

Cardiovascular diseases are pathologies that can affect both the heart and other important organs, such as the brain and kidneys. Its appearance is determined by risk factors such as hypercholesterolemia and hypertension, which must be controlled to prevent these serious conditions.

Diabetes is a chronic disease that occurs when the body loses its ability to produce enough insulin or use it effectively. This causes an excessive concentration of sugar in the blood that, over time, damages tissues. This progressive deterioration can cause alterations, dysfunctions and failures in vital organs such as the eyes, kidneys, nerves, heart and blood vessels.

Obesity has increased considerably in the last 25 years. Currently, three out of ten children and adolescents are overweight or obese. Both conditions are important risk factors for developing diseases such as hypercholesterolemia, hypertension and diabetes, which can have serious long-term consequences.

Chronic respiratory diseases include asthma, chronic obstructive pulmonary disease (COPD), respiratory allergies, occupational lung diseases, and pulmonary hypertension, among others. The WHO includes all of these pathologies in this category due to their lasting impact on the health and quality of life of those affected. These diseases require ongoing management and can significantly limit the respiratory capacity and physical activity of those who suffer from them.

Negative, intense and persistent stress, according to the Spanish Society for the Study of Anxiety and Stress, increases the probability of developing anxiety problems, chronic fatigue and exhaustion. In addition, it can lead to other health problems such as infections and psychophysiological disorders. Maintaining high levels of stress for a long period of time significantly affects physical and mental well-being, increasing vulnerability to various diseases.

Halitosis, also known as “bad breath.” It originates in the mouth, as a consequence of the bacterial decomposition of food remains. It is prevented with oral hygiene measures, reducing alcohol consumption, drinking plenty of water and reducing the consumption of certain elements.

Skin cancer is one of the cancers with the highest incidence in the world. At the same time, it is one of the ones with the best prognosis if it is detected in its initial stages. It is prevented by avoiding sun exposure, using sunscreen, covering ourselves with clothing, not tanning with UVA rays and checking our skin.

Osteoporosis is a bone disease characterized by the loss of bone tissue density. The bones become brittle and break easily. This complication mainly affects women after menopause.

Bladder infections, also called urinary tract infections, occur when bacteria build up in the urinary tract. UTIs can occur in children from childhood through adolescence and into adulthood.

Chronic bronchitis is an infection of the largest central airways of the lungs and is most commonly seen in adults. The word "bronchitis" is often used to describe a chest virus that does not require antibiotics.

Bronchiolitis is usually caused by a virus that does not require antibiotics. Instead, most treatment recommendations focus on making your child comfortable with close monitoring for any difficulty breathing and eating or signs of dehydration.

Bacterial sinusitis is caused by bacteria trapped in the sinuses. Sinusitis is suspected when cold symptoms, such as a runny nose, daytime cough, or both, last more than ten days without improvement.

Chronic obstructive pulmonary disease, abbreviated as COPD, is the third leading cause of death worldwide. In 2019. The main trigger for this condition is usually continuous exposure to irritants capable of damaging the lungs and airways, especially tobacco.

Asthma is a chronic respiratory disease that causes swelling and narrowing of the lung airways. Its main signs and symptoms, like those of many other conditions involving the respiratory system, include difficulty breathing, chest pain, wheezing, and problems sleeping, among others.

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Cardiovascular diseases are pathologies that can affect both the heart and other important organs, such as the brain and kidneys. Its appearance is determined by risk factors such as hypercholesterolemia and hypertension, which must be controlled to prevent these serious conditions. Maintaining a healthy diet, engaging in regular physical activity, and avoiding tobacco use are key preventive measures.

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Skin cancer is another preventable disease, with excessive sun exposure and sunburn being key risk factors. Using sunscreen, avoiding sun exposure during peak hours, and wearing protective clothing can significantly reduce the risk of developing skin cancer. Early detection through regular checkups is also crucial for successful treatment.

Acute respiratory infections, such as the flu and the common cold, can be prevented with simple measures such as vaccination, frequent hand washing, and avoiding close contact with sick people. Maintaining a strong immune system through a balanced diet, regular exercise and good rest also helps reduce susceptibility to these infections.

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Sexually transmitted infections (STIs), such as HIV, syphilis, gonorrhea, and human papillomavirus (HPV), can be prevented by using condoms during sex, reducing the number of sexual partners, and vaccination (in the case of HPV). Sexual education and regular testing are also important for early detection and treatment of these infections.

Arterial hypertension, or high blood pressure, is a common condition that can lead to serious cardiovascular disease if left uncontrolled. It can be prevented by maintaining a healthy weight, reducing salt consumption, avoiding excessive alcohol consumption, exercising regularly and managing stress. Regular blood pressure monitoring and regular medical consultations are also essential for its management.

Osteoporosis is a disease that weakens bones, making them brittle and more prone to fractures. It can be prevented through a diet rich in calcium and vitamin D, regular exercise with weights, and avoiding tobacco and alcohol consumption. Early detection through bone densitometry can help initiate appropriate treatment to maintain bone health.

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Tooth decay and periodontal disease are common oral health problems that can be prevented with good dental hygiene, which includes brushing your teeth at least twice a day, flossing daily, and making regular visits to the dentist. Limiting your consumption of sugary foods and carbonated drinks can also help prevent these diseases.

Influenza, or flu, is a viral respiratory illness that can be prevented with annual vaccination. Frequent hand washing, avoiding close contact with infected people, and maintaining a strong immune system through a balanced diet, exercise, and adequate rest are also effective preventive measures.

Colon cancer is a disease that can be prevented by early detection and removal of precancerous polyps through regular colonoscopies. Maintaining a diet rich in fiber, limiting the consumption of red and processed meats, exercising regularly, and avoiding tobacco and alcohol consumption can also reduce the risk of developing this disease.

Hepatitis B is a serious liver disease that can be prevented with vaccination. Avoiding sharing needles, practicing safe sex, and being careful with practices that may involve contact with infected blood are also important preventive measures. Early detection and proper treatment can prevent serious complications.

Lyme disease is a bacterial infection transmitted by ticks. It can be prevented by avoiding areas with high tick presence, using insect repellent, wearing protective clothing, and performing body inspections after being outdoors. Early detection and treatment with antibiotics are crucial to avoid complications.

Tuberculosis is an infectious disease that mainly affects the lungs. It can be prevented by vaccination (BCG) in countries where the disease is common, early identification and treatment of active cases, and adoption of infection control measures in high-risk settings such as hospitals and prisons.

Nonalcoholic fatty liver disease is a buildup of fat in the liver that is not related to alcohol consumption. It can be prevented by maintaining a healthy weight, eating a balanced diet, exercising regularly, and controlling cholesterol and blood sugar levels. Early detection and dietary and lifestyle interventions can reverse this condition and prevent complications.