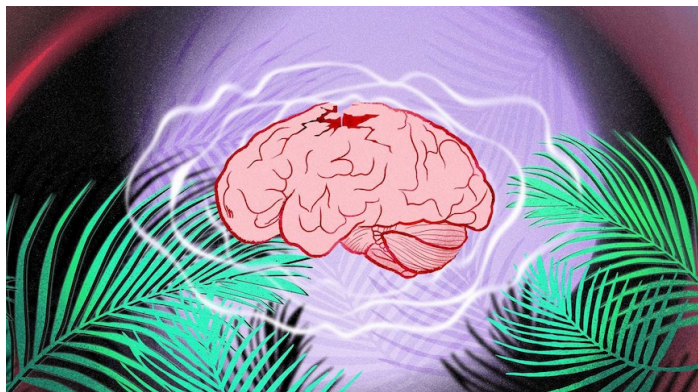


The day something cracked in my brain — and the puzzle to work out why

It's one of the most common medical conditions on the planet so why are the causes of anxiety still such a mystery? This is how scientists are working to unravel them.



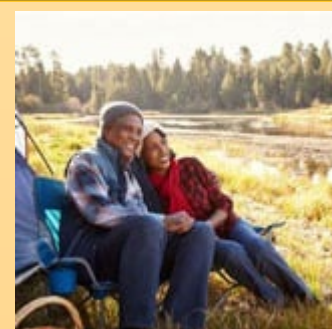
[Vitamin D Deficiency Linked to Severe COVID](#)

[Are Gut Germs Key to a Healthy Brain?](#)

[Researchers Say They've Developed Accurate 4-Minute COVID Test](#)

[Vaping Not a Great Aid to Quitting Smoking: Study](#)

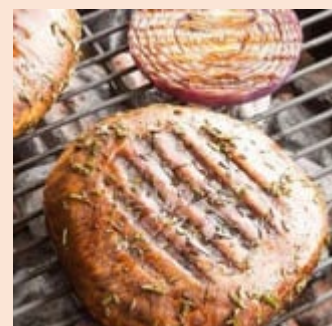
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You can't slow down the clock, but you can make some changes to fight little aches and pains, wrinkles, memory glitches... [Read more...](#)



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It's important for your bones, blood cells, and immune system -- your body's defense against germs. You get most of your... [Read more...](#)

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Your kidneys help filter all the waste products your body builds up in its natural processes. Learn more about the medical problems and conditions that can harm your kidneys.

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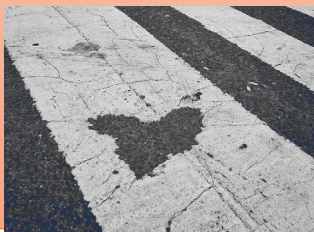
Burning, Twitching Neck Pain

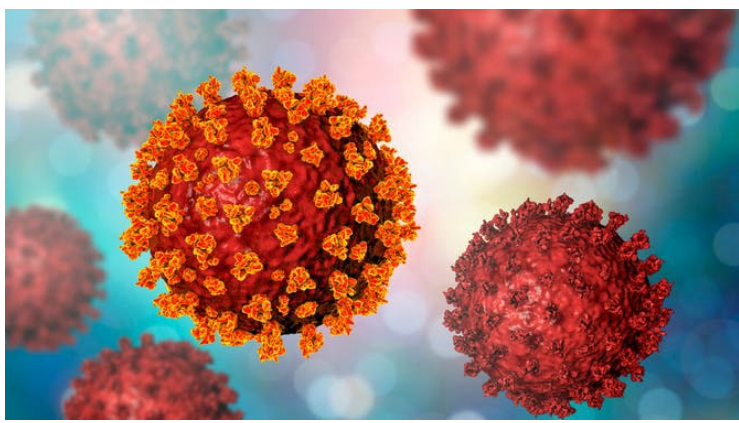
I get random pain (burning) in the back right side of my neck. It makes my entire head twitch back and forth for about 3 sec... [Read more...](#)

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A new in-depth look at widespread post-COVID-19 heart problems recommends individuals remain vigilant for possible cardiac symptoms.

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[We want to know where COVID came from. But it's too soon to expect miracles](#)

Hamish McCallum, Griffith University; Alison Peel, Griffith University
The delay in finding definitive answers to how novel infectious diseases come about is not unusual. Look at what happened to our search for Ebola virus.

[COVID-19](#)

[COVID-19 survivors: Increased risk of mental health issues](#)

Written by Robby Berman on February 23, 2022

A new study finds that people who survive COVID-19 have an increased risk of developing mental health issues in the 12 months following diagnosis.

