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> Book Name : Computer Programming (০০০০০) Writer : Tamim Shahriar Subeen Download link : Click Here > Book Name : Programming e Hatekhori (০০০০০) Writer : Tamim Shahriar Subeen Download link : Click Here Photo Courtesy: The Good Brigade/DigitalVision/Getty Images Hepatitis is a condition that causes inflammation of your liver. Currently, there are an estimated 6 million people living with hepatitis in the United States, and more than 50,000 people are diagnosed with this disease every year. There are three primary types of hepatitis, and while their symptoms can be similar, they vary largely in the ways they're transmitted. Learning more about each type of hepatitis can help you better understand the condition as a whole.What Is Hepatitis A?Hepatitis A is the most easily transmitted of the three viruses. It affects approximately 2,500 people every year in the United States. It typically spreads through feces-contaminated food or water and is found in the feces of people who have the virus. Hepatitis A causes a short-term, acute sickness that most people heal from without treatment. However, it can cause serious illness in some people. This virus is more common in places with underdeveloped sanitation systems. While doctors can't treat hepatitis A with medication, people who get this virus can manage its symptoms with fluids, rest and good nutrition. There's also a safe and effective vaccine available to protect you against hepatitis A.What Is Hepatitis B?Hepatitis B can occur both acutely (meaning it develops quickly and lasts a short time) and chronically (meaning it develops slowly over time and worsens over months or years). According to the Centers for Disease Control and Prevention, up to 2 million people in the United States are chronically affected with hepatitis B. Hepatitis B can be transmitted through sexual activity and exposure to infected blood. It can also be passed from a parent to their newborn child during birth. Hepatitis B usually causes short-term discomfort that many people recover from completely after about four to eight weeks. However, it can turn into a chronic condition that lasts for years; this is more likely in older adults. Doctors can treat severe chronic hepatitis B with antiviral medications. However, in most cases, treatments focus on proper hydration and nutrition. There's a safe vaccine available to protect you against hepatitis B, too.What Is Hepatitis C? Photo Courtesy: BSIP/Getty Images Approximately 4 million people in the United States are affected with hepatitis C. This form of hepatitis causes a chronic illness in over 50% of people who get this type of the virus. It's the least transmissible of the three viruses and can spread through contact with infected blood. Hepatitis C occurs more commonly in people who engage in intravenous drug use. If you received a blood transfusion before 1992, you should also get tested for hepatitis C if you haven't previously. Hepatitis C can spread through unprotected sexual intercourse, but this is a less common way to transmit it. While there's no vaccine for chronic hepatitis C, treatments that are available today offer a 95% cure rate.Chronic hepatitis C can significantly affect how your liver works. It can cause cirrhosis, which means that your normal liver tissue is replaced with scar tissue. It can also cause liver cancer. However, there are medications that can help keep this disease in check. Making lifestyle changes, such as reducing or eliminating alcohol from your diet, can also decrease your chances of experiencing complications. In severe cases, hepatitis C may require a liver transplant. The varying forms of viral hepatitis affect millions of people in the United States. Chronic hepatitis often has few symptoms in its early stages, so recognizing the associated dangers and getting tested if you've been exposed may save your life. Although there are five types of viral hepatitis, only A, B and C are the forms commonly found in the United States.Resource Links:"Hepatitis A, B, and C: Learn the Differences," Immunization Action Coalition"What's the Difference Between Hepatitis A, B and C?," UNC Health Talk"The ABCs of Hepatitis," Centers for Disease Control and Prevention"What's the Difference: Hepatitis B vs Hepatitis C?," Hepatitis B Foundation MORE FROM SYMPTOMFIND.COM Download C Programming Bangla Book by Tamim Shahriar named "Programming e Hatekhori".If you are looking C Programming Bangla PDF book, then here is a