

# **Medical Definition of Illnesses**



The following medical definitions may change from time to time to align with the advancements in medical terminologies and practices, subject to the approval of the Insurance Commission.

<b>Illness</b>	
<b>Tuberculosis</b>	Pulmonary Tuberculosis, or PTB, is a bacterial infection that often affects your lungs. It can be treated with medication.
<b>Asthma</b>	Asthma is an acute or chronic disease that affects the airways of your lungs. It can be managed but not cured.
<b>High blood pressure</b>	High blood pressure (hypertension) is when the force of blood pushing against your artery walls is consistently too high. Measured blood pressure is above the accepted standard (Philippine Heart Association, International Association, e.g., American Heart Association, European Society of Cardiology).
<b>Diabetes Mellitus</b>	Diabetes Mellitus, or Type 2 diabetes, develops when your body's cells can't properly take up sugar (glucose) from the food you eat. Medications and healthy living help manage the disease.
<b>Inflammation of Gall Bladder</b>	Cholecystitis (Gallbladder Inflammation) Cholecystitis is an inflammation of the gallbladder. It usually develops when a gallstone blocks bile from exiting the organ. Pain in your upper abdomen can be severe.
<b>Gallstones</b>	Gallstones are pebble-like pieces made of bile or cholesterol that develop in your gallbladder. The condition of having gallstones is called cholelithiasis.
<b>Kidney Stones</b>	Kidney stones are solid masses that can be as small as a grain of sand or as large as a golf ball. Most pass naturally, but others need surgery.

**Disorder of the bladder, urination, or genitourinary tract**

Condition in which there is a deviation from or interruption of the normal structure or function of the urinary tract; Disorders of any part of the urologic system.

**Disorder of the prostate**

A non-neoplastic or neoplastic disorder affecting the prostate gland. Representative examples include prostatitis, benign prostatic hyperplasia, and cancer. Deviation from or interruption of the normal structure or function of the prostate.

**Disorder of the kidney**

A term referring to any disease affecting the kidneys which may be considered a neoplastic or non-neoplastic condition. Representative examples of non-neoplastic conditions include glomerulonephritis and nephrotic syndrome. Representative examples of neoplastic conditions include benign processes (e.g., renal lipoma and renal fibroma) and malignant processes (e.g., renal cell carcinoma and renal lymphoma). Conditions in which the function of kidneys deteriorates suddenly in a matter of days or even hours. It is characterized by the sudden drop in glomerular filtration rate.

Impairment of health or a condition of abnormal functioning of the kidney.

Other kidney problems include:

- cancer
- cysts
- Stones
- Infections
- auto-immune diseases
- gouty nephropathy

**Hemorrhoids**

Hemorrhoids (piles) is a disorder characterized by the presence of dilated veins in the rectum, anal and surrounding area.

An enlarged or swollen blood vessel, usually located near the anus or the rectum. Hemorrhoids are swollen, inflamed veins around the anus or lower rectum. They are either inside the anus or under the skin around the anus.

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**Disorder of the pancreas**

A non-neoplastic or neoplastic disorder that affects the pancreas. Representative examples of non-neoplastic disorders include pancreatitis and pancreatic insufficiency. Representative examples of neoplastic disorders include cystadenomas, carcinomas, lymphomas, and neuroendocrine neoplasms.

Problems with the pancreas can lead to many health problems. These include:

- pancreatitis, or inflammation of the pancreas: this happens when digestive enzymes start digesting the pancreas itself
- pancreatic cancer
- cystic fibrosis, a genetic disorder in which thick, sticky mucus can also block tubes in your pancreas

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**Fistulae**

A fistula is an abnormal connection or passageway between two body parts. It can occur between two hollow spaces, such as blood vessels, intestines, or other organs, or between a body cavity and the skin. A fistula can be caused by injury, surgery, infection, or inflammation. A fistula can cause complications such as bleeding, infection, or leakage of fluids or gases.

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**Hernia**

A hernia (abdominal hernia) happens when part of an organ protrudes through your muscle wall, usually in your abdomen or groin. It can be congenital or acquired.

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**Colitis**

Colitis means inflammation in your colon. It can be chronic or acute. Chronic colitis is a lifelong condition.

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**Disorder of the stomach**

A condition that involves digestive complications due to abnormalities of the stomach.

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**Disorder of the liver**

Liver disease is a general term that refers to any condition affecting your liver. These conditions may develop for different reasons, but they can all damage your liver and affect its function.

Different types of liver disease result from different causes. Liver disease may result from: Hepatitis, fatty liver disease, auto-immune hepatitis, primary biliary cirrhosis, primary sclerosing cholangitis, genetic liver conditions, drug-induced liver disease, liver cancer, liver cirrhosis, liver failure.

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**Disorder of the bowel**

Inflammatory bowel disease (IBD) is a group of chronic inflammatory conditions affecting the gastrointestinal tract, primarily characterized by Crohn's disease and ulcerative colitis. These conditions involve an abnormal immune response, leading to inflammation and damage to the digestive system, causing symptoms such as abdominal pain, diarrhea, and weight loss.

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**Lining of the uterine cavity abnormalities, diseases related to reproduction**

Reproduction diseases and disorders are conditions and illnesses that affect the functioning of the reproductive system. They can occur at any stage in life and include birth defects, pregnancy complications, hormonal imbalances, gynecological cancers, and urinary problems. Some of the more common reproduction diseases and disorders are endometriosis, polycystic ovarian syndrome, uterine fibroids, and interstitial cystitis.

