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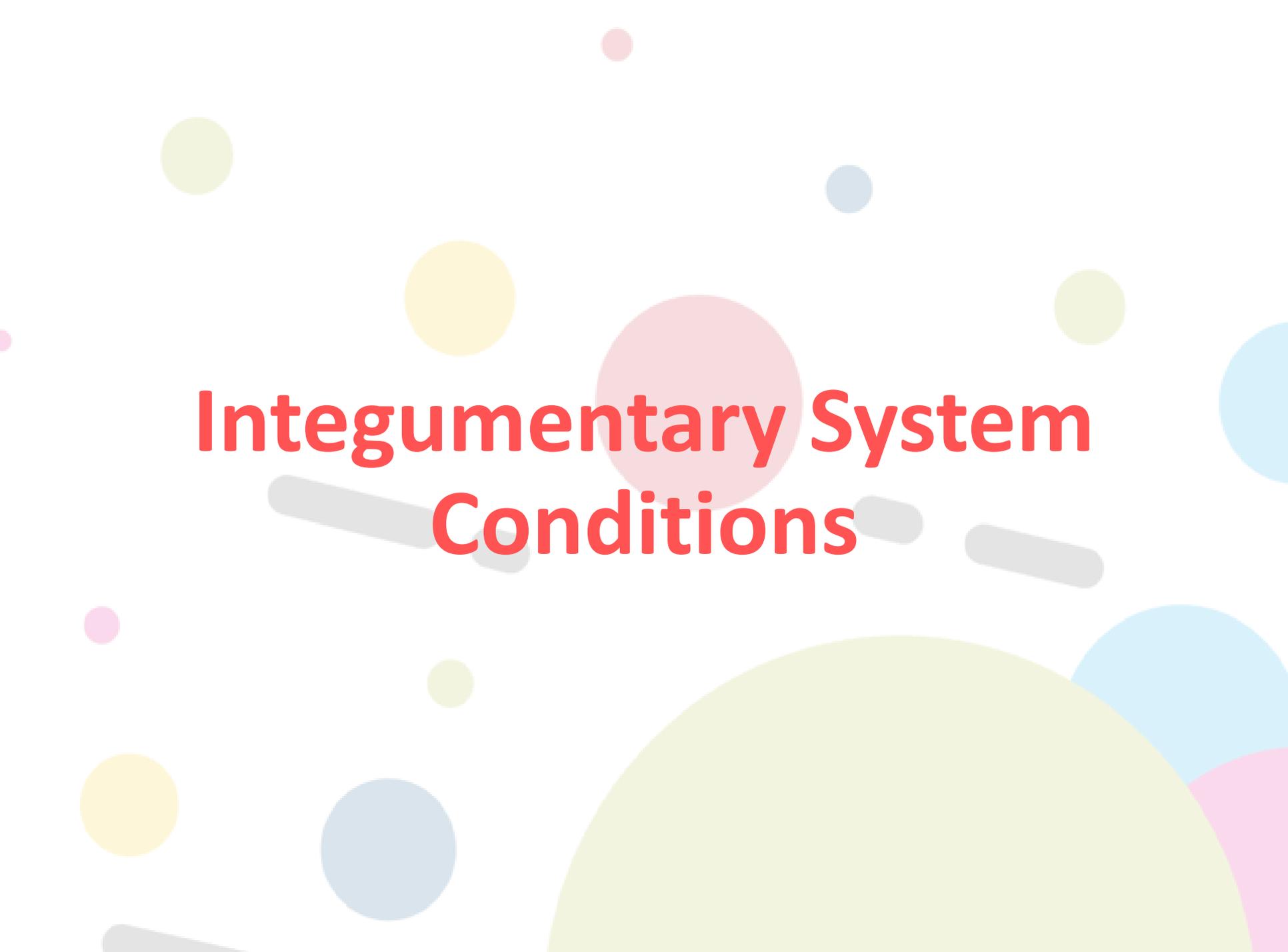
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Moderate Dehydration
Type 1 Diabetes (aka Juvenile Diabetes)

The background is white with scattered colorful circles in shades of red, yellow, blue, green, and pink. There are also several gray, rounded rectangular bars of varying lengths and orientations scattered across the page. The text is centered in a bold, red, sans-serif font.

Integumentary System Conditions

Fungal Skin Infection

A flareup of naturally occurring or introduced yeast or fungus, resulting in irritation of the skin, itchiness, and discomfort.

Signs and Symptoms

Fatigue due to trouble sleeping

Patches of pain/discomfort

Patches of itchiness

Patches of red or brown skin

Hot, swollen rash with ring or bulls-eye pattern

Skin in the affected area is hot, swollen, shows a ring pattern

Urine is pale yellow, clear, without a strong smell

Normal urine microscopy

Normal blood microscopy

Abnormal skin microscopy
Presence of yeast or fungal cells. Skin layers show disruptions and damage

Normal urine pH

Normal urine conductivity

Normal urine concentration

Normal blood pH

Normal blood conductivity

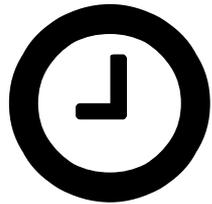
Normal blood sugar concentration

Normal MRI and CT scans

Abnormal thermal imagery
May show zones of hot skin

Normal spirometry
No trouble breathing, normal lung function

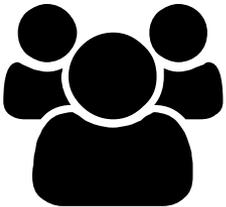
Consult an expert about: Fungal Skin Infection



Is it acute or chronic?

Both

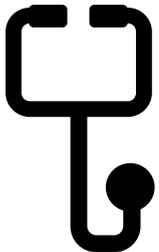
Approximately 25% of people who experience one infection will have at least one other, and many will have recurring, chronic infections throughout their lives.



Who is most impacted?

Anyone can experience a fungal skin infection (around 20-25% of the world has one right now!). Fungal skin infections can be passed easily between people or from infected surfaces.

People who are elderly, have pre-existing conditions, or do not have access to clean water sources are at a higher risk.



What are some ways to prevent, treat or manage it?

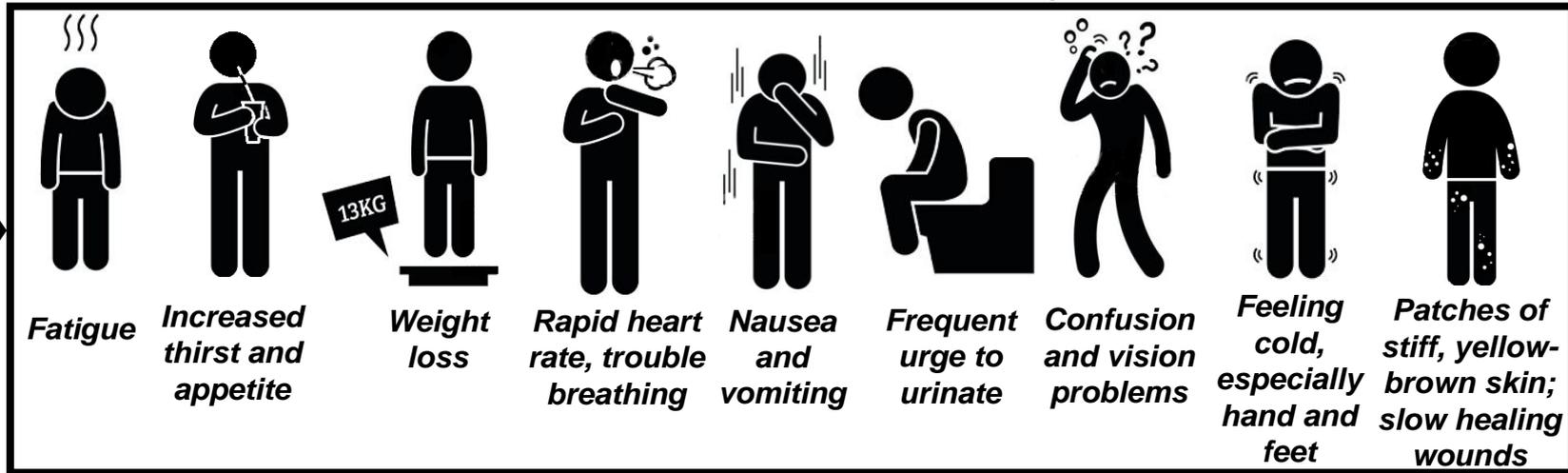
Good hygiene and diet can prevent infections.

Topical creams and natural therapies like birch bark oil (*Maskwiomin*) can help soothe irritated skin and rashes; in severe cases antifungal medications may be needed.

Type 1 Diabetes (aka Juvenile Diabetes)

A disease where, due to damage caused by a virus, autoimmune disorder, or other disruption, the pancreas does not produce enough (or any) insulin, the hormone that controls blood sugar.

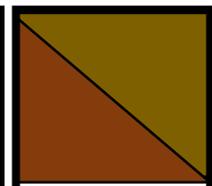
Signs and Symptoms



- Fatigue**
- Increased thirst and appetite**
- Weight loss** (13KG)
- Rapid heart rate, trouble breathing**
- Nausea and vomiting**
- Frequent urge to urinate**
- Confusion and vision problems**
- Feeling cold, especially hand and feet**
- Patches of stiff, yellow-brown skin; slow healing wounds**



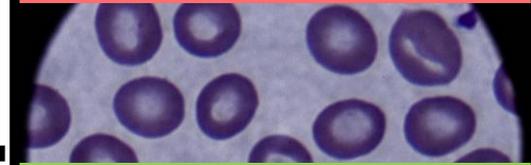
Skin has stiff or scaly (bumpy) patches. Wounds heal slowly and can easily become infected



Urine is dark yellow-brown, may be pink or red, cloudy, fruity smelling



Abnormal urine microscopy
White and red blood cells present



Normal blood microscopy

Abnormal skin microscopy
More pigment in skin that is stiff and scaly, fewer blood vessels at skin surface



- Slightly acidic urine pH
- Normal urine conductivity
- Higher urine concentration
- Slightly to very acidic blood pH
- Normal blood conductivity
- High blood sugar concentration



Abnormal MRI and CT scans
May see nerve and blood vessel damage (especially in eyes and hands/feet) and organ damage (pancreas, liver, kidneys, and lungs)

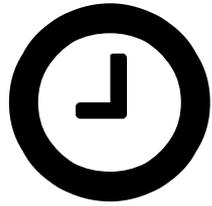


Abnormal thermal imagery
Hands and feet are very cold



Abnormal spirometry
Slightly decreased lung function and volume

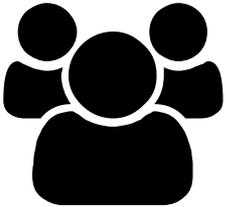




Is it acute or chronic?

