

#WELLNESS

Therapy for Cancer Patients' Mental Health

Patients typically deal with depression, anxiety, and decreased general wellness due to these psychosocial burdens associated with cancer treatment and its side-late-effects. This therapy, which redirects the patients to think differently about their cancer and the meaning of cancer, is particularly beneficial among young cancer patients.



Cancer patients benefit from therapy that changes negative thoughts and behaviors, researchers report. Many cancer patients struggle with negative thoughts, behaviours, and emotions. However, when they identify and "talk back" to these unhelpful thoughts through Cognitive Behavioural Therapy, their mental health and quality of life significantly improve, according to the new study. This therapy, which redirects the patients to think differently about their cancer and the meaning of cancer, is particularly beneficial among young cancer patients. Patients typically deal with depression, anxiety, and decreased general wellness due to these psychosocial burdens associated with cancer treatment and its side-late-effects.

"Prior research has been done on Cognitive Behavioural Therapy related to specific cancer populations, but a more inclusive investigation is lacking," says Anao Zhang, associate professor of Social Work at the University of Michigan and the study's corresponding author. Zhang and colleagues reviewed 132 clinical trials that involved Cognitive Behavioural Therapy (CBT). More than 13,000 people, mostly female (79%), and ranging from ages 4 to 76, participated. The study showed that age and how the therapy was delivered, in-person vs virtual, influenced how effective the treatment was for cancer patients. The therapy was significant for cancer patients and survivors younger than age 40, but researchers failed to find CBT being overall effective for 65 and older, when pooling all available research evidence together. "This meant that there was not enough evidence to claim the effectiveness for this group," Zhang says. "In addition, the older clients' priorities may also differ from their younger peers, which may contribute to a lower/smaller treatment effect," he says. When it comes to delivery, the findings suggest a therapist or clinician, who provides care in-person, ensures treatment effectiveness compared to a telehealth consultation. "For patients, who choose to receive interpersonal therapy, they expect some level of human-to-human, in-person connection, which can be difficult to be replaced by any technological format, for example, having a live human therapist on the other end of Zoom," Zhang says.



Bahamas Is Not 'THE' Venue Anymore

You Got To Walk A Little More



ave space suit, will travel. On Thursday morning, Jared Isaacman, the billionaire founder of payments company Shift4 Payments, took the first commercial spacewalk as part of the Polaris Dawn mission, in collaboration with Elon Musk's SpaceX. He looked extremely cool doing it. That's not just because everyone looks cool in space. Isaacman took the spacewalk in an Extravehicular Activity Suit, a brand new space suit, developed over the last two-and-a-half years by SpaceX as part of a project to create the sort of comparatively low-cost space suits, that could one day be worn by humans on missions to other planets. A typical NASA space suit costs between \$15 and 22 million, according to *Popular Mechanics*, and NASA has spent more than \$600 million developing suits over the years. These aren't exactly quick-to-make, mass-market products. When? The French designers have a project to mull at.

Humans aren't going to colonize the moon or Mars with what amounts to high-priced custom couture. With the new suits, SpaceX's long-term goal is essentially to transform the space suit business into something resembling fast fashion. "Building a base on the Moon and a city on Mars will require millions of space suits," reads a caption on a SpaceX YouTube video, showing off the new suits earlier this year. "The development of this suit and the execution of the spacewalk will be important steps towards a scalable design for space suits on future long-duration missions as life becomes multiplanetary." Isaacman echoed the idea. "We need space suits," he told CNN. "And, you know, they shouldn't cost hundreds of millions of dollars. We need tens of thousands of them someday." The new suits boast fancy features and materials, providing what the company says is "greater mobility, a state-of-the-art helmet heads-up display (HUD) and camera, new thermal management textiles, and materials borrowed" from the company's rocket capsule program. Importantly, they also look awesome. You might think this is a silly observation. And fans of strictly utilitarian clothing may

not care. But Musk seems to understand that making space travel look chic and exciting is important for generating the enthusiasm, and the will, to make risky, expensive space travel ventures happen. Engineering is obviously important, especially when your suit is the only thing protecting you from the icy vacuum of outer space, but so is marketing.

If you're going to hang out in the great cosmic void, why not look cool doing it? *Space fashion*, it's truly the final frontier.

