

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

Foods That Help and Hurt Asthma

Am I Having a Heart Attack?

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



Hypertension at age 35–44 linked to higher dementia risk

Written by Annie Lennon on October 07, 2021

A new study finds that people diagnosed with hypertension between ages 34 and 44 years are more likely to develop dementia than those without hypertension.

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Medical Myths: 15 breast cancer misconceptions

Written by Tim Newman on October 07, 2021

October is National Breast Cancer Awareness Month, so this edition of Medical Myths focuses on common myths associated with breast cancer.

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Is ADHD a neurological disorder?

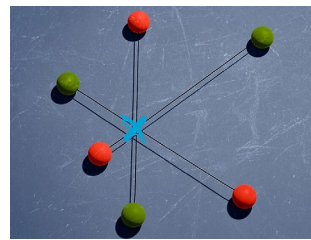
Written by Zawn Villines on October 25, 2021

Some sources classify ADHD as a neurological disorder, as it changes the development and behavior of the brain. Others characterize it as a psychiatric disorder or a neurobehavioral disorder.

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[Lung Cancer Myths and Facts](#)

New antiviral drug combo may fight off coronavirus infection



New research found that a drug combination involving two antivirals, interferon-alpha (IFN- α) and nafamostat, was effective in combating SARS-CoV-2 infection.

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R.1 variant of SARS-CoV-2: What do we know?



Here, we discuss the R.1 variant of SARS-CoV-2. We explain what scientists know about this variant, and we ask the experts whether we should be concerned.

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What are the differences between prostate and testicular cancer?

Written by Aaron Kandola on October 25, 2021

What are the differences between prostate and testicular cancer? Read on to learn more about both conditions, such as causes, risk factors, and screening options.

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FEATURED

What Is a Virus?

Viruses get a bad rap, but they also perform many important functions for humans, plants, animals, and the environment.

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Why COVID science didn't win a Nobel

Some scientists expressed surprise and disappointment that none of this year's [Nobel prizes were awarded to COVID-19 vaccines](#), particularly those developed using messenger-RNA (mRNA) technology, which have launched a new class of vaccine. The timing of nominations — which must be submitted by 1 February — might be a factor. So too is the question of how mRNA technology will kick off research into vaccines against other diseases. “We want to give credit to the right people. And for the right discovery,” says Göran Hansson, secretary-general of the Royal Swedish Academy of Sciences in Stockholm, which selects the prize winners. “So stay tuned.”

[Nature](#) | 5 min read

Digestive Disease Myths

The proper functioning of the digestive system is one of the foundations of health, but many myths surround digestive disorders. [Read more...](#)

Cautious welcome for malaria vaccine

Researchers are celebrating the historic news that the World Health Organization (WHO) has recommended [the roll out of the RTS,S malaria vaccine among children under age five in Africa](#). But there are challenges ahead: the vaccine, also known as Mosquirix, has shown only modest efficacy, and requires a complex regimen of doses. Some researchers fear that the move will overshadow existing malaria control measures that are often underfunded, such as insecticide programmes and functional health systems. Nevertheless, researchers are grateful for the WHO's decision. “With the devastation of COVID-19, and with progress stalled on malaria control, and news of resistance to anti-malaria drugs, it's uplifting to see some positive news,” says epidemiologist James Tibenderana.

[Nature](#) | 5 min read

A Man Developed 'Restless Anus Syndrome' After Contracting COVID—Here's What You Need to Know

Preparing for ovarian cancer surgery: What to know

Written by Rachel Ann Tee-Melegrito on October 07, 2021

Surgery is a common treatment for ovarian cancer. The type will depend on the stage of the cancer and whether a person wishes to preserve their fertility. Learn more here.

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Can ketone supplements improve brain function in obesity?

Written by Lori Uildriks on October 07, 2021

A small study suggests that oral ketone supplementation for 14 days may improve brain blood flow and function in people with obesity.

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Today's Must Read! CDC Director Warns Flu Season Could Be 'Severe' This Year—Here's Why, and How to Protect Yourself

Life - A Continuous Cycle of Learning. (Noor Rahim - Nov 10, 2014)

Life and Learning go hand in glove
Starting from the day you are born
Continuing until to the Almighty/Good Lord you are drawn
An experience that spans a person's life and love

Learning starts the day you are born with face aglow
Nestled in your Mother's arms; fed with tender care and
adoration
Groping for the source that sustains
Thus commences your first lesson in life and love

The learning curve continues with much parental love
Thrilling your Parents when you crawl, walk and run
Soon learning to utter words, sing and doing things that are
fun
Under the watchful eyes of your Parents who will cherish and
adore

The next step is attending school that is close
With a satchel of books and uniform to adorn
The first few days are lot of fun and games and making
friends
Soon to be followed by serious studies and more

On graduation you will seek a job with a future
A career that is to your satisfaction
And once established with time; and you have settled in
You find that it is time to retire

Reaching the age of retirement you think you are free
But you will soon find that the requirement to learn returns
No sugar; No salt; No spices is what the Doctor recommends
And this is the first step in learning to eat; to survive

Learning to walk with the assistance of a cane comes to the
fore
As your body weakens and your movements worsen
Learning to use eyeglasses/contact lenses is a must for vision
And other bodily faculties that need to be learned; to be used
with care

*Always remember that in life - "Learning is like the
ring on your finger - It has no end".*

How to Eat Vegan for Better Blood Sugar

Which foods are off-limits, and
what new ones should you try?

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Enlarged Prostate (BPH) Symptoms

Enlarged prostates are
often the result of a
condition called BPH.
Over half of men ages 60
and above have this...

