

Health & Views

September
2nd issue
2021

Discussing common health issues affecting us with age & sharing comments for better health & longevity.

A Cardiac 'Electrical Storm' Is Coming!

15 Ways High Blood Pressure Can Affect Your Body

16 Tips to Ease Stiff, Painful Joints

<https://www.elanka.com.au/>



7 Things Your Tongue Can Tell You About Your Health

Is a Diabetes Diet Healthy for Everyone?

Is a diabetes diet healthy for everyone else in my family? What about kids? I wanted to make sure they are eating healthy... [Read more...](#)

Does Metformin Cause Weight Loss?

High Blood Pressure: Which Drug Works Best for You?

Drug rapidly shrinks metastatic breast cancers in mice

Written by James Kingsland on July 26, 2021

A study in mice suggests that a drug candidate called ErSO not only kills primary breast tumors but also secondary, or metastatic, cancer.

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Common cancer symptoms in females

Written by Charlotte King on July 26, 2021

Cancer symptoms in women are often similar to symptoms in men. However, some types of cancer only affect female organs, such as the cervix.

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COVID-19 vaccine: If you had no side effects, are you protected?

Written by Leigh Ann Green on July 26, 2021

In this Snapshot feature, we answer a commonly asked question: If you have not had side effects after a COVID-19 vaccine, are you protected against SARS-CoV-2?

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Crohn's disease and yellow stools

Written by Karen Veazey on July 26, 2021

Yellow stools are not a primary symptom of Crohn's disease, but they may be the result of malabsorption or mucus in the stools, which happen due to Crohn's.

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What is hand-foot syndrome and how do doctors treat it?

Written by Zia Sherrell on July 26, 2021

Hand-foot syndrome causes burning, pain, and swelling on the hands and feet. It is often a reaction to certain chemotherapy medications.

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The Dangers that lurks on the Roads of the Present Day.

Three and a half decades ago we had the pleasure and satisfaction of the continuation of the respect we had for each other in the utilization of the roadways from the days bygone. Sharing of the roads and common facilities was what we adhered to, in mutual respect for each other. Every motorist conformed to the laws of the land very stringently. Tail-gating; trying to beat the traffic lights was unheard of; and the tooting of the vehicles were virtually unheard of. Except when one wanted to draw the attention of another as a gesture of courtesy; contrary to what it is now – they toot their horns in a gesture of indecency and their own selfish displeasure. The motorist of yesteryear believed in the sharing of the road with others with respect and within the framework of the Law. The courtesy of extending your respect by moving to a side and allowing the vehicle behind you to pass, would always be returned by as very courteous acknowledgement. Nowadays you'll be surprised if you received such an acknowledgement; except to see the palm of the motorist that has passed you, with his/her middle finger extended to show their ire; after cutting you off dangerously on the road. They even go further by rolling their window down and making uncouth remarks and gestures while they pass you by; and all the while you have been doing the rightful thing within the framework of the Law. These are the brash, reckless and unruly motorist who break the Laws in their indecent hurry to get to their destinations. Perhaps they haven't heard the old adage of "It's better to be late; than the late".

There's not a day one does not hear of the numerous accidents and carnage on the roads today; and these accidents, undoubtedly, are due to human error and recklessness/ indiscipline that is very rampant on our roads today; some after their libation/consumption of alcohol, spirits & drugs who show their new gotten "Dutch courage & bravado" in their metal monsters on the road. But as an observer one must surely care and feel very much for the very innocent bystanders who succumb to these dastardly/heinous acts of the numerous villains that commute on the road today; and absolutely no fault of the innocent bystanders. Yes! We do have stringent and well-meaning Laws intended for safety on the roads; and continue to enact further laws in keeping to the need of the times, which are necessities for our safeguard. But the question arises – "what are Laws; if they are not enforced"? They say prevention is better than cure; but alas one only sees the Law enacted mostly after an accident has occurred. Perhaps this may be due to under-funding. However, many Civic "demonstrative and vociferous" groups and Lobby Groups clamour for the de-funding of this all important and essential "Protective & Safe-Guarding Services" of the land and its peoples. Now one may ask – is this wise?

