

how do u say hello in portuguese

How Do U Say Hello in Portuguese? A Friendly Guide to Greetings

how do u say hello in portuguese is a question that pops up often for travelers, language learners, or anyone curious about Brazilian and Portuguese culture. Greeting someone is the first step in making connections, and knowing the right way to say hello in Portuguese can open doors to warm conversations and new friendships. Whether you're planning a trip to Portugal, Brazil, or simply want to impress a Portuguese-speaking friend, this guide will walk you through the different ways to greet people, the cultural nuances behind them, and some handy tips for sounding natural.

Basic Ways to Say Hello in Portuguese

When it comes to greetings, Portuguese offers several options depending on the formality, time of day, and region. The two most common and universally understood greetings are:

Olá

"Olá" is the equivalent of "Hello" in English. It's simple, friendly, and works in both formal and informal settings. You can say "Olá" to anyone, whether you're meeting a stranger, a colleague, or a friend.

Oi

"Oi" is more casual and common in Brazil, similar to saying "Hi" or "Hey" in English. It's warm and informal, so it's perfect when greeting friends, family, or people your age or younger. However, in Portugal, "Oi" isn't used as frequently, so if you're visiting Lisbon or Porto, sticking to "Olá" might be safer in unfamiliar company.

Greetings According to Time of Day

Just like in English, Portuguese has specific greetings related to the time of day. These are especially useful if you want to sound polite and culturally aware.

Bom dia (Good morning)

"Bom dia" literally translates to "Good day" but is used like "Good morning." It's commonly used from early morning until around noon. Saying "Bom dia" when you enter a shop or meet someone in the morning is a courteous gesture.

Boa tarde (Good afternoon)

“Boa tarde” means “Good afternoon” and is used from noon until early evening (around 6 pm). It’s a nice way to greet someone during the day in a polite and respectful way.

Boa noite (Good evening / Good night)

“Boa noite” serves a dual purpose: it means both “Good evening” as a greeting and “Good night” as a farewell. You’d say “Boa noite” when meeting someone after dark or when parting ways at night.

Formal vs. Informal Greetings in Portuguese

Understanding the difference between formal and informal greetings can help you navigate social situations more smoothly and avoid awkward moments.

Formal Greetings

In more formal contexts, such as business meetings, addressing elders, or speaking to someone you don’t know well, adding polite phrases is important. For example:

- “Como vai?” – meaning “How are you?” but used formally.
- “Tudo bem?” – literally “Everything good?” but used as “How are you?” in casual and semi-formal contexts.
- “Senhor” (sir) or “Senhora” (ma’am) can be added after greetings to show respect, e.g., “Olá, senhor.”

Informal Greetings

Among friends or people around your age, informal greetings and slang are common. Besides “Oi,” you might hear:

- “E aí?” – roughly “What’s up?” or “Hey, how’s it going?”
- “Fala” – short for “fala aí,” meaning “Speak” or “Talk to me,” used like “Hey” or “Hi.”
- “Beleza?” – literally “Beauty?” but used as “All good?” or “What’s up?”

These informal greetings reflect the laid-back Brazilian vibe and are perfect once you feel comfortable with the language.

Regional Differences in Saying Hello

Portuguese is spoken in several countries, with Brazil and Portugal being the largest communities. Though the language is fundamentally the same, greetings can differ.

Brazilian Portuguese

In Brazil, casual greetings dominate daily life. “Oi” and “E aí?” are staples. It’s also common to accompany greetings with a hug or cheek kiss, especially among friends or family.

European Portuguese

In Portugal, “Olá” and “Bom dia” are more common, and people tend to be slightly more formal with strangers. Handshakes are typical in professional contexts, and cheek kisses usually happen only among close friends or family.

Non-Verbal Greetings in Portuguese-Speaking Cultures

Saying hello isn’t just about words—body language plays a crucial role in Portuguese-speaking cultures.

