAR FASCIITIS

Plantar fasciitis is where you have pain on the bottom of your foot, around your heel and arch

Signs and symptoms

It's more likely to be plantar fasciitis if: the pain is much worse when you start walking after sleeping or resting, the pain feels better during exercise, but returns after resting, it's difficult to raise your toes off the floor

<https://www.nhs.uk/conditions/plantar-fasciitis/>

POLYCYSTIC OVARY SYNDROME (PCOS)

Caused by an excessive number of harmless follicles in the ovaries. Common female hormone condition

Signs and symptoms

Signs include: Weight gain, fertility problems, irregular periods, excessive hair (usually on face, back, chest or on buttocks), acne, hair loss/thinning (head), mood swings and depression.

<https://www.verity-pcos.org.uk/>

<https://www.nhs.uk/conditions/polycystic-ovary-syndrome-pcos/>

POST SEPSIS SYNDROME

Post-sepsis syndrome (PSS) is a condition that affects up to 50% of sepsis survivors. It includes physical and/or psychological long-term effects. The risk of having PSS is higher among people admitted to an intensive care unit (ICU) and for those who have been in the hospital for extended periods of time. Physical – Difficulty sleeping, either difficulty getting to sleep or staying asleep, Fatigue, lethargy, Shortness of breath, difficulty breathing, Disabling muscle or joint pain, Swelling in the limbs, Repeat infections, particularly in the first few weeks and months following the initial bout of sepsis, Poor appetite, Reduced organ function, e.g. kidney, liver, heart, Hair loss, Skin rash



Signs and symptoms

Psychological or emotional – Hallucinations, Panic attacks, Flashbacks, Nightmares, Decreased cognitive (mental) functioning, Loss of self-esteem, Depression, Mood swings, Difficulty concentrating, Memory loss, Post-traumatic stress disorder (PTSD)”

<https://www.sepsis.org/sepsis-basics/post-sepsis-syndrome/>

POST TRAUMATIC STRESS DISORDER (PTSD)

PTSD can affect anyone who has been exposed to a traumatic event – an event which provoked fear, helplessness, or horror in response to the threat of injury or death and therefore can affect anyone.

Signs and symptoms

PTSD can cause a wide variety of physical, mental and emotional symptoms such as hypervigilance, irrational anger & fear, panic attacks, flashbacks, digestive issues, feeling numb, nightmares and exhaustion.

<https://www.ptsduk.org/>

POSTURAL ORTHOSTATIC TACHYCARDIA SYNDROME

A disorder of the autonomic nervous system - a type of dysautonomia.

Signs and symptoms

Signs and symptoms include: Dizziness, brain fog, fatigue, migraines and sleep issues. Affected people may also get gastrointestinal symptoms and pain.

<https://www.standinguptopots.org/>
<https://www.nhs.uk/conditions/postural-tachycardia-syndrome/>

PREMENSTRUAL DYSPHORIC DISORDER

A mood disorder caused by hormones released around the pre-menstrual phase of woman's menstrual cycle

Signs and symptoms

Signs include: Mood swings, irritability/anger, crying all the time, low energy, anxiety, depression, brain fog, sleep issues, feeling out of control or overwhelmed and changes in appetite.

<https://iapmd.org/about>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/premenstrual-dysphoric-disorder-pmdd/about-pmdd/>

PRE MENSTRAL SYNDROME (PMS)

PMS is a chronic condition experienced by menstruating women which is characterised by distressing physical, behavioural and psychological symptoms that regularly recur during the luteal phase of the menstrual cycle (from ovulation to the onset of a period) and that disappear or significantly diminish by the end of the period (menstruation).

Signs and symptoms

PMS is characterised by a number of symptoms- over 150 have been identified.

Common psychological and behavioural symptoms are: mood swings, depression, tiredness, fatigue or lethargy, anxiety, feeling out of control, irritability, aggression, anger, sleep disorder, food cravings

Common physical symptoms are: breast tenderness, bloating, weight gain, clumsiness, headaches

No-one experiences all identified symptoms. One symptom may be dominant. Each symptom may vary in severity during a cycle and from one cycle to another. New symptoms may present during a woman's experience of PMS.

