

Signs You Have a B12 Deficiency

Health & Views

Health Tips for Men in Their 40s and 50s

FEBRUARY 3rd issue

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Sweet Drinks You Can Still Enjoy With Diabetes



Satisfy your craving for coffee-shop favorites like chai lattes and hot cocoa with these easy homemade versions.

Smart Swaps

No doubt: Water is the perfect drink. It doesn't have calories, sugar, or carbs, and it's as close as a tap. If you're after something tastier, though, you've got options. Some tempting or seemingly healthy drinks aren't great for you, but you can make swaps or easy homemade versions of many of them. These tasty treats can fit into your diabetes diet and still satisfy your cravings.

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Breast Cancer Symptoms You May Not Know

The most well-known sign of breast cancer is a lump, but there are other, less-common symptoms you should know to stay on top of your health.

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KeepSight program sees over 400,000 participants

Wednesday, February 7, 2024 1:14 PM



The KeepSight eye check reminder program has registered its 400,000th participant - a major milestone in the prevention of diabetes-related eye complications.

How Insulin Resistance Affects Your Health

Diabetes, metabolic syndrome, and obesity have all been linked to testosterone deficiency -- and so have these other conditions.

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2 Reasons for High Morning Blood Sugar

The dawn phenomenon happens naturally, but higher-than-normal morning levels could also be a sign to revisit your diabetes care routine.

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Symptoms of Diabetic Macular Edema

Blurred and distorted vision are signs of diabetic macular edema. What four things can you change to maintain good eyesight?

[Watch Video](#)

Treatment Options for Diabetic Macular Edema

What to Keep in Your Fridge

7 Ways to Help Someone With Metastatic Breast Cancer

When a friend or family member is diagnosed with metastatic breast cancer, it can feel like the world has turned upside down. But your love and support can make a huge difference.

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Reconstruction After Breast Cancer Surgery

Whether you have a mastectomy or a lumpectomy, there are several things to consider with your surgeon and oncologist before breast reconstruction.

[Watch Video](#)

9 Things That Can Make Breast Cancer More Likely

In the U.S., 1 in 8 women will be diagnosed with breast cancer. See how your lifestyle may raise your risk and what you can do about it.

Low vitamin D. Low levels may put you at a higher risk for breast cancer. You get [vitamin D](#) from a few foods or [supplements](#). Your body creates it when your [skin](#) absorbs sunlight. It may even stop cancer growth.

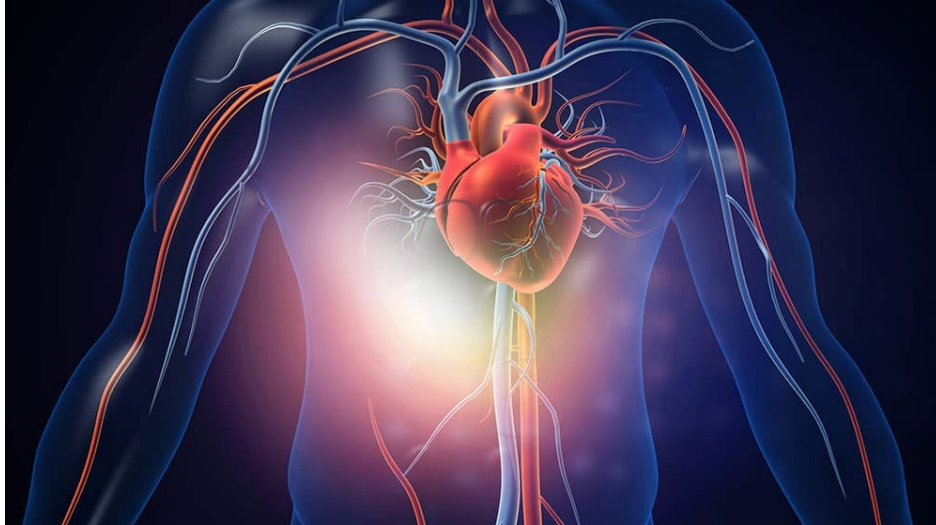
People in the Northeastern United States die more often from breast cancer than those in warmer regions. But too much direct sun can raise your risk for [skin cancer](#). Fifteen minutes of sunshine three times a week is usually enough.

