

## Why does my ankle hurt?

By Rachel Nall

Reviewed by [William Morrison, MD](#)

A person's ankle may hurt for many reasons, from minor injuries to chronic medical conditions such as arthritis.

Ankle pain can stem from a variety of injuries to the bones, muscles, and soft tissue structures that support the ankle.

Depending on the cause, the pain can feel like sharp, shooting pain, or a dull ache. People may also notice swelling around the ankle bone.

Minor injuries, such as ankle strains and sprains, are a common cause of ankle pain. People can often treat minor injuries at home, but they should see a doctor about suspected medical conditions or injuries that get in the way of their daily life.

This article discusses some common reasons why a person's ankle may hurt, as well as how to relieve the pain.

Read more: [Why does my ankle hurt?](#)

Many things can cause a person's ankle to hurt, including injuries and medical conditions. In this article, we look at the causes, symptoms, and treatments for ankle pain.



## Using an Asthma Inhaler Correctly



By PERRI KLASS, M.D.

A new study suggest that many patients aren't waiting between puffs on their inhalers and may not be deriving the full benefits of the drugs.

## Exercise vs. Drugs to Treat High Blood Pressure and Reduce Fat

Exercise can lower blood pressure and reduce visceral body fat at least as effectively as many common prescription drugs, two new reviews report.

By Gretchen Reynolds

Exercise can lower blood pressure and reduce visceral body fat at least as effectively as many common prescription drugs, according to two important new reviews of relevant research about the effects of exercise on maladies.



Together, the new studies support the idea that exercise can be considered medicine, and potent medicine at that. But they also raise questions about whether we know enough yet about the types and amounts of exercise that might best treat different health problems and whether we really want to start thinking of our workouts as remedies.

The possibility of formally prescribing exercise as a treatment for various health conditions, including high blood pressure, insulin resistance, obesity, osteoarthritis and others, has been gaining traction among scientists and physicians. The American College of Sports Medicine already leads a global initiative called [Exercise Is Medicine](#), which aims to encourage doctors to include exercise prescriptions as part of disease treatments.

## Exercise vs. Drugs to Treat High Blood Pressure and Reduce Fat



## How Artificial Intelligence Could Transform Medicine



By ANAHAD O'CONNOR

In "Deep Medicine," Dr. Eric Topol looks at the ways that A.I. could improve health care, and where it might stumble.

[Listen to the spine-tingling Central Australian Women's Choir performing at WOMADelaide](#)



Listen to Myf Warhurst chat to the Central Australian Women's Choir at WOMADelaide.

Indigenous women from central Australia bring their unique voices to German hymns sung in missionaries one hundred years ago.

You can listen on the go to this episode on the ABC listen app. Just search for Myf.

[Listen](#)

## 15 Best and Worst Chinese Dishes



General Tso's chicken may not win any healthy eating battles, but Kung Pao is a worthy option. Where do egg rolls stand? Or lo mein?

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## How to Freeze Vegetables

Help your produce keep its freshness with these tips.

[Watch Video >](#)

## What Causes Deep Vein Thrombosis?

Half a million Americans every year get one, and up to 100,000 die because of it. But what is the cause? [Read more...](#)



## Living With Atrial Fibrillation (AFib)

Atrial fibrillation (AFib) is a heart rhythm abnormality caused by a problem with the heart's electrical system.

[READ MORE](#)

## Congestive Heart Failure (CHF)



Learn about congestive heart failure symptoms (shortness of breath, weakness, fatigue, swelling) and the different stages. [Read more...](#)

## Foods That Are Good Sources of Vitamin E

Sunflower oil, asparagus, and these other eats boast vitamin E to help your body fight germs.

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SLIDESHOW

## Coronary Artery Disease

What is heart disease (coronary artery disease)? Explore heart disease diagnosis, treatment, and preventing heart failure. [Read more...](#)

## 12 Ways Too Much Sugar Harms Your Body

Sugar may be sweet, but too much of it can cause weight gain and sour your health in these other ways.

