

Lavin

How do living organisms produce light?

Living organisms may produce their own light via the processes of bioluminescence, fluorescence, or phosphorescence.

- **Fluorescence** happens when a fraction of the light illuminating an object is absorbed and then re-emitted as a different color. When you shine an ultraviolet light on a blacklight poster and it glows, that is fluorescence. Fluorescence in marine animals living in the upper to middle part of the water column is usually bright and concentrated in certain body parts. Scientists think that fluorescence in these animals may play a specific function, such as attracting prey or providing visual recognition. In contrast, fluorescence in organisms living on the deep-sea bottom seems to be more of a byproduct of particular tissue biochemistry and less likely to play any particular adaptive role.

Ala

Fruit and Vegetables

Fruit and vegetables provide us with vitamins and minerals essential for keeping us healthy as well as fibre which is important for digestion. A diet high in fibre can also reduce your risk of heart disease, stroke and some cancers. Try to eat at least five portions of fruit and vegetables a day. Remember that potatoes do not count as a portion of vegetables.

Basoz

Carbohydrates

Bread, rice and potatoes are examples of carbohydrate rich foods. These foods give us plenty of energy. You should try and eat a lot of carbohydrates each day. As well as energy, carbohydrates provide us with fibre, iron, B vitamins and calcium.

Kardo

Cirrhosis of the Liver

Cirrhosis of the liver is permanent scarring that damages your liver and interferes with its functioning. It can lead to liver failure. Cirrhosis is the result of persistent liver damage over many years. Alcohol and drugs, viruses and metabolic factors are the most common causes.

Alan

What causes the common cold?

A cold is caused by any one of several viruses that causes inflammation of the membranes that line the nose and throat. It can result from any one of more than 200 different viruses. But, the rhinoviruses causes most colds.

The common cold is very easily spread to others. It's often spread through airborne droplets that are coughed or sneezed into the air by the sick person. The droplets

are then inhaled by another person. Colds can also be spread when a sick person touches you or a surface (like a doorknob) that you then touch.

Yara

What Is Diabetes?

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Glucose is your body's main source of energy. Your body can make glucose, but glucose also comes from the food you eat.

Insulin is a hormone made by the pancreas that helps glucose get into your cells to be used for energy. If you have diabetes, your body doesn't make enough—or any—insulin, or doesn't use insulin properly. Glucose then stays in your blood and doesn't reach your cells.

Paiwand

Do Apples Really Clean Your Teeth?

It's no secret that apples are good for you. They're packed with vitamins and antioxidants, and they can help keep your heart healthy. But did you know that apples can also help clean your teeth? That's right - according to some experts, eating an apple can actually help remove plaque from your teeth and gums. The reason is that apples contain a type of acid called malic acid, which has been shown to be effective in breaking down plaque and potentially whiten tooth enamel

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Sarya

The Role of Red Blood Cells in Anemia

Red blood cells carry hemoglobin, an iron-rich protein that attaches to oxygen in the lungs and carries it to tissues throughout the body. Anemia occurs when you do not have enough red blood cells or when your red blood cells do not function properly. It is diagnosed when a blood test shows a hemoglobin value of less than 13.5 gm/dl in a man or less than 12.0 gm/dl in a woman. Normal values for children vary with age.

Lavyar

Seizure

A seizure is a sudden burst of electrical activity in the brain. It can cause changes in behavior, movements, feelings and levels of consciousness. Epilepsy is defined as having two or more seizures at least 24 hours apart that don't have a known cause. But epilepsy doesn't cause all seizures.

There are many types of seizures. They have a range of symptoms and vary in how much they affect your daily life. Seizure types also vary by where they begin in the brain and how far they spread. Most seizures last from 30 seconds to two minutes. A seizure that lasts longer than five minutes is a medical emergency.

Hiwa

Knee Pain

Knee pain is an extremely common symptom that can result from everything from a temporary injury to a chronic condition like arthritis. You can usually treat knee pain at home with rest and over-the-counter medicine. Visit a healthcare provider if you've experienced an injury or have knee pain for more than a few days in a row.

