

Bones and Joints

- Fight Back Against Gout Attacks (*Jan., 6*)
- Don't Ignore Joint Pain (*Feb., 4*)
- SI Joint Dysfunction (*Mar., 6*)
- Repair Joints With Your Platelet-rich Plasma (*Aug., 5*)

Cancer

- Melanoma Drug for Lung Cancer (*Jan., 2*)
- New Breast Cancer Screening Guidelines (*Feb., 2*)
- Reducing Negative Effects of Chemo Brain (*May, 2*)
- Treating Melanoma with Immunotherapy (*June, 2*)
- Melanoma: Less Common but More Dangerous (*July, 1*)
- Preserving Function During Prostate Radiation (*Aug., 2*)
- Advances in Prostate Cancer Diagnosis (*Sept., 3*)
- Newly Approved Treatment for Advanced Bladder Cancer (*Dec., 2*)

Cardiovascular

- Helping Your Heart also Helps Your Brain (*Jan., 1*)
- Gender Differences in Cardiac Care (*Feb., 1*)
- Positivity Benefits Heart Patients (*Mar., 2*)
- AFib Increases Stroke Risk (*Mar., 3*)
- Sudden Cardiac Arrest Warning Signs (*Apr. 2*)
- Telemedicine for Cardiac Care (*May, 2*)
- People With Heart Disease do Better With More Muscle Mass (*July, 2*)
- Insights on Cardiac Specialists (*Sept., 5*)
- FDA Approves First Fully Absorbable Heart Stent (*Oct., 2*)

Exercise

- Picking Up Pickleball (*Jan., 5*)

Aerobic Fitness May Help You Think Faster (*Jan., 2*)
Stronger Muscles for Longer Life (*Feb., 5*)
Walking for Health (*Mar., 1*)
High-Intensity Interval Training (*Apr., 6*)
Exercise Myths (*May, 4*)
Stretch Your Body With Yoga (*June, 1*)
Build Core Strength With Three Key Moves (*Aug., 4*)
Go Out and Play (*Sept., 1*)
Challenges and Benefits of Water Workouts (*Oct., 3*)
How to Qualify for National Senior Games (*Oct., 2*)
Exercise May Trigger Release of Fat-Burning Hormone (*Dec., 2*)

GI Health

How the Brain and Gut Influence Each Other (*May, 3*)
Reduce the Damaging Effects of Acid Reflux (*July, 5*)
The Story of 'biotics (*Aug., 1*)
When You Want to Go But Can't (*Dec., 5*)
Healthy Aging and Prevention
Fainting: Is It Cause for Alarm? (*Jan., 7*)
Hands-free Talking on Cellphones Unsafe for Seniors (*Jan., 2*)
Reduce Stress with Mindfulness (*Feb., 3*)
Math Equation Can Detect Dehydration (*Feb., 2*)
Protect Your Health and Wealth (*Mar., 5*)
Postmenopausal Weight-loss Insights (*Mar., 2*)
Stop Acting Your Age (*Apr., 1*)
E-cigarette Health Risks (*Apr., 2*)
Cold, Flu, or Allergy? (*May, 5*)
A Four-step Strategy to Break Bad Habits (*June, 4*)
Partner Dancing Stimulates Brain and Boosts Mood (*July, 1*)

Most Falls Happen at Home *(July, 7)*

Green Neighborhoods Better for Health *(July, 2)*

How Integrative Medicine Can Help Keep You Well *(Aug., 6)*

Attitude Affects Aging and Brain Health *(Aug., 2)*

Advanced Care Planning *(Sept., 7)*

How Dogs Improve Your Health *(Sept., 2)*

Pinpointing Root Causes of Dizziness to Reduce Fall Risk *(Oct., 4)*

Telemedicine Expands the Reach of Experts *(Oct., 6)*

Hepatitis C Risk Factors *(Nov., 7)*

Hearing & Vision

Hearing and Balance *(Mar., 7)*

Vitamin C May Reduce Cataract Progression *(June, 2)*

Hearing Aids May Improve Brain Health *(July, 2)*

Don't Ignore Floaters and Flashers *(Aug., 3)*

Genetic Tests for Macular Degeneration *(Nov., 3)*

Mind & Memory

Testing to Detect Alzheimer's Disease

(Jan., 3)

Build Memory with Your Life Story *(Feb., 6)*

Fast Track to a Younger Brain *(Mar., 4)*

Start a Collection To Boost Brain Health *(June, 3)*

Senior Depression Can Mimic Dementia *(July, 4)*

Tips to Create a Positive Joyful Disposition *(Aug., 7)*

Concussions Worse for Seniors *(Sept., 4)*

Reversing Memory Loss in Alzheimer's Patients *(Sept., 2)*

Make a Joyful Noise *(Oct., 1)*

Music Therapy Helps Heal Minds *(Oct., 7)*

Exercise and Short-term Memory Loss *(Oct., 2)*

Earliest signs of Alzheimer's uncovered (*Nov.*, 3)

Insights on seasonal affective disorder (*Nov.*, 5)

Bouncing Back from Adversity (*Dec.*, 1)

Nutrition

Milk and Beyond (*Jan.*, 4)

Eat More Protein (*Feb.*, 7)

Diet Improvements Through Journaling (*Mar.*, 3)

Reduce Chronic Pain with Anti-inflammatory Foods (*May*, 6)

Sugar Tied to Chronic Health Problems (*June*, 5)

Overcome Emotional Eating Triggered by Cancer Diagnosis (*July*, 6)

Exercise May Reduce Addictive Cravings (*Aug.*, 2)

Delicious Breakfasts With Ingredients for Bone Health (*Oct.*, 5)

Simple Strategies to Avoid Holiday Weight gain (*Nov.*, 6)

Blueberry Brain Benefits (*Dec.*, 8)

Sleep

Sleep Apnea Is Underdiagnosed (*Apr.*, 4)

Natural Sleep Treatments (*Apr.*, 7)

Sleep Apnea May Damage Brain Tissue (*Apr.*, 2)

Poor Sleep Can Make You Sick (*Nov.*, 2)

Feeling Tired? Insomnia Treatments (*Dec.*, 4)

Treatments

Seniors Prescribed More Antipsychotics (*Feb.*, 2)

Surgical Interventions for PAD (*Mar.*, 2)

Testosterone Therapy (*Apr.*, 5)

Opioid Epidemic and Seniors (*May.*, 1)

New Treatments for Benign Skin Spots (*May*, 2)

Organ Donors and Transplant Breakthroughs (*June*, 6)

Kidney Exchanges (*June, 7*)

Text Messages for Medication Adherence (*June, 2*)

How to Avoid the Pain of Shingles (*Sept., 6*)

Timing Medications to Circadian Clock (*Sept., 2*)

New Cures for Hepatitis C (*Nov., 1*)

Urinary Tract Infections (*Dec., 3*)