[Read More >](#)

## Chile Garlic Roasted Sweet Potatoes



# Millions in Britain at risk of poor-quality later life, report says

**Ageing population and stretched care services leave poorest most vulnerable**



A landmark report on the state of ageing in Britain has warned that a significant proportion of people are at risk of spending later life in poverty, ill-health and hardship.

Britain is undergoing a radical demographic shift, with the number of people aged 65 and over set to grow by more than 40% in two decades, reaching more than 17 million by 2036. The number of households where the oldest person is 85 or over is increasing faster than any other age group.

But although we are living longer than ever before, the report warns that millions risk missing out on a good later life due to increasing pressure on health and care services, local authorities, the voluntary sector and government finances.

“Ageing is inevitable but how we age is not. Our current rates of chronic illness, mental health conditions, disability and frailty could be greatly reduced if we tackled the structural, economic and social drivers of poor health earlier,” said [Dr Anna Dixon](#), the chief executive at [Centre for Ageing Better](#).

“Our extra years of life are a gift that we should all be able to enjoy and yet - as this report shows - increasing numbers of us are at risk of missing out,” she added.

The Centre for Ageing Better’s [report](#), *The State of Ageing in 2019*, warns that today’s least well-off over-50s face far greater challenges than wealthier peers and are likely to die younger, become sicker earlier and fall out of work due to ill-health.

Read more

[Ageing / Millions in Britain at risk of poor-quality later life, report says](#)

## Is Pizza Really a Healthier Breakfast Than Cereal?



Y [SALLY KUZEMCHAK, MS, RD](#) Registered dietitian MARCH 04, 2019

Sometimes, a sound bite is taken too far. That was the case when a fellow dietitian was quoted in an [article](#) as saying that a slice of pizza would be a better choice for breakfast than most cereals (the article went viral, of course).

My hunch is that she was illustrating a point about sugary cereals—and I highly doubt she’d recommend a greasy, pepperoni-covered slice over a bowl of high-fiber shredded wheat.

As with everything, you need to read past the headlines. It’s true that some cold cereals pack a lot of sugar and are made with fiber-poor refined grains, giving you a quick, sweet lift—and leaving you hungry an hour later. On the other hand, pizza does have some protein (and fat) to keep you satisfied.

But pizza also covers some pretty wide territory. A whole-wheat crust topped with veggies will deliver more fiber and vitamins (and far less sodium) than, say, a triple-meat on white.

Same goes for cereal. There are hyper-sweetened varieties that contain very little filling fiber or protein. But there are also low- and no-sugar whole grain cereals that, when topped with milk and some berries or banana slices, make a meal that’s got up to half the fiber you need in the day, valuable vitamins and minerals like iron and calcium, and even a decent dose of protein. In fact, a serving of shredded wheat with milk has about 12 grams of protein—compared to 10 grams in a slice of thin-crust pepperoni pizza.

[Read More >](#)

# Unacceptable' levels of salt in fast food meals aimed at children: report

**Health experts have sounded a warning over salt levels in popular kids food, with some fast food giants serving up single portions containing more than a day's recommended salt intake.**

## Key points:

- A new report analyses salt levels in kids meals at McDonald's, KFC, Subway and Hungry Jacks
- Nuggets emerge as a key culprit in highly salted foods
- Health experts call for greater regulation of fast food in Australia

The fast food outlets were also found to use significantly more salt in some of their Australian meals than in the same food at their overseas stores, with experts saying a lack of regulation was to blame.

A new report by the George Institute for Global Health analysed the salt content in kids meals at KFC, McDonald's, Hungry Jack's and Subway.

It found a wide variation across the stores and among individual items, with nuggets and fries emerging as key culprits.