Mardin

Stroke

A stroke is your brain's equivalent of a heart attack, happening when there's an issue with blood flow to part of your brain. This can happen when blood vessels are blocked or because of bleeding in your brain. Strokes are a life-threatening emergency, and immediate medical attention is critical to prevent permanent damage or death.

Shazad

Cosmology

cosmology, field of study that brings together the natural sciences, particularly astronomy and physics, in a joint effort to understand the physical universe as a unified whole. The "observable universe" is the region of space that humans can actually or theoretically observe with the aid of technology. It can be thought of as a bubble with Earth at its centre. It is differentiated from the entirety of the universe, which is the whole cosmic system of matter and energy, including the

human race. Unlike the observable universe, the universe is possibly infinite and without spatial edges.

Vanya

8 TIPS for Healthy Eyes: Look, See and Feel Better!

1. Be active. Regular exercise can delay the onset of age-related macular degeneration (the leading cause of permanent vision loss later in life).
2. Schedule eye exams for your whole family. A comprehensive eye exam can detect serious problems, like diabetes, before you even know they exist!
3. Wear sunglasses to protect your eyes from the sun's UV rays, which can be dangerous even on cloudy days.
4. Rest your eyes once every 20 minutes for 20 seconds while on your cell phone, tablet or computer, to help prevent eye strain.

Hana

What is high blood pressure?

Blood pressure is the force of blood against the walls of blood vessels (arteries) that carry blood away from your heart to other parts of your body. In a person, this actually varies with different activities, across the day and night, and from one day to another

Consistently high blood pressure can lead to damage in the arteries and organs, and is a leading cause of stroke, heart disease and kidney disease.

Lowering blood pressure, by even just 5mmHg*, can significantly lower the chance of developing serious health problems like the ones mentioned above.

Asia

WHAT IS JAUNDICE?

Jaundice is a medical disorder in which the skin and eyes acquire a yellowish color due to an excess of bilirubin in the blood. Bilirubin is a yellow pigment produced by the breakdown of red blood cells. When the liver cannot properly process bilirubin, it accumulates in the body, causing the yellowish tone in the skin and eyes. Jaundice can be caused by various conditions, such as liver problems, obstruction of the bile ducts, or blood disorders. It is important to seek medical attention if jaundice occurs to determine the underlying cause and receive appropriate treatment.

Shato

When the rocks break, the earthquake occurs. Durring the earthquake and afterward, the plates or blocks of rock start moving, and they continue to move until they get stuck again. The spot underground where the rock breaks is called the focus of the earthquake. The place right above the focus is called the epicenter of the earthquake.

Jwan

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 cells in the blood
- Platelets, which help blood to clot

Ahmad

What is a migraine? A Mayo Clinic expert explains

A migraine is a headache that can cause severe throbbing pain or a pulsing sensation, usually on one side of the head. It's often accompanied by nausea, vomiting, and extreme sensitivity to light and sound. Migraine attacks can last for hours to days, and the pain can be so bad that it interferes with your daily activities.

Mohamad

What Are Genetic Therapies?

Genetic therapies aim to treat or cure conditions by correcting problems in your DNA. Your DNA, including specific genes, contains instructions for making proteins that are essential for good health. Mutations, or changes in your DNA, can lead to proteins that do not work properly or that are missing altogether. These changes can cause genetic, or inherited, disorders such as cystic fibrosis, thalassemia, hemophilia, and sickle cell disease.

Deia

Chemotherapy:-

It is one of the most common treatments for cancer.

It uses certain drugs to kill cancer cells or to stop them from growing and spreading to other parts of your body. Your doctor might prescribe chemo by itself or with surgery or radiation therapy.

- Why You Need Chemotherapy ?

Even after surgery to remove a tumor, your body might still have cancer cells.

These cells can grow new tumors or spread the cancer to other parts of your body

Chemotherapy drugs help destroy, shrink, or control those cells. It might also treat symptoms the cancer causes, like pain. You might also get chemo to shrink a tumor before your doctor removes it in surgery.