

# What to do if the power pile is blown down by the wind

Before stretching, warm up with 5 to 10 minutes of light activity. It's usually best to stretch after a workout. Keep stretches gentle and slow. Don't bounce. Breathe through your stretches. If ...

You know what M.D. means, but what does D.O. mean? What's different and what's alike between these two kinds of health care providers?

Swollen lymph nodes most often happen because of infection from bacteria or viruses. Rarely, cancer causes swollen lymph nodes. The lymph nodes, also called lymph glands, play a vital ...

Can I swim? How do I shower? Do I need to buy different clothes? How will it affect my intimate life? Once you adjust, you'll likely find that it's possible to do many of the same activities you ...

Learn about symptoms of urinary tract infections. Find out what causes UTIs, how infections are treated and ways to prevent repeat UTIs.

The body needs cholesterol. But having too much cholesterol in the blood raises the risk of heart attacks and strokes. Statins block an enzyme the liver needs to make cholesterol. This ...

To do this, find a quiet and comfortable space. Make sure you have time to fully focus on the exercises. They don't have to take much time, but you do need enough time to focus. Here are a ...

Brain MRI is one of the tests you may have to determine the cause of headaches, dizziness, seizures, vision problems or hearing loss. This painless imaging test is used to diagnose a ...

Gastroparesis is a condition in which the muscles in the stomach don't move food as they should for it to be digested. Most often, muscles contract to send food through the digestive tract. But with ...

Diagnosis Diagnosis involves the steps that your healthcare team takes to find out if hydronephrosis is the cause of your symptoms. Your healthcare professional starts by asking you ...



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