

## 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](http://www.healthline.com)*