Health & Wellness

Your Personal Guide to Disease Prevention and Healthy Living

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William Shiel Jr., M.D., F.A.C.P
Chief Medical Editor, MedicineNet.com
HEALTH & WELLNESS

INTRODUCTION

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Health Tips for Healthy Living

This article is designed to give tips to readers about how they can improve or augment actions in their life to have a healthy lifestyle; it is not meant to be all inclusive but will include major components that are considered to be parts of a lifestyle that lead to good health. In addition to the tips about what people should do for healthy living, the article will mention some of the tips about avoiding actions (the don'ts) that lead to unhealthy living.

"Healthy living" to most people means both physical and mental health are in balance or functioning well together in a person. In many instances, physical and mental health are closely linked, so that a change (good or bad) in one directly affects the other. Consequently, some of the tips will include suggestions for emotional and mental "healthy living." Healthy Living Article | Health & Living Center

More Healthy Living Topics

- Benefits of Exercise
- Nutrition Tips
- Beauty & Body Image
- Disease Prevention
- Diet Plans & Programs
- Weight Lifting
- Vitamins and Supplements
- Healthy Relationships

10 Health Myths Slideshow

10 Health Myths Debunked

Watch this slideshow on 10 Health Myths Debunked. Will cracking your knuckles cause arthritis? Does sugar make kids hyper? Can a toilet seat make you sick? Learn about these common myths and the truth behind each one.

http://www.medicinenet.com/health_myths_debunked_pictures_slideshow/article.htm

Vitamins & Supplements Quiz

Vitamins & Supplements: What Do You Know?

There are certain essential vitamins the human body needs to supplement good health and proper function. Do you know what they are? Take our Vitamins & Supplements Quiz and get healthy!

http://www.medicinenet.com/vitamins_and_supplements_quiz/quiz.htm
Arthritis

Arthritis is a joint disorder featuring inflammation. A joint is an area of the body where two different bones meet. A joint functions to move the body parts connected by its bones. Arthritis literally means inflammation of one or more joints.

Arthritis is frequently accompanied by joint pain. Joint pain is referred to as arthralgia.

There are many types of arthritis (over 100 identified, and the number is growing). The types range from those related to wear and tear of cartilage (such as osteoarthritis) to those associated with inflammation resulting from an overactive immune system (such as rheumatoid arthritis). Together, the many types of arthritis make up the most common chronic illness in the United States. [Arthritis Article](medicinenet.com) | [Arthritis Center](medicinenet.com)

More Arthritis Topics

- Osteoarthritis
- Psoriatic Arthritis
- Juvenile Arthritis
- Lyme Disease
- Rheumatoid Arthritis
- Reactive Arthritis
- Gout (Gouty Arthritis)
- Ankylosing Spondylitis

Osteoarthritis Slideshow

Tips to Keep Your Joints Healthy

Watch this slideshow on Osteoarthritis Tips to Keep Your Joints Healthy. Dealing with joint pain and arthritis? Get solutions and tips for joint pain.


Rheumatoid Arthritis Quiz

What Is Rheumatoid Arthritis?

Take the Rheumatoid Arthritis (RA) Quiz to evaluate your knowledge of this chronic, painful disease.

[http://www.medicinenet.com/rheumatoid_arthritis_quiz/quiz.htm](http://www.medicinenet.com/rheumatoid_arthritis_quiz/quiz.htm)
An allergy refers to an exaggerated reaction by our immune system in response to exposure to certain foreign substances. The response is exaggerated because these foreign substances are usually seen by the body as harmless and nonallergic individuals do not produce a response. In allergic individuals, the body recognizes the foreign substance, and one arm of the immune system generates a response.

Allergy-producing substances are called "allergens." Examples of allergens include pollens, dust mites, molds, animal proteins, foods, and even medications. To understand the language of allergy, it is important to remember that allergens are substances that are foreign to the body and can cause an allergic reaction in certain people.

More Allergy Topics

- Anaphylaxis
- Hay Fever
- Cosmetic Allergies
- Food Allergy
- Drug Allergy
- Eye Allergy
- Chronic Rhinitis
- Indoor Allergens

Allergy Slideshow

10 Signs Your Allergies Are Out of Control

Watch this slideshow on 10 Signs Your Allergies Are Out of Control. See these surprising allergy symptoms and find out how to get relief.


Allergies (Allergy) Quiz

How Much Do You Know About Skin, Food, and Pet Allergies?

