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Mayo Clinic Guide To Your

The warning signs you're getting dementia can sneak up on you. "The word 'dementia' is an umbrella term used to describe a set of

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symptoms, including impairment in memory, reasoning, judgment, ...

Sure Signs You May Have Dementia, According to Mayo Clinic

Weight loss and a healthier lifestyle go hand in hand on the Mayo Clinic Diet. You recalibrate your eating habits, breaking bad ones and replacing them with good ones with the help of the Mayo ...

Mayo Clinic Diet

Mayo Clinic says the pool of people who can be living kidney donors has expanded following the results of a recent study. Doctors say the results can help save more lives.

Mayo Clinic study expands criteria to be a living kidney donor

When temperatures rise to 100 degrees or beyond, there's risk of cardiovascular and respiratory disorders - even heat stroke in the most severe cases.

The heat is on: How to stay hydrated, save on your home's cooling bill and protect your pets

Ticks aren't known as beach-lovers, so ecologist Dan Salkeld and a colleague were surprised when they found 180 ticks in less than a mile on a coastal trail near Muir Beach in California one day in ...

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Ticks Suck. Here's A Guide To Identifying Them And Avoiding Bites

View OfferADVERTISEMENT A trampoline may accomplish the unthinkable in your household: It could actually draw the kids off the couch several times a day for exercise, fun and fresh air in the backyard ...

The Best Trampolines for Your Money

From the foods you eat to the way you text, here are some everyday habits that you may not realize could be affecting your rheumatoid arthritis symptoms—and how to tweak them to start feeling better.

14 Things That Could Be Making Your Rheumatoid Arthritis Symptoms Worse

DEAR MAYO CLINIC ... be reason to reach out to your primary health care provider or make an appointment with a gynecologist. Your health care provider also can guide you on your personal risk ...

Mayo Clinic Q&A: Discussing ovarian cancer symptoms and treatment options

Osteoporosis is thinning of your bones to the point where they ... Clarke is medical editor of "Mayo Clinic Guide to Preventing and Treating Osteoporosis." He says women are most at risk ...

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Mayo Clinic Minute: Osteoporosis affects men, too

Growing up in Florida, I never thought I would be a member of the USA Women's Bobsled team and travel the world competing. I did not foresee the success I had in Olympic Weightlifting or believe that ...

"Own your path" -- Jamia Erickson on working in finance and sports performance

And eye experts at Mayo Clinic say that could create some temporary ... it's likely because the moisture layer on the front surface of your eye is getting dry. "If that tear film is not ...

Mayo Clinic: How staring at screens can affect your vision

This edition of the Mayo Clinic Q&A podcast ... for helping children understand and deal with racial bias: Talk to your children and acknowledge that racial differences and bias exist.

Mayo Clinic podcast: Why discussing racism with children matters

Common signs and symptoms during a cluster headache include: »
Excruciating pain that is generally situated in, behind or around one eye but may radiate to other areas of your face, head and neck ...

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Mayo Clinic: What are cluster headaches?

NPR's Sarah McCammon speaks with Dr. Michael Joyner of the Mayo Clinic about marijuana and banned performance-enhancing drugs.

What To Know About Olympic Marijuana Bans

Osteoporosis is thinning of your bones to the point where they ... Clarke is medical editor of "Mayo Clinic Guide to Preventing and Treating Osteoporosis." He says women are most at risk ...

Osteoporosis occurs in 20% of men over 50

Between January of 2018 and the end of July in 2020, Mayo Clinic took over 900 patients ... culture are you promoting in the workspace that your own job is suing you?" Walsh asked.

Report: Mayo Clinic sued over 900 patients between 2018 and mid-2020 for unpaid medical bills

"By following the DASH diet, you may be able to reduce your blood pressure by a few points in just two weeks," said the Mayo Clinic. This may be due to the lower salt content you'd consume ...

How to live longer: The DASH diet plan proven to prolong your life - what it involves

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Osteoporosis affects aging men, too

Eye experts at Mayo Clinic say it's actually a normal – and sometimes annoying – condition of the eye that is a part of aging. If you're over 40 and your vision is starting to get fuzzy ...

Vision gets blurry as you age

Is rooting for your team bad for your health ... At-Home Test For Colon Cancer Coming SoonThe Mayo Clinic is the first in the country to offer a new, at-home screening test for colon cancer.

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