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[IMMUNE SYSTEM / VACCINES](#)

[Exercising after a vaccine may safely boost antibodies](#)

Written by Jeanna D. Smiley on February 23, 2022

New research finds that exercising for 90 minutes after a flu or COVID-19 vaccine may boost antibodies without causing any side effects.

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[ASTHMA](#)

[Is it possible for a person to grow out of asthma?](#)

Written by Mathieu Rees on February 23, 2022

Asthma symptoms may go away with time, but there is no cure, and the symptoms may return. Learn more here.

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[How to brighten skin](#)

Written by Helen Millar on February 23, 2022

Skin brightening reduces the build-up of dead cells. Read on for ways to brighten skin, how these methods affect sensitivity, and causes of dull skin.

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[What is the link between frequent urination and erectile dysfunction?](#)

Written by Jenna Fletcher on February 23, 2022

Frequent urination and erectile dysfunction can occur together, but what is the link? Learn what the research says and how to treat it.

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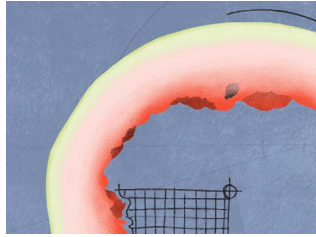
[Probiotic gut bacteria may trigger tumor growth in pancreatic cancer](#)

Written by Annie Shahzaib on February 23, 2022

New research in mice and human pancreatic cells finds that a probiotic gut bacterium called Lactobacillus may lead to the growth of pancreatic tumors.

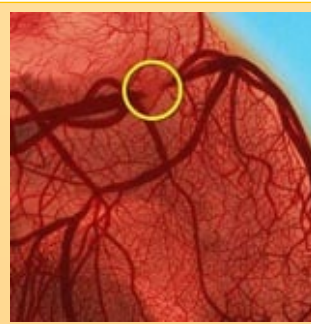
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What do we know about microplastics in food?



How harmful are microplastics in food, and what can we do to mitigate the health risks? In this Honest Nutrition feature, *Medical News Today* investigates.

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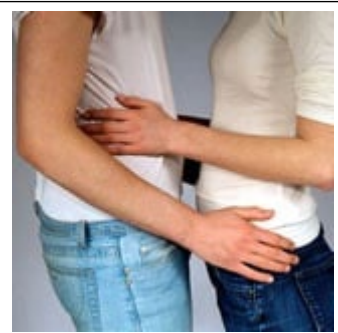


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What Hypertension Does to Your Body

High blood pressure puts you at risk for a number of other conditions like artery damage, aneurysm, heart attack...

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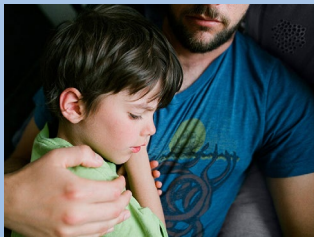
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12 Tips for Better Sex

Sex isn't just fun. It's good for you too. Spice up your sex life by stretching your boundaries as a couple.

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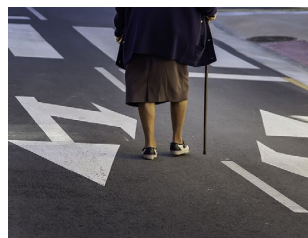
Migraine and genetics: Largest study to date may inspire new treatments



According to the largest genome study of migraine, this prevalent and disabling neurological condition may be linked to genetic risk factors.

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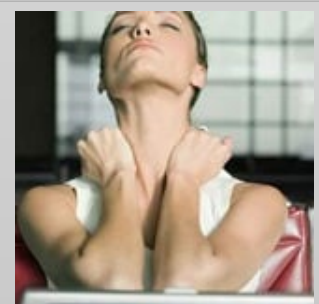
Dementia: Frequent loneliness may raise risk



New research finds that experiencing frequent loneliness is associated with a heightened risk of dementia in later life.

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SLIDESHOW

Are You Having Thyroid Problems?

It's hard to tell if you have thyroid disease. You might feel run down and tired, or have what is known as 'brain fog.'

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15 Natural Treatments for Hair Loss

The Internet is filled with solutions for preventing hair loss. Check out this slideshow to see what really works -- and a few that don't.

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SOS: Save our soils

Soil creates life from death, transforming decaying organic matter into a precious resource that underlies the production of more than 95% of the food we eat. To ensure food security, [the world must stop letting fertile soil wash and blow away](#), argue microbiologist Jo Handelsman and environmental researcher Kayla Cohen in their book, *A World Without Soil*.

