

INTERNAL MEDICINE

1. General Medical Care

- **Routine Health Check-ups:**
 - Health screenings, vaccination updates, and wellness advice.
- **Chronic Disease Management:**
 - Monitoring and managing conditions like diabetes, hypertension, and hyperlipidemia.
- **Preventive Care:**
 - Lifestyle modification counseling for weight loss, smoking cessation, and stress management.

2. Cardiovascular Disorders

- **Hypertension:**
 - Blood pressure control with medications, diet, and exercise.
- **Heart Disease:**
 - Management of angina, arrhythmias, and heart failure.
 - Pre- and post-cardiac event care (e.g., heart attack).
- **Hypercholesterolemia:**
 - Cholesterol-lowering treatments like statins.

3. Endocrine Disorders

- **Diabetes Mellitus:**
 - Blood sugar control with insulin or oral hypoglycemic agents.
- **Thyroid Disorders:**
 - Treatment of hypothyroidism, hyperthyroidism, or goiter.
- **Hormonal Imbalances:**
 - Addressing adrenal, pituitary, or reproductive hormone dysfunctions.

4. Gastrointestinal Disorders

- **Acid Reflux (GERD):**
 - Antacids, H2 blockers, or proton pump inhibitors (PPIs).
- **Irritable Bowel Syndrome (IBS):**
 - Symptomatic treatment with diet changes and medications.
- **Liver Diseases:**
 - Management of hepatitis, fatty liver, or cirrhosis.

- **Gastroenteritis:**
 - Hydration and infection control.

5. Respiratory Disorders

- **Asthma and COPD:**
 - Bronchodilators, corticosteroids, and pulmonary rehabilitation.
- **Pneumonia and Bronchitis:**
 - Antibiotics and supportive care.
- **Allergic Rhinitis:**
 - Antihistamines or allergy shots.
- **Tuberculosis (TB):**
 - Multi-drug therapy under DOTS (Directly Observed Treatment, Short-course).

6. Infectious Diseases

- **Viral Infections:**
 - Management of influenza, dengue, chikungunya, and COVID-19.
- **Bacterial Infections:**
 - Antibiotics for UTIs, typhoid, or skin infections.
- **Fungal and Parasitic Infections:**
 - Antifungal or antiparasitic drugs.

7. Neurological Disorders

- **Headaches and Migraines:**
 - Pain management and preventive treatments.
- **Seizures:**
 - Antiepileptic medications.
- **Stroke Prevention:**
 - Blood thinners and lifestyle modifications.

8. Renal (Kidney) Disorders

- **Chronic Kidney Disease (CKD):**
 - Monitoring and managing electrolyte imbalances.
- **Urinary Tract Infections (UTIs):**
 - Antibiotic treatment and prevention advice.
- **Hypertension in Renal Disease:**
 - Specialized blood pressure control.

9. Rheumatologic Disorders

- **Arthritis:**
 - Medications for osteoarthritis or rheumatoid arthritis.
- **Autoimmune Diseases:**
 - Treatment of lupus, vasculitis, or scleroderma.

10. Blood and Hematologic Disorders

- **Anemia:**
 - Iron, folic acid, or vitamin B12 supplementation.
- **Clotting Disorders:**
 - Anticoagulant or antiplatelet therapy.
- **Leukopenia or Thrombocytopenia:**
 - Diagnosis and treatment of underlying causes.

11. Mental Health Disorders

- **Anxiety and Depression:**
 - Medications and therapy referrals.
- **Sleep Disorders:**
 - Management of insomnia or obstructive sleep apnea.

12. Geriatric Care

- **Elderly Health Management:**
 - Multisystem care for conditions like osteoporosis, dementia, and polypharmacy.
- **Palliative Care:**
 - Symptom management and end-of-life care.

13. Miscellaneous

- **Obesity Management:**
 - Diet, exercise, and medical interventions.
- **Allergy Management:**
 - Treating and preventing allergic reactions.
- **Cancer Screening and Follow-up:**
 - Guidance for regular screenings and managing complications.