great gift for you because here at this post you will find the book in pdf version. You can download the book from the above pdf link. The book will help you learn C programming in an easy way. The writer of the book "Programming e Hatekhori" by Tamim Shahriar Subeen. He is the talented writer in programming language. Book Name: Programming e Hatekhori Types of The Book: C Programming Book Writer: Tamim Shahriar Subin Book Language: Bangla Book Version: PDF Download Link Source: Google Drive [Click Here to Download] Post navigation Hepatitis C, a virus that attacks the liver, is a tricky disease. Some people have it and may never know it as they are affected by any sorts of symptoms. It can remain silent until there is severe damage to your liver. What Are the Symptoms of Hepatitis C? If you were to have symptoms of hepatitis C, what would they look like? Acute hepatitis C is the phase when you are first exposed to the disease. If you have symptoms at all, here are some to look out for, as listed by the Mayo Clinic. These include bruising easily, fatigue, bleeding easily, itchy skin, jaundice or yellowing of the skin, dark-colored urine, confusion and swelling in your legs. Symptoms usually show up between two and 12 weeks after being exposed to the virus and last two weeks to three months, according to the Mayo Clinic. Who Is at Risk to Get Hepatitis C? Hepatitis C is a virus transmitted through the blood from one person to another. Here are some situations that put you at an increased risk of getting the disease as cited by the Mayo Clinic. These include if you have HIV, inject or inhale drugs, are a health care worker who may be exposed to contaminated blood, have been in prison, received a tattoo or piercing from a questionable environment or were born to a woman with hepatitis C. Also, those born between the years of 1945 and 1965 have cause for concern as they are five times more likely to be infected with hepatitis C than people born outside of this time frame. Hepatitis C Treatment Hepatitis C is the leading cause of liver cancer and liver transplants, according to WebMD. It is curable. However, there is no easy fix that works for each person. There are different strands of hepatitis C and, thus, no one pill can treat them all. You and your doctor will have to work together to figure out which antiviral medications are going to work in your particular situation. Most medications can remove all traces of the virus in your blood in about 12 weeks. Preventing Hepatitis C The best and easiest way to prevent getting hepatitis C is to ensure you are making good decisions. Practice safe sex — use a condom. If you use illicit drugs, which you should seek treatment for a litany of reasons, never share needles with other users. Make sure to check the hygienic conditions of a place before you decide to get piercings or a tattoo. Complications From Hepatitis C Hepatitis C can lead to liver cancer. It can also cause cirrhosis of the liver, which creates mass scarring and makes it difficult for the liver to work as it should. This can then lead to complete liver failure and the need for a transplant to stay alive. MORE FROM SYMPTOMFIND.COM Loading PreviewSorry, preview is currently unavailable. You can download the paper by clicking the button above. Bangla C Programming Ebook Pdf This pdf ebook covers all versions of C# language including 1.0, 2.0, and 3.0. Title Programming C# for Beginners, Author(s) Mahesh Chand, Publisher: C# =1425410889&sr=11&keywords=C%23+for+beginners title="Read editorial. C Programming Bangla Book Pdf Soup.io. quality control pdf books ebook prince of persia game free twilight bahasa indonesia free download pdf download. A step-by-step guide to becoming a C++ programmerGuaranteed Want to learn C++? Want to learn C++? Struggling to follow your lecturer or books and tut. DOWNLOAD PDF books/ebooks here: bit.ly/bags858 C Programming Language. ০০ ০০০০ ০০ ০০০ ০ ০০ ০০ ০০: c programming books pdf. Addison Wesley - The C++ Standard Library - A Tutorial and Reference.chm. Addison Wesley - The .pdf book download Ajax, JavaScript and PHP. All in One .ebook Construction (2) Business Book (1) C Programming e-Book (2) c programming tutorial (2). Bangla C Programming Ebook Pdf >>>CLICK HERE Photo Courtesy: Flashpop/DigitalVision/Getty Images Whether in the form of a fizzy drink or flavored lozenges, cold and flu preventative supplements almost always highlight vitamin C as one of their key ingredients. So, what's so magical about vitamin C? Also known as