

Can Breast Implants Cause Breast Cancer?

Caring for Yourself With Early-Stage HER2+ Breast Cancer

Health & Views

July 2nd issue 2023

Why Obesity Is So Difficult to Beat

Compiled by Dr Harold Gunatillake FRCS

Insulin Shock and Insulin Reactions

Written by Joseph Saling
Severe hypoglycemia, or insulin shock, is a serious health risk for anyone with diabetes. Also called insulin reaction, because of too much insulin, it can occur anytime there is an imbalance between the insulin in your system and the amount of food you eat, or your level of physical activity. It can even happen while you are doing all you think you can do to manage your diabetes.

The symptoms of insulin shock may seem mild at first, but they should not be ignored. If it isn't treated quickly, hypoglycemia can become a very serious condition that causes you to faint, requiring immediate medical attention. Insulin shock can also lead to a coma and death. It's important that not only you but also your family and others around you learn to recognize the signs of hypoglycemia and know what to do about them. It could save your life.

Preventing Vision Problems as You Age



What Causes Hypoglycemia?

Several things can cause hypoglycemia. Your blood sugar level could be low if you:

- Become more physically active than usual.
- Miss a meal.
- Change when or how much you normally eat.
- Take your insulin or medication in a different amount or at a different time than usual.
- Drink alcohol excessively without eating.

What Is Hypoglycemia?

Hypoglycemia refers to a low level of blood sugar. The cells in your body use sugar from carbohydrates for energy. Insulin, which normally is made in the [pancreas](#), is necessary for sugar to enter the cells. It helps keep the levels of sugar in the blood from getting too high.

Diabetes and Inflammation: What's the Link?

The Right Way to Care for Your Feet

When you have diabetes, routinely skipping these steps can lead to infection, or worse, amputation. Here's what to do every day to help keep your feet healthy.

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How Losing Weight 'Treats' Diabetes

Shedding pounds (and keeping them off) can help you need less insulin, and may lower your A1c level, too.

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11 Treatments for Osteoarthritis

There's no cure for OA, but there are a lot of things you can try to help manage your symptoms.

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How Your Height Can Affect Your Heart and Your Health

Obesity: The Latest and Most Effective Treatments

Join obesity expert Amanda Velazquez, MD, for a free webinar on July 25 as she discusses why obesity is a chronic disease, why it's hard to keep weight off, and what you can do about it.

[Sign Up Now](#)

Vitamin D Supplements May Cut Heart Attack Risk

Taking a high-dose vitamin D supplement might help ward off major cardiovascular events over the long term, a new study suggests.

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5 Health Benefits of Legumes

Cheap, versatile legumes are loaded with fiber and protein, making them a good source of carbs when you're watching your blood sugar.

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Health Perks of Apple Cider Vinegar

This pantry staple may help you lower your blood sugar and lose belly fat, among other benefits.

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Fibromyalgia Linked to Higher Risk of Death

People who have chronic pain and tiredness from fibromyalgia may be at a higher risk of death, a new study says. But why?

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Treating Obesity: Will New Drugs End the Crisis?

The emerging class of obesity meds known as GLP-1 agonists is a game changer, but researchers say much more work remains.

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'I'm Healthy and Still Got High Blood Pressure. Why?'

Even if you exercise and eat right, you still might be at risk for hypertension.

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Hormone Therapy Drugs for Breast Cancer

Here's what you should know about the different types of hormone therapy drugs used to treat or prevent the disease, including tamoxifen.

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Why Your A1c Level Is So Important

One-time blood sugar checks don't tell the whole story. This test shows how well you're managing your blood sugar over time.

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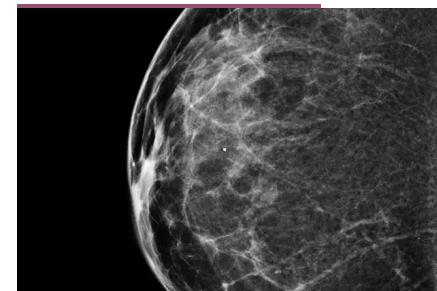


Statin Side Effects

Some cholesterol-lowering drugs (like statins) come with muscle pain and damage as a side effect. They cause sore, tired, or weak muscles for about 10% to 20% of people who take them. It's rare, but statins can cause rhabdomyolysis, a rare condition that leads to muscle soreness, weakness, and swelling because of muscle tissue breakdown.

Statins are taken in the night time after dinner. To avoid side effects, you may have to take them in the morning.

The Latest Advances in Breast Cancer Detection and Treatment



[The Best Diet During Early-Stage Breast Cancer](#)

What are the added benefits of eating healthy with breast cancer? And what foods should be in your cart?

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[Stay Away From These Cancer 'Remedies'](#)

While many therapies are helpful, some aren't worth your time or money. Even worse, they may be dangerous.

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[How to Perform a Breast Self-Exam](#)

It's important to know what's normal, so you can recognize something unusual, like a lump.

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[12 Foods That Leave You Hungry](#)

You'll likely feel hungry again soon after eating seemingly healthy foods like low-fat yogurt and egg whites.

Here's why.

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[Signs You're Low on Vitamin B12](#)

A lack of vitamin B12 can lead to brain fog, mouth sores, and digestive woes, among other problems.

