

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

Posted by

Mitchell Tsai

[Mon](#)

Immune protection from Pfizer Covid-19 vaccine

(1) "Two real-world studies published last month confirmed that the immune protection offered by two doses of Pfizer's Covid-19 vaccine begins to drop off after two months or so...

One study from Israel covered 4,800 health care workers and showed antibody levels wane rapidly after two doses of vaccine, "especially among men, among persons 65 years of age or older, and among persons with immunosuppression."

A second study from Qatar showed protection from the Pfizer vaccine peaked in the first month after vaccination and then began to wane.



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

Worst Foods for Your Fridge

Help yourself make better choices for your diabetes diet by moving these foods out of reach or tossing them altogether.

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From oximeters to AI
/ Where bias in
medical devices may
lurk



Best Bets for Low-Carb Drinks and Cocktails

If your doctor says it's OK to have alcohol, keep these guidelines in mind when you're ordering a cocktail or pouring a drink.

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Could Your High Cholesterol Be Genetic?

If you've changed your lifestyle but your cholesterol isn't budging, this may be why.

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Frighteningly Fattening Thanksgiving Foods

Here is a look at some of the season's most fattening foods, along with tips on how to avoid or improve them. You can make it through Thanksgiving without gaining a pound!

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SLIDESHOW

Raw or Cooked, Which Is Better?

How fruits and vegetables are prepared can make a big difference in the nutritional... [Read more...](#)

Certain Cancers Increase Stroke Risk, New Analysis Confirms

Donavyn Coffey

A new systematic [review](#) revealed that people living with certain cancers as well as those in remission face a significantly higher risk for [stroke](#) than people with no history of cancer.

Previous research has suggested such a link exists, but until now, the evidence has not been robust enough to elicit guidelines on stroke risk and prevention in cancer patients.

Given that historically, "cancer prognosis has been very bad, [a potential cancer-stroke link] frankly didn't matter," said Eric Yang, MD, a cardiologist and director of the Cardio-Oncology Program at the University of California, Los Angeles. He was not involved in the current study.

However, now that cancer patients are [living longer](#), it has become critical to better understand the downstream effects of the disease and treatment and to guide clinicians on patient follow-up, according to Melanie Turner, PhD, lead author on the meta-analysis and research fellow at the University of Aberdeen, in Scotland, United Kingdom.

Certain Cancers Increase Stroke Risk, New Analysis Confirms



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Laws have changed the way partners need to seek consent. Here's how to do it (and no, it won't spoil the mood)

Bianca Fileborn, The University of Melbourne; Sophie Hinds, The University of Melbourne

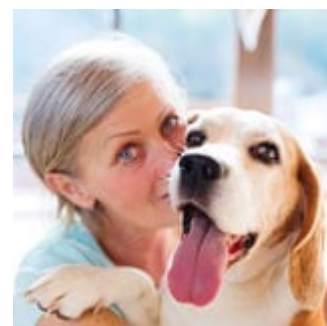
Consent doesn't mean your sexual partner needs to sign a consent form at the beginning of an encounter. It means an 'enthusiastic yes', expressed through words or gestures



SLIDESHOW

Easy, Tasty Grilled Foods for Dinner

When you have to scramble to get dinner on the table, let the grill do the work for you. [Read more...](#)



SLIDESHOW

Exercise, Diet, Stress Reduction

The right exercise, diet, and activities -- even playing with a pet -- can help you recover from depression. [Read more...](#)

Health + Medicine

- We expected people with asthma to fare worse during COVID. Turns out they've had a break**

Bruce Thompson, Swinburne University of Technology
Not only have asthma attack rates decreased during the pandemic, evidence suggests people with asthma are not at increased risk of severe outcomes from COVID.

Diagnosing and Treating Diabetes

QUIZ

Alcohol and Health Effects

How long does alcohol stay in your system? Learn about alcoholism, alcohol poisoning, and other health risks. [Read more...](#)





SLIDESHOW

Diabetes-Friendly Eating

When you have diabetes, eating a good balance of protein, carbohydrates, and healthy fats is crucial to controlling... [Read more](#)

How an 'Artificial Pancreas' Works

The FDA has approved several versions of these wearable devices, some of which are fully automated.

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These Sweet Snacks Are Better for You

When the urge for something sweet strikes, try one of these options. They'll satisfy your craving while providing a boost of fiber, antioxidants, or protein.

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SLIDESHOW

Why Am I Always Thirsty?

Before pinpointing the reason, it's important to know whether you're dealing with excessive thirst, or dry mouth -- or both. [Read more...](#)

CORONAVIRUS

How to Tell If Your Fatigue Is a Sign of COVID-19



FEATURED

9 Amazing Health Benefits of Hot Peppers

Banish headaches. Squash cancer cells. Help you live longer. Can hot peppers do all that? Find out.

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15 Delicious Calcium-Rich Dishes

Tender stuffed chicken, Spanish cheese, and almond cake top this photo gallery of delicious food packed with calcium. [Read more...](#)



FEATURED NEWS

This Diet May Ease Chronic Migraines

This diet, credited with a variety of positive health impacts, may help ease chronic symptoms.

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FEATURED SLIDESHOW

Warning Signs of Ulcerative Colitis

The chronic inflammation and symptoms of ulcerative colitis have general effects on...

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Vision and hearing problems in COVID

Loss of taste and smell are well-known symptoms of COVID-19 — but research now suggests that [up to 10% of people infected also experience symptoms in their ears and eyes](#), such as sensitivity to light and hearing problems. “The data are growing to suggest that there are more neural consequences of this infection than we originally thought,” says molecular biologist Lee Gehrke.

