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INCURABLE DISEASES

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Modern medicine has done a lot to eradicate and cure diseases, but unfortunately, there are still many horrific diseases for which there is no cure.

1. Ebola hemorrhagic fever.

Ebola is a virus of the filovirus family that causes severe and often fatal viral hemorrhagic fever. Outbreaks of this disease have been observed in primates such as gorillas and chimpanzees and in humans. The disease is characterized by high fever, rash, and excessive bleeding. In humans, the fatality rate is 50 to 90 percent.

The name of the virus comes from the Ebola River in the northern Congo Basin of central Africa, where it first appeared in 1976. That year, outbreaks in Zaire and Sudan led to hundreds of deaths. The Ebola virus is closely related to the Marburg virus, which was discovered in 1967, and both viruses are the only filoviruses that cause epidemics in humans.

The hemorrhagic virus spreads through bodily fluids and, just as patients often vomit blood, caregivers often contract the disease.

2. Poliomyelitis.

Polio or spinal palsy is an acute viral infectious disease of the nervous system that begins with general symptoms such as high fever, headache, nausea, fatigue, pain and muscle spasms, sometimes followed by more severe and permanent paralysis of the muscles of one or more limbs , throat or chest. More than half of all polio cases occur in children under 5 years of age. The paralysis that is so often associated with the disease actually affects less than one percent of people infected with the polio virus.

Only 5 to 10 percent of infected people show the above-mentioned common symptoms, and more than 90 percent of people show no signs of illness. There is no treatment for those infected with poliovirus. Since the mid-20th century, hundreds of thousands of children have suffered from this disease every year. Since the 1960s, thanks to the widespread distribution of the polio vaccine, polio has been eliminated from most countries in the world and is now endemic in only a few countries in Africa and South Asia. Every year, about 1,000-2,000 children are left paralyzed by polio.

3. Lupus erythematosus.

Lupus is an autoimmune disease that causes chronic inflammation in various parts of the body. There are three main forms of lupus: discoid lupus erythematosus, systemic lupus erythematosus and drug-induced lupus.

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Discoid lupus affects only the skin and usually does not involve internal organs. It is characterized by a rash or various patches of redness covered in grayish-brown scales that may appear on the face, neck, and scalp. In about 10 percent of cases in people with discoid lupus, the disease will develop into the more severe systemic form of lupus.

Systemic lupus erythematosus is the most common form of this disease. It can affect almost any organ or structure of the body, especially the skin, kidneys, joints, heart, gastrointestinal tract, brain and serous membranes.

And while systemic lupus can affect any area of the body, most people experience symptoms in only a few organs. The skin rash may resemble that found in discoid lupus. It is also known that rarely do two people have the same symptoms. This disease is very varied in nature and is marked by periods when the disease becomes active and periods when symptoms are not so obvious.

4. Flu.

Influenza is an acute viral infection of the upper and lower respiratory tract, which is characterized by high fever, chills, a general feeling of weakness, muscle pain, and various types of soreness in the head and abdomen.

Influenza is caused by several strains of viruses in the Ortomyxoviridae family, which are divided into types A, B and C. The three main types tend to cause similar symptoms, although they are not antigenically related. So, if you are infected with one type, it does not provide immunity against other types. Type A viruses lead to large epidemics of influenza, and type B causes small localized outbreaks, while type C viruses generally do not cause illness in humans. Between periods of a pandemic, viruses undergo constant rapid evolution (a process called antigenic variation) in response to the onslaught of immunity in humans.

Periodically, influenza viruses undergo major evolutionary changes by acquiring new genome segments from another influenza virus, effectively becoming a new subtype from which there is no immunity.

5. Croitfeldt-Jakob disease.

Croitfeldt-Jakob disease is a rare fatal degenerative disease of the central nervous system. It occurs worldwide and occurs at a rate of one in a million, with slightly higher rates among certain populations such as Libyan Jews.

The disease most often occurs among adults aged 40 to 70 years, although there have been cases among younger people. Both men and women suffer from it equally.

The onset of the disease is usually characterized by vague psychiatric and behavioral changes, followed by progressive dementia accompanied by visual impairment and involuntary movements. There is no cure for the disease and it is usually fatal within a year of the onset of symptoms.

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The disease was first described in 1920 by the German neurologist Hanz Gerhard Kreutfeld and Alfons Jacob. Croitfeldt-Jakob disease is similar to other neurodegenerative diseases such as kuru, which occurs in humans, and scabies, which occurs in sheep. All three diseases are types of transmitted spongiform encephalopathy due to the characteristic spongy pattern of neural destruction in which the brain tissue appears to be filled with holes.