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[6 Supplements That May Ease BPH Symptoms](#)

[Signs You Have Chronic Inflammation](#)

Inflammation increases with age and doesn't always show symptoms. Here's what you may notice, plus what you can do to help prevent it.

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[Best Foods as You Age](#)

Which nuts can help prevent certain types of cancer? How does dairy impact your chances of getting colon cancer? See which other foods offer the most benefits for your aging body.

[Read More](#)



[When Ovarian Cancer Comes Back](#)



[WHO to Declare a Possible Carcinogen](#)

The World Health Organization plans to list the artificial sweetener aspartame as a possible carcinogen, meaning it may cause cancer. Most carbonated soft drinks with a sweetener use aspartame.

[Read More](#)

[11 Ways Heat Affects Your Body](#)

Too much time in the sun can cause more than just a burn. See what high temperatures can do to your heart, brain, and body -- and how to protect yourself.

[Read More](#)

[How to Deal With Chemo-Induced Nausea](#)

The good news is that nausea is less common now due to advances in treatments. But you still may need to eat smaller meals, suck on ice cubes, or try these other things.

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[Treating Lung Cancer Using Combination Therapies](#)

[The Truth About Sugar Substitutes](#)



[Quick Ways to Ease Puffiness](#)

Under-eye bags? Swollen ankles? Belly bloat? Here are some easy home remedies to tamp down swelling and puffiness.

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[Benefits of Taking a Vacation From Alcohol](#)

Warning Signs of Kidney Problems

When your kidneys don't work right, toxins can build up. That can lead to several different -- and surprising -- symptoms.

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Health Effects of Air Pollution



Indoor and outdoor air pollution can cause a variety of problems, from asthma attacks to lung cancer to premature death.

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Just a short walk each day could reduce depression

A study in older adults has found that taking a short daily walk can help reduce the risk of depression in this population.

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11 Best CBD Oils to Try in 2023

Written by Jayne Leonard, Suzy Davenport and Anne deLeeuw on July 16, 2023

High-quality oils to fit a wide range of needs.

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Foods to Avoid if You Have Anxiety or Depression



Toast and fruit juices may seem harmless, but they can feed your anxiety and depression. Here's how.

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Rheumatoid Arthritis Skin Problems

Lumps and rashes are common with this autoimmune disease. Find out how to treat them.

[Watch Video](#)

Benefits of Using Steroids to Treat Arthritis

Acetaminophen and Your Liver: What's Safe?

Chances are, it's a mainstay in your medicine cabinet. You shouldn't be afraid to take it, and here's how to do so safely.

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What is Hepatitis?

Types, symptoms and treatments.

Here's How Diabetes Can Harm Your Health

Why is exercise good for mental health?

There are several reasons why exercise might reduce the risk of developing depression, or alleviate depressive symptoms.

Exercise increases [blood flow to the brain](#)^{Trusted Source} and the [hypothalamic-pituitary-adrenal \(HPA\) axis](#)^{Trusted Source}, which influences motivation and mood, and decreases reactivity to stress. It also increases the [level of endorphins](#), the body's natural pain and stress relievers.

Is turmeric beneficial for gout?

Written by Hana Ames on July 16, 2023

Researchers have investigated turmeric for its health benefits and anti-inflammatory properties. When it comes to gout, evidence of turmeric's benefits is limited.

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What is steatohepatitis, and is it serious?

Written by Mathieu Rees on July 16, 2023

Steatohepatitis is an advanced stage of fatty liver disease. Learn more about the main types, their symptoms and causes, and how doctors treat the condition.

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Surprising Ways Air Conditioning Affects Your Body

10 Safe Outdoor Exercises for Older Adults

These age-appropriate exercises are well-suited for doing outside. Each one is easy on your joints and adaptable to meet your fitness level. [Read More](#)

Natural Ways to Whiten Your Teeth

Some at-home remedies are safe and can brighten your smile. See what's worth trying and what to avoid. [Read More](#)

Worst Habits for Your Heart

Exercising is great. But if you sit too much the rest of your day, that could be a problem. See what else could spell trouble for your heart. [Read More](#)

Your Guide to Eating the Right Carbs



Essential Tips to Help You Manage Diabetes

You don't have to change everything, but you do need to know what affects your blood sugar. These tips can help. [Read More](#)

Foods to Avoid When You Have Gout

Foods to Avoid When You Have Gout

What Is Secondary Hypertension?

High blood pressure is most often tied to family history or lifestyle choices -- but not always. See how these other conditions could put you at risk. [Read More](#)

6 Essential Oils That May Ease Knee and Joint Pain

Symptoms of Spinal Stenosis

You may have numbness, weakness, cramping, and pain in your arms and legs. In more severe cases, you may notice issues like these. [Read More](#)

WHO Says Common Sweetener Is a Possible Carcinogen

The World Health Organization this week said the artificial sweetener aspartame may cause cancer, but don't abandon your diet soda just yet. [Read More](#)

Treatments for Low Back Strain

Low back strain is a major cause of low back pain. Applying ice or heat is an easy way to find relief. See what else may help. [Read More](#)

Telltale Signs of Ulcerative Colitis

The most common sign is diarrhea with blood or pus in it. Here's what else you may experience. [Read More](#)

What Happens to Your Body When You Relax

From improving digestion to boosting your immune system, see how relaxation affects your body, and the best ways to unwind. [Read More](#)