All cleaned up!

All cleaned up! Someone hacked into our blog and inserted links to ads without our knowledge and certainly without our endorsement.

We combed through ALL of our blog posts and removed all links to ads, and we added some security to our site. You will note that while we link to our own prior posts and to scholarly sources, we do not advertise on our blog and we do not insert links that endorse any particular products.

Thanks for your patience while we cleaned up !

Julie Kardos, MD and Naline Lai, MD
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