[Survivors seek apology in 'world's worst pharmaceutical failure'](#)



Two pills. That's all it took to change Lisa McManus's life. She was left scarred and disfigured by one of the world's worst pharmaceutical disasters. Now, five decades on, these thalidomide survivors are seeking justice.

[More](#) >

['Like packing gunpowder into a cannon': Why you shouldn't clean out your earwax](#)

From cotton tips to warmed oil to delicate wire implements, there is no shortage of advice on how to keep your ears clean. But do your ears actually need cleaning? And if they do, what's the safest way to go about it? We asked an expert.

[More](#) >



[Make our crispy rice salad with tofu and spicy Asian dressing](#)

This crispy rice salad is such a brilliant dish, especially if you're looking to impress a crowd. It's not oily at all; rather, with the addition of the shredded veggies and ample herbs, it feels fresh and light.

[Get cooking](#)



[At 14, Lolita's wish was for ... a uterus. A transplant from her sister made her dream come true](#)

When Lolita was 14, she wrote in her diary: "Please, can someone give me a uterus?". Little did she know her plea would be answered 18 years later, thanks to a group of Swedish scientists pioneering uterus transplant surgery, and a donation from her own sister.

[More](#) >

## Build a better bladder



A leaky bladder or a sudden urge to go to the bathroom is uncomfortable and embarrassing. But you can take steps to alleviate the problem. "Some people tell me they would have sought treatment sooner if they'd known it was this simple," says Dr. Anurag Das, director of the Center for Neurology and Continence at Harvard-affiliated Beth Israel Deaconess Medical Center.

### Lifestyle changes

One of the first lines of defense is pill-free and costs nothing: lifestyle change. For urge incontinence, you can try timed voiding (urinating on a schedule) and bladder guarding, which teaches you to cope with triggers that set off the urge to go, such as washing dishes or hearing water. "You squeeze your muscles to hold in urine before a trigger, which sends a message to the brain that this is not the time to go," says Dr. Das. Other lifestyle changes include watching fluid intake; quitting smoking, to reduce coughing and pressure on the bladder; and minimizing bladder irritants such as caffeine, alcohol, and carbonated drinks.

[Read more »](#)

## The Truth About Your Heart

Can fiber cut your cholesterol? Does heart disease kill more women than breast cancer? What's the worst thing you can do for your heart?

[Read More >](#)

## 13 Foods That Lower 'Bad' Cholesterol



## What's the Main Dietary Cause of High Cholesterol?



## Did You Know She Has Crohn's Disease?

Celebrities are people, too, which means they get the same diseases as everyone else. These famous folks all have the digestive disorder.

[Read More >](#)

## 12 Reasons to Love the Mediterranean Diet

No calorie-counting, bread is allowed, and -- best of all -- you won't go hungry.

[Read More >](#)

## Make Delicious, Diabetes-Friendly Meals

Try these easy switches and cooking tips to help control your blood sugar.

[Watch Video >](#)

## Harvard Health Blog

# Fear of cancer recurrence: Mind-body tools offer hope

POSTED MARCH 07, 2019, 10:30 AM

[Daniel L. Hall, PhD](#), Contributor



Every year, there are more adults who have been diagnosed with cancer at some point in their lives. All of them face the uncertainty and fear that follow cancer treatments. Research shows that fear of cancer recurrence interferes with emotional and physical well-being. And it also suggests that mind-body tools can help people who have been treated for cancer regain control.

[Learn more »](#)

## Red Wine may reduce your risk of heart disease

You may have heard that drinking a glass or two of red wine each day can help reduce your risk of [heart disease](#). It's true that alcohol has some [heart-healthy](#) benefits. But before you raise a glass and toast to your [heart](#), know that the news about alcohol isn't entirely positive.

## Alcohol Boosts 'Good' Cholesterol

A few studies have found that people who drink alcohol in moderation have lower rates of [heart disease](#), and might even [live longer](#) than those who abstain. Alcohol has also been tied to a lower risk of [blood clots](#) and decreased levels of inflammation markers.

