

Health & Views

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

October
3rd issue
2021

Worst Foods for High Blood Pressure

Whether you're trying to lower your blood pressure or avoid ever needing to, here are 12 things to stay away from or limit.

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[AstraZeneca develops long-lasting preventative COVID treatment for people who can't be vaccinated](#)

BLOOD CANCER

What Are the Symptoms of Leukemia? 10 Signs to See Your Doctor



What can Australia learn from the UK's return to school during the COVID-19 pandemic?

As students in Australia's most populous states prepare to go back to school, experts say there are things to learn from England, where there has been a large increase in children being kept home due to COVID-19.



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[Most of us will recover our mental health after lockdown. But some will find it harder to bounce back](#)

Maree Teesson, University of Sydney; Marc Stears, University of Sydney; Marlee Bower, University of Sydney

The pandemic 'pressurised' personal triggers for poor mental health by worsening financial stress and reducing social support.

Humulin R (insulin human)

Written by Alex Brewer, Pharm.D., MBA on October 06, 2021

Humulin R (insulin human) is a brand-name drug that's used in adults and children with diabetes. Learn about dosage, alternatives, how it works, and more.

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New antiviral drug combo may fight off coronavirus infection

Written by Deep Shukla on October 06, 2021

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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Depression in early adulthood may increase risk of cognitive decline

Written by Mary McGorray, M.D. on October 05, 2021

A new study concludes that depression in early adulthood is associated with a 59% higher risk of developing dementia in later life.

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Vaccination gives 'hybrid immunity' to recovered COVID-19 patients

Written by James Kingsland on October 05, 2021

New research suggests that people who have had COVID-19 and then receive their first vaccine dose develop very strong immunity against a wide range of coronaviruses and SARS-CoV-2 variants.

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SLIDESHOW

UTI Signs and Home Remedies

Many UTIs are not serious but if infection reaches the kidneys, serious illness, and even death, can occur. [Read](#)

What is cardiac catheterization?

Written by Jenna Fletcher on October 05, 2021

Cardiac catheterization is an imaging procedure to examine a person's heart and blood vessels. Learn more about cardiac catheterization here.

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Pollution linked to 6 million premature births each year

Written by Robby Berman on October 05, 2021

A study links air pollution to almost 6 million premature births each year. Indoor air pollution is responsible for two-thirds of these perinatal issues.

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[Harms of Statins With Diabetes](#)

[Many Will Quit, Change Jobs Due to Pandemic Stress](#)

[Depression in Early Life May Up Dementia Risk Later](#)

[Nearly 200,000 COVID Home Tests Recalled Over False Positives](#)

[Medtronic Expands Recall to Include More Than 463,000 Insulin Pumps](#)



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What Happens When You Stop Eating Carbs

A very low-carb diet triggers your body into nutritional ketosis. Your liver starts to make ketones -- a fuel that kicks in when your body doesn't have enough...

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SLIDESHOW



9 Ways Sleep Repairs Your Body

All night long, your body and brain do quite a bit of work that's key for your health. There are two main types of sleep that we... [Read more...](#)



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Diabetes: Low-Carb Choices

Low carb and fast food don't often go together. Here's how to spot unhealthy carbs and make better choices from the menu. [Read more...](#)

Donald Trump Refused To Go Vegan Over Fears Of Losing Brain Cells

Global charity Million Dollar Vegan challenged Trump to go vegan for 30 days. In return, the organization would donate \$1 million to a veterans' charity. It's now been uncovered that Trump declined the offer due to concerns about lost brain cells. Ex-White House Press Secretary Stephanie Grisham recently published a book detailing her experiences with the then-president. Grisham explains in the book that she suggested participating in the initiative since it 'would raise a lot of money for a good cause'. According to Grisham, Trump replied: "No, no. It messes with your body chemistry, your brain... And if I lose even one brain cell, we're f**ked. - [Read More](#)



SLIDESHOW

Corticosteroids vs. Anabolic Steroids

They've gotten a bad rap over the years, but steroids can help treat a variety of health conditions. Learn more... [Read more...](#)



FEATURED NEWS

Harms of Statins With Diabetes

Statins are proven to lower cholesterol, but they may also come with a downside.

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[HOW THIS TATTOO ARTIST IS HELPING BREAST CANCER SURVIVORS HEAL](#)



[This Lumbar Pillow Is the 'Perfect Remedy for Back Pain' During Car Rides and Long Workdays](#)

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Choosing a home exercise machine

Even if you enjoy exercising outdoors, there are times when it's too cold, too hot, or otherwise uncomfortable or impractical to walk, jog, or cycle outside. And like many people, perhaps you've let your gym membership lapse. So how do you make sure you're getting an aerobic, heart-protecting workout most days of the week?