But wait! There are other costs to consider too. This spacewalk is the first of three funded by Mr. Isaacman, a pilot and the founder of electronic payment company, Shift4. He has refused to say how much he is paying for the missions, but they are believed to have cost hundreds of millions of dollars based on Crew Dragon's roughly \$55m (£42m) per seat price for other flights. Billionaires, watch out! Your pennies are showing! A billionaire and an engineer have become the first non-professional crew to perform one of the riskiest manoeuvres in space, a spacewalk. Jared Isaacman and Sarah Gillis stepped out of the SpaceX spacecraft around 15 minutes apart, starting at 11:52 BST, wearing specially-designed suits. "Back at home, we all have a lot of work to do, but from here, Earth sure looks like a perfect world," Mr Isaacman said as he exited. Before this, only astronauts with government-funded space agencies had done a spacewalk. Images broadcast live showed two crew emerge from the white Dragon capsule to float 435 miles

#SPACED- IN

SpaceX says that the suits are comfortable and flexible enough to be worn during launch and landing, eliminating the need to have separate IVA suits. Extra nitrogen and oxygen tanks were installed and all four astronauts wore the suits, meaning that the mission broke the record for most people in the vacuum of space, at once. (700 kms) above the blue Earth below. Mr Isaacman emerged first, wiggling his limbs, hands and feet to test his suit. He returned back inside the hatch, and Ms. Gillis, who works for SpaceX, then climbed out. Both crew narrated their spacewalk, describing how their suits performed outside of the craft. The walk, originally scheduled for 07:20 BST, was postponed early on Thursday. Anticipation and tension grew as the crew prepared to open the hatch on the craft that has no air lock, or doorway between the vacuum outside and the rest of the spacecraft. The four crew members spent two days 'pre-breathing' to prevent becoming seriously ill from decompression sickness, known as getting 'the bends,' as the pressure changed. That involves replacing nitrogen in the blood

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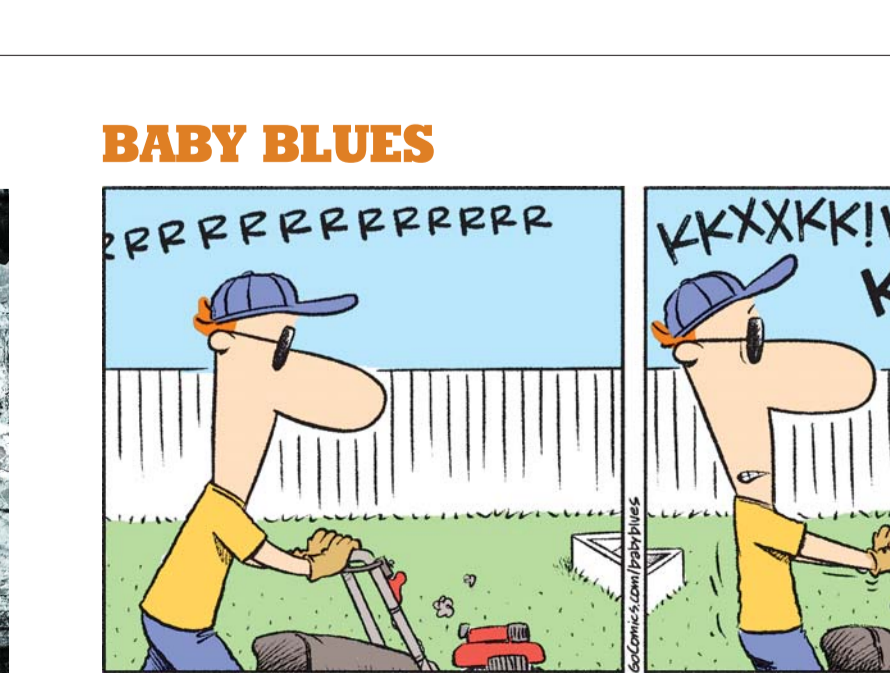
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Milan Fashion Week

Milan Fashion Week stands as a beacon of creativity and style in the fashion world. Designers and fashion enthusiasts flock to Milan for this event, eager to see the latest trends and groundbreaking collections. The city buzzes with excitement as top brands like Prada, Ferrar, and Moschino unveil their new designs, setting the tone for the upcoming fashion season. The week isn't just about clothes, it's a full sensory experience filled with glamorous parties, celebrity sightings, and the electric energy of one of the Europe's most stylish cities.

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#TRENDS & TECHNOLOGY

Best Weather Mobile Apps

Some apps tell you everything you need to know about the environment around you and throughout the world

Technology is now proving to be a boon in our daily lives. No invention, however, can compare to the creation of exceptional cell phones and their apps! Everything is just a click away, from buying clothes to buying groceries. You may order almost any product or service from your smartphone. Through mobile phones and their apps, one may read news online and form a virtual network of one's own. Not only that, but you can use your smartphone to view the local weather forecast for the next few days and months! Some apps tell you everything you need to know about the environment around you and throughout the world. With each passing day, the number of people using weather apps will skyrocket. With this in mind, we've compiled a list of the top weather apps. All you have to do now is pick which one of the apps you want to put on your phone.

