

Why So Many Bacteria Live on the Surface of Your Eye

By Tony St. Leger, University of Pittsburgh



Credit: Shutterstock

You may be familiar with the idea that your gut and skin are home to a collection of microbes — fungi, bacteria and viruses — that are vital for keeping you healthy. But did you know that your eyes also host a unique menagerie of microbes? Together, they're called the eye microbiome. When these microbes are out of balance — too many or too few of certain types — eye diseases may emerge.

With a recent study showing bacteria live on the surface of the eye and [stimulate protective immunity](#), scientists are beginning to discover the microbial factors that can be exploited to create innovative therapies for a range of eye disorders like [Dry Eye Disease](#), [Sjogren's Syndrome](#) and [corneal scarring](#). One day it may be possible to engineer bacteria to treat eye diseases in humans.

[I'm an immunologist](#) studying how the eye prevents infection. I became interested in this field because humans get only two eyes, and understanding how bacteria affect immunity may be the key to avoiding up to 1 million visits to the doctor for eye infections and save [US\\$174 million per year in the U.S. alone](#). Only recently have scientists found the human eye has its own microbiome.

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Strength Training for Diabetes

Simple moves done regularly can prompt your muscles to absorb more glucose.

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Low Cholesterol Nutrition

To lower your blood cholesterol level, choose only the leanest meats, poultry, fish and shellfish. [Read more...](#)

Are you a cyberchondria c?

With our smartphones always on hand, it sometimes feels as though a diagnosis is simply a Google search away. [Read more](#)



What Makes Up Your Sex Drive?

While hormones play a role, it's not always clear how much of a difference they make.

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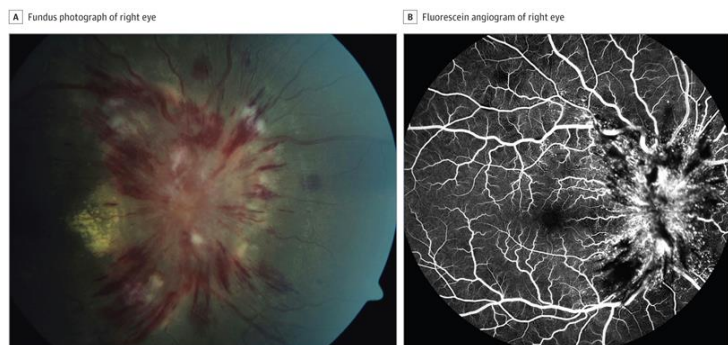
The 'Smartphone Slouching' Risks

Some serious health risks spring from poor posture while using mobile devices.

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Optic Nerve Head Edema in a Healthy Man in His 20s

JAMA Ophthalmology



A previously healthy man in his 20s presented to the emergency department after referral by an optometrist for “bleeding in the back of the eye.” The patient noted that 2 months prior he began experiencing throbbing headaches in the back of his head that were more painful and associated with lightheadedness when laying down. He reported owning cats.
[Read the full case.](#)

What Is Your Diagnosis?

How to Lower Your Risk of Cancer

It's the world's leading cause of death, but about 1 in 3 cases can be prevented, according to the World Health Organization.

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How Your Microbiome Affects Your Health

These trillions of bacteria and other tiny organisms are closely tied to your health in ways you might not expect.

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Surprising Causes of Chest Pain

Tightness or pain in your chest is scary. But it doesn't always indicate a heart attack.

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How to spot a heart attack or stroke

Knowing these early warning signs can make all the difference. [Read more](#)

What should men eat?

Dietitian Lauren Atkins has some advice on nutrition for the men among us. [Read more](#)

Fruit: How much should you actually eat?

How much fruit is too much? [Read more](#)

The link between stress and depression... / And the 10 simple words that could help



What Is Metabolic Syndrome?

If you have at least 3 of the health problems on this list, your odds of developing heart disease, diabetes, and stroke go up.

