

# List of Diseases and Conditions

## 21 Women's Health

- 21 00 Bacterial Vaginosis
- 21 01 Breast Lumps in Women
- 21 02 Cystocele
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- 21 04 PMS (Premenstrual Syndrome)
- 21 05 Polycystic Ovarian Syndrome (PCOS)
- 21 06 Postural Orthostatic Tachycardia Syndrome
- 21 10 Urinary Tract Infection (UTI)
- 21 11 Uterine Fibroids
- 21 12 Uterine Growths
- 21 13 Vaginal Itching

When you have found your disease or condition, you look for the treatment color. The treatment colors are magenta (red-blue), blue, cyan (blue-green), green, yellow (red-green), and red. I give the treatment color numbers. Magenta = 0, blue = 1, cyan = 2, green = 3, yellow = 4, and red = 5. *Brest Lumps in Woman* would then be categorized as **21-01-3**. Here the last digit, the treatment color, is **green**. The first two digits are the disease/condition group (from 00 to 66). The next two digits (from 00 to 66) are the illness within the group, and the last digit (from 0 to 6) is the treatment color.

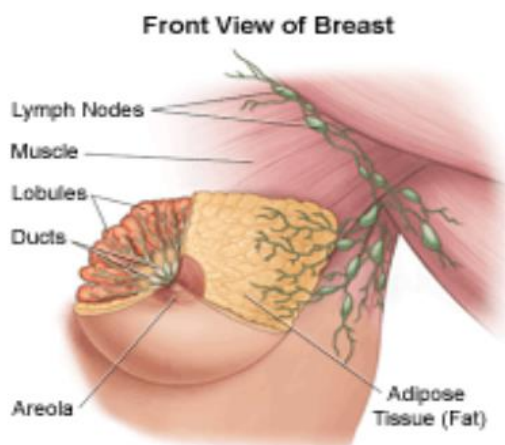


Bacterial vaginosis is an inflammation of the vagina. Bacterial vaginosis predominantly affects women of reproductive age, and its risk increases with vaginal douching or unprotected sex. It is not considered a sexually transmitted disease and is not the result of a specific infection but rather an imbalance in the bacteria normally present in the vagina.

Signs and symptoms of bacterial vaginosis include vaginal odor (foul-smelling or fishy) and vaginal discharge thin and gray, green, or white.

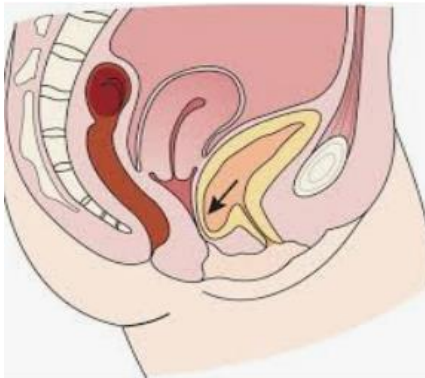
Other associated symptoms can include vaginal itching and pain or burning with urination.

Some women with the condition have no signs or symptoms.



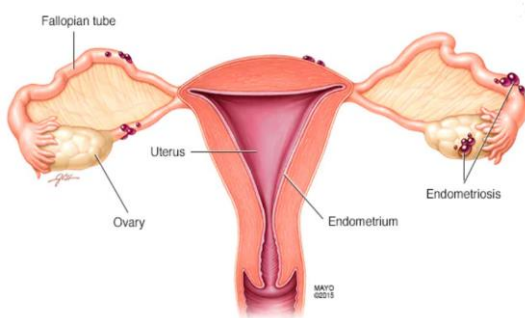
Breast lumps are localized swellings, knots, bumps, bulges, or lumps in the breast. Breast lumps may appear in both sexes at all ages. In women, the fear is usually of breast cancer. Still, fortunately, many breast lumps turn out to be due to benign conditions that can be successfully treated, such as infections, trauma, fibroadenoma, cyst, or fibrocystic disease of the breast. Breast lumps may or may not be associated with breast pain, redness, warmth, tenderness, nipple discharge, skin inflammation, and rash.

