

Medical and Health News

Seniors, Make This Winter an Active & Healthy One

By Cara Murez HealthDay Reporter

SATURDAY, Jan. 14, 2023 -- Winter may feel like a time for hibernation, but it's important for seniors to safely keep up their hobbies and physical activity in the cold weather.

Frequent Use of Antibiotics Linked With Higher Odds for Crohn's, Colitis

By Steven Reinberg HealthDay Reporter

FRIDAY, Jan. 13, 2023 -- Overuse of antibiotics may trigger inflammatory bowel disease (IBD), new research suggests.

Among folks who were 40 or older, a new study found that antibiotics may increase the risk for bowel diseases, such as Crohn's and ulcerative colitis, for one to two years after use.

Social Isolation Can Raise Odds for Dementia

By Cara Murez HealthDay Reporter

FRIDAY, Jan. 13, 2023 -- Social isolation is a substantial risk factor for dementia in older adults, according to a pair of studies that add evidence to past research on this threat.

But these new studies offer a potential solution: using technology to encourage older adults to text and email to stay in touch.

Artificial Pancreas Device May Help Folks With Type 2 Diabetes

By Denise Mann HealthDay Reporter

FRIDAY, Jan. 13, 2023 -- An artificial pancreas has long been considered the holy grail for people with type 1 diabetes, and new research suggests a more convenient version of this technology may help the millions of people living with type 2 diabetes.

Type 2 is the more common form of diabetes, and is closely linked to obesity.

DNA Fragments in Blood Promise Cheap, Easy Test for Cancer

By Amy Norton HealthDay Reporter

THURSDAY, Jan. 12, 2023 -- Researchers are reporting progress on a blood test that can detect multiple cancers in a relatively simpler, and potentially less pricey, way than other tests under development.

Long COVID After Mild Infection? It Fades Within a Year

By Denise Mann HealthDay Reporter

THURSDAY, Jan. 12, 2023 -- A large, new study offers reassuring news for folks dealing with long COVID symptoms such as trouble breathing, mental fog and loss of taste or smell: Most of these issues resolve within a year for those who had a mild COVID infection.

Fast Food May Be Toxic to Your Liver

By Cara Murez HealthDay Reporter

THURSDAY, Jan. 12, 2023 -- Do your liver a favor and steer clear of fast food, new research urges.

People with obesity or diabetes who consumed 20% or more of their daily calories from fast food had severely elevated levels of fat in their liver compared to those who ate less fast food or none.

Uric Acid Linked to Later Risk For Irregular Heart Rhythm

By American Heart Association News

THURSDAY, Jan. 12, 2023 (American Heart Association News) -- High levels of uric acid in midlife may significantly raise the risk for a serious type of irregular heartbeat in the decades that follow, even in people without traditional risk factors, new research shows.

FDA Approves New 2-Drug Combo Medicine, Airsupra, for Asthma

By Cara Murez HealthDay Reporter

THURSDAY, Jan. 12, 2023 -- Adults with asthma now have a new rescue medication to turn to after the U.S. Food and Drug Administration approved Airsupra on Wednesday.

The drug is the first approved to combine albuterol (a beta-2 adrenergic agonist) and budesonide (a corticosteroid).

It's meant for the as-needed treatment or prevention of bronchoconstriction (narrowed airways) and to reduce the risk of asthma attacks in patients with asthma aged 18 and older.

Happy, Loved Teens Become Heart-Healthier as Adults

By Amy Norton HealthDay Reporter

WEDNESDAY, Jan. 11, 2023 -- When teenagers feel good about themselves and their lives, it may also do their hearts good in the long run, a new study suggests.

Researchers found that teenagers who generally felt happy, optimistic and loved went on to show better cardiovascular health in their 20s and 30s, versus kids who lacked that level of mental well-being.

Kids Living Near Airports Face Lead Poisoning Dangers

By Cara Murez HealthDay Reporter

WEDNESDAY, Jan. 11, 2023 -- While U.S. policymakers have attempted to lower lead exposure among children since the 1970s, new research finds that kids living near airports are still being exposed to dangerous levels of the heavy metal.

'Cellular Atlas' Could Be Step Against Endometriosis

By Cara Murez HealthDay Reporter

WEDNESDAY, Jan. 11, 2023 -- Few good treatment options exist for the millions of women dealing with the intense pain caused by endometriosis, but researchers say a new "cellular atlas" could help.

Blood Test Might Warn of Dangerous Complication of Pregnancy

By Dennis Thompson HealthDay Reporter

TUESDAY, Jan. 10, 2023 -- An experimental blood test could one day provide early warning for a life-threatening complication of pregnancy, a new study reports.

Placenta accreta occurs when the placenta — the food and oxygen source for a fetus — grows too deeply into the wall of a woman's uterus.

Sleep Key to Good Mental Health for Older Women

By Denise Mann HealthDay Reporter

MONDAY, Jan. 9, 2023 -- Older women who don't stick to a set sleep and wake schedule may be more likely to struggle with feelings of depression and anxiety.

Does Your Home Have Dangerous Levels of Cancer-Causing Radon?

By Cara Murez HealthDay Reporter

FRIDAY, Jan. 6, 2023 -- People should test for the naturally occurring radioactive gas radon in their homes to help prevent ill health, the American Lung Association urges.

Good Parental Leave Gives Big Boost to Moms' Mental Health

By Denise Mann HealthDay Reporter

THURSDAY, Jan. 5, 2023 -- Generous parental leave policies at work can do wonders for a new mom's mental health.

This is among the key messages from a new review of 45 studies examining how parental leave policies affect mom and dad's mental health and well-being.

References: www.drugs.com/news