Chronic

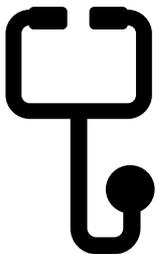
May gets worse over time if poorly managed or not treated, can lead to nerve, tissue, and blood vessel damage that can cause severe infections, amputations, blindness, organ failure, coma, and death.



Who is most impacted?

People who are less than 30 years old, especially who have relatives with diabetes.

Slightly more common in people with male anatomies, Type 1 Diabetes is found in 9% of the 1 in 3 Canadians living with diabetes or prediabetes.



What are some ways to prevent, treat or manage it?

The only current treatment for Type 1 diabetes is insulin (either through injections or with an insulin pump).

Early diagnosis, diet and exercise, and regular check-ups can keep symptoms under control.

Natural therapies such as Alder tea (*Tups*) can help soothe stomach cramps, while infected wounds can be treated with wetted alder bark and leaves, Balsam fir (*Stoqon*), and aloe vera sap. Juniper tea (kinikwejitewaqs) soothes bladder and kidney problems.

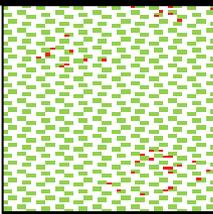
Iron Deficient Hypochromic Anaemia

A reduction in the production and quality of red blood cells resulting from an iron deficiency

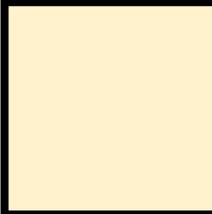
Signs and Symptoms



Fatigue **Short of breath** **Rapid changes in thirst and appetite** **Headaches** **Dizziness** **Burping and heartburn** **Lack of period (with female anatomies)** **Itchy, pale yellow-green skin, some redness**

Skin is yellow green, no rash or swelling, some redness



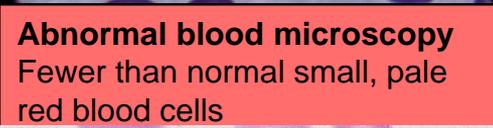
Urine is normal pale yellow colour, clear, with no strong smell



Possible abnormal urine microscopy
Red blood cells may be present



Abnormal blood microscopy
Fewer than normal small, pale red blood cells



Normal skin microscopy




Slightly acidic urine pH

Normal urine conductivity

Normal urine concentration

Slightly basic blood pH

Normal blood conductivity

Normal blood sugar concentration



Abnormal MRI and CT scans
May see damage to digestive organs that caused inability to take up iron



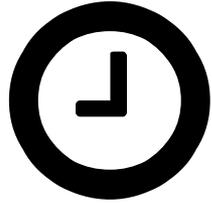
Abnormal thermal imagery
Legs and feet, arms and hands very cold



Abnormal spirometry
Slightly decreased lung function and volume



Consult an expert about: Iron Deficient Hypochromic Anaemia

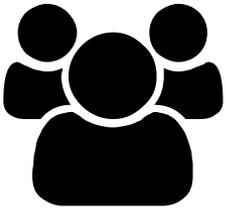


Is it acute or chronic?

Chronic

Can get worse over time without treatment or cause other health conditions like low blood oxygen levels, respiratory problems, growth and developmental delays in children, and in very rare cases green skin.

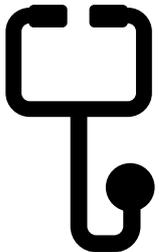
With treatment, symptoms disappear in 2 to 10 months.



Who is most impacted?

People with poor access to healthy sources of iron, are taking certain medications, who have digestion problems, or have female anatomies and menstruate.

19% of all Canadian children experience iron deficiency, and up to 79% of children in low income, First Nations, and immigrant communities.



What are some ways to prevent, treat or manage it?

Eating leafy greens like Kale or dandelion greens, and vitamin C (which helps the body absorb iron) can minimize the risk of iron deficiency.

Identifying the cause of the deficiency and taking iron supplements can help properly treat iron deficiency.

Eczema (Atopic Dermatitis)

A common skin condition caused by the skin barrier not keeping moisture in, which leads to intensely itchy, dry skin

Signs and Symptoms



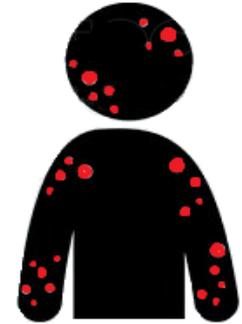
Fatigue due to trouble sleeping



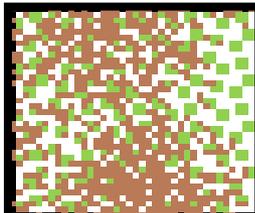
Patches of pain/discomfort, especially on the scalp, knees, elbows, hands, and cheeks



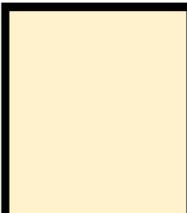
Patches of intense itchiness



Patches of dry, red skin that can become thick and scaly



Skin patches may be dry, scaly, or swollen, ranging in colour from red-brown to grey or purple



Urine is normal pale yellow colour, clear, with no strong smell

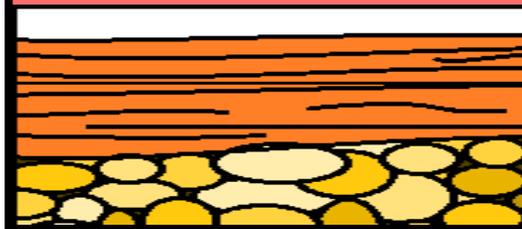


Normal urine microscopy

Normal blood microscopy

Abnormal skin microscopy

Skin layers thickened; skin cells dry. More immune cells present in affected areas



Normal urine pH

Normal urine conductivity

Normal urine concentration

Normal basic blood pH

Normal blood conductivity

Normal blood sugar concentration



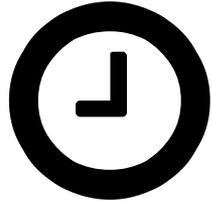
Normal MRI and CT scans



Normal thermal imagery

Normal spirometry

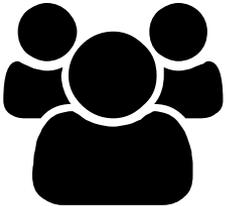
Consult an expert about: Eczema (Atopic Dermatitis)



Is it acute or chronic?

Chronic

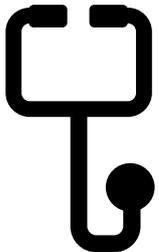
Can lead to or impact other skin conditions. Symptoms can come and go.



Who is most impacted?

Young children, people with family members who have eczema. People with certain allergies, sensitive skin, or who have an autoimmune disorder.

Up to 17% of Canadians experience eczema at some point in their life.

