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Health & Medicine Blood tests could pave the way for distinguishing between Alzheimers, Parkinsons and some dementias, aiding early treatment for brain diseases. By Tina Hesman SaeyJuly 15, 2025 Health & Medicine Blood proteins that reveal some organs age faster than others and that may predict disease and lifespan. By Celina ZhaoJuly 15, 2025 Chemistry Experiments in mice show that some gut bacteria can absorb toxic PFAS chemicals, allowing animals to expel them through feces. By Erin Garcia de JessJuly 11, 2025 Health & Medicine U.S. diets should include more of vitamins D and E, fiber, calcium and magnesium all are essential nutrients that could offer health benefits. By Meghan RosenJuly 8, 2025 Health & Medicine Adults who walked more than 100 minutes per day were less likely to have chronic low back pain than those who walked fewer than 78 minutes per day. By Meghan RosenJuly 7, 2025 Health & Medicine A key advisory group vows to base decisions on evidence, boost confidence in vaccines and protect health. Experts fear the opposite is happening. By Tina Hesman SaeyJuly 2, 2025 Health & Medicine In a small cell therapy trial, 10 out of 12 people with type 1 diabetes no longer needed supplemental insulin, even a year after treatment. By Meghan RosenJuly 2, 2025 Health & Medicine Using millions of tiny needles, the patch samples molecular data from inside cells without damaging them, providing intel on composition in minutes. By Payal DharJune 30, 2025 Health & Medicine New imaging tools reveal how within an hour of infection, the virus begins to alter our chromosomes to kick-start its own replication. By Amanda HeidtJune 30, 2025 Skip to content Sign up for our newsletter We summarize the week's scientific breakthroughs every Thursday. Skip to content Sign up for our newsletter We summarize the week's scientific breakthroughs every Thursday. Questions or comments on this article? E-mail us atfeedback@sciencenews.org | Reprints FAQ A version of this article appears in the March 9, 2024 issue of Science News. L. Braghieri, R. Levy and A. Makarin. Social media and mental health. American Economic Review. Vol. 112, November 2022, p. 3660. doi: 10.1257/aer.20211218.E. Fumagalli, L.J. Shrum and T.M. Lowrey. The effects of social media consumption on adolescent psychological well-being. Journal of the Association for Consumer Research, in press, 2024. doi: 10.1086/728739.G. Wood et al. Smartphones, social Media and Adolescent mental well-being: the impact of school policies Restricting dayTime use protocol for a natural experimental observational study using mixed methods at secondary schools in England (SMART Schools Study). BMJ Open. Vol. 13, July 2023, e075832. doi: 10.1136/bmjopen-2023-075832.A. Orben et al.Windows of developmental sensitivity to social media. Nature Communications. Published online March 28, 2022. doi: 10.1038/s41467-022-29296-3.A. Orben and A.K. Przybylski. The association between adolescent well-being and digital technology use. Nature Human Behaviour. Vol. 3, February 2019, p. 173. doi: 10.1038/s41562-018-0506-1. Weight-loss drugs stole much of the spotlight in 2023, but these medical advances treating other conditions are also worthy of attention (SN: 12/13/23). On December 8, the U.S. Food and Drug Administration approved the worlds first CRISPR/Cas9 gene-editing therapy (SN: 12/8/23). The treatment, called Casgevy, targets sickle cell disease by helping patients produce healthy hemoglobin. In people with the disease, hemoglobin is abnormal, causing red blood cells to become hard and crescent shaped, which can block blood flow. By March 2024, the FDA will decide whether the same therapy can be used to treat beta-thalassemia, a disorder that reduces hemoglobin production. Sign up for our newsletter We summarize the week's scientific breakthroughs every Thursday. The Alzheimers drug lecanemab (brand name Leqembi) won full FDA approval in July. Like the drug aducanumab approved in 2021, lecanemab removes the amyloid plaques that build up in the brains of people with Alzheimers. The drug doesnt stop the disease, but in a clinical trial, lecanemab slowed cognitive decline by about 30 percent over 18 months compared with a placebo (SN: 8/12/23, p. 9). In June, the FDA approved the first gene therapy for children with Duchenne muscular dystrophy. Due to a faulty gene, people with this muscle-wasting disease dont make the protein dystrophin, which helps keep muscle cells intact. The therapy helps the body produce a version of the missing protein (SN: 6/22/23). Several ways to protect against respiratory syncytial virus arrived this year. In May, the FDA approved the first RSV vaccine, called Arexvy, in the United States, for adults age 60 and older (SN: 6/17/23, p. 8), and then in August, a vaccine for pregnant people, called Abrysvo (SN: 8/25/23). A monoclonal antibody a lab-made antibody that mimics immune system proteins won approval in July to protect children 2 and younger from the virus, which sends as many as 80,000 young children to U.S. hospitals each year (SN: 4/27/23). But in October, limited supplies of the therapy led the U.S. Centers for Disease Control and Prevention to recommend reserving it for babies at highest risk for complications from RSV. Until August, the only medication in the United States specifically targeting postpartum depression required a 60-hour intravenous infusion in a hospital (SN: 3/22/19). With FDA approval of zuranolone (brand name Zuruvae), those afflicted