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Mental Health News Articles From Around The Web May 2, 2023

[How Does Air Pollution Impact Perinatal Mental Health?](#) – *News Medical Life Sciences* ~ Air pollution poses a present and growing danger to physical and mental health. A new review paper published in the *Journal of Clinical Medicine* shows strong associations between air pollution and poor perinatal health, especially postpartum depression and stress.

[Teen Dating Violence Sets Stage For Future Abusive Relationships](#) – *U.S. News* ~ Teens who are abused by a romantic partner may suffer long-lasting repercussions, and this is especially true for girls, a new analysis finds.

[Study Provides Evidence That Breathing Exercises May Reduce Alzheimer's Risk](#) – *Medical Xpress* ~ Published last month in the journal *Scientific Reports*, the study may be the first to discover a way that adults, both young and old, can reduce their amyloid beta levels: via breathing exercises that lower the levels in our blood of these peptides associated with Alzheimer's disease.

[Mattel Unveils A Barbie With Down Syndrome](#) – *NPR* ~ The first Barbie doll representing a person with Down syndrome was released by Mattel "to allow even more children to see themselves in Barbie," the company said.

[Deaths From Alcohol-Related Liver Disease Soared During COVID](#) – *Harvard Gazette* ~ During the pandemic, deaths from alcohol-associated liver disease for American Indian and Alaska Native (AIAN) populations was six times higher than that of white people, according to a study by Massachusetts General Hospital.

[Can Smoking Cigarettes Alter Your Bone Structure?](#) – *News Medical Life Science* ~ In a recent study published in the *Scientific Reports* Journal, researchers conducted *in situ* analyses of tissue samples from individuals who smoked, were former smokers, or never smoked to understand the mechanisms through which exposure to cigarette smoke causes alterations in bone structure.

[How Yoga Is Helping Men In Prison](#) – *Mens Health* ~ Research has found that being detained in prison increases stress, triggers anxiety and depression, reduces sleep, and hurts overall well-being, further stimulating the nervous system in deleterious ways.

The above list is provided to promote awareness of current issues and does not constitute support or endorsement of any idea, author, article, website or organization.