One remembers the time when you were prohibited to do a "rolling stop" at a "STOP" sign. Often has one encountered a nasty and angry glare from the motorist behind; who seems to goad you on, by tail-gating you. Yes! "Tail-gating" is a rampant feature on the roads today in gross intimidation and goading of one to break the Laws. One must also remember that even stopping with the front wheel on the thick white line at the stop line is a violation; and some are known to have been issued traffic (offence) tickets.

One is constrained to give thought to the fact that one of the causes for this escalating indiscipline is also due to the vast technological advancement in vehicles being manufactured in these modern times; with all movements in the vehicle being computerized and made so much more easier for the operator. Though it is a very wonderful conception to make life easier and driving a pleasure; hasn't this led to "dependency" on technology? And in turn to one of "complacency"; and yet another, into "over-confidence" – into the mindset of the operator of such "loaded" vehicles. They say that the aspects of "dependency", "complacency" and "over-confidence" may bring out the potentials of leading to a serious concern of and for safety. These aspects are known to be "killers". Added to the potpourri of the drawbacks is the advanced communication "devices"; which no doubt gets the driver's mind off the surrounds and being very attentive to the calls & texting rather than paying heed and concentrating on his/her driving – surely, the "inattentiveness" is a hair-trigger awaiting, to set off a nasty accident?

Yes, the modern day vehicles are equipped with so many innovations that surely attributes to a "no-brainer" situation among most drivers. There are anti-collision features; rear vehicle sensing devices that has led to drivers not doing their visual lane-changing drills; rear view back-up vision on the front dash which leads to drivers not looking at the surrounds before backing out; and Wi-Fi connections for their Communication gizmos. This indeed has led to the drivers' dependency on the electronics rather than using their faculty of thinking. So, must you ask for an accident to happen? The question is yours to ponder. Having said that, how many of us just clamber into our cars, start up and just drive off. The question arises – what if the wheel or wheels have been removed by some miscreant; and what if a creature has crept into the engine compartment in the night to seek warmth?

In addition to the electronic aids, the cars have grown immensely in size. Looking around, in many instances, you can hardly see the driver in the vehicle; especially those with the "tinted" glass on the sides & rear. Most of the cars on the road these days have powerful engines and some with deafening roars. We talk of environmental pollution and greenhouse effects; so one is forced to wonder if these features are a necessity. After all the maximum speed limit on the roads in our land is only 100 kilometers per hour. Why are such vehicles permitted to be on the roads? The power under the hood of the vehicles have led many of the errant to be over-confident in the capabilities of the vehicle they drive; hence their arrogance in weaving in and out of traffic in such erratic fashion, with the potential of collision or creating accidents that may befall in a split second of misjudgement. It is always the poor law-abiding motorist and in some cases by-standers & public/private properties that has to bear the brunt of such erratic and reckless behaviour. A very regular phenomena that one can see is the mad rush from one traffic light to the other; as the motorists try to beat the lights; quite oblivious of the speed limits. Even the "orange" light is treated as a "green" light; and doing so they very often go through the "red" light, much to the discomfort and inconvenience of other motorist and their added dread of an imminent accident, especially those who are doing a left turn at the lights. No matter what the speed limits say, these errant speed fiends just watch the lights to beat the signal. One is reminded of the old adage of "Chance takers are accident makers". We are of recent, confronted drive-by shootings that are now frequent. Reminds one of the Al Capone "prohibition" days or is it reminiscent of the Wild West days when they did so rampantly on horse-back. Again it is the innocent by-standers and property owners that feel the brunt of such dastardly/ cowardly attacks.