with postpartum depression can take an oral medication at home and experience improvement in as little as three days. In July, the FDA ruled that the oral contraceptive norgestrel, first approved in 1973, be available without a prescription. Its the first OTC daily birth control pill in the United States. Some public health experts argue that reducing barriers to contraception is especially important to reproductive autonomy now that state bans have limited access to abortion (SN: 5/19/23). Sponsor Message The chikungunya virus can cause fever and severe joint pain, and be fatal to newborns. In November, the FDA approved the first vaccine against the virus, which is transmitted by mosquitoes. The virus is most prevalent in tropical regions, but the FDA warns that its spreading to new parts of the globe. The nasal spray Narcan, aka naloxone, can reverse the effects of an opioid overdose within minutes. In March, the FDA ruled this life-saving drug can be sold over the counter. Officials hope that easier access to Narcan can help fight the opioid epidemic, which claimed the lives of nearly 645,000 people from 1999 to 2021 due to overdoses. Skip to content Sign up for our newsletter We summarize the week's scientific breakthroughs every Thursday. Artificial Intelligence The AI tool used machine learning to outperform current weather simulations, offering faster, cheaper, more accurate forecasts. By Kathryn HulickMay 21, 2025 Artificial Intelligence Adam Beckers new book, More Everything Forever, investigates the dangers of a billionaire-driven tomorrow, in which trillions of humans live in space, served by AI. By Ashley YeagerApril 15, 2025 Artificial Intelligence When classifying climate misinformation, general-purpose large language models lag behind models trained on expert-curated climate data. Artificial Intelligence A new set of artificial intelligence models could make protein sequencing even more powerful for better understanding cell biology and diseases. By Lauren LefferMarch 31, 2025 Artificial Intelligence AI models are growing ever-more capable, accurate and impressive. The question of if they represent general intelligence is increasingly moot. By Lauren LefferMarch 11, 2025 Artificial Intelligence AI medical benchmark tests fall short because they dont test efficiency on real tasks such as writing medical notes, experts say. Artificial Intelligence New brain-inspired hardware, architectures and algorithms could lead to more efficient, more capable forms of AI. By Kathryn HulickFebruary 26, 2025 Artificial Intelligence Defining AI chatbot personality could be based on how a bot feels about itself or on how a person feels about the bot theyre interacting with. By Sujata GuptaFebruary 5, 2025 Health & Medicine AI has the potential to make health care more effective, equitable and humane. Whether the tech delivers on these promises remains to be seen. By Meghan Rosen and Tina Hesman SaeyJanuary 10, 2025 Skip to content Chemistry Experiments in mice show that some gut bacteria can absorb toxic PFAS chemicals, allowing animals to expel them through feces. Climate An oceanographer explains how climate change, warming oceans and a souped-up atmosphere are creating conditions for deadly floods. Health & Medicine In Rehab, journalist Shoshana Walter investigates the systemic pitfalls of drug treatment programs, which prevent peoples recovery from addiction. Computing From jury duty to tax audits, randomness plays a big role. Scientists used quantum physics to build a system that ensures those number draws cant be gamed. Space Gravitational waves spotted by LIGO reveal two black holes, 140 and 100 times the mass of the sun, merged to become a 225 solar mass behemoth. Earth Earth has survived huge temperature swings over eons of climate change. Humans might not be so lucky. Planetary Science A young sunlike star called HOPS 315 seems to host a swirling disk of gas giving rise to minerals that kick-start the planet formation process. Animals This assassin bug's ability to use a tool bees resin could shed light on how the ability evolved in other animals. By Siddhant PusdekarMay 12, 2025 Environment A study of weather on a mountain in Greece reveal that bioparticles in the sky may drive fluctuations in rainfall patterns more broadly. By Nikk OgasaMay 12, 2025 Oceans Hundreds of millions of years before oxygen surged in the atmosphere 2.4 billion years ago, swaths of oxygen winked in and out of existence in the ocean. Animals Introducing captive-bred axolotls to restored and artificial wetlands may be a promising option for the popular pet amphibian. By Anna GibbsApril 30, 2025 Physics Water drops produce electricity when dripped through a small tube. That power might be harnessed as renewable energy in rainy places. By Jude ColemanApril 29, 2025 Oceans Scientists aboard a research vessel near Los Angeles collected ash, air and water samples as fire blazed on the hills before them in January. By McKenzie PrillamanApril 28, 2025 Climate An overlooked Antarctic water system could raise sea levels by more than 2 meters by 2300, computer simulations show. By Nikk OgasaApril 21, 2025 Environment Satellite data reveal a link between the amount of black carbon in the atmosphere and rates of Antarctic sea ice loss in recent years. By Meghie RodriguesApril 18, 2025 Climate Mineral formations in caves reveal recurring periods of humidity in the Arabian Desert over the last 8 million years. By Martin J. KernanApril 9, 2025

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