- **Brazil:** A warm hug or one to three kisses on the cheek is common, depending on the region. Brazilians are quite affectionate, and these gestures convey friendliness.
- **Portugal:** A handshake is standard in formal situations, while two cheek kisses (starting with the right cheek) are common among friends and family.
- **Cape Verde, Angola, Mozambique:** Similar customs apply, often combining verbal greetings with handshakes or embraces.

Understanding these customs helps you avoid misunderstandings and shows respect for local traditions.

Tips to Sound Natural When Saying Hello in Portuguese

If you’re learning Portuguese, here are some helpful tips to make your greetings feel authentic:

1. **Listen and Mimic:** Pay attention to how locals greet each other in movies, shows, or real life. The tone and rhythm matter as much as the words.
2. **Use the Right Greeting for the Time:** Saying “Bom dia” in the afternoon might feel odd to native speakers.
3. **Don’t Overthink Formality:** In Brazil, people appreciate warmth and friendliness more than strict formality. Starting with “Oi” and a smile often works wonders.
4. **Practice with Friends:** If you know native speakers, ask them to help you practice greetings and correct your pronunciation.
5. **Remember the Cultural Context:** A formal greeting might be necessary in business but too stiff among young friends.

Why Learning to Say Hello in Portuguese Matters

Mastering greetings is more than memorizing phrases—it's a gateway to understanding the culture and building rapport. Saying hello correctly shows respect, openness, and a willingness to connect. For travelers, it can make interactions smoother, from ordering food to asking for directions. For language learners, it's a confidence booster and the first step towards fluency.

Moreover, Portuguese is the sixth most spoken language worldwide, with over 250 million speakers. Whether you're interested in Brazilian samba, Portuguese literature, or Lusophone business opportunities, starting with a simple "Olá" can open many doors.

Next time you wonder, "how do u say hello in portuguese," remember there's a variety of greetings depending on the situation, region, and relationship. From the friendly "Oi" in Brazil to the polite "Bom dia" in Portugal, each phrase carries its own warmth and cultural flavor. So go ahead, greet someone in Portuguese—you'll likely be met with a smile and perhaps even a "Tudo bem?" back.

Frequently Asked Questions

How do you say hello in Portuguese?

You say hello in Portuguese by saying 'Olá'.

What is the most common way to greet someone in Portuguese?

The most common way to greet someone in Portuguese is by saying 'Olá', which means hello.

Are there different ways to say hello in Portuguese depending on the time of day?

Yes, in Portuguese you can say 'Bom dia' for good morning, 'Boa tarde' for good afternoon, and 'Boa noite' for good evening or good night.

How do you say hello in Brazilian Portuguese?

In Brazilian Portuguese, you say hello as 'Olá' or informally 'Oi'.

Is 'Oi' a formal way to say hello in Portuguese?

No, 'Oi' is an informal and friendly way to say hello in Portuguese, commonly used in Brazil.

How do you greet someone politely in Portuguese?

To greet someone politely in Portuguese, you can say 'Olá, como vai?' which means 'Hello, how are you?'

Can you say hello in Portuguese using a phrase instead of just one word?

Yes, you can say 'Olá, tudo bem?' which means 'Hello, is everything good?'

How do you say hello in Portuguese in a business setting?

In a business setting, it's common to say 'Olá' followed by a formal greeting like 'Como vai senhor/senhora?' which means 'Hello, how are you sir/madam?'

Additional Resources

How Do You Say Hello in Portuguese? An In-Depth Exploration

how do u say hello in portuguese is a question commonly posed by language learners, travelers, and cultural enthusiasts alike. Understanding the greeting conventions of any language goes beyond simple translation; it opens a window into the culture, social norms, and linguistic nuances of its speakers. Portuguese, spoken by over 250 million people worldwide, primarily across Portugal, Brazil, and several African countries, offers a variety of ways to say hello that vary by region, formality, and context. This article delves into the multiple expressions used to greet someone in Portuguese, their appropriate usage, and the cultural implications behind them.