Many believe that the main benefit of alcohol comes from its ability to raise HDL [cholesterol levels](#) (the "good" type that helps sweep [cholesterol](#) deposits out of your [arteries](#) and protects against a [heart attack](#)).

In particular, red wine might offer the greatest benefit for lowering [heart disease risk](#) and death because it contains higher levels of natural plant chemicals -- such as [resveratrol](#) -- that have [antioxidant](#) properties and might protect artery walls.

[Read more](#)

## Alcohol and High Cholesterol

Alcohol may raise HDL levels, and red wine may lower heart disease risk. But you should still be cautious. Here's why.

[Read More >](#)

## [10 minutes of leisurely activity per week may lower death risk](#)

New observational research in a large cohort has found a strong link between leisurely physical activity — even in low amounts — and a lower death risk.

## Heart failure: New drug could halt disease and improve heart function

Published Friday 15 March 2019

By [Catharine Paddock PhD](#)

[Fact checked](#) by Paula Field

Heart failure occurs when the heart loses its ability to pump blood effectively. Current treatments can slow or stop the disease getting worse, but they can't regress it. Now, scientists have designed a molecule that could not only curb heart failure but also improve the heart's blood pumping ability.

The researchers in Brazil and the United States who developed and tested the experimental drug have named it "SAM $\beta$ A," which is short for "selective antagonist of mitofusin 1- $\beta$ 2PKC association."

**When the researchers gave it to rats with heart failure, the molecule not only stopped the disease from progressing but also reduced its severity by improving the ability of heart muscle to contract.**

The journal *Nature Communications* has now published a [paper](#) on how the researchers developed SAM $\beta$ A and tested it on heart cells and rodent models of [heart failure](#).

[Read more](#)

[Heart failure: New drug could halt disease and improve heart function](#)

A molecule that stops two proteins from interacting and impairing heart function halted heart failure and improved heart pumping capacity in rats.

### [Home remedies for sensitive teeth](#)

Tooth sensitivity is common and typically results from worn enamel. Research suggests that some home remedies can help reduce tooth sensitivity and pain. [Learn more about these home remedies and how to prevent tooth sensitivity here.](#)

### [How to remove warts with salicylic acid](#)

Warts are usually harmless but can be bothersome if they appear in certain areas. [Learn how to use salicylic acid for wart removal in this article.](#) We also cover other treatment options.

### How to reduce your risk of dementia

New research shows lifestyle risk factors may be different for men and women. [Read more](#)

### [Daily aspirin no longer recommended by doctors](#)

The American College of Cardiology and American Heart Association released the new guidelines on Sunday. The authors said low-dose aspirin should not be routinely given as a preventive measure to adults 70 years and older or to any adult who has an increased risk of bleeding.

### [Commonly used heart drug associated with increased risk of sudden cardiac arrest](#)

### The truth about spirulina

Is the weird greenish algae you've seen in smoothies and juice really as super as it seems? [Read more](#)

# Coffee chemicals could curb prostate cancer

Published Monday 18 March 2019

By [Tim Newman](#)



[Fact checked](#) by Carolyn Robertson

Following a series of experiments, researchers conclude that two compounds found in coffee might help slow the growth of prostate cancer cells. Although the findings are preliminary, they are encouraging.

Scientists are dissecting coffee in search of cancer cures.

[Coffee](#) is one of the most popular drinks on the planet and is a complex cocktail.

In fact, coffee can contain more than [1,000](#) nonvolatile chemical compounds and in excess of 1,500 volatile ones.

The type and concentrations of these chemicals can vary wildly, depending on several factors, including how the makers [prepare](#) the beans.

Scientists have been intrigued by coffee's potential impact on health for many years. A drink that contains so many active ingredients — and one that people consume so widely — is likely to have an effect on the population at large.

Some [studies](#) have concluded that, overall, coffee might be a force for good. However, questions remain.