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Cooking with celtuce / The supermodel of vegetables



WHAT 1,500 CALORIES LOOKS LIKE (HIGH-PROTEIN EDITION)



What 1,500 Calories Looks Like (High- Protein Edition)

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12 High-Fiber Lunches Under 350 Calories

5 simple ways to relieve stress

Feeling overwhelmed? Calm and recharge yourself with these positive stress-reducing techniques. [Read more](#)

Blood sugar and GI: What you need to know

Professor Jennie Brand-Miller, director of the Glycemic Index Foundation, explains how to keep our blood glucose levels stable with delicious, healthy foods. [Read more](#)



Blood pressure is a silent killer. Here's how to take back control

A blood pressure test can feel confusing and damning, with cryptic results like 145/90 or 120/80. So what do these numbers mean? And is there anything you can do to change them and reduce your risk?

[More](#) ➔

What Is Homeostasis?



Study confirms low fat diets benefit women's health

New research suggests that a low fat diet reduces death risk among women who have had breast cancer, slows down diabetes, and prevents heart disease.



Common Childhood Illnesses

There are many infectious and noninfectious diseases but the most common ones are...

[VIEW](#)

Acid Reflux / GERD



[Causes and treatments for a burning chest](#)

There are many causes of a burning feeling in the chest, including heartburn, injuries, panic attacks, and heart problems. Learn more about the causes and treatments here.



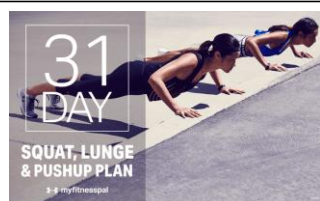
4-Week Walking Plan For Weight Loss



4-Week Treadmill Training Plan



Your Ultimate 4- Week Core Strength Plan



The 31-Day Squat, Lunge & Pushup Plan

[Alcoholism and Health
Effects](#)

[Untreated
Insulin
Shock](#)

[Vitamins in Your Diet](#)



[Lifelong obesity linked to physical difficulties during 50's](#)

According to the latest findings, people who are obese from childhood are more than twice as likely to have difficulty with performing daily tasks such as lifting, climbing stairs and shopping by the time they are 50. The study, published in the International Journal of Epidemiology, found that those who became obese in early life had more than double the risk of difficulties with such tasks than those who were never obese.

[Link found between chronic headache and back pain](#)

A review of 14 studies found that people with persistent headache or back pain were about twice as likely to also experience the other condition.

Young Adults Growing 'Horns' Due to Smartphone Use: Researchers

Privacy & Trust Info

FRIDAY, June 21, 2019 (HealthDay News) -- Young adults are developing "horns" at the back of their skulls due to excessive use of mobile devices, researchers say.

The horns are actually [bone spurs](#) caused by forward tilting of the head, which shifts weight from the spine to the muscles at the back of the head. This leads to bone growth in the connecting tendons and ligaments, the *Washington Post* reported. The bone spurs develop in the skull, just above the neck, said the researchers at the University of the Sunshine Coast in Queensland, Australia.

Young adults developing 'horns' at the back of their skulls due to excessive smartphone use.

Does Vitamin D Benefit the Heart?

If you're looking to improve your heart health, popping a daily vitamin D pill won't help.

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[The Health Benefits of Sleeping on Your Side](#)



All About Ulcerative Colitis

An inflammation of the inner lining of the colon that almost always requires treatment.

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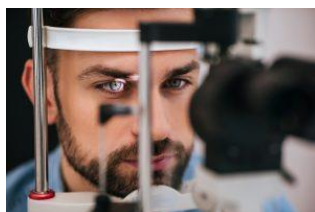
[How to Manage Urinary Incontinence](#)



Can an eye exam reveal Alzheimer's risk?

POSTED JUNE 07, 2019, 6:30 AM

[Kelly Bilodeau](#), Executive Editor, Harvard Women's Health Watch



Looking for clues about the health of your brain? You might want to pay a visit to your eye doctor. Research increasingly links common eye conditions — glaucoma, age-related macular degeneration, and diabetic retinopathy — to risk for Alzheimer's and other forms of dementia.

[Learn more »](#)

[Opinion: Now that the ACT has given marijuana the green light, is MDMA next?](#)

When it comes to drugs, the top concern for most Australians is keeping users alive and well. So does that mean the recent cannabis laws in the ACT should also include MDMA? Matt Noffs and Shelley Smith investigate.



Is There a Hormone of Love?

The brain is wired to look for love. Which genes play a role in attracting partners?

[TAKE THE QUIZ](#)

Is Depression a Normal Part of Aging?