AccuWeather Inc. is a US-based media company that provides commercial weather forecasting services around the world. AccuWeather is based in Ferguson Township, Pennsylvania, just outside of State College, and has offices in Manhattan's 7 World Trade Centre and Wichita, Kansas, and Oklahoma City, Oklahoma. AccuWeather has offices in Montreal, Tokyo, Beijing, Seoul, and Mumbai, among other places. The app offers a massive collection of functions for each screen. AccuWeather can provide you with everything from a fast read on current temperatures and weather conditions to a complete precipitation study. This AccuWeather apps for Android and iOS contain over 3 million weather predictions.

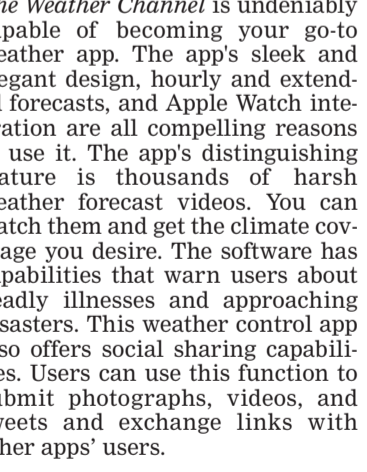
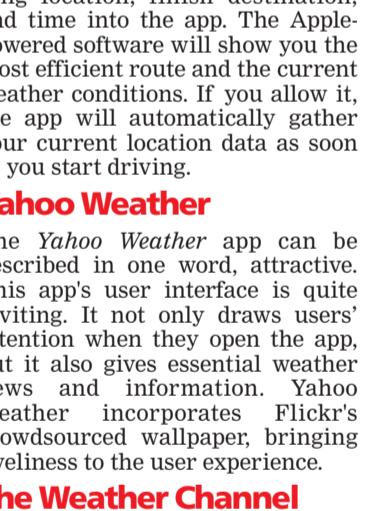
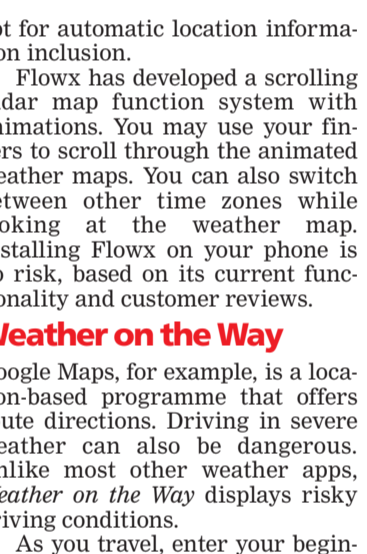
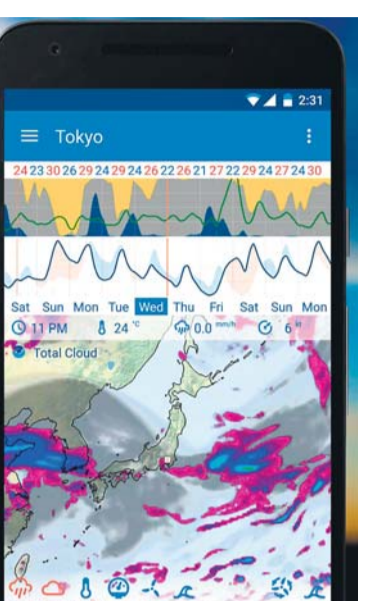
Weather Underground There are many reasons to download the *Weather Underground* app to your phone. The app's layout is user-friendly and keeps users engaged while providing weather information. This app relies on over 30,000 individual weather stations to provide accurate weather forecasts. The app's estimates rely heavily on the reports and projections of these stations. This programme can even predict how long a thunderstorm will persist or how fast the wind will blow in the coming month. Because of its 'Smart Forecast' function, this app may gain the user's attention in the long run. You can use this function to tell the app the best time to go hiking, running, or on a trip shortly.

Flowx Flowx has created an Android app that shows data in a visually appealing manner. You should download Flowx if you want to look at weather data intriguingly. It provides consumers with precise forecasts and supplementary information in maps, graphs, and charts. Users can manually set custom locations or opt for automatic location information inclusion. Flowx has developed a scrolling radar map function system with animations. You may use your fingers to scroll through the animated weather maps. You can also switch between other time zones while looking at the weather map. Installing Flowx on your phone is no risk, based on its current functionality and customer reviews.