To add to this malady of perils on the roads we do have errant pedestrians; and those who want to exercise their rights. Yes, they have the right to cross the road when they see the "green" light for them to cross; so in their infinite wisdom they just stroll between the white lines as if they are going on a "moonlight walk". It was in school in our old days that we were taught to take precautions while crossing the road and to do so as quickly as possible. What good is it if one got run over and get maimed for life? Will any money resolve their life time disabilities? It just takes a driver to lose his/her concentration or a driver on the "Hasty Line" to lose control of the vehicle; and "hit" the pedestrian with that egoistic notion of "hit me if you can", wiped out by a metal monstrosity. It's the same with the many who walk across glued to their cellular phones and either talking away or texting away – just oblivious of the surrounds. There are also the pedestrians that are in such a mighty hurry to get across; they try to get across before they can see the cross sign come on, which is an accident waiting to happen, especially from a vehicle doing a right turn at the cross road. Lastly we come to the present day situation in the parking lots; especially the large parking lots. This is a very grave and potential danger of extreme proportions. No longer are the rules being followed, as they criss-cross willy-nilly around the lot in all directions and speeding away like on the public roads. At times they race each other to get a "spot". It will not be long when we see or hear of a spate of accidents on these properties. One does dread to park and walk to the desired store for fear that one will get "knocked" down by these lawless fiends. What a state of affairs are we now confronted with?

All in all, the dangers that lurks on the roads these days cannot be under emphasised. The days of throwing caution to the wind is just a figure of speech that has to now lie buried. Personal safety should be foremost/paramount in your mind, as you venture out from your homes. But is this sufficient is what one must ask oneself. Safety is everyone's responsibility no doubt; where does it start and with whom it starts, is the burning question, as it all revolves around "Respect for each other".

Noor Rahim

“Lollipop (Promises) Time Dawns on the Proud Canadian Nation”.

The clarion call does herald
That the “Lollipop (Promises) time has dawned
Who will be gullible and who will be wise is written on the ballot
The future of our country rests in our capable hands; lest you forget

The “Lollipop” period of rhetoric & sweet talk will set on September 20
So, don’t be the “sucker”; but think deep in casting the ballot wisely
Keeping in mind the quote by the late President of the U.S J.F. Kennedy
“Ask not what your country can do for you; ask what you can do for the country”

Come what may, always think of your magnificent country first
As the dawn of September 21 should see the list decided
Who will rule the roost for 4 years unabated
But if need be; be prepared to bite the bullet to the very last

As an old saying goes – “All good things must come to an end”
But the future of our land lies in your capable hand(s)
Don’t get lured by the concept
Of short time gain for long term pain; as a final edict

So, dig deep into experiences and your memory
Think of the performances of your past select and elect
Think wisely and dedicatedly
Before you cast your all-important ballot

Remember, we all owe this to our country for posterity
Let us lead; and leave our land as wonderful for others continuity
For this country gave it all to us, in abundance and so plenty
What we make of it and what we are is what has been bestowed upon us by this
great country

“Let’s put our shoulders together and keep the Maple Leaf Banner aloft forever”.

Noor Rahim
August 16, 2021

Vitamins and Supplements That Fight Inflammation

Chronic inflammation can lead to several serious diseases. Whether you take them as supplements or eat them in food, these vitamins and nutrients can help reduce your inflammation.

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How to Fight Mould in Your Home

Moisture, humidity, dampness -- all can cause mold to grow in your home, and that can make you sick. Try these tips to prevent mold buildup.

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What Doctors Do to Boost Their Immune Systems

They don't have magic pills or powers that help them avoid getting sick, but doctors do know some of the best ways to keep their body's defenses in tip-top shape -- from getting enough sleep to maintaining connections with others.

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Tips for Reading Drug Labels

Important information on over-the-counter medicine labels can be tricky to understand. Here's how to make sense of it all.

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The Cold, Hard Truth About Defrosting Food

Thawing meat on the countertop or even in hot water might seem fast and easy, but they're not safe. Use these other methods instead.