6. Diabetes.

Diabetes mellitus is a disorder of carbohydrate metabolism, characterized by an impairment of the body's ability to produce or respond to insulin, and thereby maintain the desired blood sugar level.

There are two main forms of diabetes. Type 1 diabetes, formerly called insulin-dependent diabetes and juvenile diabetes, usually begins in childhood. This is an autoimmune disease in which the immune system of a person with diabetes produces antibodies that destroy the beta cells that produce insulin. Since the body can no longer produce insulin, daily injections of the hormone are required.

Type 2 diabetes, or non-insulin-dependent diabetes, usually appears after age 40 and becomes more common as people get older. It occurs due to sluggish insulin secretion from the pancreas or decreased response in the target cells that secrete insulin. It is associated with heredity and obesity, especially upper body obesity. People with type 2 diabetes can control their blood sugar levels through diet and exercise, as well as insulin injections and other medications.

7. AIDS (HIV).

AIDS, or acquired immunodeficiency syndrome, is a transmitted disease of the immune system that is caused by HIV (immunodeficiency virus). HIV attacks slowly, destroying the immune system, the body's defense system against infections, making a person susceptible to various infections and certain malignancies, ultimately leading to death. AIDS is the final stage of HIV infection, during which fatal infections and tumors occur.

HIV/AIDS spread in the 1980s, especially in Africa, where it is believed to have originated. Several factors contributed to the spread, including increased urbanization and long-distance travel to Africa, international travel, changing sexual morals, and intravenous drug use.

According to the 2006 UN report on HIV/AIDS, about 39.5 million people are living with HIV, about 5 million people become infected each year, and about 3 million die from AIDS each year.

8. Asthma.

Asthma is a chronic airway disease in which the inflamed airways tend to constrict, causing episodes of suffocation, difficulty breathing, coughing and chest tightness that range in severity from mild to life-threatening. Inflamed airways become

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hypersensitive to a variety of stimuli, including dust mites, animal dander, pollen, air pollution, cigarette smoke, medications, weather conditions and exercise. However, stress can worsen symptoms.

Asthmatic episodes may begin suddenly or may take several days to develop. Although the first episode can occur at any age, half of cases occur in children under 10 years of age, and it occurs more often in boys than girls. Among adults, the incidence rate is approximately the same in women and men. When asthma develops in childhood, it is often associated with an inherited susceptibility to allergens such as pollen, dust mites, and animal dander, which cause an allergic reaction. In adults, asthma can also develop in response to allergens, but viral infections, aspirin and exercise can also trigger the disease. Polyps and sinusitis are also common in adults with asthma.

9. Cancer.

Cancer refers to a group of more than 100 different diseases characterized by the uncontrolled growth of abnormal cells in the body. Cancer affects one in three people born in developed countries and is a leading cause of illness and death worldwide. Although cancer has been known since ancient times, significant improvements in cancer treatment were made in the mid-20th century, mainly through timely and accurate diagnosis, surgery, radiation therapy and chemotherapy drugs.

Such advances have led to a decline in cancer mortality and have also led to optimism in laboratory research in elucidating the causes and mechanisms of the disease.

Thanks to ongoing advances in cell biology, genetics and biotechnology, researchers now have fundamental knowledge of what happens in cancer cells and in cancer patients, facilitating further progress in preventing, diagnosing and treating the disease.

10. Cold.

The common cold is an acute viral illness that begins in the upper respiratory tract, sometimes spreads to the lower respiratory tract, and can cause secondary infections in the eyes or middle ear. More than 100 viruses can cause a cold, including parainfluenza virus, influenza virus, respiratory syncytial virus, reoviruses and others. However, rhinoviruses are considered the most common cause.

The term cold is associated with the feeling of cold or exposure to a cold environment. It was originally thought that colds were caused by hypothermia, but research has shown that this is not the case. Colds are caught through contact with infected people, not from cold, cold wet feet, or drafts.

People can carry the virus and not experience symptoms. The incubation period is usually short, ranging from one to four days. Viruses begin to spread from an infected person before symptoms appear and spread peaks during the symptomatic phase.

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There is such a variety of viruses that cause colds that it is practically impossible for a person to develop immunity to colds. To date, there are no medications that can significantly shorten the duration of the disease, and most treatment is aimed at mitigating symptoms.

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