Explore the myths and facts about depression. Learn about the unusual symptoms and many ways to recover from depression.

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Is Green Tea a Fad or a Real Health Boost?

Privacy & Trust Info

- [Green tea](#) is a popular health trend, with many people sipping in hopes of deriving benefits from the brew.

There's nothing wrong with that, dietitians say -- green tea is a healthy drink loaded with antioxidants. But the jury's still out on many of its purported health benefits.

"[Clinical trials](#) related to green tea are still in their early stages," said Nancy Farrell Allen, a registered dietitian nutritionist in Fredericksburg, Va. "I say drink it, enjoy it. It's not going to hurt, and it might have worthy benefits to it. But nutrition is a science, and it takes time for our understanding to evolve."

[Read more](#)

[Is Green Tea a Fad or a Real Health Boost?](#)

High Triglycerides? Avoid These Foods

Not all veggies are equal -- limit starchy ones like corn and peas. And watch out for baked goods, high-fat meats, and these other culprits.



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How to Boost 'Good' Cholesterol

If you're focused on lowering your bad cholesterol, it's worth thinking about how to raise your good cholesterol, or HDL, if it's too low.

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Foods to Avoid When You Have AFib

Some foods we consider healthy -- like kale and 2% milk -- could be dangerous. And see why you should avoid foods or drinks that can cause a "brain freeze."

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How to Spot Pancreatic Cancer

The challenge of this disease is finding it early. Symptoms typically don't show up in the early stages.

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Red Meat: Yay or Nay?

Common dietary guidance has been to avoid red meat to reduce chances of cancer and other diseases. Controversial new findings disagree.

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What Is the Most Common Form of Breast Cancer?



How many cups of coffee can you have a day before it dehydrates you?



How to Prevent Muscle Cramps

Get information on muscle cramps, including leg cramps, common causes, treatments, home remedies, and prevention tips. [Read more...](#)

[Life expectancy in India down by 2.6 yrs due to air pollution: Study](#)



Life expectancy in India has gone down by 2.6 years due to deadly diseases caused by air pollution, according to a report. "Air pollution is now the 3rd highest cause of death among all health risks ranking just above smoking in India. This is a combined effect of outdoor particulate matter (PM) 2.5, ozone and household air pollution," CSE's report said.

[Why Global Population Growth Will Grind to a Halt by 2100](#)

June 18, 2019 | Article

Global population growth will nearly grind to a stop by the end of the century.

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Bacteria found in gut might help boost physical performance

Scientists say certain species are more abundant in marathon runners after race



From go-faster stripes to energy gels, athletes have long sought ways to boost their performance. Now researchers say bacteria might also offer a helping hand.

Scientists say they have found that certain species of bacteria in the gut appear to be more abundant in marathon runners after a race. They also claim that when such bacteria were transferred into mice, the creatures showed an enhanced athletic performance.

The team said the link could be down to the way these bacteria break down lactate, a substance linked to fatigue during exercise. Lactate is created when the body uses glucose to produce energy under limited levels of oxygen.

“We have shown that the **microbiome** may be a critical component of physical performance,” the authors wrote.

However, others said it was too soon to say whether these bacteria would indeed aid performance in humans.

Microbiology / Gut bacteria might help boost physical performance



Could CBD Fight Superbugs? Marijuana Compound Shows Promise As an Antibiotic.

By [Rachael Rettner, Senior Writer](#)

The quest for new antibiotics has led researchers to a surprising candidate: the marijuana compound CBD.

A new study finds that [CBD, or cannabidiol](#), is "remarkably effective" at killing bacteria, at least in a test tube, the researchers in the new study said. The results showed that CBD had antibiotic effects against a number of so-called Gram-positive bacteria, including types of staph and [strep bacteria](#), as well as strains that had become resistant to other antibiotic drugs.

Still, the results are very preliminary, and people should absolutely not self-treat infections with CBD at this time, the researchers said.

But do not try to treat an infection with CBD at home. [Read More](#)

Multiple Sclerosis: Symptoms, Management & New Research

June 14, 2019 | Reference

Multiple Sclerosis (MS) is a potentially incapacitating disease that poses unpredictable challenges, but does not signal a shorter lifespan.