Take this quiz to evaluate your IQ of allergies. Answer questions, get quick facts, and learn the causes of allergy symptoms, risks, and treatments.

http://www.medicinenet.com/allergies_quiz/quiz.htm
Asthma

Asthma is a complex clinical syndrome of chronic airway inflammation characterized by recurrent, reversible, airway obstruction. Airway inflammation also leads to airway hyperreactivity, which causes airways to narrow in response to various stimuli.

Asthma is a common chronic condition, affecting approximately 8%-10% of Americans, or an estimated 23 million Americans as of 2008. Asthma remains a leading cause of missed work days. It is responsible for 1.5 million emergency department visits annually and up to 500,000 hospitalizations. Over 3,300 Americans die annually from asthma. Furthermore, as is the case with other allergic conditions, such as eczema (atopic dermatitis), hay fever (allergic rhinitis), and food allergies, the prevalence of asthma appears to be on the rise. 

More Asthma Topics

Asthma Complexities  
Occupational Asthma  
Asthma Medications

Asthma in Children  
Exercise-Induced Asthma  
Adult-Onset Asthma

Asthma Slideshow

Inflammatory Disorder of the Airways
Watch this slideshow on asthma and learn about this chronic inflammation disorder of the bronchiole tubes (airways) resulting in breathing difficulty. Find information on causes/triggers, symptoms, prevention and treatment of the disease.

http://www.medicinenet.com/asthma_pictures_slideshow/article.htm

Asthma Quiz

Who Struggles Most With Asthma?
With this quiz, your asthma IQ depends on your understanding of the asthma causes, symptoms, and treatments that affect millions of American men, women, and children.

http://www.medicinenet.com/asthma_quiz/quiz.htm
Cancer is the uncontrolled growth of abnormal cells anywhere in a body. These abnormal cells are termed cancer cells, malignant cells, or tumor cells.

Many cancers and the abnormal cells that compose the cancer tissue are further identified by the name of the tissue that the abnormal cells originated from (for example, breast cancer, lung cancer, colon cancer). Cancer is not confined to humans; animals and other living organisms can get cancer.

The incidence of cancer and cancer types are influenced by many factors such as age, gender, race, local environmental factors, diet, and genetics. Cancer Article | Cancer Center

More Cancer Topics

- Lung Cancer
- Prostate Cancer
- Breast Cancer
- Colon Cancer
- Ovarian Cancer
- Brain Cancer

Cancer Slideshow

A Visual Guide to Understanding Cancer

In the most basic terms, cancer refers to cells that grow out-of-control and invade other tissues. Cells become cancerous due to the accumulation of defects, or mutations, in their DNA. Certain inherited genetic defects (for example, BRCA1 and BRCA2 mutations) and infections can increase the risk of cancer.


Cancer Quiz

What Is the Most Common Cancer in the World?

Lung cancer, prostate cancer, penile cancer, or oral cancer? What do you know about cancer? Take this quiz to learn about what causes cancer, as well as the most common types of cancer across the globe.

http://www.medicinenet.com/cancer_quiz/quiz.htm
Children's Health & Parenting

Children's health, or pediatrics, focuses on the well-being of children from conception through adolescence. It is vitally concerned with all aspects of children's growth and development and with the unique opportunity that each child has to achieve their full potential as a healthy adult.

Children's health was once a part of adult medicine. It emerged in the 19th and early 20th century as a medical specialty because of the gradual awareness that the health problems of children are different from those of grown-ups. It was also recognized that a child's response to illness, medications, and the environment depends upon the age of the child. [Children's Health Article](#) | [Healthy Kids Center](#)

More Children's Health Topics

- Parenting
- Bullying
- ADHD in Children
- Vaccinations
- Puberty
- Childhood Obesity

Children's Health & Parenting Slideshow

**Childhood Illnesses Every Parent Should Know**

It would be impossible to list all the illnesses here. However, we will introduce some of the most common ones, including viral and bacterial infections as well as allergic and immunologic illnesses.


Children’s Health & Parenting Quiz

**Childhood Overweight and Obesity**

The obesity epidemic in American children and adolescents poses serious health risks. Take the quiz for facts and causes of overweight and obese kids and teens.

A depressive disorder is a syndrome (group of symptoms) that reflects a sad and/or irritable mood exceeding normal sadness or grief. More specifically, the sadness of depression is characterized by a greater intensity and duration and by more severe symptoms and functional disabilities than is normal.

