

healthy weight, not smoking; getting 30 minutes daily of moderate-to-vigorous physical activity; limiting coffee, tea, or soda to no more than 2 cups per day; and eating a healthy diet.

► **Are there any innovative new kinds of vaccines?** According to Anthony L. Komaroff, M.D., Editor in Chief of *Harvard Health Letter*, scientists are developing skin patches and inhaled aerosols to deliver vaccines, and genetically engineering plants to make vaccines. Work is also under way on vaccines that reduce the damage done by infections people already have, and vaccines against some non-infectious illnesses, such as certain cancers and high blood pressure.

Vaccines are one of the greatest inventions in history, and *Harvard Health Letter* will keep you up to date on exciting new discoveries as they unfold!

► **Thanks to new advances in Diagnostic Technology**, we'll soon be able to:

- **Detect your risk of cancer**, macular degeneration, stroke, and even depression with promising new blood tests.
- **Reduce the number of invasive prostate biopsies by nearly a third.** According to a new study, a specialized type of MRI can detect prostate tumors, gauge how aggressive those tumors are, and allow

## Put a lid on hypertension

- **Foods with double healing power:** Enjoy these foods, with two or more key minerals that help control blood pressure.
- **How to tame stubborn high blood pressure—** even if you're taking medication
- **Borderline high blood pressure?** How to delay the need for medication
- **Why beta blockers** are no longer the first choice for fighting high blood pressure
- **The new guidelines** for high blood pressure diagnosis and treatment
- **8 pill-free ways** to lower your blood pressure
- **One more reason to limit your salt intake:** If you're on blood pressure meds, salt negates the effect of the medication.
- **How to avoid** common blood pressure measuring mistakes both at the doctor's office and at home.



Control Blood Pressure without Drugs

2 Harvard

FREE HEALTH GUIDE 2

For the answers, send for your **FREE GUIDE, Control Blood Pressure without Drugs!**

some men flagged by PSA screening to avoid a biopsy.

*Harvard Health Letter* keeps you on top of breakthroughs including powerful superfoods, safe supplements, and carefully-researched medications that can improve your health.

► **Caution: Vitamin B<sub>12</sub> deficiency can be sneaky and harmful.** The human body needs vitamin B<sub>12</sub> to make red blood cells, keep the brain and nerves healthy, and carry out

other bodily functions. According to a case report, a severe vitamin B<sub>12</sub> deficiency can lead to deep depression, paranoia and delusions, memory loss, incontinence, loss of taste and smell, and more.

Are you at risk? If you follow a plant-based diet, it's important to eat breads, cereals, or other grains that have been fortified with vitamin B<sub>12</sub>. If you're over age 50, you may need extra B<sub>12</sub> from a supplement, since it becomes harder to absorb enough of the vitamin through foods.

### Harvard Health Letter

The doctor will see you now—in your home

The traditional doctor visit has been a long time in the making. It's time to rethink it. In a new study, researchers found that a virtual visit via a tablet computer can be just as effective as a face-to-face visit. In fact, patients who had a virtual visit were more satisfied with their care and more likely to return for a follow-up visit. This is a big step toward making healthcare more convenient and accessible for everyone.



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