

## Mayo Clinic Radio Health Minute January 2019

Jan. 1 <sup>st</sup>	Burn calories without burning out on exercise
Jan. 2 <sup>nd</sup>	Take the sugar challenge
Jan. 3 <sup>rd</sup>	Using pen and paper to shed pounds
Jan. 4 <sup>th</sup>	3 tips on what to do if your child is addicted to gaming
Jan. 7 <sup>th</sup>	MRIs
Jan. 8 <sup>th</sup>	Coconut oil perfect poison or somewhere in between
Jan. 9 <sup>th</sup>	Proton beam therapy bolsters cancer treatment
Jan. 10 <sup>th</sup>	Carpal tunnel syndrome
Jan. 11 <sup>th</sup>	Are your headphones too loud
Jan. 14 <sup>th</sup>	Is your child's sore throat actually strep
Jan. 15 <sup>th</sup>	Hepatitis A
Jan. 16 <sup>th</sup>	Microbiome and health
Jan. 17 <sup>th</sup>	Transcatheter aortic valve replacement benefits
Jan. 18 <sup>th</sup>	Demystifying epilepsy
Jan. 21 <sup>st</sup>	What you need to know about COPD
Jan. 22 <sup>nd</sup>	Ideas for dealing with pain
Jan. 23 <sup>rd</sup>	Why online ED treatments can be harmful
Jan. 24 <sup>th</sup>	Importance of eating breakfast
Jan. 25 <sup>th</sup>	Foot problems
Jan. 28 <sup>th</sup>	Southern diet dangers
Jan. 29 <sup>th</sup>	Best way to get your fruits
Jan. 30 <sup>th</sup>	Amputee rehabilitation
Jan. 31 <sup>st</sup>	Sun protection is for all seasons