Depressive signs and symptoms are characterized not only by negative thoughts, moods, and behaviors but also by specific changes in bodily functions (for example, crying spells, body aches, low energy or libido, as well as problems with eating, weight, or sleeping). [Depression Article](http://www.medicinenet.com/depression_article.htm) | [Depression Center](http://www.medicinenet.com/depression_center.htm)

**More Depression Topics**

- Depression in Children
- Dysthymia
- Postpartum Depression
- Depression in the Elderly
- Holiday Depression
- Seasonal Affective Disorder

**Depression Slideshow**

**What Is Depression?**

What is depression? Watch this slideshow for information on symptoms, tests, and treatments for many types of depression including major, chronic, teen, and postpartum depression.

[http://www.medicinenet.com/depression_overview_pictures_slideshow/article.htm](http://www.medicinenet.com/depression_overview_pictures_slideshow/article.htm)

**Depression Quiz**

**What Are the Symptoms of Depression?**

This online quiz tests your IQ of depression and depressive disorders. Get the facts about causes, symptoms, diagnosis, and medical treatments for this very common mental health condition.

[http://www.medicinenet.com/depression_quiz/quiz.htm](http://www.medicinenet.com/depression_quiz/quiz.htm)
Diabetes mellitus is a group of metabolic diseases characterized by high blood sugar (glucose) levels that result from defects in insulin secretion, or its action, or both. Diabetes mellitus, commonly referred to as diabetes (as it will be in this article) was first identified as a disease associated with "sweet urine," and excessive muscle loss in the ancient world. Elevated levels of blood glucose (hyperglycemia) lead to spillage of glucose into the urine, hence the term sweet urine.

Over time, diabetes can lead to blindness, kidney failure, and nerve damage. These types of damage are the result of damage to small vessels, referred to as microvascular disease.

More Diabetes Topics

- Diabetes Prevention
- Diabetic Diet
- Eye Problems and Diabetes
- Insulin Resistance
- Diabetes Treatment
- Diabetes Insipidus
- Diabetic Neuropathy
- Metabolic Syndrome

Diabetes Slideshow

12 Tips to Avoid Diabetes Complications
Watch this slideshow on 12 Tips to Avoid Diabetes Complications. See steps you can take to help cut your risk of diabetes complications such as nerve pain, heart disease, kidney complications and more.

http://www.medicinenet.com/avoid_diabetes_complications_pictures_slideshow/article.htm

Diabetes Quiz

What Kind of Disease Is Diabetes?
Discover your blood sugar IQ with this online Diabetes Quiz! Test your knowledge of causes, symptoms, treatments, diagnosis, and prognosis for type 1 and 2 diabetes.

http://www.medicinenet.com/diabetes_quiz/quiz.htm
Heart failure describes the inability or failure of the heart to adequately meet the needs of organs and tissues for oxygen and nutrients. This decrease in cardiac output, the amount of blood that the heart pumps, is not adequate to circulate the blood returning to the heart from the body and lungs, causing fluid (mainly water) to leak from capillary blood vessels. This leads to the symptoms that may include shortness of breath, weakness, and swelling.

The treatment of congestive heart failure can include lifestyle modifications, addressing potentially reversible factors, medications, heart transplant, and mechanical therapies. Congestive Heart Failure Article | Heart Center

More Heart Health Topics

Heart Disease
Stroke
Atrial Fibrillation
Heart Rhythm Disorders
Chest Pain
Heart Attack

Heart Health Slideshow

A Picture Guide to Heart Disease
The topic of heart disease usually centers on heart attacks but there are many other problems that can compromise heart functions, injure the heart tissues, or cause heart disease. Most of the major problems include coronary artery disease, heart failure, arrhythmias, and cardiomyopathy.

http://www.medicinenet.com/heart_disease_pictures_slideshow_visual_guide/article.htm

Heart Health Quiz

The Truth About Heart Health
Take our Heart Disease Quiz to get answers and facts about prevention of heart attack. Learn the causes, symptoms, treatments, testing, and procedures for coronary artery disease.

http://www.medicinenet.com/heart_disease_quiz/quiz.htm
The life expectancy for a man has increased dramatically in the past 50 years. How long we live is important; however, the quality of life is equally important. The ability to enjoy life to its fullest requires investing time and effort into health maintenance and disease prevention.

Most of the common diseases that affect men are potentially preventable, but one needs to know their enemy. Interestingly, the presence of some diseases increases the likelihood that another will occur. Heart disease, stroke, peripheral vascular disease, and dementia all share the same risk factors.