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Worst Foods for Your Liver

Too much of certain foods can make it harder for your liver to do its job. Over time, that may lead to inflammation, which in turn could cause cirrhosis.

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What to Do About Bunions

Those bony bumps on the side of your feet can make walking unbearable. Learn how to ease your pain and keep them from getting worse.

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Long Work Hours Could Raise Your Stroke Risk



How Does New Libdo-Boosting Drug for Women Work?



The Food and Drug Administration (FDA) recently approved a new drug to treat [low sex drive in women](#).

But how exactly does the drug work, and what makes it different from the other medication on the market?

The drug, called bremelanotide (brand name Vyleesi) has been approved to treat premenopausal women with hypoactive sexual desire disorder (HSDD), a condition in which low sexual desire causes personal distress, the FDA [said in a statement](#). It is only the second FDA-approved drug for HSDD in women.

Women self-administer the injection under the skin of the abdomen or thigh at least 45 minutes before anticipated sexual activity. Women should not take more than one dose of bremelanotide within a 24-hour period or more than eight doses per month. [[5 Myths About Women's Bodies](#)]

In a study of more than 1,200 premenopausal women with HSDD, 25% of those who took bremelanotide saw some improvements in their reported sexual desire scores, compared with 17% who took a placebo.

Bremelanotide binds to receptors in the brain called melanocortin receptors, which [play a role in many biological functions](#), such as metabolism and food intake, skin pigmentation and pain regulation. But it's unclear exactly how the drug works to boost sexual desire, the FDA said.

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Pineapple: Nutrition Facts and Health Benefits

June 26, 2019 | Reference
Spiny on the outside, sweet on the inside, pineapples are one fantastic fruit.

[Read More](#)



Could CBD Fight Superbugs? Marijuana Compound Shows Promise As an Antibiotic.

June 24, 2019 | Article
But do not try to treat an infection with CBD at home.

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[Think you're too old for exercise to improve your lifespan? Think again](#)

They say you can't teach an old dog new tricks, but a new study shows getting active in middle and old age — even if you weren't active before — is strongly linked to longevity.

[More](#) ➔

[Vagus nerve stimulation may reduce the symptoms of rheumatoid arthritis](#)

A new study suggests that electrostimulation of the vagus nerve may reduce the symptoms of rheumatoid arthritis and other chronic inflammatory conditions.

What to know about cardiac muscle tissue

Last reviewed Thu 20 June 2019

By Jamie Eske

Cardiac muscle tissue, or myocardium, is a specialized type of muscle tissue that forms the heart. This muscle tissue, which contracts and releases involuntarily, is responsible for keeping the heart pumping blood around the body.

The human body contains three different kinds of muscle tissue: skeletal, smooth, and cardiac. Only cardiac muscle tissue, comprising cells called myocytes, is present in the heart.

In this article, we discuss the structure and function of cardiac muscle tissue. We also cover medical conditions that can affect cardiac muscle tissue and tips for keeping it healthy. Read more

[What to know about cardiac muscle tissue](#)

Why do women face higher heart disease risk after breast cancer?

New research confirms that women who have undergone breast cancer therapy are more at risk of cardiovascular disease, and it also shows why this may be.

Colon cancer: Could yogurt prevent precancerous growths?

A new study has found that men who eat yogurt regularly have a lower risk of abnormal growths in the bowel, or adenomas, which can precede colon cancer.

Hypertension: Looking beyond the classic risk factors

In a recent study, scientists have investigated the impact of the environment where we live on the risk of developing hypertension and metabolic syndrome.

Fighting obesity with a single cup of coffee

A first-of-its-kind study finds that caffeine is an effective way to stimulate brown fat in cultured cells and humans, pointing to new obesity treatments.

What to know about cyclosporine

Cyclosporine is a prescription drug that works to suppress the immune system. It can help treat rheumatoid arthritis and psoriasis. This article looks at its uses, dosage, side effects, and risks.

What causes shortness of breath when lying down?

Some potential causes of shortness of breath when lying down include heart failure, obesity, and emphysema. Learn more about the causes of shortness of breath when lying down here, along with their treatment options.

What is the link between gluten and rheumatoid arthritis?

Some people find that eating gluten can trigger rheumatoid arthritis (RA) symptom flares. In this article, we discuss the link between gluten and RA, foods to eat and avoid, and when to see a doctor.

