

Health Issues in the News: the Science Behind the Headlines

Summary of topics covered

An alternative perspective on the global impact of COVID-19: exploring the link between diet and vulnerability to Covid pneumonia. The news article that stimulated this topic idea is located here... [Thirty-year failure to tackle preventable disease fuelling global Covid pandemic | Health | The Guardian](#)

Is continuous blood glucose monitoring a useful tool for healthy people? The news article that stimulated this topic idea is located here... [Doctors question science behind blood sugar diet trend - BBC News](#)

Is statin medication the answer to the high incidence of coronary heart disease and stroke in the UK? The news article that stimulated this topic idea is located here... [Consider statins for millions more people in England, NHS told - BBC News](#)

An epidemic of uncertainty: Rumours, Conspiracy Theories and Vaccine Hesitancy The news article that stimulated this topic idea is located here... [AstraZeneca's Covid vaccine is no more – but its remarkable success must not be forgotten | Coronavirus | The Guardian](#)

“Aiming for a simplified message on hypertension” ... but for who, the medics or the public? Putting the new guidelines in the spotlight

The two news articles that stimulated this topic idea is located here... [New ESH Hypertension Guidelines Aim for Simplified Message](#)

[Eat less bacon and cheese to cut heart attack risk, Britons urged | High blood pressure | The Guardian](#)

Herbal remedies may be natural, but are they completely safe?

The news article that stimulated this topic idea is located here...

[Natural remedies might not be better – so why do we still prefer them? | Well actually | The Guardian](#)

A new start after 60: I was diagnosed with attention deficit hyperactivity disorder (ADHD).

The news article that stimulated this topic idea is located here...

[A new start after 60: I was diagnosed with ADHD – and stopped hating myself | Life and style | The Guardian](#)

The 'superbug' threat: are Chinese scientists on to something big?

The news article that stimulated this topic idea is located here...

[Antibiotic emergency 'could claim 40 million lives in next 25 years' | Drug resistance | The Guardian](#)

CRSPR gene editing technology: what are the implications for human health?

The news article that stimulated this topic idea is located here...

['Groundbreaking' sickle cell disease treatment approved for NHS use in England | Sickle cell disease | The Guardian](#)

Wegovy and Mounjaro weight loss medication.

These drugs feature quite frequently in the news media and this article is just one of the latest. It's a controversial issue for all sorts of reasons!

<https://www.theguardian.com/society/2025/may/14/people-who-stop-weight-loss-drugs-return-to-original-weight-within-year-analysis-finds>

Exosome extracts in the cosmetic industry.... what on earth are exosomes?
...and what is the fuss all about?

[Beauty clinics in UK offering banned treatments derived from human cells | Health | The Guardian](#)

The relationship between gum disease and cardiovascular disease

Here is a link to some background information from the British Heart Foundation published March 2023 [Gum disease and heart health: how are they connected? - BHF](#)

Vitamin supplementation in general and vitamin D supplementation in particular

Here is a link to a BBC radio podcast that looks at toxicity due to vitamin supplementation[Latest News Picks - Warning over high-dosage vitamin supplements - BBC Sounds](#)

Here's a link to an article on vitamin D that appeared on the BBC a couple of days ago [University of Surrey leads vitamin D deficiency study - BBC News](#)

'Dry January'

This article popped up yesterday...[One in four adults in England do not drink alcohol, survey finds | Alcohol | The Guardian](#)

It contains some golden nuggets that could be a focus for discussion.