Recent studies have started identifying [links](#) between coffee consumption and lower [prostate cancer](#) risk. As evidence mounts, people are directing more attention to this relationship.

According to the Centers for Disease Control and Prevention (CDC) in the United States, prostate cancer is one of the [leading causes](#) of [cancer](#) death in men. If chemicals from coffee can help reduce the risk, it is a line of investigation worth pursuing.

Read more

[Coffee chemicals could curb prostate cancer](#)

Coffee is a complex cocktail of compounds. A recent study identifies two particular molecules that might have cancer-fighting capabilities.

# What happens after antibiotics?

Antimicrobial resistance – the process of bacteria, yeasts, and viruses evolving defence mechanisms against the drugs we use to treat them – is progressing so quickly that the UN has called it a “global health emergency”. At least 2 million Americans contract drug-resistant infections every year. So-called “superbugs” spread rapidly, in part because some bacteria are able to borrow resistance genes from neighbouring species via a process called horizontal gene transfer. In 2013, researchers in China discovered *E coli* containing *mcr-1*, a gene resistant to colistin, a last-line antibiotic that, until recently, was considered too toxic for human use. Colistin-resistant infections have now been detected in at least 30 countries. But, writes Oliver Franklin-Wallis, [there is still hope](#).



## Home Remedies: What Works, What Doesn't?

Talk with your doctor or pharmacist before trying any home remedy. This is even more important if you take prescription or over-the-counter medications, because some can affect how drugs work.

[READ MORE](#)

► [Healthy Diet Might Not Lower Dementia Risk](#)



SLIDESHOW

## Benefits of Omega-3 Fatty Acids

While fatty food intake can elevate cholesterol and triglycerides, not all fats are unhealthy. [Read more...](#)

## Thyroid Problems Explained

Recognizing and treating thyroid problems is of critical importance for your health. [Read more...](#)

[The Saturated Fat Debate Rages On](#)



## Why do hospitals have particle accelerators?

Lesson by Pedro Brugarolas, directed by Artrake Studio

Is there a way to detect diseases like cancer and Alzheimer's before they advance too far? Doctors are using injected radioactive drugs that circulate through the body and act as a beacon for PET scanners. These diagnostic tools can detect the spread of diseases before they can be spotted with other types of imaging. So how exactly does this work, and is it safe? Pedro Brugarolas investigates.

[View full lesson »](#)

[Too Early To Ban Breast Implant Linked With Cancer: FDA Panel](#)



### Alex Trebek's Pancreatic Cancer: What Does Stage 4 Mean?

March 06, 2019 | Article  
'Jeopardy!' host Alex Trebek has revealed that he been diagnosed with stage 4 pancreatic cancer.

[Read More](#)

## Research shows you're likely to live longer if you walk at least: **5.5 miles per week**

Walking this much at a slow pace of 2 miles per hour can be enough to lower your risk of things like heart attacks, strokes, and heart failure by 31%. People who walked farther and faster got even more benefit, in case you needed some extra motivation.

WEbMD

### FEATURED NEWS

## Which Diabetes Test Is More Effective?

A commonly used diabetes test may not spot the disease as well as an older test does.

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## [11 Reasons to Love Vitamin D](#)

## Signs You're Low on Vitamin C

If you're among the 7% of Americans who aren't getting enough vitamin C, you'll notice symptoms within 3 months.

[READ MORE](#)



### SLIDESHOW

## Top Foods for Healthy Hair

The key to a healthy hair lies in the foods you eat. Nutrition is the foundation for a healthy body and a great head of hair. [Read more...](#)

## Donation by the Consulate General to the Archbishop Fund

**The overflow of money from the proposed farewell to HE Skandakumar, but later changed to a blessing for the nation was sent to the Archbishop's fund at Commercial Bank in Sri Lanka.**

**The sum transferred was AUD 2850.00.**



CONSULATE GENERAL  
OF  
SRI LANKA IN  
SYDNEY

# High-Fructose Corn Syrup Fuels Colon Cancer Growth in Mice

By [Rachael Rettner, Senior Writer](#)



High-fructose corn syrup may fuel [colon cancer](#) growth, at least in mice, a new study finds.