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The Cold, Hard Truth About Defrosting Food

Thawing meat on the countertop or even in hot water might seem fast and easy, but they're not safe. Use these other methods instead.

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Top Causes of Frequent Urination

Urinary incontinence or an overactive bladder can make you feel like you spend all your time in the bathroom. Is it as simple as drinking too much water, or could it be a sign of a serious condition?

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CDC Panel Unanimously Backs Pfizer Vaccine After FDA Approval

7 ways to prevent type 2 diabetes

Written by Mary West on July 26, 2021

People with an increased risk of type 2 diabetes can take several steps to prevent it from developing. Learn about seven lifestyle changes to make here.

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Foods High in Vitamin D

Vitamin D is important for your bones, blood cells, and immune system -- your body's defense against germs. Find out which foods are the best source of this nutrient.

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Delta 'Breakthrough' Infections

Even if fully vaccinated against COVID, certain people may need to take extra precautions.

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Protein at breakfast builds more muscle than protein at dinner

Written by Robby Berman on July 26, 2021

A recent study in mice and humans concludes that consuming protein in the morning promotes more muscle growth than protein eaten later in the day.

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[Pollution from hydrogen fuel could widen inequality](#)

Hydrogen holds promise as a clean, low-carbon fuel — but it can generate toxic nitrogen oxides when it is burnt in engines and boilers rather than being used in fuel cells. Nitrogen-oxide emissions from hydrogen boilers will be [concentrated in areas of high-density housing, which are often associated with low-income households](#), notes atmospheric scientist Alastair Lewis. Net-zero plans — including those in the United Kingdom's sixth carbon budget — should include regulation and investment to ensure that boiler exhaust is treated for safety, he argues.

[Correspondence](#) is published every week in *Nature*. For more info on writing one yourself, please see the [guidance on nature.com](#). (Your feedback on this newsletter is always welcome at briefing@nature.com,

When our defences turn on us

When the body becomes the target of its own defensive arsenal, medicine must step in. This *Nature Outlook* explores why autoimmune disease is around [three times more common in women than in men](#), the [genetic variants that increase the risk of autoimmunity](#) and how the [microbes in our gut](#) might sometimes be to blame. It also reveals how the [possible links between long COVID and the immune system](#) might finally prove that viruses can spark autoimmune disease.

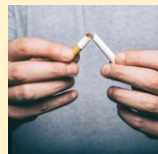
[Nature | Full collection](#)

This Outlook is editorially independent and produced with financial support from The Global Autoimmune Institute.

What Happens When You Stop Having Sex?

Learn what can happen to your physical and mental health when you stop having sex.

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SLIDESHOW

Weight Gain and Smoking

One of the biggest concerns of smokers who quit is weight gain, but your first priority should remain stopping smoking. [Read more...](#)

Treatments for Metastatic Breast Cancer

There are many ways you can treat advanced breast cancer. See which ones may be right for you.

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Yoga: Benefits for breast cancer, and poses

Written by Caitlin Geng on May 28, 2021

Studies have shown that gentle yoga can be very beneficial for people with breast cancer. Read on to learn why and which poses can help.

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What are the strongest wart removal options?

Written by Beth Sissons on May 28, 2021

There are many effective ways of removing warts, from OTC medications, to some natural methods, and surgery. Learn more here.

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[What Is Dyspnea?](#)

[Sleep Hygiene and Sleep Facts](#)

What to know about immunotherapy for breast cancer

Written by Beth Sissons on May 28, 2021

Immunotherapy is a treatment option for some types of breast cancer. Learn more about how it works and the different types here.

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In Conversation: Treating cancer with mRNA vaccines

Written by Yella Hewings-Martin, Ph.D. on May 28, 2021

In this Special Feature, we spoke with neuro-oncologist Dr. Santosh Kesari about mRNA vaccines for cancer and the potential they hold.