ascorbic acid, vitamin C is critical to living healthily. Since the human body cannot spontaneously generate this nutrient, vitamin C must instead be absorbed from outside sources, such as vitamin supplements or foods that are naturally rich in it.What Does Vitamin C Do? Commonly found in cold and flu preventative supplements, vitamin C strengthens and speeds up immune system functionality. Though research does not indicate that vitamin C intake alone can prevent the onset of cold or flu, adequate daily intake may shorten the duration of an infection or lessen the severity of symptoms. Photo Courtesy: Catherine Falls Commercial/Moment/Getty Images Vitamin C is crucial for the maintenance of well being. For example, it plays a role in wound healing and helps maintain many essential body tissues. It also acts as a potent antioxidant and can repair damage from free radicals, which are linked to aging effects, and disease vulnerability. Additionally, vitamin C can also prevent anemia, since it helps the body increase absorption of dietary iron, another vital mineral that the body cannot spontaneously create. Foods that contain high concentrations of vitamin C have been linked with a lower risk of cardiovascular disease, like heart attack and stroke. Vitamin C can also increase levels of nitric oxide, a compound that widens blood vessels and, in turn, lowers blood pressure. In addition, regular intake of vitamin C, along with other vitamins, has been linked to a decreased risk for developing age-related cataracts, a leading cause of visual impairment in the United States.Common Sources of Vitamin CVitamin C can be easily obtained through the many different foods, including: Photo Courtesy: Akarodech Pramoonsin/Moment/Getty Images Citrus fruits and juices (orange, grapefruit, lemon, lime and tangerine) Berries Melons Mangoes Kiwi Tomato Broccoli Red peppers Spinach Squash Potatoes Cooking these foods may result in the loss of some of the vitamin content, so it is ideal to ingest them raw, either whole or juiced. Nowadays, there are also numerous packaged food products, like cereals, that have been enriched and fortified with vitamin C, so that the nutrient can be easily obtained. Vitamin C may also be labeled as "L-ascorbic acid" in supplement form, and most over-the-counter multivitamins contain the recommended daily amount of the vitamin. While it is a good source when an individual is in need of a vitamin C boost, supplements are not meant to replace a diet rich in naturally derived vitamin C.What Happens When You Have Too Much — or Too Little — Vitamin C?Vitamin C is a water-soluble vitamin that can be easily flushed out of the body via urination when it is not needed. Therefore, if the main source of vitamin C is from naturally occurring foods, it is near-impossible for excess vitamin C to produce side effects. However, taking excessive concentrated vitamin C supplements may lead to diarrhea or stomach upset. Photo Courtesy: Violeta Stoimenova/E+/Getty Images Since vitamin C-rich foods are so readily available nowadays, symptoms of inadequate vitamin C intake are also rare in the United States. However, malnourished individuals can experience symptoms of vitamin C deficiency over time, including: Weakness Fatigue Anemia Easy bruising Joint pain Skin breakdown Weakened tooth enamel Gum inflammation Severe vitamin C deficiency is referred to as scurvy. Scurvy can be easily treated with increased dietary or supplemental vitamin C. Since vitamin C is crucial in the detoxification of the body, a lack of vitamin C can compromise the immune system and make an individual more susceptible to diseases and infections. Individuals with insufficient vitamin C may find that it takes longer than usual to recover from a cold or a physical wound. Daily Dosage Recommendations: The daily dosage recommendation for vitamin C is different for everyone, depending on factors such as gender, age, lifestyle and current health condition. The recommended daily dosage for vitamin C is at least 75 mg daily for women and 90 mg for men. Since people who are pregnant, breast feeding, smoking or using oral contraceptives have a lower blood level of vitamin C than others, larger doses of vitamin C may be needed to achieve optimal results in these individuals. Those who have prior or current medical conditions may also require bigger or smaller dosage levels, as recommended by their healthcare providers. Resource Links: MORE FROM SYMPTOMFIND.COM

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