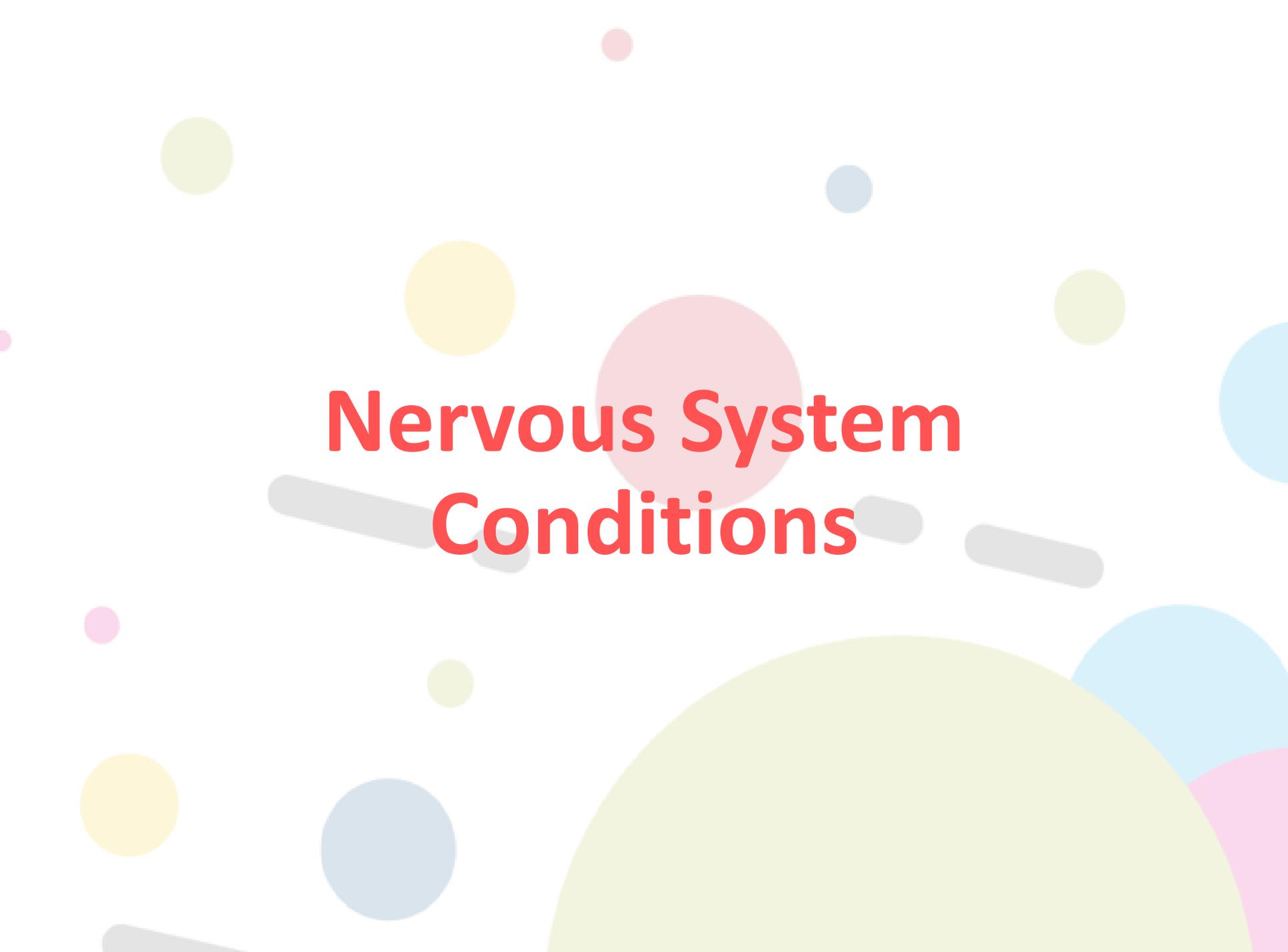


What are some ways to prevent, treat or manage it?

Identifying and avoiding allergens (food, dust, soaps, fabrics, etc.) can prevent symptoms.

Birch bark oil (*Maskwiomin*) and regular moisturizing can soothe symptoms.

Lotions and creams like hydrocorticosteroids or other prescribed creams can treat severe cases.

The background features a white canvas with scattered, semi-transparent geometric shapes. There are several circles in various colors: a large light red circle behind the text, a large light green circle at the bottom right, a medium blue circle at the bottom left, a yellow circle in the upper left, and a light blue circle on the right. There are also several grey, rounded rectangular bars of varying lengths and orientations scattered across the page. The text 'Nervous System Conditions' is centered in a bold, red, sans-serif font.

Nervous System Conditions

Spinal Cord Injury

Damage to the spinal cord and/or nearby nerves due to an injury such as from a fall, car crash, or infection

Signs and Symptoms

Fatigue due to trouble sleeping

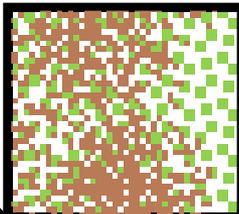
Extreme body temperature swings

Numbness or pain near injury, weakness or loss of control in one or more limbs

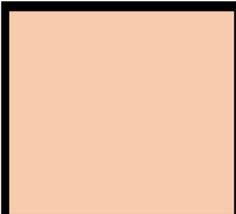
May experience loss of bladder control

Low blood pressure

Swelling in hands, feet, and limbs



Skin at site of injury may be bruised, swollen, and hot



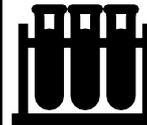
Urine may be pink or red (if the kidneys or bladder were damaged)



Abnormal urine microscopy
White and red blood cells may be present

Normal blood microscopy

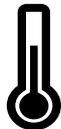
Abnormal skin microscopy
Evidence of blood in skin layers at injury site (bruising)



- Normal urine pH
- Normal urine conductivity
- Normal urine concentration
- Normal blood pH
- Normal blood conductivity
- Normal blood sugar concentration



Abnormal MRI and CT scans
Swelling, irritation, and inflammation of spinal cord, nerves, and nearby tissues/organs

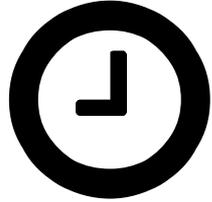


Abnormal thermal imagery
One or more limbs may be colder than rest of body



Abnormal spirometry if the lungs, throat, or brain were injured

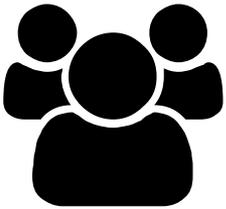




Is it acute or chronic?

Acute injury, chronic damage.

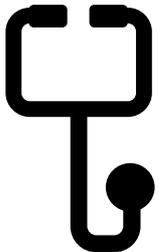
Damage can be permanent if the injury is not treated immediately.



Who is most impacted?

Most common in young men (15-39 years old).

Risk is higher for people who engage in high impact sports, drive recklessly, or who don't wear proper protective equipment at work.



What are some ways to prevent, treat or manage it?

Wearing proper safety gear and protective equipment and seeking medical help as soon as a spinal cord or head injury is suspected can reduce risk.

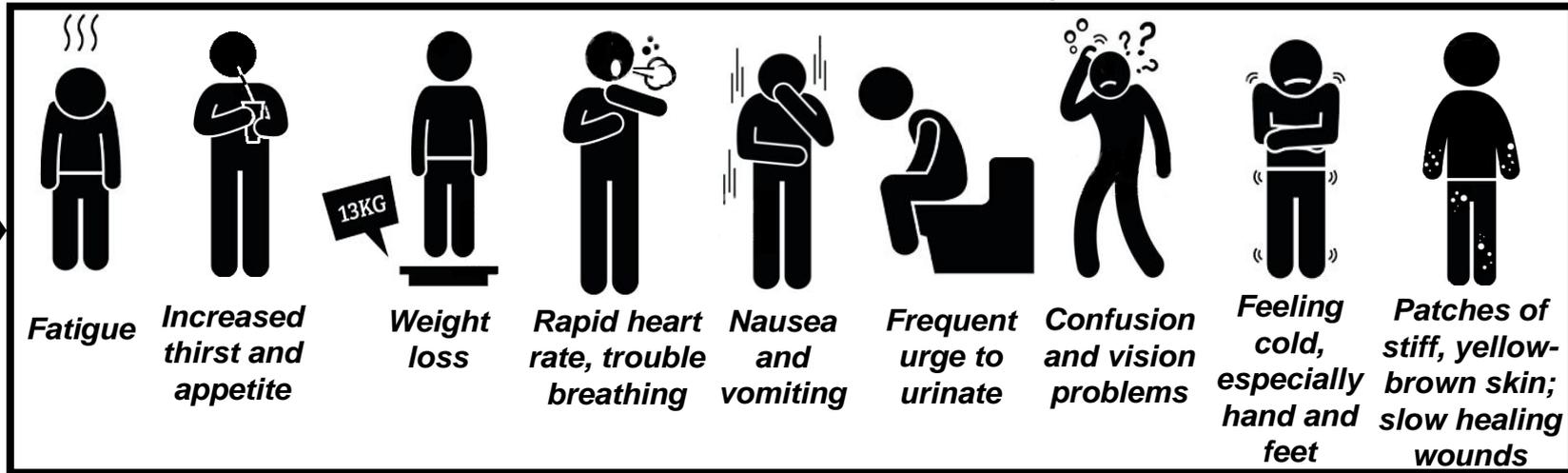
Treatment includes managing pain, use of mobility enhancing devices (prostheses, braces, and wheelchairs), maintaining as much mobility and strength as possible, and preventing further injury/infection.

Further research could lead to treatments that could be used to rewire and redirect nerve pathways.

Type 1 Diabetes (aka Juvenile Diabetes)

A disease where, due to damage caused by a virus, autoimmune disorder, or other disruption, the pancreas does not produce enough (or any) insulin, the hormone that controls blood sugar.

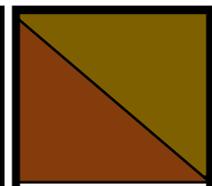
Signs and Symptoms



Fatigue
Increased thirst and appetite
Weight loss
Rapid heart rate, trouble breathing
Nausea and vomiting
Frequent urge to urinate
Confusion and vision problems
Feeling cold, especially hand and feet
Patches of stiff, yellow-brown skin; slow healing wounds



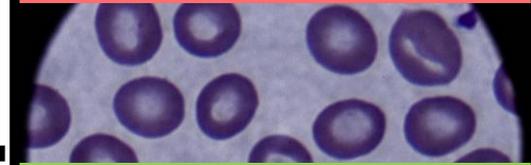
Skin has stiff or scaly (bumpy) patches. Wounds heal slowly and can easily become infected



Urine is dark yellow-brown, may be pink or red, cloudy, fruity smelling



Abnormal urine microscopy
White and red blood cells present



Normal blood microscopy

Abnormal skin microscopy
More pigment in skin that is stiff and scaly, fewer blood vessels at skin surface



- Slightly acidic urine pH
- Normal urine conductivity
- Higher urine concentration
- Slightly to very acidic blood pH
- Normal blood conductivity
- High blood sugar concentration



Abnormal MRI and CT scans
May see nerve and blood vessel damage (especially in eyes and hands/feet) and organ damage (pancreas, liver, kidneys, and lungs)

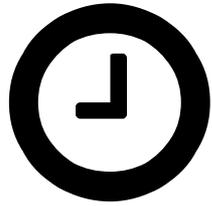


Abnormal thermal imagery
Hands and feet are very cold



Abnormal spirometry
Slightly decreased lung function and volume

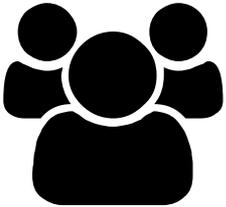




Is it acute or chronic?