The Basic Greeting: Olá

The most straightforward and widely recognized way to say hello in Portuguese is “Olá.” Equivalent to the English “Hello,” “Olá” is universally understood across Portuguese-speaking countries. Its usage transcends formal and informal situations, making it a safe and versatile greeting for beginners and travelers.

Despite its simplicity, “Olá” has some subtle cultural connotations. In Portugal, for instance, it might be perceived as slightly more formal than in Brazil, where casual greetings tend to be more relaxed and varied. When learning the language, starting with “Olá” provides a solid foundation for respectful and clear communication.

Pronunciation and Usage

- Pronounced as [oh-LAH], the word is phonetically straightforward.
- Common among all age groups and settings.
- Often used in phone conversations, emails, or face-to-face meetings.
- Can be combined with a person's name or title for added politeness, e.g., “Olá, Maria.”

Alternative Greetings: Bom Dia, Boa Tarde, and Boa Noite

Portuguese speakers often greet each other according to the time of day, much like English speakers say "Good morning" or "Good evening." These greetings are not only polite but also indicative of one's attentiveness to social norms.

- **Bom dia** (Good morning): Used from dawn until around noon.
- **Boa tarde** (Good afternoon): Typically used from noon until dusk.
- **Boa noite** (Good evening/night): Used from dusk onward and also as a way to say goodbye at night.

These expressions are particularly important in formal or semi-formal contexts, such as business meetings, customer service interactions, or when addressing elders. Their use signals respect and cultural awareness.

Regional Variations in Greeting

While "Bom dia," "Boa tarde," and "Boa noite" are standard, regional variations exist, especially in Brazil. For example:

- In Brazil's northeast, you might hear "Oi" more frequently than "Olá."
- "Oi" is an informal, friendly greeting akin to "Hi" or "Hey" in English, popular among younger generations.
- In Portugal, "Oi" is less common and might be perceived as overly casual or even intrusive in formal situations.

Understanding Informal Greetings: Oi and E aí?

In casual settings, Portuguese speakers often opt for informal greetings that convey friendliness and familiarity. Two of the most common informal greetings are "Oi" and "E aí?"

"Oi" is the Portuguese equivalent of "Hi." It is widely used in Brazil and understood in other Portuguese-speaking regions but carries a more relaxed tone than "Olá." It is suitable among friends, family, or peers.

"E aí?" is a colloquial phrase that translates roughly to "What's up?" or "How's it going?" This greeting is predominantly Brazilian and reflects the country's vibrant, expressive culture.

Appropriate Contexts for Informal Greetings

- Among peers or friends in informal environments

- In text messages, social media, or casual conversations
- Not recommended in formal or professional settings

Using informal greetings in the wrong context can lead to misunderstandings or perceived disrespect, especially in Portuguese-speaking countries where social hierarchies and formality are valued.

Comparing Portuguese Greetings to Other Romance Languages

Portuguese shares common roots with Spanish, Italian, and French, which influences its greeting customs. For instance, “Olá” in Portuguese is similar to “Hola” in Spanish. However, subtle differences exist:

- **Formality:** Portuguese tends to maintain distinct formal and informal greetings more strictly than Spanish, particularly in Brazil.
- **Time-based greetings:** The use of “Bom dia,” “Boa tarde,” and “Boa noite” is consistent across many Romance languages but pronunciation and usage times vary.
- **Informal expressions:** While “Oi” is common in Portuguese, Spanish speakers might prefer “Hola” in all contexts or use “Qué tal?” as an informal “What’s up?”

Recognizing these nuances is crucial for language learners aiming for fluency and cultural competence.

The Role of Gestures and Non-Verbal Communication

Saying “hello” in Portuguese-speaking cultures often involves more than words. Non-verbal cues such as handshakes, cheek kisses, or hugs accompany greetings and vary by region.

