

enfermedades
y como
solucionarlo

acute
bronchitis

Acute bronchitis gets better on its own, without antibiotics. Antibiotics will not help you get better if you have acute bronchitis. Antibiotics won't help you if you don't need them, and the side effects could even harm you

common
cold

There is no cure for the common cold. Most cases of the common cold get better without treatment within 7 to 10 days, but the cough may last a few days longer

urinary
infection

drink plenty of fluids and urinate frequently to heal faster. It is best to drink water. y Talk to a health care professional if you cannot drink a lot of fluids due to other health problems, such as urinary incontinence, urinary frequency, kidney failure, or heart failure.

Diabetes

Have a healthy, balanced diet, and follow a meal plan.
exercise regularly.
take medications in the indicated doses.
Check blood sugar levels regularly.

