

## Current Health News

### **Why Fruit Juice Without Added Sugar is Still Linked to Weight Gain**

January 19, 2024

A new systematic review and meta-analysis found a link between drinking 100% fruit juice and weight gain among children and adults. One of the reasons fruit juice contributes to weight gain is that it does not make us feel full, which leads to consuming more calories. The healthiest beverage swap for both children and adults is water. And if you do drink fruit juice, cut it with water or seltzer.

### **Taking a Daily Multivitamin May Help Slow Cognitive Aging and Boost Memory**

January 18, 2024

A new study finds that taking a daily multivitamin may help your cognition and memory. Researchers found individuals who were given multivitamin had a modest benefit in their memory and cognitive function over two years. The vitamin may help with cognitive aging.

### **People Who Go Into Type 2 Diabetes Remission See 40% Drop in Heart Disease Risk**

January 18, 2024

A new study looks at how diabetes remission can impact your heart health. If a person is able to be in remission for a long-period of time, the effects on heart and kidney health can be substantial. However it can be difficult to maintain diabetes remission through lifestyle changes alone.

### **Therapy vs. Antidepressants: Which Is Best for People with Heart Disease?**

January 18, 2024

A new study shows behavioral activation therapy improved depression symptoms as effectively as medication in people with heart failure. Depression is common among people with heart failure and can severely impact their quality of life. Experts say that expanding access to mental health options, especially

non-pharmacological interventions, for people with chronic illnesses is an important step.

### **Taking Meds for Both Chest Pain and Erectile Dysfunction Linked to Heart Failure Risk**

January 17, 2024

People with cardiovascular disease who took an erectile dysfunction (ED) drug and a medication for angina, or chest pain, had a higher risk of early death. The ED drugs examined in the study are phosphodiesterase type 5 inhibitors (PDE5i), sold under the brand names Viagra, Levitra, Cialis and others. People taking both of these types of medications should talk to their doctor about stopping one or both of the medications, or possible alternative treatments.

### **Getting More Plant Protein May Help Women Avoid Cancer, Diabetes and Other Conditions**

January 17, 2024

A new study indicates that plant protein is an important factor for healthy aging in women. Researchers found that every 3% of daily calories that were derived from plant protein resulted in significant health benefits. Other protein sources, like meat and dairy, didn't share the same robust health benefits.

### **Energy Drinks Linked to ADHD, Anxiety, and Depression In Kids, Young Adults**

January 17, 2024

A new research review adds to a growing body of evidence demonstrating the harmful health effects of energy drink consumption, particularly among people 21 and under. Young people who consume energy drinks may experience sleep disturbances and have an increased risk of ADHD, anxiety, and mood changes, and in severe cases, heart complications. Health experts recommend avoiding energy drinks due to the negative side effects. Healthier beverage options include water, and if kids are drinking caffeine, it should be in low amounts.

### **People with Perinatal or Postpartum Depression Face Higher Suicide Risk**

January 12, 2024

A new study shows women with perinatal depression are associated with a greater risk of dying by suicide, particularly during the first year of their diagnosis. Many factors affect perinatal depression onset, including hormone changes during and after pregnancy, personal or family history of depression, major life stressors, and marital conflict. To treat this type of depression, experts recommend psychotherapy and antidepressants in serious cases.

### **Eli Lilly Warns Against Using GLP-1 Drugs Like Mounjaro for Cosmetic Weight Loss**

January 12, 2024

Pharmaceutical company Eli Lilly is urging people not to use its tirzepatide medications Mounjaro and Zepbound for cosmetic weight loss. They said the drugs are designed for serious diseases and can pose potentially serious health risks to people using them for other purposes. Experts say the benefits of these drugs outweigh the risks for people with obesity, but that balance may not be true for someone trying to lose a minimal amount of weight.

### **New Vaccine May Help Stop Recurrence of Certain Pancreatic, Colorectal Cancers**

January 10, 2024

Researchers are investigating a potential vaccine that could help prevent certain cancers from returning. The vaccine, labeled the ELI-002 vaccine, appeared to reduce the risk of relapse in some people with pancreatic and colorectal cancers. All of the patients had a specific tumor mutation called mKRAS mutation, which is one of the more common gene mutations linked to cancer.

### **Early Menopause, Hormone Replacement Therapy May Raise Rheumatoid Arthritis Risk**

January 10, 2024

A new study has found that hormonal factors are linked with a greater risk for rheumatoid arthritis. Women tend to be more prone to developing this autoimmune disease. However, the study was not

able to prove that hormonal factors cause the disease. Experts say that many factors that influence the development of rheumatoid arthritis are inherent. Certain lifestyle choices may help reduce your risk.

### **This Treatment May Make Hypnosis More Effective for Chronic Pain**

January 8, 2024

New research from a team at Stanford University's School of Medicine have found a way to increase your hypnotizability. Hypnosis is increasingly being explored as a way to treat psychological conditions as well as pain disorders. The study indicates that transcranial deep brain stimulation does tangibly increase hypnotizability, but more research is needed in this emerging area.

### **Will Blue Light From Your Phone Disrupt Your Sleep? What We Know**

January 5, 2024

A new study suggests that blue light such as from phone screens may not be as disruptive to sleep as previously thought. The study looked at how people reacted to different types of light. They found that between the blue, yellow and white light there was no conclusive evidence that blue was worse than other forms of light.

*References: [www.healthline.com/health-news](http://www.healthline.com/health-news)*

### **Colon cancer is killing more younger men and women than ever, new report finds**

Jan. 17, 2024, 4:01 AM PST

Colorectal cancer is the deadliest cancer for men under age 50 — and the second deadliest cancer among women in the same age group, behind breast cancer. The incidence of colon cancer has been rising for at least the last two decades, when it was the fourth-leading cause of cancer death for both men and women under 50.

### **With puberty starting earlier than ever, doctors urge greater awareness and care**

December 25, 2023

A growing number of children are showing signs of puberty at significantly younger ages than the average. Yet many families may face hurdles in getting diagnoses.

**FDA warns against unapproved 'fat-dissolving' spa treatments**

December 21, 2023, 12:30 PM PST

The Food and Drug Administration issued a warning about the dangers of using unauthorized versions of fat-dissolving injections, saying it has received reports of severe side effects, such as persistent scarring, severe infections and skin deformities.

Fat-dissolving injections, sometimes called lipolysis injections, are nonsurgical procedures that aim to melt away small amounts of fat beneath the skin.

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These injections are typically administered in so-called problem areas such as the chin, legs, upper arms and abdomen.

**Marijuana use during pregnancy linked to low birth weight, study finds**

Dec. 12, 2023

Researchers looked at data on more than 9,000 pregnant women and found that the risks associated with marijuana use went up the more marijuana a pregnant person consumed.

**References:** [www.nbcnews.com/health](http://www.nbcnews.com/health)