**Sustaining and Living Through Medical Conditions (SLMC)**

**Getting around smoking, over eating and other addictions**

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***Forewords***

***Preface***

***Acknowledgments***

***Dedication***

1. Introduction
2. Earlier Medical Conditions
   1. Flu, Typhoid, and other tropical medical conditions
   2. Sport injuries and associated depressions
   3. Negligence of health care, and medical conditions
   4. Adherence to medical checkups and schedules would help
3. Landing in Chronic Medical Conditions
   1. Excessive smoking, coffee drinking, and other addictions
   2. Irrational eating, and irregular sleeping
   3. Tension headaches, and stress conditions
   4. Regular physical exercise, and disciplined life style helpful
4. Migraine Headaches, and loss of self esteem
   1. The migraine headache, silent destroyer
   2. Loss of vision, balance, and self esteem
   3. Chronic incoherence during migraine attacks
   4. Advanced medication, avoidance of certain foods,

Yoga, and bio-feedback very helpful

1. Inherited, and acquired medical conditions
   1. Inheritance of eye sight, and loss of hearing
   2. Loss of concentration, diabetes, and visual disorders
   3. Neck, back, and other orthopedic injuries
   4. Balanced diet, physical and occupational therapies helpful
2. Stomach and Gastric, and Prostate related problems
   1. Dealing with hernia, hemorrhoids, and discomforts
   2. Prostate enlargements and associated issues
   3. The Intestine blocks, digestive disorders and polyps
   4. Controlled and balanced eating can be very helpful
3. Cancer, a demanding and distressing medical condition
   1. Cancer occurrences on rise due to smoking, food and other irregularities
   2. Getting depressed is not a solution, but fight the disease
   3. Take advantage of the surgical, chemo and radiation treatments
   4. Cooperating with the medical teams, and family members very helpful
4. Heart related, blood pressure, physical fatigues and giddiness
   1. Regular cardiac evaluations and checkup help blood clots
   2. Blood pressure builds up due to excessive tensions and stress conditions
   3. Fatigue and giddiness set in due to lack of rest, and over exertion
   4. Timely sleep, appropriate food, and proper rest can be very beneficial
5. Be happy and share your happiness and experiences with others
   1. Preventive medication and protective health care are better
   2. Be a support group member for cancer, heart, diabetic and other conditions
   3. Be a blood donor, if you can, or be a volunteer for bone marrow and others
   4. Health is the most precious thing, and do not compromise and sacrifice it
   5. Donate your organs, and body parts for others, and for medical research
6. Epilogue
7. Appendix
8. Index