



Mi Universidad

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*Nombre del tema: **Trabajo Plataforma 2***

*Parcial: **2° Parcial***

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*Nombre de la Licenciatura: **Ingeniería en Sistemas Computacionales***

*Cuatrimestre: **4°***

Disease and solution

Common Cold

Rest, hydration, vitamin C, and over-the-counter cold medications.

Influenza

Antiviral medications, rest, fluids, and symptom relief (pain relievers, decongestants).

Diabetes

Medication, insulin, dietary changes, regular exercise, and blood sugar monitoring.

Hypertension

Medication, lifestyle changes (healthy diet, exercise, stress management), and regular monitoring.

Cardiovascular Disease

Medications (aspirin, statins), lifestyle changes (diet, exercise), and cardiac rehabilitation.

Depression

Psychotherapy, medication, lifestyle changes, and social support.

Anxiety Disorders

Therapy (cognitive-behavioral therapy), medication, relaxation techniques, and support networks.

Cancer

Surgery, chemotherapy, radiation therapy, immunotherapy, and targeted therapies.

Arthritis

Medication, physical therapy, joint protection, and lifestyle modifications.