In the study, published yesterday (March 21) in the journal [Science](#), researchers found that consuming the equivalent of 12 ounces of a beverage sweetened with high-fructose corn syrup accelerated tumor growth in mice that were predisposed to colon cancer. Still, because the study was done in mice, more research is needed to see if the findings apply to humans. But "our findings in animal models suggest that chronic consumption of [sugary drinks](#) can shorten the time it takes [colon] cancer to develop," study co-senior author Dr. Jihye Yun, an assistant professor of molecular and human genetics at Baylor College of Medicine in Houston, [said in a statement](#). Yun conducted the work as a postdoctoral fellow at Weill Cornell Medicine in New York City.

The researchers noted that there's been a rise in [colorectal cancer rates among young people](#) in recent decades — during the same time that consumption of sugar-sweetened beverages has increased. If the new results prove true for humans as well, the findings might help explain this link. [[7 Odd Things That Raise Your Risk of Cancer \(and 1 That Doesn't\)](#)]



# Red Yeast Rice Supplements Likely Damaged This Woman's Liver

By [Rachael Rettner, Senior Writer](#)

Natural supplements may seem benign, but as highlighted in a new case report, that's not always the case. A woman in Michigan developed sudden liver damage after taking a red yeast rice supplement, doctors reported.



The 64-year-old woman had recently been to the doctor and was told she had high [cholesterol levels](#). But she was hesitant to start taking statins — the common drugs prescribed to lower cholesterol. So instead, she turned to a supplement called red yeast rice, a type of fermented rice that's marketed to lower cholesterol.

However, many patients and doctors may not be aware that red yeast rice can naturally contain a compound called monacolin K, which is identical to the active ingredient in the [statin drug](#) lovastatin, the report said. Red yeast rice supplements with monacolin K come with the same risks as drugs containing lovastatin, which can include liver damage.

Indeed, six weeks after she started taking the supplement, the woman went to the emergency room with signs of [liver injury](#), including fatigue, dark urine and jaundice, which is a yellowing of the skin and eyes. [[27 Oddest Medical Case Reports](#)]

After a battery of tests, including a liver biopsy, the woman was diagnosed with "acute drug-induced liver injury," or liver damage due to a drug or supplement. In this case, red yeast rice supplements were the most likely cause of the woman's illness, given the sudden onset of her symptoms and her recent use of the supplement, according to the report, published today (March 25) in the journal [BMJ Case Reports](#).

## Trim a Few Pounds

Extra weight around your middle could add up to a greater chance of having cancer, especially of the breast, colon, uterus, pancreas, esophagus, and gallbladder. Researchers say one reason may be that fat cells release substances that encourage cancer cells to grow.

## Go Easy on Alcohol

Tip back too many martinis each day, and your odds of cancer go up. Alcohol is linked to cancers of the mouth, breast, liver, esophagus, and others. The more you drink, the higher your risk. If you drink, do it in moderation. Women should stick to one drink a day, men up to two.



## Eat More Broccoli

Fruits and veggies pack an anti-cancer punch because they're high in nutrients and fiber, and low in fat. Try broccoli, Brussels sprouts, cabbage, kale, watercress, or other cruciferous vegetables. They protect against DNA damage that can turn cells cancerous. Or eat colorful berries. Studies show they have cancer-fighting chemicals that ward off damage to cells.

## High-Potency Marijuana Use Linked with Psychosis Risk

People who use marijuana on a daily basis may be at increased risk for developing psychosis, particularly if they use [high-potency marijuana](#),



a new study from Europe suggests.

The study analyzed information from more than 1,200 people without psychosis living in 10 European cities and one city in Brazil, and compared them with 900 people living in those same cities who were diagnosed for the first time with psychosis. ([Psychosis](#) means a person experiences a loss of touch with reality.)

