

Migraine

Types with aura, without aura, hemiplegic, vestibular, chronic, menstrual

C/F **prodrome:** malaise, irritability, behavioral change
aura: visual aura (shimmering, zigzag lines, scotoma)
sensory symps: headache (severe and throbbing), with photophobia, phonophobia and vomiting lasting from 4-72 hours
<movement, > lie in a quiet, dark room

Xerophthalmia

Cause Vit A def

Def Keratinisation of cornea

C/F Char -
1. Bitot's spots
2. keratomalacia
3. corneal ulceration
4. scarring
5. irreversible blindness

Eat dark green leafy vegetables and yellow fruits

C

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Not published yet.
Last updated 17th December, 2023.
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