Men's Health Article | Men's Health Center

More Men's Health Topics
- Sexual Problems
- Prostate Cancer
- Disease Prevention
- Hair Loss
- Prostate Problems
- Low Testosterone

Men's Health Slideshow

Essential Screening Tests Every Man Needs
Getting the right screening test at the right time is one of the most important things a man can do for his health. Screenings find diseases early, before you have symptoms, when they're easier to treat.

http://www.medicinenet.com/mens_health_screening_tests_pictures_slideshow/article.htm

Men's Health Quiz

Impotence (Erectile Dysfunction)
With this quiz, your asthma IQ depends on your understanding of the asthma causes, symptoms, and treatments that affect millions of American men, women, and children.

http://www.medicinenet.com/impotence_erecile_dysfunction_quiz/quiz.htm
Pregnancy planning begins even before **conception** for many women. Others choose to start planning when they are aware of a pregnancy. While it is possible to have a healthy pregnancy and baby without a pregnancy plan, developing a pregnancy plan is one way to help ensure that your baby has the greatest chances of having good health and that you have a healthy pregnancy. Planning for pregnancy typically involves discussions with a woman's partner and her health-care team and includes discussions about nutrition and vitamins, exercise, genetic counseling, **weight gain**, and the need to avoid certain medications and alcohol. [Pregnancy Planning Article] [Pregnancy Center]

**More Pregnancy Topics**

- Pregnancy Symptoms
- Pregnancy Week by Week
- Trying to Conceive
- Ectopic Pregnancy
- Healthy Pregnancy Diet
- Infertility

**Pregnancy Slideshow**

**Stages of Pregnancy: 1\textsuperscript{st}, 2\textsuperscript{nd}, and 3\textsuperscript{rd} Trimesters**

Watch this slideshow on the stages of pregnancy. See and learn what changes a woman's body goes through and view fetal images of how her baby grows during the 1\textsuperscript{st}, 2\textsuperscript{nd} and 3\textsuperscript{rd} trimesters.


**Pregnancy Quiz**

**Pregnancy Myths and Facts**

There are very many myths and facts about pregnancy. Take our Pregnancy Quiz to learn what is true and what is false about being pregnant.

[http://www.medicinenet.com/pregnancy_myths_and_facts_quiz/quiz.htm](http://www.medicinenet.com/pregnancy_myths_and_facts_quiz/quiz.htm)
Senior Health

A wide range of changes can happen in the body to different degrees as we age. These changes are not necessarily indicative of an underlying disease but they can be distressing to the individual. Even though the aging process cannot be stopped, being aware of these changes and adopting a healthy lifestyle can reduce their impact on overall health.

Many diseases in seniors may be prevented or at least slowed down as a result of a healthy lifestyle. Osteoporosis, arthritis, heart disease, high blood pressures, diabetes, high cholesterol, dementia, depression, and certain cancers are some of the common conditions that can be positively modified in seniors through diet, exercise, and other simple lifestyle changes. Senior Health Article | Senior Health Center

More Senior Health Topics

Senior Exercise  Alzheimer's Disease  Osteoporosis
Senior Sex  Vitamin and Supplements  Dementia

Senior Health Slideshow

18 Secrets for a Longer Life
As we age, the ends of our chromosomes -- called telomeres -- become shorter. This makes people more vulnerable to disease. You might think there's nothing you can do, but new research suggests otherwise.

Senior Health Quiz

Alzheimer's Disease
Alzheimer's closely mimics the symptoms of another well-known neurological disorder. Take this quiz to learn related diseases as well as causes, symptoms, treatments, and outlook for patients with this mysterious disorder of the brain.
http://www.medicinenet.com/alzheimers_disease_quiz/quiz.htm
Skin Care and Conditions

Itchy rash, oozing sores, scaly skin? These are just a few of the many symptoms of skin disorders. There are more than 3,000 kinds of skin disorders. Some are temporary, easily treated, and just a nuisance. Others can persist lifelong and cause chronic symptoms, disability, and emotional distress. Some skin conditions -- such as melanoma -- can even be deadly.

What does the skin do? It's the largest organ of the body and made up of three layers (epidermis, dermis, and subcutaneous layer). The skin forms a protective barrier for the body and guards against moisture, debris, and UV rays from the sun. Cuts and open wounds on the skin may allow pathogenic organisms into the body, which can cause infection.