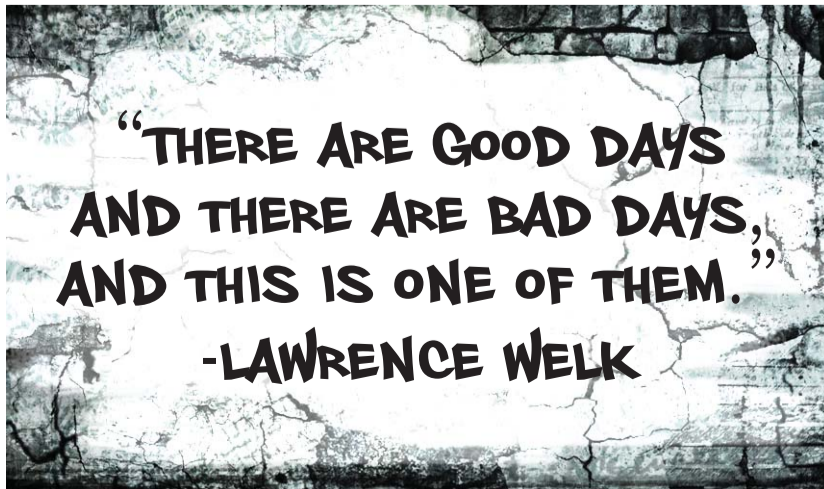
Weather on the Way Google Maps, for example, is a location-based programme that offers route directions. Driving in severe weather can also be dangerous. Unlike most other weather apps, *Weather on the Way* displays risky driving conditions. As you travel, enter your beginning location, finish destination, and time into the app. The Apple-powered software will show you the most efficient route and the current weather conditions. If you allow it, the app will automatically gather your current location data as soon as you start driving.

Yahoo Weather The *Yahoo Weather* app can be described in one word, attractive. This app's user interface is quite inviting. It not only draws users' attention when they open the app, but it also gives essential weather news and information. Yahoo Weather incorporates Flickr's crowdsourced wallpaper, bringing liveliness to the user experience.

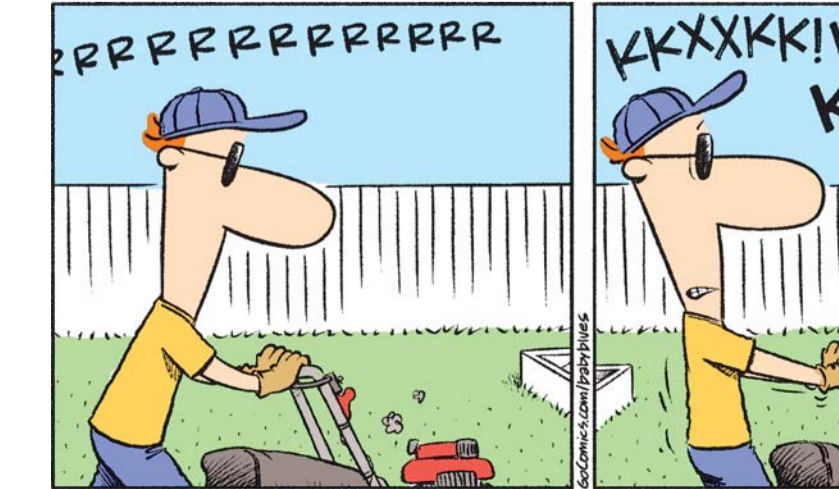
The Weather Channel The *Weather Channel* is undeniably capable of becoming your go-to weather app. The app's sleek and elegant design, hourly and extended forecasts, and Apple Watch integration are all compelling reasons to use it. The app's distinguishing feature is thousands of harsh weather forecast videos. You can watch them and get the climate coverage you desire. The software has capabilities that warn users about deadly illnesses and approaching disasters. This weather control app also offers social sharing capabilities. Users can use this function to submit photographs, videos, and tweets and exchange links with other apps' users.



THE WALL



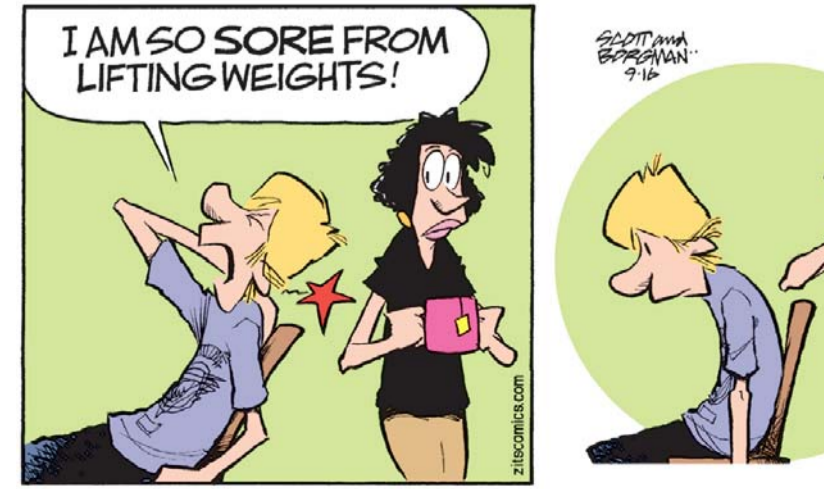
BABY BLUES



ZITS



ZITS



ZITS



By Rick Kirkman & Jerry Scott

By Jerry Scott & Jim Borgman