**Typhoid fever** is a bacterial infection characterized by diarrhea,  
systemic disease, and a rash -- most commonly caused by the bacteria  
Salmonella typhi. Symptoms: Severe headache; **Fever**; Loss of ...  
[www.google.com/health](http://www.google.com/health)

* Typhoid fever is caused by *Salmonellae typhi* bacteria.
* Typhoid fever is contracted by the ingestion of contaminated food or water.
* Diagnosis of typhoid fever is made when the *Salmonella* bacteria is detected with a stool culture.
* Typhoid fever is treated with antibiotics.
* Typhoid fever symptoms are poor appetite, headaches, generalized aches and pains, fever, and lethargy.
* Approximately 3%-5% of patients become carriers of the bacteria after the acute illness
* Typhoid fever is caused by Salmonella typhi bacteria. Typhoid fever is rare in industrialized countries. However, it remains a serious health threat in the developing world. Typhoid fever spreads through contaminated food and water or through close contact with someone who's infected. Signs and symptoms usually include high fever, headache, abdominal pain, and either constipation or diarrhea.
* When treated with antibiotics, most people with typhoid fever feel better within a few days, although a small percentage may die of complications.
* Vaccines against typhoid fever are available, but they're only partially effective. Vaccines are usually reserved for those who may be exposed to the disease or are traveling to areas where typhoid fever is common

FLU and Swine Flu

### Symptoms of Flu

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| --- | --- |
| **Seasonal Flu** | **H1N1 Flu** |
| All types of flu can cause:   * Fever * Coughing and/or sore throat * Runny or stuffy nose * Headaches and/or body aches * Chills * Fatigue | Same as seasonal flu, but symptoms may be more severe.   * Fever * Coughing and/or sore throat * Runny or stuffy nose * Headaches and/or body aches * Chills * Fatigue   In addition to the above symptoms, a number of H1N1 flu cases reported:   * Vomiting * Diarrhea |

Influenza, commonly called "the flu," is an illness caused by RNA viruses that infect the respiratory tract of many animals, birds, and humans. In most people, the infection results in the person getting [fever](http://www.medicinenet.com/script/main/art.asp?articlekey=361), [cough](http://www.medicinenet.com/script/main/art.asp?articlekey=1977), [headache](http://www.medicinenet.com/script/main/art.asp?articlekey=20628), and malaise (tired, no energy); some people also may develop a [sore throat](http://www.medicinenet.com/script/main/art.asp?articlekey=480), [nausea, vomiting](http://www.medicinenet.com/script/main/art.asp?articlekey=41943), and [diarrhea](http://www.medicinenet.com/script/main/art.asp?articlekey=1900). The majority of individuals has symptoms for about one to two weeks and then recovers with no problems. However, compared with most other viral respiratory infections, such as the [common cold](http://www.medicinenet.com/script/main/art.asp?articlekey=330), influenza (flu) infection can cause a more severe illness with a mortality rate (death rate) of about 0.1% of people who are infected with the virus.

**What to Do if You Get the Flu**

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Influenza, or the "flu," is a illness of the breathing system (respiratory system) and muscles caused by a virus. While a vaccine is available to prevent the flu, its effectiveness varies according to the degree of match between the viral strains used to prepare the vaccine and those strains actually in circulation in a given year. Not everyone receives the [flu vaccine](http://www.medicinenet.com/script/main/art.asp?articlekey=9098), and even some of those who do can develop symptoms of the flu.

Mild cases of the flu may seem like common colds. But most cases of the flu can be distinguished from colds because the symptoms ([cough](http://www.medicinenet.com/script/main/art.asp?articlekey=2852), muscle aches and pains, [sore throat](http://www.medicinenet.com/script/main/art.asp?articlekey=480), [fatigue](http://www.medicinenet.com/script/main/art.asp?articlekey=9879), and [headache](http://www.medicinenet.com/script/main/art.asp?articlekey=20628)) are more severe than those of the common cold. Flu symptoms also tend to occur suddenly and include high fevers (temperatures of 101 degrees F or more). In children, fevers are typically even higher than those in adults.

The flu is a serious illness that can be fatal in people whose immune systems are weakened, the elderly, and those with chronic medical conditions. Even healthy people who develop the flu cannot work, attend school, or participate in normal activities for several days. Complications of the flu can develop in anyone and include [pneumonia](http://www.medicinenet.com/script/main/art.asp?articlekey=450), ear infections, sinus infections, or [bronchitis](http://www.medicinenet.com/script/main/art.asp?articlekey=53242).