- **Portugal:** A firm handshake is typical in formal situations; friends may exchange one or two cheek kisses.
- **Brazil:** It is common to greet friends and family with one to three cheek kisses, depending on the region.
- **Angola and Mozambique:** Handshakes combined with a warm verbal greeting are customary.

Understanding how to combine verbal greetings with appropriate gestures

enhances communication effectiveness and demonstrates cultural sensitivity.

Practical Tips for Using Portuguese Greetings

For learners and travelers wondering “how do u say hello in portuguese,” mastering the appropriate greeting depends on context, relationship, and location. Some practical advice includes:

1. Start with “Olá” for a safe, all-purpose greeting.
2. Use “Bom dia,” “Boa tarde,” and “Boa noite” to show respect and awareness of time.
3. Reserve informal greetings like “Oi” and “E aí?” for peers and casual encounters.
4. Observe local customs for non-verbal greetings to avoid social faux pas.
5. When in doubt, err on the side of formality, especially in professional or unfamiliar settings.

By adapting greetings appropriately, one can foster positive interactions and create meaningful connections in Portuguese-speaking environments.

The question of how do u say hello in portuguese reveals a rich tapestry of linguistic and cultural practices. From the universally accepted “Olá” to the time-sensitive “Bom dia” and the colloquial “Oi,” each greeting carries its own significance. Navigating these options with cultural awareness not only facilitates communication but also enriches the experience of engaging with the Portuguese language and its diverse speakers.

[How Do U Say Hello In Portuguese](#)

Find other PDF articles:

<https://old.rga.ca/archive-th-037/Book?ID=Swk46-3268&title=tryhackme-network-services-walkthrough.pdf>

how do u say hello in portuguese: Portuguese For Dummies Karen Keller, 2013-01-15 The fast and easy way to learn to speak Brazilian Portuguese Quick! What's the most widely spoken language in South America? That's right, Portuguese! And what's the fastest, easiest, most enjoyable way to learn Portuguese? Portuguese for Dummies, of course! This fun, friendly guide helps you start speaking Brazilian Portuguese immediately! Whether you're a student, a traveler, or you work in business or government, you'll love its practical lessons, cultural facts, and handy references—including a Portuguese-English mini-dictionary, lists of vital verbs, and more! Have everyday conversations in Portuguese Make sense of Portuguese grammar Use idioms and popular expressions Improve your pronunciation Grasp verb conjugations Get around in

Portuguese-speaking countries Portuguese For Dummies comes complete with a CD loaded with real-life dialogues that help you understand and pronounce this lovely, lyrical language with ease. CD-ROM/DVD and other supplementary materials are not included as part of the e-book file, but are available for download after purchase.

how do u say hello in portuguese: Our Lady of the Artichokes and Other Portuguese-American Stories Katherine Vaz, 2008-10-01 The stories in this prize-winning collection evoke a complete world, one so richly imagined and finely realized that the stories themselves are not so much read as experienced. The world of these stories is Portuguese-American, redolent of incense and spices, resonant with ritual and prayer, immersed in the California culture of freeway and commerce. Packed with lyrical prose and vivid detail, acclaimed writer Katherine Vaz conjures a captivating blend of Old World heritage and New World culture to explore the links between families, friends, strangers, and their world. ø From the threat of a serial killer as the background for a young girl's first brush with death to the fallout of a modern-day visitation from the Virgin Mary; from an AIDS-stricken squatter refusing to vacate an empty Lisbon home to a mother's yearlong struggle with the death of her synesthetic daughter, these deft stories make their world ours.