PMS symptoms may be experienced continuously from ovulation to menstruation, for 7 days before, at ovulation for 3-4 days and again just prior to menstruation and in other patterns. Some women do not experience relief from symptoms until the day of the heaviest flow.

<https://www.pms.org.uk/>

PSORIASIS

An auto-immune skin condition caused by excessive accumulation of skin cells and plaques. There are many different types of psoriasis, which can affect different areas of the body

Signs and symptoms

Signs and symptoms include: dry, itchy and flakey skin (joints can be affected in some people too). People with psoriasis can also be affected psychologically

<https://www.psoriasis-association.org.uk/>
<https://knowyourskin.britishskinfoundation.org.uk/condition/psoriasis>
<https://www.nhs.uk/conditions/psoriasis>

R RAYNAUDS SYNDROME

Raynaud's disease (Ray-nodes) means that the small blood vessels in the extremities such as the hands, feet, fingers or toes are over-sensitive to even the slightest changes in temperature, cold conditions and sometimes emotional stress. There are two different types of Raynaud's: primary and secondary. A Raynaud's attack can be very uncomfortable, and

sometimes quite painful. Raynaud's is a common condition thought to affect up to ten million people in the UK.

Signs and symptoms

A colour change in the extremities such as the hands or feet, often in response to cold conditions. Cold and numbness in the affected areas, such as the fingers and toes. Tingling or pain, especially as the circulation returns to the affected areas

<https://www.sruk.co.uk/raynauds/>

S SCIATICA

Caused by compression or irritation of the sciatic nerve

Signs and symptoms

Signs include: Pain in the back of the leg, feet/toes or bottom. Pain experienced may be burning, shooting or stabbing and affected areas may be weak, have pins and needles or be weak

<https://www.nhs.uk/conditions/sciatica/>

S SCOLIOSIS

Twisting or curving of the spine to the side. Often occurs during adolescence, cause is usually unknown, although can occur due to neuromuscular conditions or be degenerative (people >40 years of age).

Signs and symptoms

Signs include: Ribs pulled around by twisted spine, causing lump on back, uneven waist, shoulder blade sticks out. Affected people may experience back pain.

<https://sauk.org.uk/>
<https://www.nhs.uk/conditions/scoliosis/>

SEPSIS

Every 3 seconds, someone in the world dies of sepsis. In the UK alone, 245,000 people are affected by sepsis with at least 48,000 people losing their lives in sepsis-related illness every year. This is more than breast, bowel and prostate cancer combined. Globally, sepsis claims 11 million lives a year. Yet, for many patients, with early diagnosis it is easily treatable. Sepsis (also known as blood poisoning) is the immune system's overreaction to an infection or injury. Normally our immune system fights infection – but sometimes, for reasons we don't yet understand, it attacks our body's own organs and tissues. If not treated immediately, sepsis can result in organ failure and death. Yet with early diagnosis, it can be treated with antibiotics. (Sepsis UK Trust website). See also Post Sepsis Syndrome. Sepsis can initially look like flu, gastroenteritis or a chest infection.

Signs and symptoms

There is no one sign, and symptoms present differently between adults and children.

<https://sepsistrust.org/>

SJOGREN'S SYNDROME

Auto-immune disease that affects areas in the body that secrete fluid

Signs and symptoms

Signs include: Dry eyes, nose and mouth, neurological problems and headaches, change in smell/taste, nosebleeds, kidney and respiratory problems, dysphagia, bladder and bowel problems, vaginal dryness, brain fog and muscle and joint pain.

<https://www.sjogrens.org/>

<https://www.sjogrens.org/>

SPONDYLOLISTHESIS

A condition where the bones in a person's spine (vertebra) slip out of position. Various causes, including trauma, arthritis, birth defect, bone abnormalities.