Chronic

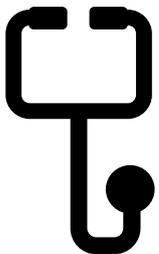
May gets worse over time if poorly managed or not treated, can lead to nerve, tissue, and blood vessel damage that can cause severe infections, amputations, blindness, organ failure, coma, and death.



Who is most impacted?

People who are less than 30 years old, especially who have relatives with diabetes.

Slightly more common in people with male anatomies, Type 1 Diabetes is found in 9% of the 1 in 3 Canadians living with diabetes or prediabetes.



What are some ways to prevent, treat or manage it?

The only current treatment for Type 1 diabetes is insulin (either through injections or with an insulin pump).

Early diagnosis, diet and exercise, and regular check-ups can keep symptoms under control.

Natural therapies such as Alder tea (*Tups*) can help soothe stomach cramps, while infected wounds can be treated with wetted alder bark and leaves, Balsam fir (*Stoqon*), and aloe vera sap. Juniper tea (kinikwejitewaqs) soothes bladder and kidney problems.

Cerebral Palsy

A disorder caused by an injury to the brain and spinal cord during early development that affects muscle control and nerve signaling

Signs and Symptoms

Involuntary muscle spasms and tightness

Poor motor skills and balance

May have seizures or epilepsy

May have speaking, hearing, or vision difficulties

May have trouble regulating body temperatures



[Hatched pattern]	[Solid yellow]
Skin is smooth and clear with no unexplained redness or irritation	Urine is pale yellow, clear, without a strong smell



- Normal urine microscopy
- Normal blood microscopy
- Normal skin microscopy



- Normal urine pH
- Normal urine conductivity
- Normal urine concentration
- Normal blood pH
- Normal blood conductivity
- Normal blood sugar concentration



Abnormal MRI and CT scans
Signs of injury (lesions) in the brain. Location and extent of injury determines severity and zone affected by disorder



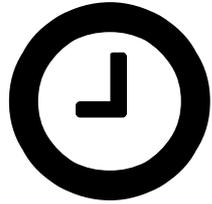
Abnormal thermal imagery
May experience very hot or very cold body temperature changes



Abnormal spirometry
Possible if chest muscles/diaphragm are impacted by palsy



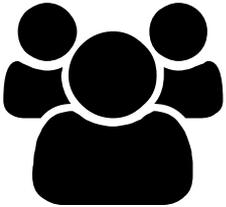
Consult an expert about: Cerebral Palsy (CP)



Is it acute or chronic?

Chronic

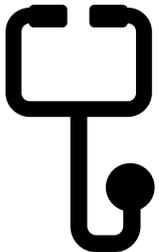
There is currently no cure, but it does not get worse over time.



Who is most impacted?

1 in 500 Canadian babies, and 1 in 3 premature babies is born with CP.

Babies (before or after they are born) or young children (up to age 3) who experience certain illnesses, are exposed to drugs and/or alcohol, suffer an injury, or go without enough oxygen for a period of several minutes are at risk of getting CP.



What are some ways to prevent, treat or manage it?

Early recognition and therapy, quality and consistent medical care throughout life can help increase mobility, independence, and good mental health.

Treatment includes therapies or technology like wheelchairs, text-to-speech interfaces, hearing implants, and prostheses to help with mobility, speaking, hearing, and/or vision differences.

Sciatica

Compression of the sciatic nerve that causes pain or tingling that radiates along the nerve (from the lower back down through the buttocks and affected leg)

Signs and Symptoms

Fatigue due to trouble sleeping

Tingling or weak muscles

Radiating pain or numbness from the lower spine to buttocks, down back of the leg and calf

Balance problems

May have bladder changes



Skin	Urine
<p>Skin is smooth and clear with no unexplained redness or irritation</p>	<p>Urine is pale yellow, clear, without a strong smell</p>



- Normal urine microscopy
- Normal blood microscopy
- Normal skin microscopy



- Normal urine pH
- Normal urine conductivity
- Normal urine concentration
- Normal blood pH
- Normal blood conductivity
- Normal blood sugar concentration



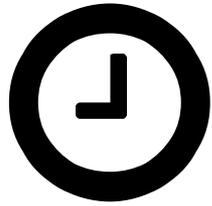
Abnormal MRI and CT scans
 May see signs of swelling or irritation, misaligned vertebrae, tumour, or bone spurs in tissues near nerve



Abnormal thermal imagery
 May see cooler body temperature in affected leg



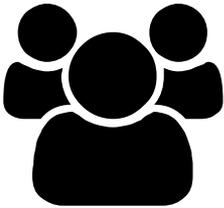
Normal spirometry (no trouble breathing, normal lung function)



Is it acute or chronic?

Usually acute, may be chronic or recurring.

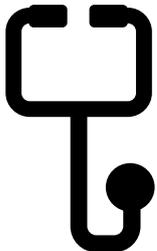
Sudden onset of symptoms that may get worse with time or disappear on their own. In severe cases, can cause permanent nerve damage or impact bladder function.



Who is most impacted?

Most often found in older people, especially those who smoke, are overweight, or remain seated for long periods of time.

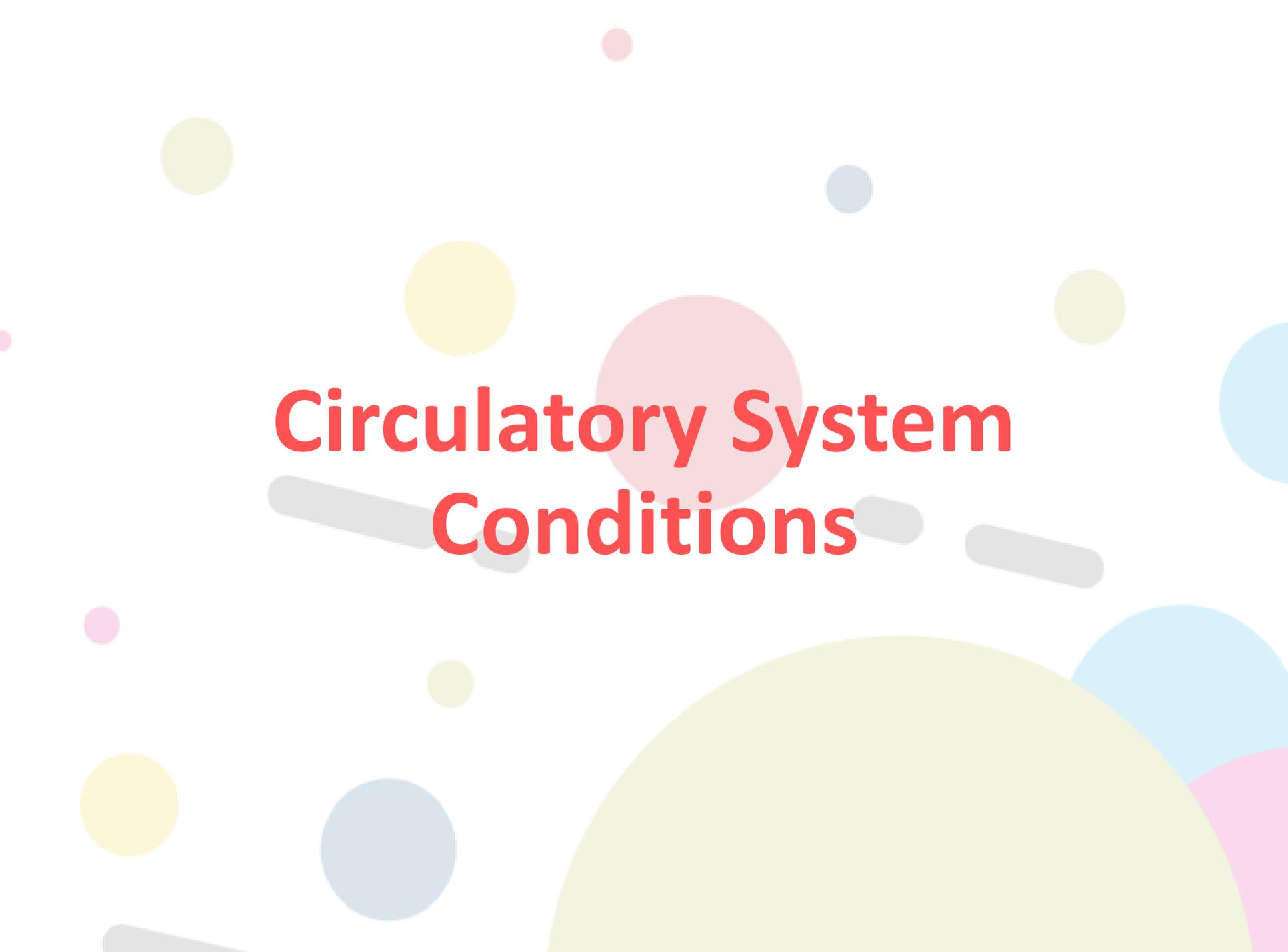
Approximately 10-40% of people will experience sciatica in their lives.



What are some ways to prevent, treat or manage it?

Stretch regularly, have good posture, avoid smoking, ensure healthy lifestyle with good diet and exercise, avoid stress.

Anti-inflammatory and pain medication as prescribed by a health care provider or bayberry (*Keljikemnaqsil/Kwa'sanima*) root powder rubbed on painful areas of body may help manage some pain.

The background features a collection of colorful circles in shades of red, yellow, blue, green, and pink, scattered across the white space. Several gray, rounded rectangular bars are also present, some overlapping the text and others positioned around it. The overall aesthetic is clean and modern.

Circulatory System Conditions

Heart Attack

A partial or complete blockage of blood flow resulting in oxygen depletion to a section of the heart. Heart attacks in women go undiagnosed more often than in men.

