

# Medical Minute

Here's your Parish Nurse giving you information to make you feel smart again, and maybe win in a Trivia game!



- If you have dry mouth that is accompanied by a burning or tingling sensation, it might be due to a vitamin B or iron deficiency. Have your doctor run a blood test for sure. Or stop eating hot peppers.
- If you expect to live another 10 years and are healthy, then you should have a mammogram every 1-2 years even if you are 70 or older. So, in other words, just plan on getting squeezed forever.
- If you were born in 1957 or after and aren't sure whether you had a live measles vaccine, then you should get one dose of the MMR vaccine. Two doses if you work in healthcare or plan an overseas trip.
- If you wear or need hearing aids, the OTC work just as well as audiologist fitted prescription ones. This is according to a study in JAMA otolaryngology. What? Saving money? I'm in!
- If you take biotin for whatever reason (hair, skin, or nails), it can interfere with tests used to diagnose a heart attack and thyroid function tests. Wow, it's kind of important to know that.

Since knowledge is king, we can all be addressed as "Your highness" from now on!