Maybe it's time to invest in a home exercise machine, such as a treadmill or elliptical machine. Not only can you exercise in the privacy of your home, you can also easily break up your workout into 10- to 15-minute stints throughout the day, whenever it's convenient for you. Current guidelines recommend getting at least 2.5 hours of heart rate-elevating (aerobic) exercise each week.

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WHO issues guideline on monoclonal antibodies for severe COVID-19



Using data from a meta-analysis of various studies and trials, the World Health Organization (WHO) has updated its guideline on monoclonal antibody use for severe COVID-19.

- A recent [study](#) assessed the incidence of long COVID symptoms using data extracted from de-identified electronic health records. The authors found that more than one in three individuals experienced long COVID symptoms 3–6 months after receiving a COVID-19 diagnosis. Read more about the research [here](#).
- German science and technology company Merck has signed a deal with Singaporean authorities to supply molnupiravir, its experimental antiviral drug, to the country's healthcare system. Read more on our live updates [blog](#).
- AstraZeneca has asked the Food and Drug Administration (FDA) to authorize the emergency use of an antibody combination treatment for COVID-19. The therapy, for now referred to as AZD7442, would be the first treatment of its kind to receive emergency authorization for COVID-19. Find out more [here](#).

[READ THE FULL UPDATE](#)

COVID-19 origins: Closest viruses to SARS-CoV-2 found in Laos



Two new studies awaiting publication in the journal *Nature* suggest that SARS-CoV-2 may not have originated in China after all.

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Why You Snore (and How to Stop)

You may not even know you snore, but about half of us do sometimes. Here's what may be to blame, and why it shouldn't be ignored.

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COVID-19 lockdowns in UK 'deepened social inequality'



A new study explores the longer-term effects of lockdowns in the United Kingdom on varying social groups.

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What to Do for Stiff, Achy Joints

As you age, your cartilage begins to dry out and stiffen. See what you can do to feel looser.

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Heart Disease Warning Signs

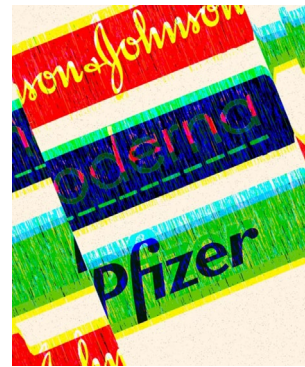
Mention heart disease, and most people picture a heart attack. But the term covers several conditions that can hurt your ticker and keep it from doing its job.

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Living With Late-Stage Kidney Disease

Today's Must Read!

Can I Get a Pfizer Booster If I Had Moderna or J&J?—Here's What We Know About Mixing COVID Vaccines



Signs You're Low in Vitamin D

Your body uses vitamin D to absorb minerals like calcium and phosphorus, and support your muscles, nerves, and immune system. But a lot of us may not be getting enough.

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Top Causes of Frequent Urination

If it feels like you've been going to the bathroom more often lately, it might be no big deal. But it could also be a sign of something serious.

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13 Walking Mistakes and How to Avoid Them

Going for a walk seems so simple -- but if you're walking for fitness, it's possible you're not doing it right. Don't let these missteps trip you up.

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Warning Signs of Leukemia and Other Blood Cancers

There are many types of blood cancers, and certain things can raise your chances of getting one. Here's how to recognize the most common signs.

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Best and Worst Foods for Heartburn

Some foods can trigger that burning sensation, but they're not the same for everyone.

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Heart Attack Symptoms in Women

Heart disease is the most common serious health issue among both men and women in the U.S., but it doesn't affect them the same way.

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Know Your Blood Pressure Numbers

Learn what diastolic and systolic blood pressure numbers mean and why it's important to keep track of them.

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When Diabetes Hurts Your Sex Life

If you haven't been in the mood as much lately, or have trouble in bed, an underlying health problem like diabetes could be to blame. Here's what you can do about it.

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When to Check Your Blood Sugar

Your doctor will have you check your levels at certain points every day. Here's why they may suggest certain times.

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Don't Believe Everything You Hear

Doctors, nurses, friends and family, social media posts, and news reports all offer "expert" advice. How can you know who to trust?

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[ULCERATIVE COLITIS](#)

CBD oil for ulcerative colitis: Does it work?

Written by Mary West on October 06, 2021

There is limited evidence that CBD may help provide symptomatic relief from ulcerative colitis. Learn more.

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Foods Surprisingly High in Saturated Fat

Which has more unhealthy fat -- a steak or a glass of 2% milk? A doughnut or an avocado? Some of these answers may surprise you.



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How to Stop Gas Pain Fast

It's normal to have some gas. But if it can't easily escape your body, you may feel uncomfortable and bloated. Follow these tips for quick relief.

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The 5 Major Signs of a Stroke

Stroke is a medical emergency, and without treatment, the result can be serious disability or death. Here's how to recognize the signs.

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What Your Face Says About Your Health

You're familiar with the face staring back at you. But a closer look may offer clues about your health -- if you know what to look for.

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