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Osteopathic medicine: What kind of doctor is a D.O.? - Mayo Clinic

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?

Ileostomy - Mayo Clinic

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 enjoyed before your ileostomy. Bathing and swimming You can shower with or without your ileostomy pouching system. Water will not go into the stoma.

Hydronephrosis - Diagnosis and treatment - Mayo Clinic

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 about your symptoms and doing a physical exam. You may be referred to a doctor called a urologist, who finds and treats conditions of the urinary system.

Statin side effects: Weigh the benefits and risks - Mayo Clinic

Statin side effects can be uncomfortable but are rarely dangerous.

Urinary tract infection (UTI) - Symptoms and causes - Mayo Clinic

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

Oxcarbazepine (oral route) - Side effects & dosage - Mayo Clinic

Do not stop using this medicine suddenly without talking first to your doctor. You may need to slowly decrease your dose before stopping it completely. This medicine may cause some people to become dizzy, drowsy, lightheaded, clumsy, unsteady, or less alert than they are normally.

How well do face masks protect against COVID-19? - Mayo Clinic

Face masks can help slow the spread of coronavirus disease 2019 (COVID-19). Learn about mask types, which masks to use and how to use them.

Dietary supplements for weight loss - Mayo Clinic

Know what claims about weight loss mean You might be surprised to learn that makers of dietary supplements rarely do clinical trials. That's part of the reason why there's little scientific proof to show that weight-loss supplements work. For instance, stores sell raspberry ketone as a weight-loss product with clinical proof.

Stretching: Focus on flexibility - Mayo Clinic

Learn why stretching your muscles is an important part of your exercise routine and how to do it safely.

Mindfulness exercises - Mayo Clinic

Engaging with the world around you can lower your stress. Here's how to practice mindfulness meditation.