how do u say hello in portuguese: Unveiled Secrets! A Guide to European Portuguese Slang and Swears! Joana Aires, Unlock the Secrets of European Portuguese Slang and Swear Words! Are you eager to dive into the rich and colorful world of European Portuguese? Whether you're fascinated by the sharp wit of Portuguese swear words from Portugal, intrigued by European Portuguese slang, or curious about the deeper meanings behind Portuguese curse words and phrases, this guide is your ultimate companion. Unveiled Secrets! A Guide to European Portuguese Slang and Swears! takes you on an exciting linguistic journey through the vibrant expressions and idioms that bring the language to life. From heartwarming phrases used in family gatherings to the lively banter of Portuguese festas, and from playful jabs to the most intimate of curse words—this book covers it all. But this isn't just any language guide. This is your key to understanding the essence of Portuguese culture through its most expressive language. Every chapter reveals European Portuguese curse words, Portuguese to English swear words, and their meanings, helping you connect with the heart and soul of Portugal. Whether you're planning a trip, sharpening your language skills, or simply exploring the richness of Portuguese curses, this book will keep you hooked. Exclusive Bonus: Elevate your learning experience with our audio companion! Follow along as native speakers pronounce each expression, mastering the pronunciation and rhythm of European Portuguese. Whether you're at home or on the go, this audio guide will deepen your understanding and fluency. Filled with humor, wit, and practical insights, you'll learn how to navigate conversations with confidence, impress locals with your command of Portuguese slang, and understand the subtle art of using Portuguese swear words and curses effectively. Please note: This book contains explicit language and is not recommended for readers who may be sensitive to strong or offensive language. Ready to explore the linguistic landscape of European Portuguese? Let the rhythm and emotion of the language sweep you off your feet. Discover, live, and speak like a true native. Your adventure into the world of Portuguese swear words and slang starts here—are you ready to uncover the secrets?

how do u say hello in portuguese: Boys' Life , 1932-03 Boys' Life is the official youth magazine for the Boy Scouts of America. Published since 1911, it contains a proven mix of news, nature, sports, history, fiction, science, comics, and Scouting.

how do u say hello in portuguese: MultiCultural Review , 2004

how do u say hello in portuguese: Spoken Portuguese: Units 1-12 Margarida Fralick Reno, 1946

how do u say hello in portuguese: Culturegrams , 2004

how do u say hello in portuguese: With a View of the Ocean Daniel East, 2024-06-19 After the hitchhiking journeys described in the book Lonesome Streets Blues, the author found his place on Earth in a small Portuguese town. He landed there by responding to an advertisement from an

eccentric artist seeking a partner to run an antique shop and an illegal restaurant. Ten years later, he finds himself in Portugal again, and the circumstances are even more astonishing than before. A few months later, I called one of the protagonists of my memoirs, Joachim, whom I met on the trail to Santiago. After reading a few passages, he asked, 'Daniel, did you have some kind of recorder when you talked to me? Do you have such a good memory? After all, this is repeated word for word!' While the majority of events that unfolded after the author's return to Portugal proved to be genuinely unconventional and unexpected, this narrative also reflects the everyday, less thrilling life in the RV, the daily job and family relations. Nevertheless, the unique ability to shape one's life into a novel without embellishment is something extraordinary in today's times, when social media often present a story completely different from the reality. This one shows exactly how it was.

how do u say hello in portuguese: Me and the World Mireia Trius, 2020-11-03 Me and the World is a colorful, eye-popping universe of infographics about global communities. This content-rich book teaches about other kids and cultures around the world, all while stepping back and really seeing the big picture. Me and the World is the perfect introduction for a generation entering an increasingly digitized, data-driven world. • Packed with dynamic illustrated spreads about customs of other countries • Invites readers to see themselves in its pages through a data lens • Guided by a relatable, school-aged narrator Me and the World pairs visual literacy with data literacy, using colorful illustrations and infographics to present information in a way young readers will not only understand, but enjoy. Equal parts educational and entertaining, this makes a great pick for parents and grandparents, as well as librarians, science teachers, and educators. • Perfect for reluctant readers, especially those who would otherwise gravitate toward numbers-based pursuits like math and science, rather than than reading • The graphs, infographics, and maps are the perfect resource for educators looking for engaging content for children to understand data. • Ideal for children ages 8 to 12 years old • Add it to the shelf with books like The Wondrous Workings of Planet Earth: Understanding Our World and Its Ecosystems by Rachel Ignatofsky, The History Book: Big Ideas Simply Explained by DK, and The Science Book: Big Ideas Simply Explained by DK.

