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