

Inside this issue of Get Healthy

Inside this week's Your Times, Get Healthy looks at how artificial intelligence is aiding doctors in the office and beyond.

Healthy diets depend as much on what you eat as on how consistently you eat it. Learn about that and more in Hot Topics.

Senior Health plays the skin game with tips on how to keep your epidermis elastic and free of problems including cancer.

Artificial intelligence is everywhere, including your doctor's office. According to the November feature, that's a good thing when it comes to personal attention as well as enhancing outcomes in the delivery room, with stroke victims and in diagnostics.

Slow and steady wins the race in The Fit Life, especially



SPECIAL SECTION INSIDE

when it comes to reversing the effects of overtraining.

Have yourself a merry little holiday season with tips from a Powers Health psychiatrist in Medical Report.

Make sure you're not inviting bacteria to your holiday table. Health coach Carol Slager shows you how in On the Table.

Pets tend not to say too much at any time much less when they're not feeling well. Region veterinarians can help you identify signs of the latter in Your Best Friend.

Sound Mind looks at goals and how to keep them achievable and on track.

Get Healthy has even more information and advice with videos at nwitimes.com/gethealthy

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