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**Diseased tonsils that require surgery**

Treatments for severe cases that may include tonsillectomy.

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**Thyroid disorder**

Thyroid diseases are a group of disorders affecting the thyroid gland, which is responsible for producing hormones that regulate metabolism, growth, and development. These disorders can result in either overproduction (hyperthyroidism) or underproduction (hypothyroidism) of thyroid hormones, leading to various symptoms and health complications.

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**Abnormalities of the nasal cavity bulkhead that require surgery**

Nasal abnormalities can cause difficulty in breathing, impaired sense of smell, snoring, noisy breathing, nosebleeds, dry mouth, chronic sinusitis, and sinus infections.

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**Sinusitis**

Sinusitis is an inflammation of the tissues in your sinuses. It's usually caused by viruses but can also be caused by bacteria or allergies.

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## Cataracts

Cataracts are cloudy areas that form on your eye's lens. Age-related cataracts are the most common type. Symptoms include blurry vision and glare around lights.

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## Cancer

Cancer is a disease in which some of the body's cells grow uncontrollably and spread to other parts of the body.

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## Benign and malignant tumors

Tumors are masses of abnormal cells. Many tumors are benign (not cancer), but some tumors are malignant (cancerous).

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## Vascular abnormalities of the brain

A vascular abnormality of the brain refers to abnormal collections of blood vessels that alter blood flow. There are different types of vascular malformations, including:

- Brain vascular malformations
  - Cerebral cavernous malformations (CCMs)
  - AVM or arteriovenous malformation: a dangerous but rare condition that can cause a stroke or bleeding within the brain.
  - Vascular aneurysm
  - Stroke: A cerebrovascular incident including infarction of brain tissue, cerebral and subarachnoid hemorrhage, intracerebral embolism and cerebral thrombosis
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## Spinal condition

Spinal conditions are diseases or injuries that affect the spine, the backbone that supports the nervous system and the body. Some of the common spinal conditions are:

- Spinal stenosis: a narrowing of the space in the spinal canal that can compress the nerves.
  - Scoliosis: a sideways curvature of the spine that usually develops during adolescence.
  - Spondylosis: a degeneration of the disks and joints in the spine that can cause stiffness and pain.
  - Spinal osteoarthritis: a wear and tear of the cartilage and bones in the spine that can cause inflammation and reduced mobility.
  - Tumors in the spine
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## Sciatica

A severe pain that radiates from the back into the hip and outer side of the leg caused by compression of the sciatic nerve.

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## Slipped disc

A slipped (herniated) disk refers to a problem with one of the rubbery cushions (disks) that sit between the bones (vertebrae) that stack to make your spine.

A spinal disk has a soft, jellylike center (nucleus) encased in a tougher, rubbery exterior (annulus). Sometimes called a slipped disk or a ruptured disk, a herniated disk occurs when some of the nucleus pushes out through a tear in the annulus.

A herniated disk, which can occur in any part of the spine, most often occurs in the lower back. Depending on where the herniated disk is, it can result in pain, numbness, or weakness in an arm or leg.

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## Whiplash

Whiplash happens when sudden movement or force puts too much strain on your neck and spine.

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## Gout

A type of arthritis that causes inflammation of joints due to excess uric acid. Usually in the big toe.

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## Bone fracture

A bone fracture is the medical definition for a broken bone. There are many types of fractures classified by their shape, cause or where in your body they occur.

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## Joint pain or joint injury

Joint pain is a common condition characterized by tenderness, inflammation, warmth or pain with movement in one or more joints of the body. It can result from injury, arthritis, infections, or underlying medical conditions.

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## Hallux valgus

Hallux valgus or a bunion, is a bony lump on the outside of the big toe. Bunions develop after years of foot pressure and are often painful.

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## Hammer toes

Hammertoes are so named because the toe resembles a hammer when the middle joint is stuck in an upward position. Treatment is necessary to cure the deformity.

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## Muscle disorders

Muscle Disorders are the diseases and disorders that affect the human muscle system, and their main manifestation is skeletal muscle weakness. The terms 'muscular dystrophy', 'neuromuscular conditions' and 'neuromuscular disorders' fall under the umbrella of the term 'Muscle Disorders'

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## Arthritis

Arthritis causes pain and inflammation in your joints. Arthritis treatment depends on the type of arthritis you have and your symptoms.

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## Joint disease

Joint disorders are diseases or injuries that affect your joints. They can be caused by overuse of a joint or a sudden injury, such as an accident or a sports injury. Joint diseases affect the health and function of a joint, and include conditions affecting the joints, bones, tendons, ligaments, cartilage, and surrounding muscles. Some common joint diseases include osteoarthritis, gout, rheumatoid arthritis, and ankylosing spondylitis.

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## Bone disease

Disorders of bone are conditions that affect the strength, shape, or function of the bones. Some common examples of bone disorders are:

- Low bone density and osteoporosis, which make the bones weak and more likely to break.
- Osteogenesis imperfecta, which makes the bones brittle.
- Paget's disease, which causes inflammation and enlargement of the bones, making them soft and weak.
- Bone cancer and infections, which can damage the bone tissue and cause pain.

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