

Hereditary and genetic **deafness**

Deafness can have many causes, from hair cell damage to a malformation of a part of the inner ear or a damage to the auditory nerve. Is there a gene for deafness? Yes!

Science has proved that it has been possible to find the gene responsible for deafness associated with a syndrome (deafness and pathology or malformation) in one hundred cases. These genes pass from parent to child when DNA is created, but some of them are recessive while others are dominant. Don't forget that a dominant gene expresses itself more strongly, while a recessive gene must be linked to another recessive gene (father and mother) to be expressed.

Hereditary deafness: cases of transmission of a dominant gene

This occurs when a parent or sibling is affected by deafness.

Three syndromes have been identified:

- **Treacher Collings syndrome:** deafness and deformity of the skull and face.
- **Branchio-oto-renal syndrome:** deafness and deformity of the ear (outer, middle, or inner ear) and kidneys.
- **Waardenburg syndrome:** deafness and disturbance of pigmentation (eyes, skin, hair, and hair growth).

For all these young patients, the degree of deafness varies according to the individual and the associated disorders. Some children have severe deafness, while others have moderate hearing loss.

Genetic deafness: cases of transmission of a recessive gene

This occurs when both parents have perfect hearing and at least one child of the family is deaf.

- **Usher syndromes:** progressive deafness and visual impairment.



- **Jervell and Lange-Nielsen syndrome:** deafness and heart defects.
- **Pendred syndrome:** deafness with malformation of the inner ear and thyroid abnormality.
- **Cockayne syndrome:** deafness associated with 20% below average height and developmental delay.

Read the rest of the article:

<https://medimall.gr/hereditary-and-genetic-deafness/>



Eating in style!

Designed for small portions and small hands, the drip-free kids' box is ideal for healthy school lunches. Get rid of poly bags and pack your kid's lunch, snacks, sweets, etc. in a "bento" box that's nice and ergonomic. With 5 separate sections, food doesn't mix, and is just the right portion for a nutritious kids' lunch. You can get this unique children's lunch box with stainless steel paddles on the lid. Now that is what we call eating in style!

<https://www.amazon.com/Munchkin-Bento-Toddler-Lunch-Yellow/dp/B081FTPP3R>



The ideal pregnancy menu

When you are pregnant, you need a balanced diet to meet your needs and those of your unborn baby.

This is especially important during the first trimester of pregnancy, as certain nutrients play a crucial role in the development of the fetus.

We suggest:

- **Fatty fish (salmon, herring, tuna):** they are very rich in omega-3 fatty acids, which are essential during pregnancy as they contribute to the development of the brain and eyes of the fetus.
- **Dried fruit:** Potassium, vitamin K, fiber and iron are on the menu, depending on the type of dried fruits consumed.
- **Eggs:** these are good foods for pregnant women if they are well cooked. They provide good quality proteins and fats to the body. They also provide choline, a nutrient that supports the development of the baby's brain and immune system.
- **Dairy products such as yoghurt:** They provide calcium and protein to meet the growth needs of the fetus.
- **Lean meats such as beef and pork:** provide protein for the fetus and are rich in iron and vitamin B, among others. Remember to cook them well before eating them.
- **Broccoli:** A true ally for pregnant women, it contains many



essential nutrients, including fiber, vitamins A, C and K, as well as calcium, iron, folate, and potassium. In addition, it is very rich in antioxidants and boosts the immune system.

- **Sweet potatoes:** These vegetables are very rich in beta-carotene, which is converted into vitamin A by our body. This vitamin helps in the growth and composition of the baby's cells and tissues.

Read the rest of the article:

<https://medimall.gr/the-ideal-pregnancy-menu/>

How can I improve my Egg Quality?

What do egg quality indicate? Basically, it shows how ready a woman's eggs are to become healthy embryos once they are fertilized. Good egg quality is essential for having a baby, because to become a healthy embryo, the egg must have the right chromosomes and the ability to combine them with those of the sperm. The egg must have

enough energy to grow and divide normally.

What are the causes of poor egg quality?

A poor-quality egg can interfere with the reproductive process and make the difference between a full-term pregnancy or not. Poor quality eggs can lead to pregnancies with abnormal chromosomes, increasing the risk of genetic disorders in conceiving a baby. Some of the causes of poor egg quality are:

- Age
- Genetic problems
- Immune problems
- Cancer treatments
- Smoking, alcoholism, drugs
- Endometriosis
- Obesity
- Polycystic ovary syndrome

Can we predict the quality of the oocytes?

Every woman is born with a certain number of oocytes. This is called the ovarian reserve, which decreases and loses quality over time.

Read the rest of the article:

<https://medimall.gr/how-can-i-improve-my-egg-quality/>



Platelet Rich Plasma (PRP) and Vaginal Rejuvenation



Vaginal laxity, changes in libido and stress urinary incontinence are common problems that can occur throughout a woman's life due to childbirth, weight changes, natural aging and menopause. These medical problems can have a negative impact on a woman's quality of life. If you are experiencing these problems, don't worry, many women in the same position opt for vaginal rejuvenation as an effective treatment solution.

Vaginal rejuvenation is an umbrella term that encompasses many types of cosmetic procedures, both surgical and non-surgical, aimed at restoring the vagina and surrounding tissues to a healthier state.

Read the rest of the article:

<https://medimall.gr/platelet-rich-plasma-prp-and-vaginal-rejuvenation/>