More Skin Care and Conditions Topics

- Dry Skin
- Wrinkles
- Rosacea
- Folliculitis
- Eczema
- Cellulitis
- Acne (Pimples)
- Sunburn

Skin Slideshow

See How Your Life Affects Your Skin
Your skin protects your body, but that's not all. It's the face you present to the world. When healthy, it's a source of beauty. The choices you make every day -- what you eat, where you go, how you feel -- affect how your skin looks. Use this visual guide to keep your skin youthful, healthy, and wrinkle-free.

http://www.medicinenet.com/how_life_affects_your_skin/article.htm

Skin Quiz

How Much Do You Know About the Way Your Skin Functions?
With this quiz, your skin IQ depends on your understanding of skin care and conditions causes, symptoms, and treatments that affect men, women, and children.

http://www.medicinenet.com/skin_quiz/quiz.htm
Whether you are trying to lose 5 pounds or more than 50, the same principles determine how much weight you lose and how fast your weight loss will occur. Remembering the following simple guidelines and putting them into practice can lead to weight loss without the aid of any special diet plans, books, or medications.

Our body weight is determined by the amount of energy that we take in as food and the amount of energy we expend in the activities of our day. Energy is measured in calories. If your weight remains constant, you are probably taking in the same amount of calories that you burn each day. If you're slowly gaining weight over time, it is likely that your caloric intake is greater than the number of calories you burn through your daily activities. Weight Loss Article | Health & Living Center

More Weight Loss Topics

- Diet Plans & Programs
- Healthy Eating
- Mediterranean Diet
- Fitness At Any Age
- Weight Lifting
- Interval Training

Weight Loss Slideshow

The Best Diet Tips Ever
Watch this slideshow on the best diet tips ever! Learn to lose weight the smart way as experts give their best advice for healthy weight loss by eating right, sleeping more, understanding portion sizes and more.

http://www.medicinenet.com/diet_pictures_slideshow/article.htm

Weight Loss Quiz

Portion Distortion
How do you know what is a reasonable portion of food? Take this quiz about portion distortion to learn how your eyes may be deceiving you, your stomach, and your waistline.

http://www.medicinenet.com/food_portion_distortion_quiz/quiz.htm
Women's Health

Women and men share many similar health problems, but women also have their own health issues, which deserve special consideration.

Women's lives have changed over the centuries. Historically, life was particularly difficult for most women. Aside from the numerous dangers and diseases, women became wives and mothers often when they were just emerging from their own childhood. Many women had a multitude of pregnancies which may or may not have been wanted. In the past, childbirth itself was risky and not infrequently, led to the death of the mother. Most women in the past did not live long enough to be concerned about menopause or old age. Women's Health Article | Women's Health Center

More Women's Health Topics

Breast Cancer  Menopause  Disease Prevention

Ovarian Cancer  Urinary Tract Infections  Menstrual Cramps

Women's Health Slideshow

Essential Screening Tests Every Woman Needs
Watch this slideshow to learn about disease prevention in women. See which screening tests are advised for osteoporosis, breast cancer, cervical cancer, diabetes, HIV, colon cancer, skin cancer and more.


Women's Health Quiz

What Is the Main Symptom of Endometriosis?
Take this quiz about endometriosis to learn the causes, symptoms, and treatment options for this common gynecological condition.

http://www.medicinenet.com/endometriosis_quiz/quiz.htm
Diseases & Conditions A-Z List on MedicineNet

Diseases & Conditions A-Z List

Search by Letter:

A B C D E F G H
I J K L M N O P
Q R S T U V W X
Y Z

Find relevant and reliable medical information on diseases and conditions. Find your medical topic by using the comprehensive A-Z list above, click on the browse health centers below or one of our categorized listings of health and medical conditions.

Common Diseases and Conditions

Browse Health Centers

- Allergies
- Alzheimer's
- Arthritis
- Asthma
- Blood Pressure
- Cancer
- Cholesterol
- Chronic Pain
- Cold & Flu
- Depression
- Diabetes
- Dictionary
- Digestion
- Eyesight
- Health & Living
- Healthy Kids
- Hearing & Ear
- Heart
- HIV/AIDS
- Infectious Disease
- Lung Conditions
- Medications
- Menopause
- Men's Health
- Mental Health
- Migraine
- Neurology
- Oral Health
- Pregnancy
- Senior Health
- Sexual Health
- Skin
- Sleep
- Thyroid
- Travel Health
- Women's Health

See All Diseases and Conditions on MedicineNet
Slideshows and Image Collection

Browse All Medical & Health Slideshows

All Slideshows

See All Slideshows on MedicineNet

Browse Image Collection Gallery

Vascular, Lymphatic and Systemic Conditions
Affecting the blood vessels, tissues, organs or the entire body

See Image Collection Gallery on MedicineNet
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http://www.webmd.com

MedicineNet.com
We Bring Doctors’ Knowledge to You

http://www.medicinenet.com

emedicinehealth
experts for everyday emergencies

http://www.emedicinehealth.com

RxList
The Internet Drug Index

http://www.rxlist.com