

Current Health News

WHO declares monkeypox an international public health emergency

July 23, 2022

The same designation was used in the past for Covid-19, Ebola, Zika, H1N1 flu and polio. More than 16,500 monkeypox cases have been recorded worldwide.

Anxiety Disorders May Be Transmitted Between Fathers-Sons, Mothers-Daughters

July 21, 2022

Researchers say children tend to pick up traits and behavior from the parent of the same biological sex and anxiety disorders are among them

How Mental, Physical Activities Can Improve Cognitive Function

July 21, 2022

Researchers say mental and physical activities such as walking and playing board games can boost cognitive function in older adults, especially women

Hormone Replacement Therapy Doesn't Lead to Breast Cancer Recurrence, Researchers Say

July 20, 2022

Researchers say they found no link between breast cancer recurrence and menopausal hormone therapy despite concerns expressed by some oncologists

Diet and Exercise Alone Won't Help You Live Longer — You Have to Do Both

July 19, 2022

A new study shows that combining a healthy diet with regular exercise will help you live longer.

Treating Gum Disease Early May Slow Progression of Alzheimer's

July 19, 2022

New research suggests that a bacteria known to cause gum disease may make Alzheimer's symptoms worse.

Vitamin B6 Supplements May Help Reduce Anxiety, Depression

July 19, 2022

Researchers say high daily doses of vitamin B6 and, to a lesser degree, vitamin B12 have the potential to reduce levels of anxiety and depression.

How Ultra-Processed Foods Can Affect Cognitive Performance

July 18, 2022

Researchers say ultra-processed foods such as breakfast cereals, pizza, and pre-prepared dishes can impair cognitive functions.

Reference: www.healthline.com