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Statin use associated with type 2 diabetes progression

Written by Timothy Huzar on October 07, 2021

New research finds an association
between the prolonged use of statins and
progression of type 2 diabetes.

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- A study identifies a link between the new variants of SARS-CoV-2 and an increased risk of adverse outcomes. It found that in Delta cases, there was a 108% increase in the risk of hospitalization, a 235% increased risk of intensive care unit admission, and a 133% higher risk of death, compared with the original variant. Read more about the study [here](#).
- A recent [study](#) looked for an association between the Johnson & Johnson COVID-19 vaccine and [Guillain-Barré syndrome \(GBS\)](#). The authors conclude that there may be a "small but statistically significant safety concern for [GBS] following receipt of the [Johnson & Johnson vaccine]." Read more [here](#).
- [This week](#), vials of the AstraZeneca COVID-19 vaccine made it to Antarctica. The vaccine will immunize 23 staff working at the British Rothera Research Station. The vaccine reached its destination after a journey of nearly 10,000 miles (16,100 kilometers). Find more vaccine updates [here](#).

[READ THE FULL UPDATE](#)

COPD: Causes, symptoms, and risk factors

Written by MaryAnn De Pietro, CRT on October 25, 2021

Learn about the causes of COPD, the common symptoms, risk factors, and treatment options. COPD is often linked with cigarette smoking. Read more on why and tips for prevention.

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Environmental factors significant contributor to heart disease

Written by Timothy Huzar on October 25, 2021

In a recent review, the authors outline the significant impact that environmental factors can have on the risk of developing cardiovascular diseases.

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Macular degeneration laser surgery: What to know

Written by Lauren Martin on October 25, 2021

Laser surgery for age-related macular degeneration (AMD) can help reduce further vision loss in those with the "wet" type of the condition. Learn more here.

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Causes and treatment for menopause fatigue

Written by Caitlin Geng on October 07, 2021

Fatigue is a common experience in perimenopause and postmenopause and can range from mild to severe. Learn more about menopause fatigue.

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What to know about surgery for gastroesophageal reflux disease

Written by Zia Sherrell on October 25, 2021

Surgery for treating GERD involves closing off or narrowing the lower end of the esophagus to prevent acid reflux. Learn more about the options here.

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Migraine: Can it cause seizures?

Written by Hana Ames on October 25, 2021

Some people with migraine may experience seizures, although there is no direct link between the two conditions. Learn why here.

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Hepatitis C and the liver: Effects and biopsy

Written by Belinda Weber on October 25, 2021

Hepatitis C can cause liver damage, such as scarring, liver disease, or liver cancer. Liver biopsies help show the extent of this damage. Learn more.

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Dehydrating drinks: Caffeine, sugar, and other ingredients

Written by Jon Johnson on October 25, 2021

An introduction to dehydration, including causes, dehydrating drink types, and helpful tips. Learn more about keeping the body hydrated here.

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Why Your Feet Feel Like They're Burning

If you've gone straight past aching, itching, and tingling to a burning sensation, diabetes or one of these other conditions may be the culprit.

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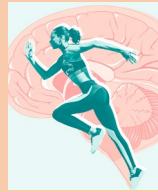
The Best Diet for Prediabetes

Making some simple changes to what you eat can help prevent diabetes down the line.

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FITNESS

3 Ways Exercise Benefits Your Mental Health



Easy Swaps for Low-Carb Dinners

It's not hard to make your favorite meals more blood sugar friendly. Try these simple (and delicious) ways to substitute ingredients in your favorite dinners.



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When to See a Podiatrist

If you have diabetes and notice any of these symptoms, don't wait to make an appointment with a foot specialist.

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Exercise Guidelines for Diabetes

Working out usually lowers your levels, so if you take insulin or diabetes meds, you may need to adjust your snacks, medication, or both.

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The Mediterranean Diet: What You Need to Know

How Type 2 Diabetes Affects Your Whole Body

Your doctor isn't only interested in your blood sugar. They'll check for signs of complications in your kidneys, heart, limbs, and eyes, too.

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Protect Yourself From Diabetes Burnout

Living with a chronic health condition can make you feel worn out and frustrated. Here's how to reach out for help before you're at the end of your rope.

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What is 'body doubling' for ADHD?

Written by Zawn Villines on October 26, 2021

ADHD body doubling involves a person with ADHD working on and completing potentially frustrating tasks alongside a 'body double,' who acts as a support. Learn more.

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Why Does Poop Float?

Floating poop is often no big deal, perhaps caused by something you ate. But in some cases it can point to serious medical issues.



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8 Ways Exercise Boosts Your Brainpower

Mood, memory, sleep, even your ability to stay organized -- these are just a few brain-health benefits that come with regular exercise. See how much you need to do to make a difference.



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IBD may disrupt mental health by breaking gut-brain link

Written by James Kingsland on October 26, 2021

Research in mice suggests that IBD may raise the risk of anxiety and depression by interfering with the communication between the gut and the brain.

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[FDA Advisors Approve Emergency Use of Pfizer COVID Vaccine in Kids 5 to 11](#)

Common menstrual problems and how to manage them

Written by Alicia Sparks Akers on October 26, 2021

Some menstrual problems, such as painful, heavy, or absent periods, are common, but treatments and self-care techniques can help. Learn more here.

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FEATURED NEWS

Pandemic Uncertainty

Are you struggling to make basic decisions due to ongoing stress about the pandemic?

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Symptoms of Ulcerative Colitis

This bowel disease causes long-term inflammation of the cells that line your large intestine. Learn to spot the early signs, so you can get treatment before it messes with your digestion.



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