The researchers found that people who reported using marijuana daily were three times more likely to have a diagnosis of first-episode psychosis, compared with people who reported never using the drug. What's more, those who reported using high-potency marijuana on a daily basis were five times more likely to have a diagnosis of first-episode psychosis, compared with those who never used it. [[25 Odd Facts About Marijuana](#)]

In addition, the study is the first to suggest that the pattern of marijuana use in a given area may contribute to the rate of psychosis in the population. For example, in Amsterdam, where high-potency cannabis is widely available, those who reported using high-potency cannabis on a daily basis were nine times more likely to develop psychosis, compared with those who didn't use marijuana. (In the U.S., high-potency marijuana is also much more common [today than several decades ago.](#))

### High-Potency Marijuana Use Linked with Psychosis Risk

March 20, 2019 | Article

People who use high-potency marijuana on a daily basis may be at increased risk for developing psychosis.

[Read More](#)

## Props for Your Liver



This workhorse doesn't get the respect it deserves. If you asked most people to rank their organs, their liver might be way down the list. Maybe just above spleen. But day and night, it breaks down food, fights infection, and filters bad stuff from your blood. You can't live without it. Luckily, you can often slow, stop, or even reverse liver damage. [WEbMD](#)

## What Are Superfoods?

March 18, 2019 | Reference

Superfoods, although nutritious, shouldn't be considered a silver bullet.

[Read More](#)



# Oranges: Facts About the Vibrant Citrus Fruit

By Jessie Szalay, Live Science Contributor  
Sweet, juicy oranges make a delicious and healthy snack or addition to a meal. A whole orange contains only about 60 calories and has no fat, cholesterol or sodium, and, "oranges are well known for their [vitamin C](#) content," said Laura Flores, a San Diego-based nutritionist.



Indeed, oranges offer many health benefits: They may boost your immune system, give you better skin, and even help improve your heart and [cholesterol levels](#). In addition, some evidence suggests that eating oranges may help reduce the risk of respiratory diseases, certain cancers, rheumatoid arthritis, ulcers and kidney stones. Orange juice is also packed with nutrients. However, the juice doesn't contain the fiber found in the orange pith, the white substance between the peel and the flesh. It's also easier to consume too many calories when drinking orange juice than when eating an orange, according to the [U.S. Centers for Disease Control and Prevention](#).

## Health benefits of oranges

Most citrus fruits have a good deal of vitamin C, and oranges have high levels even compared to their tangy brethren. Vitamin C, a potent antioxidant, protects cells by scavenging and neutralizing harmful free radicals, according to a 2018 review published in the journal [Advances in Analytical and Pharmaceutical Chemistry](#).

Free radicals are reactive atoms that can form from things such as environmental pollution, cigarette smoke and stress, and exposure to a high level of free radicals may [lead to chronic conditions](#) such as cancer and heart disease.

The vitamin C in oranges may also boost a person's immunity to everyday viruses and infections such as the common cold, according to the same review.

Some research suggests that the vitamin C in oranges may be linked with a lower risk of certain cancers.

"The vitamin C in oranges is associated with a reduced risk of colon cancer due to preventing DNA mutations from taking place," Flores said. Studies have shown that about 10 to 15 percent of colon cancers have a [mutation in a gene called BRAF](#).

## Oranges: Facts About the Vibrant Citrus Fruit

In addition to being a delicious snack, sweet, juicy oranges have many health benefits.

[Read More](#)

## The Best Fruits When You Have Diabetes



Some are lower in sugar, and others pack more fiber, which helps stabilize your levels. A nutritionist explains what to choose and why.

[Read More >](#)

## The Truth About Sugar Addiction



## Exercise to Protect Your Brain

The longer you go without regular exercise, the more likely you are to have dementia. See what other bad habits may endanger your brain.

[Read More >](#)

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