Signs and Symptoms

<i>Extreme fatigue</i>	<i>Pressure, pain, or discomfort in chest</i>	<i>Intense sweating or clammy skin</i>	<i>Collapse or sudden loss of consciousness</i>	<i>Pain in neck, jaw, shoulder, left arm, back, and/or stomach</i>	<i>Nausea</i>	<i>Rapid or absent heart rate, shortness of breath</i>	<i>Loss of bladder control, frequent urination</i>	<i>Feeling dizzy or light-headed</i>



Skin is pale, damp or clammy, and may feel cool to the touch

Urine is unusually pale yellow, clear, without a strong smell



Abnormal urine microscopy
Urine is very dilute

Normal blood microscopy

Normal skin microscopy



Slightly acidic urine pH

Low urine conductivity

Low urine concentration

Slightly to very acidic blood pH

Normal blood conductivity

Normal blood sugar concentration



Abnormal MRI and CT scans
Blockages in the arteries or veins near the heart, lack of blood flow to brain, irregular/absent heartbeat

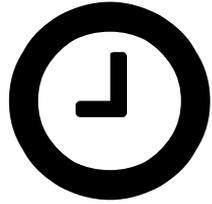


Abnormal thermal imagery
Hand/arms and feet/legs are especially cold



Abnormal spirometry
Decreased lung function and volume, rapid/absent breathing





Is it acute or chronic?

Acute, may result in chronic health concerns that can get worse over time.

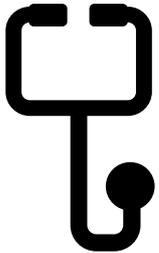


Who is most impacted?

Heart disease is the second leading cause of death in Canada.

Risks increase with age, poor diet, lack of exercise, in people who are overweight or smoke tobacco products, have a family history of heart disease, or who have conditions such as diabetes, atherosclerosis, and high blood pressure.

Persons of colour or who have female anatomy are less likely to be diagnosed with and properly treated for a heart attack.



What are some ways to prevent, treat or manage it?

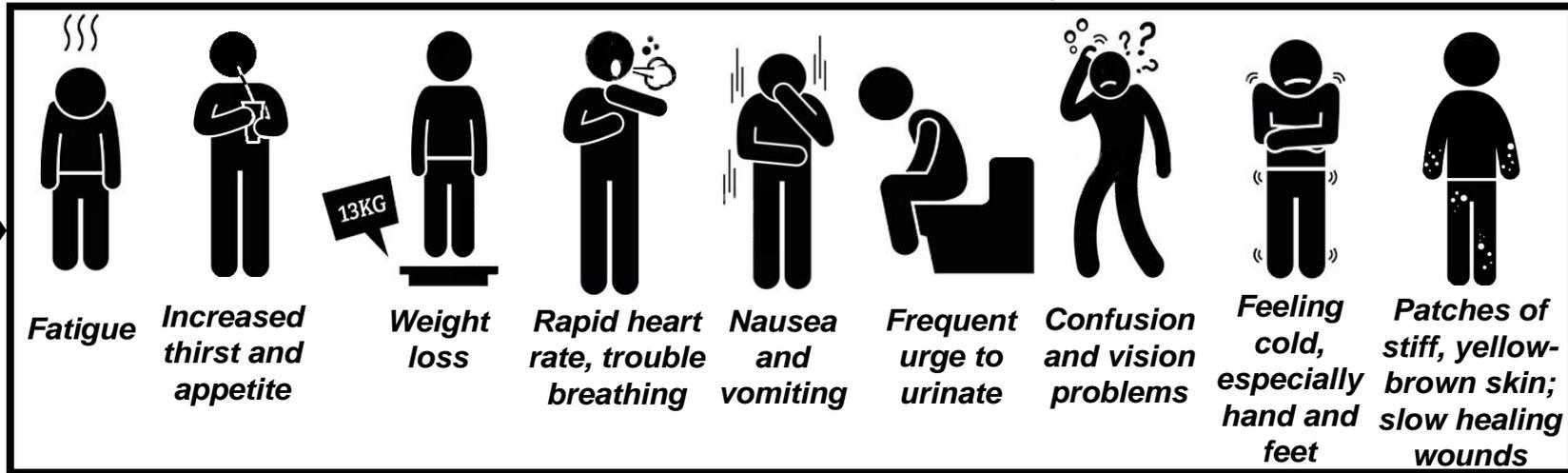
Healthy lifestyle, seek medical help at the first signs of distress, self-advocacy can prevent a heart attack or minimize the damage from a heart attack.

Some medication (aspirin, blood thinners, and anti-inflammatories) can minimize the effects of a heart attack. Surgery may be needed.

Type 1 Diabetes (aka Juvenile Diabetes)

A disease where, due to damage caused by a virus, autoimmune disorder, or other disruption, the pancreas does not produce enough (or any) insulin, the hormone that controls blood sugar.

Signs and Symptoms



Fatigue

Increased thirst and appetite

Weight loss

Rapid heart rate, trouble breathing

Nausea and vomiting

Frequent urge to urinate

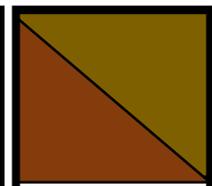
Confusion and vision problems

Feeling cold, especially hand and feet

Patches of stiff, yellow-brown skin; slow healing wounds



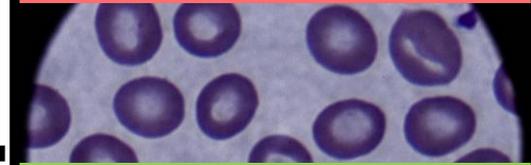
Skin has stiff or scaly (bumpy) patches. Wounds heal slowly and can easily become infected



Urine is dark yellow-brown, may be pink or red, cloudy, fruity smelling



Abnormal urine microscopy
White and red blood cells present



Normal blood microscopy

Abnormal skin microscopy
More pigment in skin that is stiff and scaly, fewer blood vessels at skin surface



- Slightly acidic urine pH
- Normal urine conductivity
- Higher urine concentration
- Slightly to very acidic blood pH
- Normal blood conductivity
- High blood sugar concentration



Abnormal MRI and CT scans
May see nerve and blood vessel damage (especially in eyes and hands/feet) and organ damage (pancreas, liver, kidneys, and lungs)

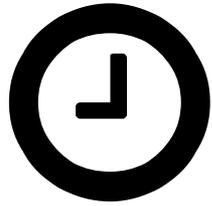


Abnormal thermal imagery
Hands and feet are very cold



Abnormal spirometry
Slightly decreased lung function and volume

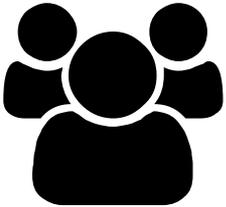




Is it acute or chronic?

Chronic

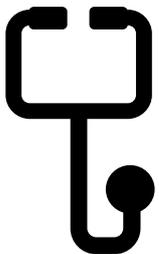
May gets worse over time if poorly managed or not treated, can lead to nerve, tissue, and blood vessel damage that can cause severe infections, amputations, blindness, organ failure, coma, and death.



Who is most impacted?

People who are less than 30 years old, especially who have relatives with diabetes.

Slightly more common in people with male anatomies, Type 1 Diabetes is found in 9% of the 1 in 3 Canadians living with diabetes or prediabetes.



What are some ways to prevent, treat or manage it?

The only current treatment for Type 1 diabetes is insulin (either through injections or with an insulin pump).

Early diagnosis, diet and exercise, and regular check-ups can keep symptoms under control.

Natural therapies such as Alder tea (*Tups*) can help soothe stomach cramps, while infected wounds can be treated with wetted alder bark and leaves, Balsam fir (*Stoqon*), and aloe vera sap. Juniper tea (kinikwejitewaqs) soothes bladder and kidney problems.

Atherosclerosis

The buildup of plaque (fats, cholesterol, and other substances) on or in your artery walls that results in less blood flow. Atherosclerosis can occur in any artery throughout the body.

Signs and Symptoms

<i>Fatigue and weakness</i>	<i>Chest pain or angina</i>	<i>Pain at location of blockage (neck, arm, leg)</i>	<i>Shortness of breath</i>	<i>Cramps in legs or arms during exercise</i>	<i>Confusion (if the affected artery is in the brain)</i>



Skin is smooth and clear with no unexplained redness or irritation	Urine is pale yellow, clear, without a strong smell



Normal urine microscopy
Normal blood microscopy
Normal skin microscopy



Slightly acidic urine pH
Normal urine conductivity
Normal urine concentration
Normal blood pH
Normal blood conductivity
Normal blood sugar concentration



Abnormal MRI and CT scans
In severe cases, narrowing of the arteries (and reduced blood flow) may be visible



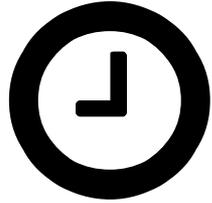
Abnormal thermal imagery
Skin downstream of blockage/narrowing will be cool (particularly hands and feet)



Abnormal spirometry
Decreased lung function and volume



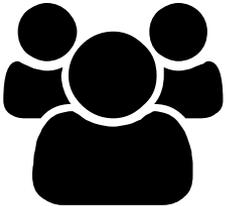
Consult an expert about: Atherosclerosis



Is it acute or chronic?

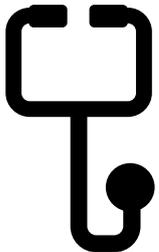
Chronic

Gets worse over time, symptoms only occur in severe cases and can lead to other heart-related conditions.



Who is most impacted?

Older people, people with a family history or heart disease, people with pre-existing conditions, persons with lower income.



What are some ways to prevent, treat or manage it?

Healthy diet and exercise, avoiding tobacco products and excessive drinking, managing pre-existing conditions (including diabetes).

Certain medications can reduce fats and cholesterol in the blood (blood thinners), others can help lower blood pressure. Surgery may be needed.