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[Sexual Problems in Men](#)

Mitochondrial research to reduce diabetes-related heart failure

Friday, February 2, 2024 3:23 PM



Monash Institute of Pharmaceutical Sciences researcher Dr Miles De Blasio is undertaking research into heart failure experienced by people living...

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10 Surprising Reasons You're So Gassy

If you have more gas than you think you should, you might be on the wrong end of one of these common situations.

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What Marijuana Does to Your Body

These Symptoms May Mean Stomach Cancer



Singer Toby Keith died last week, just 2 years after he announced that he had stomach cancer. Here's what you need to know about this form of cancer.

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12 Ways to Improve Your Circulation

Poor circulation can cause all sorts of issues, from brittle nails to erectile dysfunction. Here's what you can do about it.

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What High Blood Pressure Does to Your Body

High blood pressure, or HBP, pushes too hard on your artery walls. This damages the inside and causes fat, or 'plaque,' to collect.

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Best Foods for Healthy Breasts

All part of a healthy diet, these foods also have antioxidants or compounds that can keep your body strong and healthy, and help keep your... [Read more...](#)



10 Secrets to a Better Love Life

What does it take to have an active love life? Learn about the secrets to enjoying a better love life and improving your romantic experiences.

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Psychedelics such as psilocybin or LSD may help improve sexual function

New research suggests that taking psychedelics such as psilocybin or LSD may help improve sexual function — including arousal and satisfaction — up to six months after their use.

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What can you do about mucus in the urine?

Written by Jayne Leonard on February 12, 2024

Some mucus in the urine is not a cause for concern, but excessive or usual mucus may indicate an underlying condition. Learn more about the possible causes and their treatments.

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Best Ways to Relieve Tired Eyes

Lots of reading or screen time can leave your eyes tired, dry, and achy. Find out what you can do to ease eye fatigue.
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Diabetes types and treatments

Written by Rachel Nall, MSN, CRNA on February 13, 2024

Diabetes is a condition where the body does not produce insulin or does not use it efficiently. There are different types of diabetes. Learn more here.

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Recovering from a blood clot in the lungs

Written by Beth Sissons on February 12, 2024

Full recovery for blood clots in the lungs varies from person to person and can take several months or years. Read on to learn about the recovery process.

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2023 in review: Sweeteners, colon cancer, and male birth control

Hosted by Dr Hilary Guite

In this wrap-up of medical research in 2023, Medical News Today's editors delve into three interesting topics: artificial sweeteners, colon cancer, and male birth control pills.

[LISTEN TO THIS EPISODE](#)

Blood proteins reveal dementia risk

Researchers have identified biomarkers that can be [used to predict the risk of developing dementia several years before diagnosis](#). An analysis of around 1,500 proteins in blood samples from more than 50,000 adults found that high levels of four proteins were associated with dementia and Alzheimer's disease. For some people who developed dementia, blood levels of these proteins were outside normal ranges more than ten years before the onset of symptoms.

[Nature](#) | 4 min read

Reference: [Nature Aging paper](#)

7 Health Benefits of Flaxseed

Flaxseed is full of fiber and protein, and it's a good source of omega-3 fatty acids and lignans. [Heart healthy](#)



Sakura Martini

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What Vitamin C Does for You

Vitamin C is a powerful antioxidant that defends your body from cell damage and supports your health in a variety of other ways. Here are five ways vitamin C keeps you healthy and why it's so important to get enough of it.

[An essential nutrient](#)

What To Eat With the Stomach Flu?

When you have the stomach flu, your first goal is to avoid dehydration. Here's what to eat and drink to put you on the road to recovery.

[And what not to eat](#)

What to Eat When You Have Prediabetes

When you've been diagnosed with prediabetes, changes to your diet like these can help you avoid type 2 diabetes.

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