Synthetic CBD Lessens Severity Of Seizures

In collaboration study scientists from the University of Reading and the University of California have synthesized a non-psychoactive analog of cannabidiol which was as effective as the plant derived CBD at treating induced seizures in rat models, as published in Scientific Reports.

[Read the full story](#)

Take Care of Yourself and Your Child With Cancer

When you're focused on caring for a child who has cancer, it's just as important to take care of yourself, too.

[Read More >](#)



Hair Loss And Balding Could Be A Thing Of The Past With These Five Fruits

There may not be a solution to stop hair loss entirely. However, recent research has arrived to state that there may be some hope! Apparently, there are specific fruits that might help you prevent hair loss in the future. [Keep reading...](#)



Harvard Says Your Red Meat Consumption Is Slowly Killing You:

A recent study has now found a potential correlation between the high consumption of red meat and the risk of early death.

The [Ketogenic](#) diet has hit the world by storm. We take a closer look at this diet and some of the short and long-term effects of being on "[keto](#)".

Why Heart Attacks Are Suggested To Be More Deadly For Women

While heart attacks strike both men and women, women are more likely to die from it.

[READ MORE](#)

When your [gut bacteria](#) has gone out of whack, it can have a harmful impact on your entire body. Rejuvenate your gut bacteria with these essential [tips](#).



Increasing red meat consumption linked with higher risk of premature death

People who increased their daily servings of red meat over an eight-year period were more likely to die during the subsequent eight years compared to people who did not increase their red meat consumption, according to a new study. [Read more](#)

Spotlight on diabetes

Learn more about the [types and risk factors](#), and simple [steps for prevention](#)



Alzheimer's in the family



Dementia affects the person diagnosed but also raises fears for siblings and children. Here are the facts.

Alzheimer's disease represents a personal health crisis, but it's also a family concern. What does it mean for your children or siblings if you are diagnosed with Alzheimer's? What does it mean for you if a close relative develops the condition?

[Read more »](#)

Belly, thigh fat may raise aggressive prostate cancer risk



What is the impact of cooked vs. raw food on the gut?

A new study in mice and humans confirms that cooked meals affect the gut microbiome differently from raw foods, which may have health implications.

VIDEO: 5 expert tips for a healthy kitchen environment

Harvard Chan experts offer advice on how to have a healthy kitchen. [Watch video](#) and get [more tips](#) from the Healthy Buildings program.

Take Care of Yourself and Your Child With Cancer

When you're focused on caring for a child who has cancer, it's just as important to take care of yourself, too.

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What Is Chemo Brain?

Symptoms include forgetting names and dates and misplacing objects. See other signs that chemo may be clouding your thinking.

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Processed Foods and Health



Processed foods are generally thought to be inferior to unprocessed foods. They may bring to mind a packaged food item containing many ingredients, perhaps even artificial colors, flavors, or other chemical additives. Often referred to as convenience or pre-prepared foods, processed foods are suggested to be a contributor to the obesity epidemic and rising prevalence of chronic diseases like heart disease and diabetes. However, the definition of a processed food varies widely depending on the source:

- The U.S. Department of Agriculture (USDA) defines a processed food as one that has undergone any changes to its natural state—that is, any raw agricultural commodity subjected to washing, cleaning, milling, cutting, chopping, heating, pasteurizing, blanching, cooking, canning, freezing, drying, dehydrating, mixing, packaging, or other procedures that alter the food from its natural state. The food may include the addition of other ingredients such as preservatives, flavors, nutrients and other food additives or substances approved for use in food products, such as salt, sugars, and fats.
- The Institute of Food Technologists includes additional processing terms like storing, filtering, fermenting, extracting, concentrating, microwaving, and packaging. [1]

According to these standards, virtually all foods sold in the supermarket would be classified as “processed” to some degree. Because food begins to deteriorate and lose nutrients as soon as it is harvested, even the [apples](#) in the produce aisle undergo four or more processing steps before being sold to the consumer. That’s why in practice, it’s helpful to differentiate between the various degrees of Food processing is a spectrum that ranges from basic technologies like freezing or milling, to the incorporation of additives that promote shelf stability or increase palatability. Learn about the different [types of food processing](#), and their impact on health. food processing.