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How to recognize and deal with a Crohn's flare-up

Written by Mary West on May 28, 2021

People with Crohn's disease experience flare-ups, during which they have various symptoms. Learn about the causes, symptoms, treatment, duration, and prevention of a Crohn's flare-up.

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What to know about Voltaren

Written by Caitlin Geng on May 28, 2021

This article explores what Voltaren is, how it works, where to get it, how to use it, side effects, and how it compares to other painkillers

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What causes blurry vision in one eye?

Written by Amanda Barrell on May 28, 2021

Many conditions can cause blurry vision in one eye, including refractive errors, viral or bacterial infections, and migraine. Learn more.

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[16 Ways to Lower Your Cholesterol](#)

What to know about colonoscopy prep drinks

Written by Hana Ames on May 28, 2021

Before a colonoscopy, a person needs to drink a special solution to clear their bowels. Here, find tips for finishing it and a preparation timeline.

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13 Foods You Should Think Twice About Buying Generic

Store brands can save you money—and many are getting better than ever. But read the labels closely: Some aren't the bargain they seem.

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Deep Brain Stimulation for Parkinson's May Help Long Term

Calories Burned by Household Chores

Can you slim down while you clean up or do yard work? Ordinary chores like vacuuming, scrubbing, and raking leaves burn lots of calories through a process called non-exercise activity thermogenesis (NEAT).

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Everything to know about the mitral valve

Written by Adam Rowden on May 28, 2021

This article looks at the mitral valve and diseases of the mitral valve, including their symptoms, causes, and treatment options.

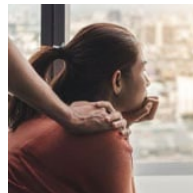
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Can ulcerative colitis cause nausea?

Written by Beth Sissons on May 28, 2021

Ulcerative colitis is a type of inflammatory bowel disease that causes symptoms such as diarrhea, stomach cramps, and nausea. Read on to learn more.

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SLIDESHOW

Don't Let Anxiety Control Your Life

It's natural to worry during stressful times. But some people feel tense and anxious day after day, even with little to... [Read more...](#)

What to know about pulmonary arterial hypertension (PAH)

Written by Grace Simmons on May 28, 2021

Pulmonary arterial hypertension (PAH) is high blood pressure in the pulmonary arteries. Learn more about the causes, symptoms, and treatment options here.

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Walking This Number of Minutes Will Boost Your Mood

How long should you walk to feel better? You can reap the mood-boosting rewards of exercise in less time than it takes to fold your laundry.

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Cancerous Chemicals Found in Sunscreens

[What Qualifies as Immunocompromised for COVID Vaccine Booster?](#)

[10 Tips to Ease Menopause Symptoms](#)

[Warning Signs of a Heart Attack](#)

[Ulcerative Colitis or Crohn's?](#)

[What Is a Breast Self-Exam?](#)

Today's Health Topic

The best core exercises for older adults

After a long winter with lots of isolating and maybe too little physical activity, it might be time to give your core muscles more attention. These muscles, located throughout much of your trunk, are the key to supporting your lower back and helping you stand, get out of a chair, bend, lift, and maintain your balance. So regular maintenance and tune-ups of the core muscles are important. "Your core muscles provide stability for the moving parts above and below them — the mid-back, or thoracic, spine that helps you twist and turn, and the hips that move you up, down, back, or forward," explains Marty Boehm, a physical therapist with Harvard-affiliated Brigham and Women's Hospital.

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13 Bad Brain Health Habits

Good health habits protect your brain against neurodegeneration, Alzheimer's disease...

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Is rheumatoid arthritis a disability?

Written by Jenna Fletcher on August 27, 2021

To qualify for disability benefits for RA, a person needs to show that they are unable to work for a year or that working may result in death.

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Surprising Causes of Weight Gain

Some people seem to gain weight even when they are eating and exercising the same as always. [Read more...](#)

Do You Drink Enough Water?

You might be surprised at how well your body works when you drink enough water. Find out exactly what can go right when you get your H2O.

