

10 Everyday Explanations

Medical terms in patient-friendly language

SCA+



1. Atrial Fibrillation

"Atrial fibrillation is like your heart's drummer has lost his rhythm — instead of a steady beat, he starts drumming out of time and unevenly."



2. Hypertension

"Hypertension is like having too much water pressure in your pipes — over time, the extra pressure can damage the plumbing."



3. Depression

"Depression is like your brain's battery running low — the brain chemicals that normally keep your mood charged up aren't flowing properly, so everything feels drained."



4. Eczema

"Eczema is like when your skin should be a solid brick wall -but instead it's more like one with cracks that let water leak out and irritating chemicals leak in."



5. Chronic Kidney Disease

"Chronic kidney disease is like having a water filter that's gradually clogging — over time, it can't clean the blood properly, letting waste slowly build up in your body."



6. Type 2 Diabetes Mellitus

"Type 2 diabetes is like pouring more sugar into a cup than it can hold — eventually it spills over and causes problems."



7. Ischaemic Heart Disease

"Ischaemic heart disease is like a garden hose getting clogged — the blood can't flow freely to your heart, so it doesn't get enough oxygen to work properly."



8. Gout

"Gout is like tiny crystals piling up in a joint like grit in a hinge, making it stiff, swollen, and very painful to move."



9. Dementia

"Dementia is like a library where some of the books slowly go missing — your brain struggles to find and use the information from the books it needs."



10. Stress

"Stress is like your car's alarm system constantly going off — it keeps ringing even when there's no real danger, wearing the car out over time."