Signs and symptoms

Signs include: Pain in lower back that improves when a person lies down (most common), sciatica, stiff back, curvature of the spine, difficulty walking, loss of bowel/bladder function

<https://www.nhs.uk/conditions/spondylolisthesis/>

STROKE

A stroke is a brain attack. It happens when the blood supply to part of the brain is cut off, killing brain cells. Damage to the brain can affect how the body works. It can also change how you think and feel. The effects of a stroke depend on where it takes place in the brain, and how big the damaged area is.

Different types of stroke

There are three different types of stroke:

- Ischaemic stroke
- Haemorrhagic stroke
- Transient ischaemic attack or TIA.

Stroke is a medical emergency. The FAST test can help you recognise the signs.

Facial weakness: Can the person smile? Has their mouth or eye drooped?

Arm weakness: Can the person raise both arms?

Speech problems: Can the person speak clearly and understand what you say?

Time to call 999: if you see any of these signs.

<https://www.stroke.org.uk/>

SYSTEMIC LUPUS ERYTHEMATOSUS

Long-term disease of the immune system. Can be mild or severe and is more likely to affect women than men

Signs and symptoms

Signs and symptoms vary, but can include: Fatigue, skin and joint problems, fever, anaemia, headaches, mouth ulcers, hair loss, damage to the skin, kidneys, heart, lungs and brain and depression.

<https://www.lupusuk.org.uk/>

<https://www.hibbslupustrust.org/>

<https://www.nhs.uk/conditions/lupus/>



TENDONITIS (ALSO CALLED TENDINITIS)

Inflammation/swelling of a tendon - can affect different parts of the body according to where the tendon is. Can be caused by trauma, metabolic conditions (diabetes), infections, medications and general wear and tear of joint.

Signs and symptoms

Signs include: pain, swelling, stiffness, limited range of movement of affected area

<https://www.arthritis.org/diseases/tendinitis>

<https://www.nhs.uk/conditions/tendonitis/>

TINNITUS

Tinnitus is the term for the sensation of hearing a sound in the absence of any external sound. The tinnitus might seem like it's in one ear or both, in the middle of the head or even be difficult to pinpoint. Some people may think the noise is coming from outside and hunt for it until they discover it's actually inside them! Tinnitus

is very common and is reported in all age groups, even young children. About 30% of people will experience tinnitus at some point in their lives but the number of people who live with persistent tinnitus is approximately 13% (over 1 in 8). Tinnitus is more common in people who have hearing loss or other ear problems, but it can also be found in people with normal hearing.

Signs and symptoms

Symptoms of tinnitus are you may hear different types of sound, for example, ringing, whooshing or humming or buzzing in the ear. These can be continuous or they can come and go.

<https://www.tinnitus.org.uk/>

TRIGEMINAL NEURALGIA

Acute facial pain. May be described as sudden sharp electric shock type pain in the jaw, teeth or gums. Usually short lasting (seconds to minutes)

Signs and symptoms

Severe, acute pain on one side of the face (usually jaw, cheek or teeth). May also radiate to forehead/eye.

<https://www.nhs.uk/conditions/trigeminal-neuralgia/>

<https://www.brainandspine.org.uk/our-publications/booklets/face-pain>

<https://mstrust.org.uk/a-z/trigeminal-neuralgia>



ULCERATIVE COLITIS

One of two types of IBD (inflammatory bowel disease) - affects the colon and rectum. Can be mild or severe.

Signs and symptoms

Signs and symptoms include:
Inflammation and ulceration of the colon and rectum, causing abdominal pain, diarrhoea, fatigue, poor appetite, weight loss, anaemia.

<https://crohnsandcolitis.org.uk/about-crohns-and-colitis/publications/ulcerative-colitis>

<https://www.nhs.uk/conditions/ulcerative-colitis/>

UTERINE FIBROIDS

Benign growths that form in or around the uterus

Signs and symptoms

Signs and symptoms include: Heavy or painful periods, spotting between periods, painful sex, abdominal or back pain, polyuria, constipation, anaemia, fertility problems (less common).

<http://www.britishfibroidtrust.org.uk/>

<https://www.nhs.uk/conditions/fibroids/>



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Campaign supporters