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The FDA Grants the Pfizer Vaccine Full Approval—Here's What Will Change Now That It's Approved

[STROKE](#)

OCD associated with increased stroke risk

Written by Jessica Norris on May 31, 2021

A new study identifies a higher risk of stroke among individuals with obsessive-compulsive disorder compared with those who do not have the condition.

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Diet Tips for Breast Cancer

What you eat affects your weight, and obesity raises your odds for breast cancer. [Read more...](#)

Improve Your Living With Osteoarthritis

Primary osteoarthritis destroys cartilage and that can make everyday activities much more difficult. [Read more...](#)

What to know about phlebitis

Written by Adam Rowden on August 27, 2021

Phlebitis is the inflammation of a vein. Find out the causes of phlebitis and the potential treatments and complications of the condition.

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How can we prevent the spread of SARS-CoV-2 in children?

Written by Annie Lennon on August 27, 2021

Medical News Today spoke with seven experts about the risk of children contracting SARS-CoV-2 and strategies to stop this from happening.

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'Entire' human genome sequence unveiled

An international team of scientists claims to have sequenced the entirety of the human genome, including parts that were missed in the first sequencing of the human genome 20 years ago. That historic draft, and subsequent sequences, have all missed about 8% of the genome. The most recent effort [fills in these gaps using new sequencing technologies](#). It has different limitations, however, including the type of cell line used. The work is described in a preprint, and has not yet been peer reviewed.

[STAT | 6 min read](#)

Reference: [bioRxiv preprint](#)

Dialysis: What to expect

Written by Louise Morales-Brown on June 01, 2021

Dialysis helps filter the blood when a person's kidneys are not functioning correctly. The types of dialysis include hemodialysis, peritoneal dialysis, and continuous renal replacement therapy.

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Study reveals dangers of angina caused by small heart vessels

Written by James Kingsland on June 01, 2021

New research suggests that, contrary to previous assumptions, angina due to small heart vessels may increase the risk of heart attacks, stroke, and death.

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What is the connection between dopamine and Parkinson's disease?

Written by Louise Morales-Brown on June 01, 2021

What role does dopamine play in the development of Parkinson's disease (PD)? Read on to learn more about the connection between the two, as well as the symptoms and diagnosis of PD.

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Ulcerative colitis and blood in the stools

Written by Beth Sissons on June 01, 2021

Severe bleeding that causes people to feel faint, dizzy, or severe pain means they should seek emergency medical care immediately. Learn more.

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Healthy Aging: What to Expect in Your 50s

Learn more about how your body changes in your 50s -- not all of it is necessarily unwelcome. You'll go into your 50s with more...

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Can exercises improve droopy eyelids?

Written by Ruth Eagle on August 27, 2021

There is no research to prove that exercises can help with drooping eyelids. Learn more about this here and find out about other treatment options.

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10 Out of Control Allergy Symptoms

See these surprising allergy symptoms and learn how to get relief. Find solutions for sneezing, congestion, itchy... [Read more...](#)

Twice as many people live with hypertension as 30 years ago

Written by James Kingsland on August 27, 2021

The number of people with hypertension or high blood pressure has doubled globally in the last 30 years, a large study has found.

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Small number of heart inflammation cases linked to Pfizer vaccine

275 reported cases of myocarditis were found among the 5 million people who received the COVID-19 vaccine said Israel's health ministry, however Pfizer said it... [Read more](#)

[COVID Booster Shots at 8 Months](#)

A heart-healthy diet doesn't need to be low in fat

Over the past decade, the American Heart Association, the federal dietary guidelines, and other nutrition authorities have shifted away from advising people to limit the total amount of fat in their diets. "Instead, the focus is on an overall healthy dietary pattern. That means an eating style that emphasizes vegetables, fruits, whole grains, and beans, along with only modest or small amounts of meat, dairy, eggs, and sweets," says Dr. Eric Rimm, professor of epidemiology and nutrition at the Harvard T.H. Chan School of Public Health.

