

# Medical Myths That Can Kill You



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MEDICAL NEWS THIS Doctor WANTS YOU TO KNOW

MYTH: Vaccinations are just for kids.

FACT: More than 500,000 adults get shingles each year. It is a painful rash that results from a childhood chicken pox infection and can be prevented by getting a shingles vaccine in adulthood.

MYTH: Vitamin C prevents colds.

FACT: It can actually be harmful when taken in large doses over long periods of time.

MYTH: If I'm not overweight, I'm not at risk of heart attack.

FACT: Thin people die of heart attacks every day. The real culprits are smoking, cholesterol, and triglycerides.

Stop diagnosing yourself with false information and half-truths found on sketchy

websites. In Medical Myths That Can Kill You, Dr. Nancy L. Snyderman, chief medical editor for NBC News, provides clear, practical, scientifically proven advice that can lead you to a healthier, happier life.

作者介绍:

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