

Mayo Clinic Radio Health Minute January 2021

Jan 1 st	Added sugars
Jan 4 th	Carpal tunnel pillar pain
Jan 5 th	Eyes predict disease
Jan 6 th	Importance of eating breakfast
Jan 7 th	Anesthesia 411
Jan 8 th	Celiac disease in the family
Jan 11 th	Celiac disease on the rise
Jan 12 th	MRI's
Jan 13 th	Stay healthy during breast cancer
Jan 14 th	Avoiding kidney stones
Jan 15 th	Flaxseed
Jan 18 th	What you need to know about stroke
Jan 19 th	Drink to thirst
Jan 20 th	Breaking down colorectal cancer
Jan 21 st	Symptoms of colon cancer
Jan 22 nd	Screening for colon cancer
Jan 25 th	Ditch the junk food
Jan 26 th	Obesity forecast
Jan 27 th	Capsaicin's connections to heart health
Jan 28 th	3 things women should know about heart disease
Jan 29 th	Women estrogen and heart disease

