

Chronic Illnesses List

Chronic illnesses, also known as long-term conditions, are conditions that last at least a year and require ongoing medical care or limit daily activities.

Chronic illness	Definition
Allergy/anaphylaxis	Allergy refers to the body's hypersensitive reaction to a substance, while anaphylaxis is a severe, potentially life-threatening allergic reaction.
Asthma	A chronic respiratory condition characterized by inflammation and narrowing of the airways, leading to breathing difficulties.
ADHD	Attention Deficit Hyperactivity Disorder is a neurodevelopmental disorder affecting attention, hyperactivity, and impulsivity.
Atrial fibrillation	A heart condition characterized by irregular and often rapid heart rate.
Amnesia	Memory loss or impairment.
Anemia	A condition characterized by a deficiency of red blood cells or hemoglobin in the blood.
Anklosing spondylitis	A type of arthritis affecting the spine and large joints.
Aphasia	Language disorder affecting the ability to communicate.
Ataxias	Neurological disorders affecting coordination and balance.
Autism spectrum disorder	Developmental disorder affecting social interaction, communication, and behavior.
Autoimmune disorders	Conditions where the immune system attacks the body's own tissues, like lupus and Sjögren's syndrome.
Blood disorders	Conditions affecting the blood, such as anemia, hemophilia, and sickle cell disease.
Brain injuries	Damage to the brain, including stroke and transient ischemic attacks (TIAs).
Bronchopulmonary dysplasia	Chronic lung disease affecting infants.
Cancer	Abnormal cell growth leading to the formation of tumors.
Cerebral palsy	Neurological disorder affecting movement and muscle coordination.
Crohn's disease	Inflammatory bowel disease causing inflammation of the digestive tract.
Celiac disease	Autoimmune disorder triggered by gluten consumption.
Connective tissue diseases	Disorders affecting the body's connective tissues.

Chronic illness	Definition
Coronary heart disease	Narrowing of the coronary arteries leading to reduced blood flow to the heart.
Cystic fibrosis	Genetic disorder affecting the lungs and digestive system.
Digestive conditions	Disorders affecting the digestive system, such as ulcers, reflux, and stomach issues.
Dyslexia or dyspraxia	Learning disorders affecting reading, writing, and coordination.
Eating disorders	Conditions like anorexia and bulimia involving unhealthy eating behaviors.
Eczema	Skin condition characterized by inflammation and itching.
Fibromyalgia	Chronic pain condition affecting muscles and soft tissues.
Gout	Form of arthritis characterized by sudden and severe joint pain.
Gynecological problems	Health issues related to the female reproductive system.
Hemophilia	Genetic disorder impairing blood clotting.
Heart failure	Condition where the heart is unable to pump blood effectively.
Learning disabilities	Conditions affecting learning and intellectual abilities.
Lung fibrosis	Scarring of lung tissue leading to breathing difficulties.
Lupus	Autoimmune disease causing inflammation and damage to various body systems.
Medically unexplained symptoms	Physical symptoms without a clear medical cause.
Motor neurone disease	Neurological condition affecting motor neurons.
Multisystem autoimmune diseases	Autoimmune disorders affecting multiple body systems.
Muscular dystrophy	Genetic disorders leading to muscle weakness and degeneration.
Neuralgias	Conditions causing severe pain along the nerves.
Newborn screening programme diseases	Conditions screened for in newborns, such as thyroid disease and hearing loss.
Obesity	Excessive body weight leading to health issues.
Obstructive sleep apnea	Breathing disorder during sleep.
Occupational lung disease	Lung conditions caused by workplace exposures.
Osteoporosis	Condition characterized by weak and brittle bones.
Personality disorders	Mental health conditions affecting behavior and thought patterns.

Chronic illness	Definition
Phobias	Anxiety disorders involving irrational fears.
Physical disabilities	Conditions affecting physical function and mobility.
Polycystic ovary disease	Hormonal disorder affecting women's reproductive health.
Progressive supranuclear palsy	Rare neurological disorder affecting movement and cognition.
Psoriasis	Chronic skin condition causing red, scaly patches.
Rare diseases/ genetic disorders	Conditions with a low prevalence or genetic origin.
Sarcoidosis	Inflammatory disease affecting multiple organs.
Sensory problems/disabilities	Conditions affecting hearing or vision.
Sickle cell disease	Inherited blood disorder affecting red blood cells.
Skin conditions	Various chronic skin disorders.
Sleep disorders	Conditions affecting sleep patterns.
Speech deficits	Communication disorders affecting speech.
Spina bifida	Neural tube defect affecting spinal cord development.
Spinal injuries	Damage to the spinal cord leading to sensory and motor impairments.
Stroke/transient ischaemic attacks	Brain damage due to interrupted blood flow.
Tuberculosis	Infectious disease affecting the lungs.
Urinary incontinence	Involuntary loss of bladder control.
Urticaria	Skin condition characterized by hives or welts.
Notes:	

Reference: Taylor, S. J., Pinnock, H., Epiphaniou, E., Pearce, G., Parke, H. L., Schwappach, A., Purushotham, N., Jacob, S., Griffiths, C. J., Greenhalgh, T., & Sheikh, A. (2014, December). A rapid synthesis of the evidence on interventions supporting self-management for people with long-term conditions: PRISMS – Practical systematic review of self-management support for long-term conditions. *Health and Social Care Delivery Research*, 2(53). <https://doi.org/10.3310/hsdr02530>