The reality is that eating more whole or minimally processed, plant-based foods will naturally lower your intake of fat, especially saturated fat. Found mainly in meat and dairy products, saturated fat can boost levels of harmful LDL cholesterol, a key contributor to heart disease. But simply cutting back on all types of fat does not necessarily translate into a diet that lowers cardiovascular risk.

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15 Reasons Your Stomach Hurts

A belly ache can be a sign of so many things -- some serious, some not-so-serious. Check out some of the possibilities.

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Everything to know about Crohn's flares

Written by Ruth Eagle on June 04, 2021

People with Crohn's experience flares, or periods of intense symptoms, between periods of remission where they do not experience any symptoms. Learn more here.

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FDA Approves Controversial Alzheimer's Drug

Pumpkin fritters recipe

Featuring parmesan and pine nuts. So simple, yet so delicious.

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Mood Swings and Bipolar Disorder

Bipolar disorder causes extreme mood shifts. Our experts define bipolar disorder, discuss symptoms... [Read more...](#)

Dementia research: Prof. Alison Wray discusses the importance of communication

Written by Tim Newman on June 04, 2021

In this feature, Prof. Alison Wray, from Cardiff University in the United Kingdom, discusses the importance of communication in dementia.

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What are the different types of breast cancer surgery?

Written by Lauren Martin on June 04, 2021

Lumpectomy and mastectomy are different types of cancer surgery that remove cancer cells from the breast. Lymph node surgery helps doctors determine the spread of cancer cells. Learn more about breast cancer surgery here.

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Surprising Sources of Salt

How dangerous is sodium, and is the amount you're eating too much? That's a major health question still being debated amongst... [Read more...](#)

Make the Most of Your Microwave

Are you up on all the things a microwave can do? Find out some of the more surprising ways you can use this kitchen tool.

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1

Which Fruits Have the Most Sugar?

Fruit is good for you! It has fiber and other nutrients you need. But it also has natural sugar, and some have more than others.

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Better Daily Life for a Loved One With

Spinal Stenosis Back Pain

You probably already have a rough idea of what a spine is. 'Stenosis,' on the other hand, refers to a narrowing or a stricture. [Read more...](#)

FOOD

The 20 Healthiest Foods to Eat for Breakfast

Grilled Steak With Fresh Corn Salad

Real Solutions for Joint Pain

It is the golden rule of joint health: The more you move, the less stiffness you will have. [Read more...](#)

How to Find Workout Motivation

For every person who loves working up a sweat, there's another who groans at the thought of exercising. If you're a groaner, these smart tips can help you get fit without dread -- and maybe even enjoy it.



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Smart Hacks for Healthy No-Cook Meals

You don't have to cook to make healthy meals and snacks. See some easy ways to put together tasty food with little or no prep. [Read More](#)

HEART DISEASE

What Is a Healthy Heart Rate? Here's What Cardiologists Say

DIGESTIVE HEALTH

3 Ways Your Hormones Affect Your Gut, and What That Means for Your Period

Why Some People Can't Stand Cilantro

This fragrant herb is found in recipes from all over the globe, but to some people it has an unpleasant, soapy taste.

[Watch Video](#)

NUTRITION

What to Know About Pumpkin Spice Lattes, From a Nutritionist Who Loves Them

All About Ear Conditions

What's that? I can't hear you. Maybe it's tinnitus, or impacted ear wax, or cauliflower ear (yup, that's a thing). Find out what... [Read more...](#)

What High Blood Pressure Does to Your Body

You probably already know that it raises your chances of having a stroke. But that's not the only way hypertension can affect your health.

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7 High-Protein Vegetables Every Vegan Needs

Most popular sources of proteins are of animal origin but if you have chosen to lead a life that's cruelty-free, you would be pleasantly surprised at the variety of proteinaceous veggies.

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