[Scientific American | 10 min read](#)
Reference: [Canadian Journal of Neurological Sciences paper](#) & [Journal of Ophthalmic & Vision Research paper](#)

FEATURED QUIZ

Is High-Fructose Corn Syrup Bad?

How can you avoid picking foods with added sugar, when grocery shopping?

[TAKE THE QUIZ](#)



The Truth About Cheese's Health Benefits

If you're avoiding cheese because you think it's bad for your health, good news! It can be good for your heart, boost your immune system, and help you in these other ways.

[Take Quiz](#)



Ways You're Suppressing Your Immune System

You may think you're living a generally healthy lifestyle, but if you're doing any of these everyday things, you may be inviting trouble.

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Here's How Often You Should Really Wash Your Towels

[How bad is it to use a towel over and over? Here's how often you should wash towels, where to hang wet towels, and when to replace towels.](#)

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How Your Gut Health Affects Your Whole Body

The bacteria found in your gut not only help you digest foods -- they work all over your body and can benefit your physical and mental health.

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UROLOGICAL CONDITIONS

7 Signs That You Might Have Kidney Disease



15 of the Most Dangerous Foods on the Planet



We generally don't think of snacks and meals as risky parts of our day, but there are plenty of foods out there we should be wary of.

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Startup Builds 'Transparent' Vegan Chicken Factory

"If slaughterhouses had glass walls, everyone would be vegetarian." In 2010, Sir. Paul McCartney lent his face and this famous quote to a PETA film that took viewers behind the opaque walls of slaughterhouses and factory farms. Although one of the most well-known quotes in the animal rights movement, it took the team behind Planted Foods—a Swiss food tech company dedicated to ending animal suffering through tasty plant-based alternatives to meat—to run with the idea. Convinced the food industry needed to be more transparent about ingredients and processes, Planted made this literal by building an enormous glasshouse around their production in the heart of their Switzerland-based factory - [Read More](#)

World's Oldest Person Dies At 124: 'Vegetables Were The Secret'

"Lola" Francisca Susano, purported to have been the oldest person in the world, has died at the age of 124. Susano's family ascribed her longevity, in part, to a vegetable-rich diet. A "diet of fresh vegetables and fruits" was Susano's "secret to longevity," Business Mirror reports. And specifically, produce that her family grew themselves without using pesticides.

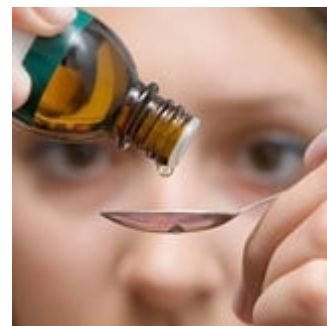
The supercentenarian especially enjoyed sweet potato, okra, pumpkin, and eggplant, as well as oatmeal and laswa, which is a boiled vegetable soup. She didn't eat pork, and consumed little amounts of other meat, the Metro reports. She also abstained from alcohol - [Read More](#)

Imodium (loperamide)

Written by Helen Marshall, BPharm, MRPharmS on November 30, 2021

Imodium (loperamide) is an over-the-counter drug used for diarrhea in adults and kids. Learn about dosage, uses, side effects, how it works, and more.

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SLIDESHOW

Best and Worst Home Remedies

Find out about home remedies: Some that work, some that don't, and some that you should avoid at all costs. [Read more...](#)



SLIDESHOW

Cardiac Arrest: What Is It?

Cardiac arrest is quick and drastic: You suddenly collapse, lose consciousness, have no pulse, and aren't breathing. [Read more...](#)

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14 Ways to Help Your Hair Grow Faster and Stronger

Hoping to make your hair grow faster? Learn about hair-care tips, treatments, and tricks to nurture your hair and foster growth.

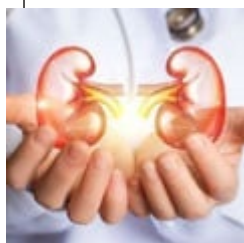
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QUIZ

Kidney Disease Quiz: Test Your Medical IQ

What is kidney disease? Learn about chronic kidney disease, polycystic kidney disease, signs, stages, and treatment. [Read more...](#)



Help for erectile dysfunction



Taking erectile dysfunction pills is still the easiest way for most older men to manage their ED. The drugs work quickly to increase blood flow to help produce and maintain an erection, and the effect can last several hours, usually with minimal side effects. With more generic versions available, ED drugs are now more affordable.

But ED pills don't work for everyone, or the results are inconsistent. Men also could be bothered by the side effects, such as headaches, flushing, upset stomach, or dizziness. This doesn't mean you have no other options.

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What are the long-term effects of ADHD medication?

Written by Zawn Villines on November 30, 2021

Doctors commonly prescribe stimulant medication to manage ADHD symptoms, but long-term use can cause side effects. Learn more.

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What is hemoglobin C disease?

Written by Annette Khayela on November 30, 2021

Hemoglobin C disease is an inherited genetic condition that affects the red blood cells and can lead to anemia. Learn more here.

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What is to know about spondylitis?

Written by Caitlin Geng on November 30, 2021

Spondylitis is a term to describe a group of inflammatory, arthritis-style diseases. Learn more about their symptoms, causes, and treatments here.

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What to know about ankylosing spondylitis and pregnancy

Written by Jenna Fletcher on November 30, 2021

Here, learn how a person with AS can prepare for pregnancy and how to manage the symptoms before, during, and afterward.

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What happens when calcium levels are high?

Written by Lana Burgess on November 30, 2021

Hypercalcemia occurs when a person has too much calcium in their blood. There are multiple possible causes. Learn how hypercalcemia affects the body and how to reduce calcium levels.

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