[Mediterranean diet linked with improved cognition in people with diabetes](#)



Vegetable Juice

Vegetable juice is as nutritious as fruit juice, with about half the calories but a lot more sodium. One cup of tomato juice has 41 calories, compared to 122 calories for orange juice. Choosing juice with pulp provides some fiber, too, which may help control hunger. WebMD



Jury’s Out: Low-Fat Milk

Eating calcium-rich foods may do a body good, and it may help you lose weight. Some research shows that drinking higher amounts of milk or eating other dairy foods can help with weight loss. For the best all-around benefits, stick to skim or low-fat. WebMD

Additional News from Harvard Health Publishing

[Positive outlook linked to better outcomes after angina](#)

[Thunderclap headache: The “worst headache of my life”](#)

[Fiber-full eating for better health and lower cholesterol](#)

10,000 steps not a magic number for fitness

There doesn't appear to be any scientific basis for the idea that 10,000 steps should be everyone's daily [fitness](#) goal, according to [I-Min Lee](#), professor in the [Department of Epidemiology](#) at Harvard T. H. Chan School of Public Health.

Lee looked into the origins of the 10,000-step standard, which is commonly used as the default by fitness trackers and smartphone apps, and found that it appears to have started as a marketing strategy by a Japanese pedometer company in the 1960s. She said in a May 31, 2019 article in *The Atlantic* that the company's product seems to have been named the "10,000 step meter" because the Japanese character for 10,000 looks like a person walking. Lee found no evidence that the health benefits of that particular number have ever been scientifically validated.

Lee said that she doesn't think that 10,000 steps should be set as a goal for everyone, as it could be discouraging for those most in need of increased physical activity. "Some people are not walkers. They don't have safe neighborhoods, or they feel unsteady on sidewalks," she said. "You need to be more creative. Is this a person who needs to go to a gym class or the pool, or sit on a stationary bike?"

In a [study](#) published in *JAMA* on May 29, Lee and her coauthors found that for people who are sedentary, even modest increases in daily physical activity can bring significant health benefits. Elderly [women](#) who walked 4,400 steps per day had significantly lower premature mortality rates compared to the least active women, according to the study.

Read *The Atlantic* article: [What 10,000 Steps Will Really Get You](#)

Learn more

Vitamin B12



Vitamin B12, or cobalamin, is naturally found in animal foods. It can also be added to foods or supplements. Vitamin B12 is needed to form red blood cells and DNA. It is also a key player in the function and development of brain and nerve cells.

Vitamin B12 binds to the protein in the foods we eat. In the stomach, hydrochloric acid and enzymes unbind vitamin B12 into its free form. From there, vitamin B12 combines with a protein called intrinsic factor so that it can be absorbed further down in the small intestine.

Supplements and fortified foods contain B12 in its free form, so they may be more easily absorbed. There is a variety of vitamin B12 supplements available. Although there are claims that certain forms—like sublingual tablets or liquids placed under the tongue to be absorbed through the tissues of the mouth—have better absorption than traditional tablets, studies have not shown an important difference. Vitamin B12 tablets are available in high dosages far above the recommended dietary allowance, but these high amounts are not necessarily the amount that will be absorbed because an adequate amount of intrinsic factor is also needed. In cases of severe vitamin B12 deficiency due to inadequate intrinsic factor (pernicious anemia), doctors may prescribe B12 injections in the muscle.'

Harvard Chan School

Intestinal Illness Linked to Fresh Basil



4 ways to eat your way to lower cholesterol



Many people can lower cholesterol levels simply by changing what they eat. For example, if you are a fan of cheeseburgers, eating less meat (and leaner cuts) and more vegetables, fruits, and whole grains can lower your total cholesterol by 25% or more. Cutting back on saturated fat (found in meat and dairy products) and trans fat (partially hydrogenated oils) can reduce cholesterol by 5% to 10%.

Here are four steps for using your diet to lower cholesterol.

