

average iq african countries

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Infant growth: What's normal? - Mayo Clinic

Infant growth rates depend on various factors. Consider what's typical during baby's first year.

Heart rate: What's normal? - Mayo Clinic

A normal resting heart rate for adults ranges from 60 to 100 beats per minute. A heart rate above or below that may signal a health condition.

Menopause - Symptoms and causes - Mayo Clinic

Menopause can happen in the 40s or 50s. But the average age is 51 in the United States. Menopause is natural. But the physical symptoms, such as hot flashes, and emotional symptoms of menopause may disrupt sleep, lower energy or affect mood. There are many treatments, from lifestyle changes to hormone therapy.

Calorie calculator - Mayo Clinic

If you're pregnant or breast-feeding, are a competitive athlete, or have a metabolic disease, such as diabetes, the calorie calculator may overestimate or underestimate your actual calorie needs.

A1C test - Mayo Clinic

An A1C test result shows the average blood sugar level over the past 2 to 3 months. The A1C test measures what percentage of hemoglobin in the blood is coated with sugar, also called glycated. The higher the A1C level is, the poorer the blood sugar management. And the higher the risk of having health concerns related to diabetes.

Blood pressure chart: What your reading means - Mayo Clinic

A diagnosis of high blood pressure is usually based on the average of two or more readings taken on separate visits. The first time your blood pressure is checked, it should be measured in both arms to see if there is a difference. After that, the arm with the higher reading should be used. An accurate reading is important.

Water: How much should you drink every day? - Mayo Clinic

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water. So how much fluid does the average, healthy adult living in a temperate climate need? The U.S. National Academies of Sciences, Engineering, and Medicine determined that an

adequate ...

Caffeine: How much is too much? - Mayo Clinic

Is caffeine causing you problems? Find out how much is too much and if you need to cut down.

Complete blood count (CBC) - Mayo Clinic

Overview A complete blood count (CBC) is a blood test. It's used to look at overall health and find a wide range of conditions, including anemia, infection and leukemia. A complete blood count test measures the following: Red blood cells, which carry oxygen White blood cells, which fight infection Hemoglobin, the oxygen-carrying protein in red blood cells Hematocrit, the amount of red blood ...

Dwarfism - Symptoms and causes - Mayo Clinic

People of average height may have misconceptions about people with dwarfism. And the portrayal of people with dwarfism in modern movies often includes stereotypes. Misconceptions can affect a person's self-esteem and limit how well they do at school or work. Children with dwarfism often are teased and mocked by classmates.