Angina

Temporary discomfort or pain caused by a partial blockage of the blood vessels in the heart (and of a lack of oxygen to the heart), especially during or after exercising, emotional stress, or eating a big meal

Signs and Symptoms



Squeezing, tightness, or burning sensation in the chest



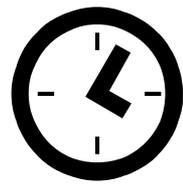
Spreading pain in jaw, neck, chest, shoulder, and left arm



Shortness of breath



Dizziness, paleness, or weakness



Symptoms are brief (lasting only 3 to 30 minutes)



Skin may be pale, but is smooth and clear with no redness or irritation

Urine is pale yellow, clear, without a strong smell



- Normal urine microscopy
- Normal blood microscopy
- Normal skin microscopy



- Normal urine pH
- Normal urine conductivity
- Normal urine concentration
- Normal blood pH
- Normal blood conductivity
- Normal blood sugar concentration



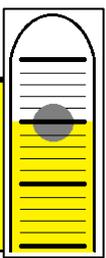
Abnormal MRI and CT scans
May see reduced blood flow in the blood vessels of the heart



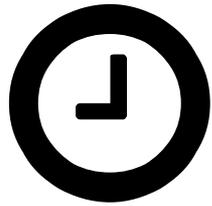
Normal thermal imagery



Abnormal spirometry
May have slightly decreased lung function and volume



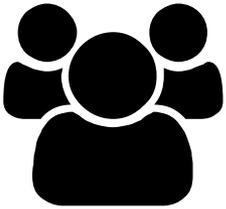
Consult an expert about: Angina



Is it acute or chronic?

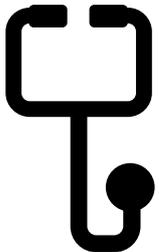
Acute

Can be a sign of more serious heart disease to come if lifestyle changes are not made.



Who is most impacted?

Risks increase with age, lower income, poor diet, lack of exercise, a family history of heart disease, and pre-existing conditions like diabetes, chronic kidney disease, or high blood pressure.



What are some ways to prevent, treat or manage it?

Healthy diet and exercise, avoiding tobacco products and excessive drinking, and managing pre-existing conditions.

If symptoms last longer than a few minutes without resolving on their own, angina may require medical intervention including medication (such as nitroglycerin) to widen the blood vessels and allow more oxygen into the heart.

The background features a collection of colorful circles in shades of red, yellow, blue, green, and pink, scattered across the white space. Several grey, rounded rectangular bars are also present, some overlapping the text and others positioned around it.

Respiratory System Conditions

Airway obstruction

A partial or complete blockage of the airway by an object, tumour, or swelling and inflammation of the tissues

Signs and Symptoms

Wheezing, gasping, and coughing

Rapid, shallow breaths or lack of breathing

Grabbing at throat

Trouble speaking or having a raspy voice

Sense of panic or confusion

Dizziness

Blue lips, tongue, and nailbeds



[Pattern]	[Pattern]
Skin around lips, tongue, gums, and nailbeds may appear blue	Urine is pale yellow, clear, without a strong smell



- Normal urine microscopy
- Normal blood microscopy
- Normal skin microscopy



- Slightly basic urine pH
- Normal urine conductivity
- Normal urine concentration
- Slightly basic blood pH
- Normal blood conductivity
- Normal blood sugar concentration



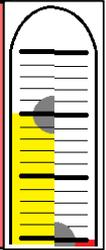
Abnormal MRI and CT scans
Obstruction of the upper (throat) or lower (lungs and bronchi) airway, increased mucous production in throat and lungs

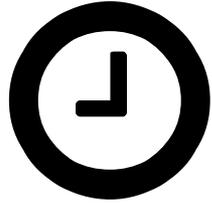


Abnormal thermal imagery
Hands and feet may be cold



Abnormal spirometry
Slightly to very decreased lung function and volume
Depending on blockage, may not be able to complete assessment





Is it acute or chronic?

Depends on the cause. A prolonged or severe obstruction can lead to infections, lung collapse, coma, and death.

Acute: An object such as a toy or food has become lodged, swelling or inflammation of throat tissues during an asthma flareup or allergic reaction

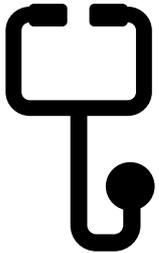
Chronic: Gradual or rapid growth of a tumour or hardening of bronchi leads to a partial or total blockage.



Who is most impacted?

Very young people are more likely to suffer from acute airway obstruction.

Very old people, especially those with respiratory illnesses, who smoke, or have weakened throat muscles, are more likely to suffer from chronic airway obstruction.



What are some ways to prevent, treat or manage it?

Avoid allergens, chew food completely before swallowing, do not engage in physical activity while eating, watch children closely during meal and play times, and seek medical care following an accident (such as a blow to the throat or after water or smoke inhalation) and properly treat conditions and disorders.

Blockages may resolve on their own or with back blows, J-thrusts, and coughing. In severe cases, it may be necessary to perform surgery.

Type 1 Diabetes (aka Juvenile Diabetes)

A disease where, due to damage caused by a virus, autoimmune disorder, or other disruption, the pancreas does not produce enough (or any) insulin, the hormone that controls blood sugar.

Signs and Symptoms



Fatigue

Increased thirst and appetite

Weight loss

Rapid heart rate, trouble breathing

Nausea and vomiting

Frequent urge to urinate

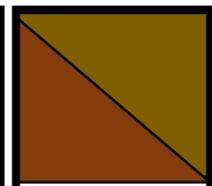
Confusion and vision problems

Feeling cold, especially hand and feet

Patches of stiff, yellow-brown skin; slow healing wounds



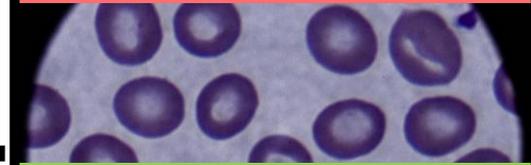
Skin has stiff or scaly (bumpy) patches. Wounds heal slowly and can easily become infected



Urine is dark yellow-brown, may be pink or red, cloudy, fruity smelling



Abnormal urine microscopy
White and red blood cells present



Normal blood microscopy

Abnormal skin microscopy
More pigment in skin that is stiff and scaly, fewer blood vessels at skin surface



- Slightly acidic urine pH
- Normal urine conductivity
- Higher urine concentration
- Slightly to very acidic blood pH
- Normal blood conductivity
- High blood sugar concentration



Abnormal MRI and CT scans
May see nerve and blood vessel damage (especially in eyes and hands/feet) and organ damage (pancreas, liver, kidneys, and lungs)

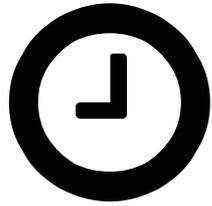


Abnormal thermal imagery
Hands and feet are very cold



Abnormal spirometry
Slightly decreased lung function and volume

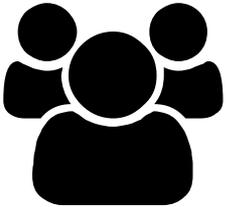




Is it acute or chronic?

Chronic

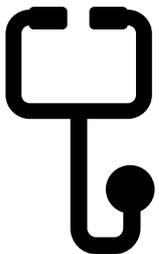
May gets worse over time if poorly managed or not treated, can lead to nerve, tissue, and blood vessel damage that can cause severe infections, amputations, blindness, organ failure, coma, and death.



Who is most impacted?

People who are less than 30 years old, especially who have relatives with diabetes.

Slightly more common in people with male anatomies, Type 1 Diabetes is found in 9% of the 1 in 3 Canadians living with diabetes or prediabetes.



What are some ways to prevent, treat or manage it?

The only current treatment for Type 1 diabetes is insulin (either through injections or with an insulin pump).

Early diagnosis, diet and exercise, and regular check-ups can keep symptoms under control.

Natural therapies such as Alder tea (*Tups*) can help soothe stomach cramps, while infected wounds can be treated with wetted alder bark and leaves, Balsam fir (*Stoqon*), and aloe vera sap. Juniper tea (kinikwejitewaqs) soothes bladder and kidney problems.

Asthma

Inflammation of the airway that leads to an increase in mucous production in the throat and lungs, tightening of the throat muscles, and narrowing of the bronchial tubes, causing difficulty breathing

Signs and Symptoms

Fatigue due to trouble sleeping

Wheezing, coughing, and shortness of breath

Rapid heartbeat and breathing rate

Tightness in the chest

May have trouble eating or drinking

Increased mucous production

Confusion



Skin of face may be red from coughing, but is generally smooth and clear

Urine is pale yellow, clear, without a strong smell



Normal urine microscopy
Normal blood microscopy
Normal skin microscopy



Slightly basic urine pH
Normal urine conductivity
Normal urine concentration
Slightly basic blood pH
Normal blood conductivity
Normal blood sugar concentration



Abnormal MRI and CT scans
Throat and lungs show swelling, irritation, and increased mucous production
Throat muscles are unusually tight



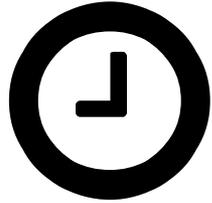
Normal thermal imagery



Abnormal spirometry
Slightly to very decreased lung function and volume
Depending on extent of flare up, may not be able to complete assessment



Consult an expert about: Asthma



Is it acute or chronic?

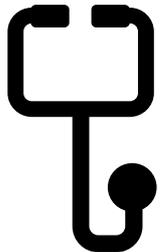
Chronic disease with acute flareups.



Who is most impacted?

Third most common chronic disease in Canada. Affects 3.8 million Canadians and 300 Canadians are diagnosed daily.

People with close family who have asthma, were born premature, had a lung infection as a child, have severe allergies, or who work with harsh chemicals.



What are some ways to prevent, treat or manage it?

Avoid triggers like allergens, intense exercise, stress, and other irritants. Seek medical attention if you have a lung infection.