### What is swine flu (novel H1N1 influenza A swine flu)?

Swine flu (swine influenza) is a respiratory disease caused by viruses ([influenza](http://www.medicinenet.com/script/main/art.asp?articlekey=365) viruses) that infect the respiratory tract of pigs and result in nasal secretions, a barking-like [cough](http://www.medicinenet.com/script/main/art.asp?articlekey=1977), decreased appetite, and listless behavior. Swine flu produces most of the same symptoms in pigs as human flu produces in people. Swine flu can last about one to two weeks in pigs that survive. Swine influenza virus was first isolated from pigs in 1930 in the U.S. and has been recognized by pork producers and veterinarians to cause infections in pigs worldwide. In a number of instances, people have developed the swine flu infection when they are closely associated with pigs (for example, farmers, pork processors), and likewise, pig populations have occasionally been infected with the human flu infection. In most instances, the cross-species infections (swine virus to man; human flu virus to pigs) have remained in local areas and have not caused national or worldwide infections in either pigs or humans. Unfortunately, this cross-species situation with influenza viruses has had the potential to change. Investigators think the 2009 swine flu strain, first seen in Mexico, should be termed novel H1N1 flu since it is mainly found infecting people and exhibits two main surface antigens, H1 (hemagglutinin type 1) and N1 (neuraminidase type1). Recent investigations show the eight RNA strands from novel H1N1 flu have one strand derived from human flu strains, two from avian (bird) strains, and five from swine strains.

### Why is swine flu (H1N1) now infecting humans?

Many researchers now consider that two main series of events can lead to swine flu (and also [avian or bird flu](http://www.medicinenet.com/script/main/art.asp?articlekey=55040)) becoming a major cause for influenza illness in humans.

First, the influenza viruses (types A, B, C) are enveloped RNA viruses with a segmented genome; this means the viral RNA genetic code is not a single strand of RNA but exists as eight different RNA segments in the influenza viruses. A human (or bird) influenza virus can infect a pig respiratory cell at the same time as a swine influenza virus; some of the replicating RNA strands from the human virus can get mistakenly enclosed inside the enveloped swine influenza virus. For example, one cell could contain eight swine flu and eight human flu RNA segments. The total number of RNA types in one cell would be 16; four swine and four human flu RNA segments could be incorporated into one particle, making a viable eight RNA segmented flu virus from the 16 available segment types. Various combinations of RNA segments can result in a new subtype of virus (known as [antigenic shift](http://www.medicinenet.com/script/main/art.asp?articlekey=26115)) that may have the ability to preferentially infect humans but still show characteristics unique to the swine influenza virus (see Figure 1). It is even possible to include RNA strands from birds, swine, and human influenza viruses into one virus if a cell becomes infected with all three types of influenza (for example, two bird flu, three swine flu, and three human flu RNA segments to produce a viable eight-segment new type of flu viral genome). Formation of a new viral type is considered to be antigenic shift; small changes in an individual RNA segment in flu viruses are termed [antigenic drift](http://www.medicinenet.com/script/main/art.asp?articlekey=26116) and result in minor changes in the virus. However, these can accumulate over time to produce enough minor changes that cumulatively change the virus' antigenic makeup over time (usually years).

**Tropical Deseases**

Malaria

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| [**Malaria**](http://www.nativeplanet.org/health/malaria.htm) | **Prevent mosquito bites** (use deet-containing insect repellent, treat clothing with permethrin, sleep under a mosquito net.)  **Prophylactic medicines**: mefloquine, chloroquine, proguanil, plus-minus Fansidar standby in Central and South Americas. (check locally for resistant strains of the plasmodium).  [**Read addendum**](http://www.nativeplanet.org/health/malaria.htm) |

* [Tuberculosis](http://en.wikipedia.org/wiki/Tuberculosis)†

(abbreviated as **TB**), is a bacterial infection of the lungs or other tissues, which is highly prevalent in the world, with mortality over 50% if untreated. It is a [communicable disease](http://en.wikipedia.org/wiki/Communicable_disease), transmitted by [aerosol](http://en.wikipedia.org/wiki/Particulate) expectorant from a cough, sneeze, speak, kiss, or spit. Over one-third of the [world's population](http://en.wikipedia.org/wiki/World_population) has been infected by the TB bacterium.[[14]](http://en.wikipedia.org/wiki/Tropical_disease#cite_note-WHO2004data-13)

† Although leprosy and tuberculosis are not exclusively tropical diseases, their high incidence in the tropics justifies their inclusion.