1. **Stick with unsaturated fats and avoid saturated and trans fats.** Most vegetable fats (oils) are made up of unsaturated fats that are healthy for your heart. Foods that contain healthy fats include oily fish, nuts, seeds, and some vegetables. At the same time, limit your intake of foods high in saturated fat, which is found in many meat and dairy products, and stay away from trans fats. These include any foods made with partially hydrogenated vegetable oils.
2. **Get more soluble fiber.** Eat more soluble fiber, such as that found in oatmeal and fruits. This type of fiber can lower blood cholesterol levels when eaten as part of a healthy-fat diet.
3. **Include plant sterols and stanols in your diet.** These naturally occurring plant compounds are similar in structure to cholesterol. When you eat them, they help limit the amount of cholesterol your body can absorb. Plant sterols and stanols are found in an increasing number of food products such as spreads, juices, and yogurts.
4. **Find a diet that works for *you*.** When a friend or relative tells you how much his or her cholesterol level dropped after trying a particular diet, you may be tempted to try it yourself. If you do, and after a few months you discover that you're not getting the same benefits, you may need to chalk it up to genetic and physiological differences. There is no one-size-fits-all diet for cholesterol control. You may need to try several approaches to find one that works for you.

Although diet can be a simple and powerful way to improve cholesterol levels, it plays a bigger role for some people than for others. Don't be discouraged if you have followed a diet but not reached your goal blood level. Keep it up. Even if you do end up needing medication to keep your cholesterol in check, you likely will need less than if you didn't make any dietary changes.

Harvard Medical School

Regain your confidence



As you become older, it's common to lose some confidence as your body changes and you face life-altering events, like retirement, health issues, and loss of loved ones. A person's level of confidence and self-esteem typically peaks during middle age, and tends to decline after age 60. These 5 strategies can help you gain greater confidence and realize that your best days may still lie ahead.

10,000 steps a day — or fewer?

POSTED JULY 11, 2019, 10:30 AM
[Steve Calechman](#), Contributor



10,000 steps a day has become the gold standard for many people. That number has sold many step-counting devices and inspired interoffice competitions. But it's a big number that can be hard to reach. When people continue to not hit five digits, eventually some ditch the effort altogether. A new study in *JAMA Internal Medicine* answers two questions about mortality: How many steps a day are associated with lowering the mortality rate? Does stepping intensity level make a difference in mortality when people take the same number of steps?

[Learn more »](#)

Energy Drinks: Quick Pick-Me-Up or Health Hazard?

By Barbara Brody



June 26, 2019 -- As more people turn to energy drinks when they feel a little sluggish -- sales increased a whopping 5,000% between 1994 and 2014 -- many health experts are concerned that they are a more dangerous choice than [coffee](#) or other sources of [caffeine](#), especially for [teens](#) and young adults.

Although people 18-38 are the biggest consumers of energy drinks, almost one-third of teens ages 12-17 use them on a regular basis.

Studies and case reports have pointed to worrisome links between energy drinks and a variety of health problems -- particularly [heart](#) troubles -- in young people. Whether they stem from [caffeine](#), other ingredients, or a combination isn't clear, though high doses of caffeine alone can be toxic.

In recent years, at least two teenage boys have had [heart attacks](#) after having energy drinks, and at least another two got [atrial fibrillation](#), a type of [irregular heartbeat](#).

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Who Gets Tendinitis?

Tendinitis can happen to anyone. You may have pain around a joint if you continue to use it a lot.

[VIEW SLIDESHOW](#)

7 Reasons Your Muscles Are Cramping

Cramps can happen anywhere in your body at any time, even when you're asleep. See what can cause them, and what you can do to help prevent them.

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Australian cheesemakers are mobilising against a proposed European crackdown on the naming of hundreds of products – including feta, mozzarella and gorgonzola – warning not only of job losses but of a degradation of Australia's rich multicultural history. [As part of negotiations between Australia and the EU](#)

over a new free trade agreement, the EU has put forward a list of geographic indicators that it believes Australian producers should not be able to use. The ruling would capture many Australian producers with European ancestry who have continued the food tradition and methods of their forebears. Under the proposed changes, the EU would ban Australia using the names of 236 beverages and 172 foods, including 56 cheeses. Guardian



Can Fish Oil Prevent Diabetes?

It would be welcome news if fish oil supplements were proven to prevent diabetes.

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Is the Paleo Diet Right for You?

When you follow this plan, you try to mimic what humans ate during the Paleolithic era, which began about 2.6 million years ago.

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[Best and Worst Seafood Dishes](#)



[When the Heart Suddenly Stops Beating](#)



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