Develop a personal care plan to minimize flareups.

Management can include breathing techniques, meditation, medications (including steroid inhalers), and regular check ups and lung assessments (including spirometry).

Cystic Fibrosis

An incurable genetic disorder that impacts cells that are involved in mucous production, sweating, and digestion.

Signs and Symptoms

Fatigue due to trouble sleeping

Coughing, sometimes with blood or mucous, and shortness of breath, especially after exercise

Large appetite with very little growth and poor energy levels

Many lung and sinus infections

Very salty sweat

Overheats easily

Constipation or diarrhea, urine/fecal incontinence



Skin wrinkles easily on contact with water. Salty sweat. Blemishes and red, flaky skin common

Urine is dark yellow, clear, and may have a strong smell



Normal urine microscopy

Normal blood microscopy

Abnormal skin microscopy
Thin, flakey skin layers, blocked sweat glands and ducts



- Basic urine pH
- High urine conductivity
- High urine concentration
- Slightly basic blood pH**
- Low blood conductivity
- Low blood sugar concentration



Abnormal MRI and CT scans
Lots of mucous and scarring in the lungs
Damage to the liver, pancreas, and bowel
Blockages in the bowel (constipation)



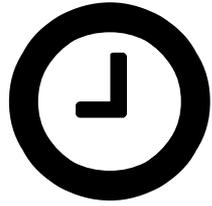
Abnormal thermal imagery
High body temperature



Abnormal spirometry
Persistent reduced lung function, even more reduced (life threatening) during a flareup



Consult an expert about: Cystic Fibrosis (CF)



Is it acute or chronic?

Chronic disease with acute flareups.

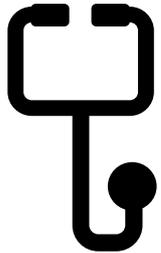
CF is incurable, progressive, and fatal. Acute flare ups of digestive issues can lead to malnutrition, diabetes, liver or pancreas disease, and intestinal obstruction. Lung and sinus infections can lead to acute respiratory distress or lung failure (the leading cause of death in those with CF).



Who is most impacted?

People with close family who have CF, are of Northern European descent, and who don't have access to reliable healthcare.

CF is the most common fatal genetic disease in Canadians, affecting 1/3600 babies. 50% of people with CF are diagnosed in their first 6 months (many at birth), though they may not experience symptoms until later.

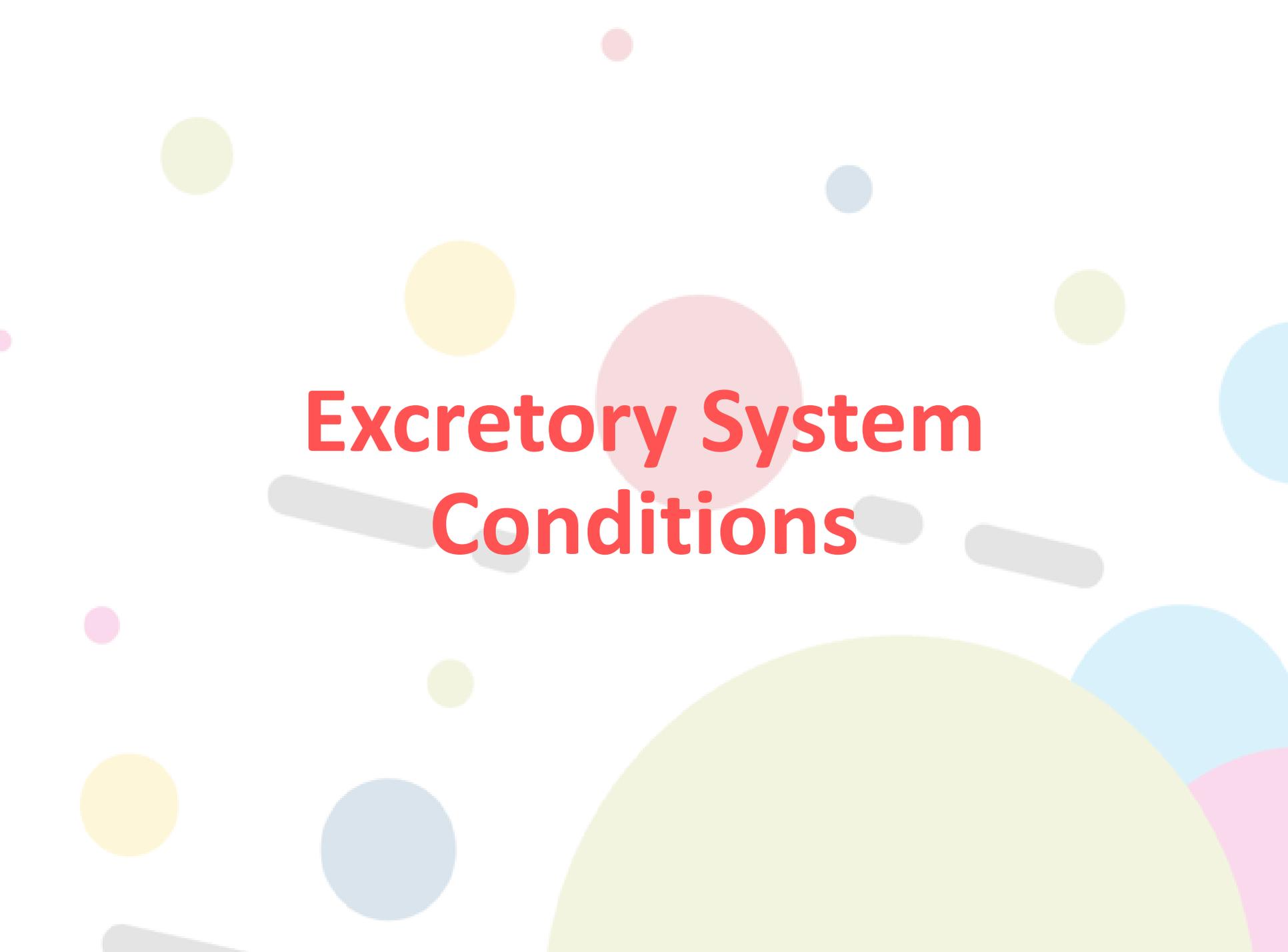


What are some ways to prevent, treat or manage it?

Early screening, creating a personal care plan.

Physical therapy, drugs to support nutrition and thin mucous, and antibiotics to avoid infections can ensure the best health possible.

Treatments, therapies, and new technologies allow people with CF to have an excellent quality of life and near-standard life expectancy. The average life expectancy for a person with CF in Canada is over 50 years, in developing countries it is below 15 years.

The background features a collection of abstract shapes: various colored circles in shades of red, yellow, blue, green, and pink, and several horizontal gray bars of varying lengths and orientations. The text is centered over a large, semi-transparent red circle.

Excretory System Conditions

Chronic Kidney Disease

Loss of kidney function from damage due to illness, infection, or injury. Chronic kidney disease gets worse over time and can lead to kidney failure, blood infections, and death without treatment.

Signs and Symptoms

Fatigue

Muscle weakness and cramps

No appetite but constant thirst

Frequent urge to urinate, but difficulty peeing

Weight loss

Puffiness and swelling around eyes, wrists, and ankles

Dizziness, confusion, poor memory

Low body temperature



Skin is puffy, dry, itchy, and has unusually dark pigmentation

Urine is dark yellow-brown or red, cloudy and foamy with strong smell



Abnormal urine microscopy
Whole red and white blood cells

Normal blood microscopy

Abnormal skin microscopy
Fluid retention at eyes, wrists, and ankles; very pigmented



- Very acidic urine pH
- High urine conductivity
- High urine concentration
- Acidic blood pH
- High blood conductivity
- High blood sugar concentration



Abnormal MRI and CT scans
Kidneys, pancreas, and liver are swollen, shrunken, or misshapen



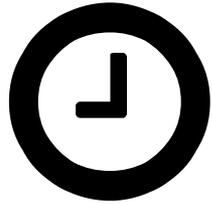
Abnormal thermal imagery
Low body temperature



Abnormal spirometry
Rapid breathing with poor lung volume



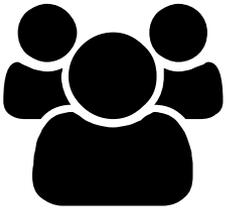
Consult an expert about: Chronic Kidney Disease (CKD)



Is it acute or chronic?

Chronic

Gets worse over time. May be the result of another chronic condition (such as diabetes or cancer) or due to an acute infection or injury to the kidneys.

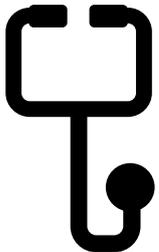


Who is most impacted?

Around 4 million Canadians are living with CKD.

People with diabetes or who have close family with kidney conditions.

People without access to adequate healthcare, who don't have health insurance, or who have low income may struggle to get access to the therapies and medication that can help keep their CKD under control.



What are some ways to prevent, treat or manage it?

Healthy diet and exercise, managing diabetic symptoms, seeking medical treatment immediately if suspect infection or illness that impacts kidney function.

Juniper (*Kinikwejitewaqsí*) tea can help with bladder and kidney problems. Treatment for more severe cases may require special meal plans that avoid certain foods, dialysis (using machines to filter wastes and chemicals out of the blood), or kidney transplant.