[Nature](#) | [5 min read](#)

Future of Psoriatic Disease

Psoriatic disease isn't curable, but it is becoming more treatable, says Rebecca Haberman, MD, a rheumatologist with NYU Langone Health in New York. The number of drugs available to treat psoriatic disease is growing exponentially. Doctors use a certain amount of trial and error to determine which drugs are effective for individual patients, but researchers are working on [more personalized approaches](#) to diagnosis and treatment. Read on for tips on [taking care of your mental health](#) when you have psoriatic disease, how [treating](#) psoriatic disease has changed, and more.

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What to know about high potassium

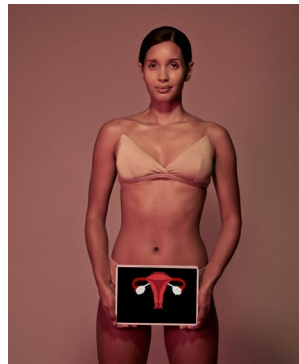
Written by Adrienne Stinson on February 20, 2022

Symptoms of high potassium, or hyperkalemia, may include nausea, and difficulty breathing. Kidney issues are the main cause. Learn more here.

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OVARIAN CANCER

8 Early Signs of Ovarian Cancer—Straight From Women Who've Experienced Them



Alzheimer's and COVID-19 severity: A genetic link?

In an intriguing new study, scientists identify a genetic link between the development of Alzheimer's disease and severe COVID-19 outcomes.

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WHO issues clinical case definition of long COVID

The World Health Organization (WHO) has just published a definition of post-COVID-19 based on input from a panel of researchers, patients, and clinicians.

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- According to a recent study in [PLOS ONE](#), people with low vitamin D levels prior to infection with SARS-CoV-2 may be 14 times more likely to develop severe COVID-19 than those with adequate levels of this vitamin. Read our full coverage of this study [here](#).

Do you lose weight during sleep?



Water loss during sleep can lead to people weighing less in the morning, while their bodies have also burned calories overnight. Learn more.

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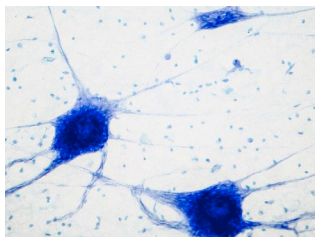
Research shows promising results for Parkinson's treatment



A new study suggests that treating Parkinson's disease by delivering short bursts of electrical stimulation may be an effective option.

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Scientists investigate how our 'second brain' may influence gut disorders



A recent study provides fresh insight into how the "second brain" in our gut works. The findings could lead to treatments for gut motility disorders.

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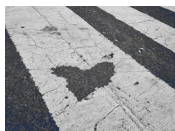
Switching to reduced-sodium salt may reduce stroke risk



A study finds that people who switched to reduced-sodium salt were less likely to have a stroke or die than people who used ordinary salt.

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How does COVID-19 affect the heart?



A new in-depth look at widespread post-COVID-19 heart problems recommends that individuals remain vigilant for possible cardiovascular symptoms.

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[SENIORS / AGING](#)

Calorie restriction trial reveals gene that may prolong healthy life

Written by Katharine Lang on February 20, 2022

A recent small-scale study on calorie restriction in humans may have identified a genetic link between the restriction and extended healthspan.

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When I Told My Doctor I Thought I Had Endometriosis, He Said, 'Stop Practicing Google Medicine'

More Dangerous Omicron Subvariant

What is making the BA.2 Omicron subvariant potentially more dangerous than BA.1?

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Long COVID: Risk factors and how to mitigate them



We explore what we know so far about risk factors for long COVID, a syndrome characterized by COVID-19 symptoms lasting weeks or months after the initial illness.

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Diet Tips for Breast Cancer

No single food or diet plan prevents breast cancer, but what you eat plays a role in...

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Can COVID-19 vaccines teach T cells to recognize Omicron?



A study finds that T cells induced by the COVID-19 vaccines effectively recognize SARS-COV-2 variants of concern, including Delta and Omicron.

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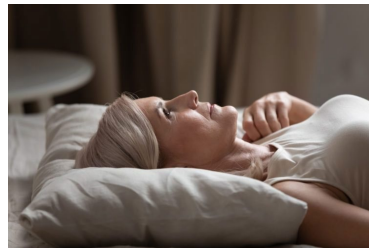
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9 Reasons You Keep Waking Up in the Middle of the Night

When a bad dream isn't to blame, consider one of these less obvious reasons you can't sleep through the night.

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9 Secret Signs Your Bones Are in Trouble

Losing bone density can lead to painful and damaging problems. Here are hidden signs you're experiencing bone loss, and how to prevent it.

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