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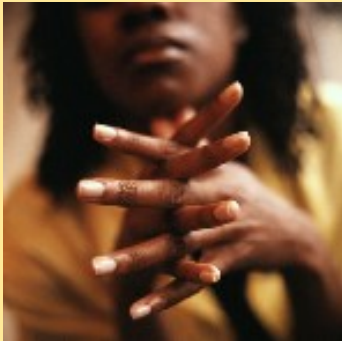
Health eClicks



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Make Nail Care Part Of Your Spring Health Routine

"Many people do not realize that the condition of an individual's nails reveals a lot about a person's general health," says Tyler Cymet, D.O., an osteopathic family physician at Sinai Hospital.

Dr. Cymet explains that a healthy nail bed should look pink, from a rich blood supply. The nail plate, the most visible part of the nail, should be lustrous, strong and flexible. Nail discoloration or a difference in composition can indicate health concerns.

[Should you be concerned?](#)

The Sleep - Diet Connection



Did you know that a lack of sleep can affect feelings of hunger? Decreased amounts of sleep can directly affect your appetite. When you don't get enough sleep, your appetite and feeling of hunger increase.

[Find out how to improve your sleep habits.](#)

Early Detection of Ovarian Cancer



Approximately one in 70 women will develop ovarian cancer, the fourth leading cause of cancer deaths among women in the United States.

Yet, when detected early, ovarian cancer can be cured the majority of the time.

[Get more facts on early detection.](#)

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Did You Know?

An average person has 10,000 taste buds, but most people lose half of them by the time they reach their 60s.

Health Tidbits

Drinking enough water - 1/2 a liter a day for every 50 pounds of body weight - is essential for our bodies to function at optimal levels.

The American Osteopathic Association proudly represents its professional family of 59,000 osteopathic physicians (D.O.s); promotes public health; encourages scientific research; serves as the primary certifying body for D.O.s; is the accrediting agency for osteopathic medical colleges; and has federal authority to accredit hospitals and other health care facilities.

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