Vaginal yeast Infection

A flareup of naturally occurring yeast, resulting in disruption and discomfort in the genitals and surrounding tissues

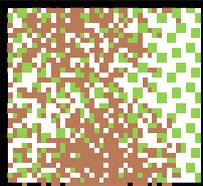
Signs and Symptoms

Fatigue due to trouble sleeping

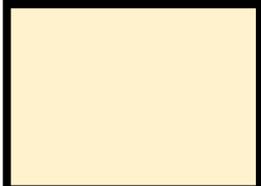
Skin around genitals may be swollen, itchy, and burn during urination

Vagina may release a thick, white discharge

Symptoms may worsen or disappear on their own



Skin around genitals may be hot, swollen, and show a ring pattern



Urine is pale yellow, clear or slightly cloudy, but without a strong smell, though mucous may be present

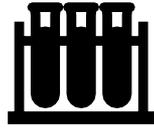


Abnormal urine microscopy
Yeast cells may be present



Normal blood microscopy

Abnormal skin microscopy
Presence of yeast or fungal cells. Skin layers show disruptions and damage



- Normal urine pH
- Normal urine conductivity
- Normal urine concentration
- Normal blood pH
- Normal blood conductivity
- Normal blood sugar concentration



Normal MRI and CT scans

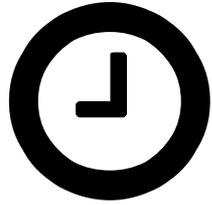


Normal thermal imagery



Normal spirometry (no trouble breathing, normal lung function)

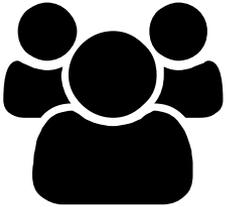




Is it acute or chronic?

Both

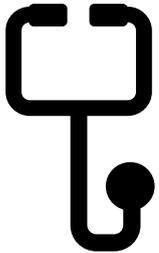
Some people may only experience one infection, but most people have recurring, chronic infections throughout their lives. Repeated infections may be a sign of another condition (like diabetes).



Who is most impacted?

75% of people with female anatomies will experience at least one vaginal yeast infection 50% will experience two or more. These infections are rare in people with male anatomies, prior to puberty, and following menopause.

People with untreated diabetes, autoimmune disorders, blood circulation problems, poor diet, elderly people, and people who don't have access to clean water are at higher risk.



What are some ways to prevent, treat or manage it?

Good hygiene and diet.

Avoid douching or using harsh cleansers around the genitals that can disrupt the body's natural pH or skin layers, resulting in a flareup of yeast.

Vaginal yeast infections often disappear on their own or, in extreme cases, can be treated with antifungal medications. Topical creams or birch bark oil (*Maskwiomin*) can help soothe irritated skin.

Moderate Dehydration

A drop in body fluids from not taking in enough water to balance what is lost to bodily functions, made worse by heavy exercise, exposure to the sun, heat, or humidity

Signs and Symptoms



Fatigue **Irritability** **Increased thirst and decreased appetite** **Nausea** **Feeling hot** **Peeing small volumes less than 3-4 times in a day** **Increased heart rate and trouble breathing** **Headache, dizziness, and confusion**



Skin is red, dry, and hot to the touch. When pinched, skin remains tented

Urine is dark yellow to brown, clear, and smells strongly of ammonia



Normal urine microscopy
Normal blood microscopy
Abnormal skin microscopy
Cells are less pump and skin layers are thinner than normal




Slightly acidic urine pH
Higher urine conductivity
High urine concentration
Slightly acidic blood pH
Higher blood conductivity
Higher blood sugar concentration



Normal MRI and CT scans

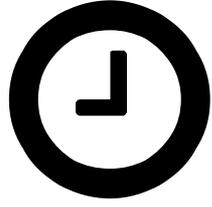


Abnormal thermal imagery
Higher than normal body temperature



Abnormal spirometry
Slightly decreased lung function and volume.
Rapid breath rate





Is it acute or chronic?

Acute

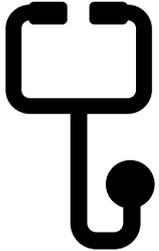
Most cases are mild to moderate, more severe cases can result in seizures, coma, or death.



Who is most impacted?

Most people will experience mild to moderate dehydration at some point and may not have symptoms.

People who are either very young or very old, work or play sports outside, have certain conditions like diabetes or influenza, a fever, or have been vomiting, take certain medication, or don't have access to clean water are at a higher risk.



What are some ways to prevent, treat or manage it?

Drink lots of water and locate a source of shade when working or playing outside.

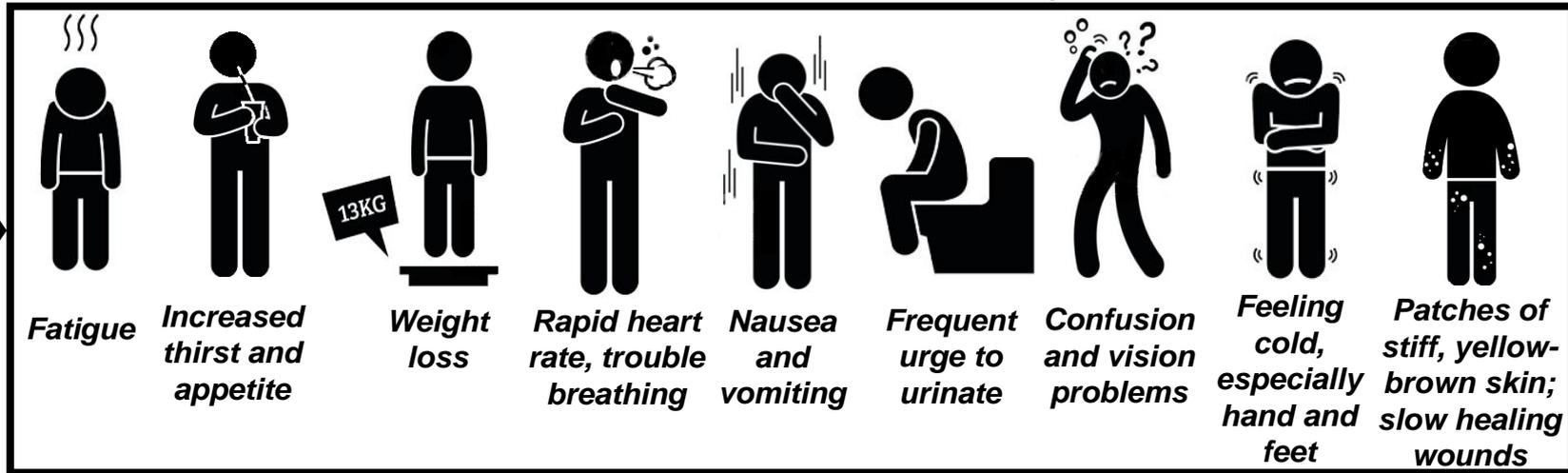
Avoid sugary, alcoholic, or caffeine-rich drinks as they can lead to increased urination and speed up dehydration.

Dogwood tree bark can help with headache and indigestion. If symptoms continue or worsen (especially if very young or old), intravenous fluids and anti-inflammatory medications may be needed.

Type 1 Diabetes (aka Juvenile Diabetes)

A disease where, due to damage caused by a virus, autoimmune disorder, or other disruption, the pancreas does not produce enough (or any) insulin, the hormone that controls blood sugar.

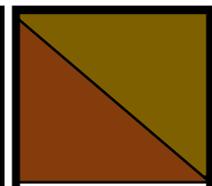
Signs and Symptoms



Fatigue
Increased thirst and appetite
Weight loss
Rapid heart rate, trouble breathing
Nausea and vomiting
Frequent urge to urinate
Confusion and vision problems
Feeling cold, especially hand and feet
Patches of stiff, yellow-brown skin; slow healing wounds



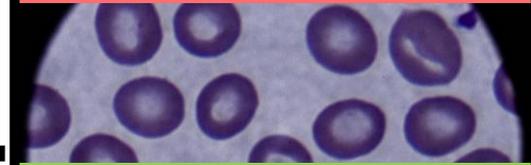
Skin has stiff or scaly (bumpy) patches. Wounds heal slowly and can easily become infected



Urine is dark yellow-brown, may be pink or red, cloudy, fruity smelling



Abnormal urine microscopy
White and red blood cells present



Normal blood microscopy

Abnormal skin microscopy
More pigment in skin that is stiff and scaly, fewer blood vessels at skin surface



- Slightly acidic urine pH
- Normal urine conductivity
- Higher urine concentration
- Slightly to very acidic blood pH
- Normal blood conductivity
- High blood sugar concentration



Abnormal MRI and CT scans
May see nerve and blood vessel damage (especially in eyes and hands/feet) and organ damage (pancreas, liver, kidneys, and lungs)

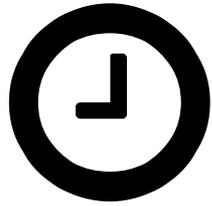


Abnormal thermal imagery
Hands and feet are very cold



Abnormal spirometry
Slightly decreased lung function and volume

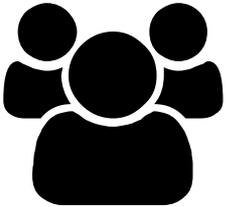




Is it acute or chronic?

Chronic

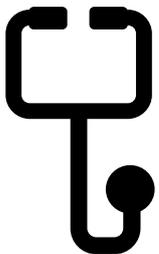
May gets worse over time if poorly managed or not treated, can lead to nerve, tissue, and blood vessel damage that can cause severe infections, amputations, blindness, organ failure, coma, and death.



Who is most impacted?

People who are less than 30 years old, especially who have relatives with diabetes.

Slightly more common in people with male anatomies, Type 1 Diabetes is found in 9% of the 1 in 3 Canadians living with diabetes or prediabetes.



What are some ways to prevent, treat or manage it?

The only current treatment for Type 1 diabetes is insulin (either through injections or with an insulin pump).

Early diagnosis, diet and exercise, and regular check-ups can keep symptoms under control.

Natural therapies such as Alder tea (*Tups*) can help soothe stomach cramps, while infected wounds can be treated with wetted alder bark and leaves, Balsam fir (*Stoqon*), and aloe vera sap. Juniper tea (kinikwejitewaqs) soothes bladder and kidney problems.