

Dec 27, 2022

### Cancer Prevention: Avoid Some Foods

Research statistics presents that, more than 100 types of cancers may attack human body. Treatment guidelines may also vary according to types. Root causes of cancer is unknown but some food should avoid ...



Cancer 2 min read

Dec 26, 2022

### Vitamin D deficiency: What to do?

Human body requirement A healthy human body requires 30 to 100 IU Vitamin D daily. 10-30 IU is not enough for a healthy human being. Deficiency disorders Vitamin D deficiency leads the patients to...



Vitamin D Deficiency 2 min read

Dec 24, 2022

### Some Characteristics of a Healthy Infant

After birth a child maybe considered as infant until his 28 days of age. Every parents eagerly wait in checkup regarding their child is healthy or sick. Some characteristics of a healthy infant are in here. Antenata...



Dec 22, 2022

### Some Special Tips for Healthy Life

Woke up before sunrise. Then wash your face as well as drink minimum two glasses of water. Having tea before breakfast not good for health. Morning sun wave as well as fresh air is very useful for...



Health 1 min read

Dec 17, 2022

### Some Problems of Infants which not Required any Medications

Infants are new guest in this earth. Naturally they have to cope with some problems which usually cured automatically. Besides, parents...



Child Health 2 min read

Dec 11, 2022

### Heart Diseases and Murmur Observation: You can do it at home

We know that heart lies between left 4th and 5th intercostal space, 9 cm lateral from the sternum. Here Ill present four investigations whi...



Dec 10, 2022

### Lungs Inspection: You can Perform at Home

Lungs are the organ of respiration. You can perform some observations regarding lungs at home following these procedures. Inspection Palpation Percussion Auscultation Inspection Follow the movement ...



Lungs Disease 2 min read

Dec 8, 2022

### Eye care for children

Eyes are the most precious organ for us. It is very sensitive organ. Lack of care leads to many eye problems even blindness. In case of Children, you should be more careful. Here some point will be described. If you follow anyone tendency in your child, contact with doctor urgently.

1. Watching TV from very close distance
2. Watching by bending eyes
3. Keep eyes small when watching TV
4. Headache during reading books
5. Unable to notice classroom boards

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