2 1 0 2 **5** Cystocele



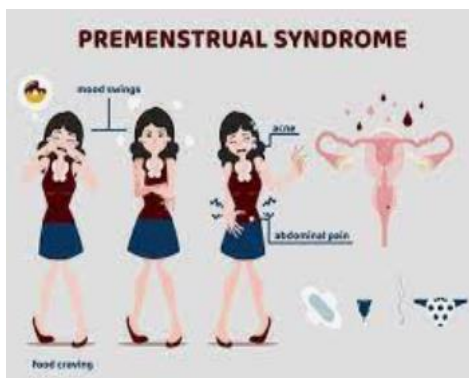
A cystocele or "fallen bladder" occurs when the wall between a woman's bladder and her vagina weakens, allowing the bladder to droop into the vagina. Signs and symptoms associated with a cystocele include urine leakage and incomplete emptying of the bladder (urinary retention). In addition, in some cases, the cystocele can cause stretching of the opening of the urethra, leading to urine leakage during coughing, sneezing, laughing, or movements that pressure the bladder.

2 1 0 3 **5** Endometriosis



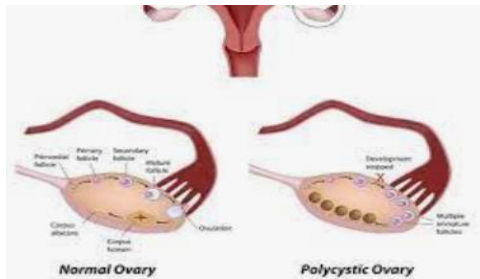
Endometriosis is an often painful disorder in which tissue similar to the tissue that normally lines the inside of your uterus, the endometrium, grows outside your uterus. Endometriosis most commonly involves your ovaries, fallopian tubes, and the tissue lining your pelvis. Rarely, endometrial-like tissue may be found beyond the area where pelvic organs are located.

2 1 0 4 **3** PMS (Premenstrual Syndrome)



Premenstrual syndrome, or PMS, is a group of unpleasant symptoms linked to a woman's menstrual cycle, typically occurring one to two weeks before the menstrual period begins. PMS symptoms vary widely among women and range in severity from mild to debilitating. PMS typically includes physical and emotional symptoms. Some of the most common symptoms of PMS include mood changes, tiredness, anxiety, bloating, or abdominal fullness.

2 1 0 5 **5** Polycystic Ovarian Syndrome (PCOS)



Polycystic ovary syndrome (PCOS) is a hormonal disorder common among women of reproductive age. Women with PCOS may have infrequent or prolonged menstrual periods or excess male hormone (androgen) levels. The ovaries may develop numerous small collections of fluid (follicles) and fail to release eggs regularly.

2 1 0 6 **4** Postural Orthostatic Tachycardia Syndrome (POTS)



POTS, or postural orthostatic tachycardia syndrome, is when too little blood returns to the heart when moving from lying down to a standing up position. The decrease in blood flow causes the heart to beat faster. Most people affected are women between the ages of fifteen and fifty. POTS's signs and symptoms include fainting, dizziness, or lightheadedness when reclining to a standing position.

2 1 1 0 **5** Urinary Tract Infection (UTI)



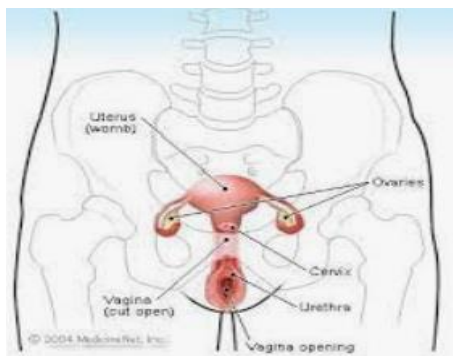
A urinary tract infection (UTI) is an infection in any part of your urinary system, your kidneys, ureters, bladder, and urethra. Most infections involve the lower urinary tract, the bladder, and the urethra. Women are at greater risk of developing a UTI than are men.

2 1 1 1 **5** Uterine Fibroids



Fibroids are non-cancerous growths that develop in or around the womb (uterus). The growths are made up of muscle and fibrous tissue and vary in size. They're sometimes known as uterine myomas or leiomyomas. Unfortunately, many women are unaware they have fibroids because they do not have any symptoms.

2 1 1 2 **3** Uterine Growths



Uterine growths are enlargements, masses, or tumors located in the female womb (uterus). An example of benign or non-cancerous growth is a polyp of the cervix. Although uterine fibroids are also benign causes of uterine growths, they can still cause signs and symptoms such as bleeding.

2 1 1 3 **5** Vaginal Itching



Vaginal itching is an uncomfortable and sometimes painful symptom due to irritating substances, infections, or menopause. It may also occur as a result of certain skin disorders or sexually transmitted diseases (STDs). In rare cases, vaginal itching might develop due to stress or vulvar cancer.