how do u say hello in portuguese: CultureGrams: Africa , 2003

how do u say hello in portuguese: Portuguese phrasebook based on the movie I'm Still Here Anh 3 Lang, 2025-04-12 Portuguese phrasebook based on the movie I'm Still Here Dive into Brazilian Portuguese with this unique phrasebook inspired by the acclaimed 2024 film I'm Still Here, directed by Walter Salles. Set against the backdrop of Brazil's military dictatorship in the 1970s, this language guide brings the emotional and cultural depth of the movie to life through practical, everyday phrases and expressions. Learn authentic Brazilian Portuguese as spoken by characters like Eunice and Rubens Paiva, with dialogue excerpts from the film that capture themes of resilience, family, and resistance. Book content divided into phrases and sentences, their english translation based on the movie background, and cultural insights tied to the movie's historical context, enriched with iconic Brazilian music references from the era. Perfect for beginners and intermediate learners, this phrasebook is both a language-learning tool and a tribute to the spirit of Brazil's fight for justice and memory. Start your journey to fluency today!

how do u say hello in portuguese: The World Almanac for Kids, 2002 Elaine Israel, World Almanac, 2001-07 Offers facts on a range of topics, from animals to weather and from computers to sports.

how do u say hello in portuguese: Writing peace Cattelain, Eric, 2017-12-25 What is the word for 'peace' in Thai or in Arabic? In Hausa or in Maori? And how is it writ ten? The answers to these questions confront us to the specific languages we have learned or will be able to learn - and which help build our own identit y - just as much as to those languages we have no access to

how do u say hello in portuguese: CultureGrams 2004 World Edition - Asia and Oceania Axiom Press, 2003

how do u say hello in portuguese: S'cool Agenda 2009 , 2008

how do u say hello in portuguese: Hearst's International , 1922

how do u say hello in portuguese: Mediterranean Europe Mark Armstrong, 1995 This guide

includes information on getting to countries in Mediterranean Europe and getting around once there.

how do u say hello in portuguese: Western Europe Janet Austin, Geert Cole, Bryn Thomas, 2001 Profiling the best places to eat and stay on any budget, this handbook includes a language guide with useful words and phrases in seven languages. Travelers will find all the transportation options from the Channel Tunnel to Rhine cruises. of color photos. 192 maps.

how do u say hello in portuguese: Gran Diccionario Oxford Beatriz Galimberti Jarman, Roy Russell, Carol Styles Carvajal, Jane Horwood, 2003 The Oxford Spanish Dictionary comes with the ultimate pronunciation guide: a FREE, state-of-the-art CD-ROM (UK and Europe only) that enables you to type in a word or phrase, or paste in text from the web, and hear it spoken back to you in perfect Spanish. Now in colour, with an ultra-clear layout for maximum accessibility, this major new edition provides the richest coverage of Spanish from around the world, covering over 300,000 words and phrases, and more than 500,000 translations. Oxford's expert teams of lexicographers have used the latest technology to search millions of words of web-based text and identify all the most recent additions to both Spanish and English. Over 20,000 new entries have been added to the dictionary from all aspects of life today - business, IT, science, the media, the environment, the internet, and social life. Hundreds of special entries now give information on life and culture in the Spanish-speaking world, and in-text notes give extra help with grammar and usage. The dictionary also includes an extended guide to effective communication, including a wealth of example letters, offering help with a wide range of topics, from writing a job application or a CV to booking a hotel room. With a new, easy-access colour design to make consultation even quicker, this is the most complete and up-to-date reference tool for anyone studying Spanish in senior school or at university, or for translators and other language professionals. This title replaces ISBN 0-19-860367-3. It is also available on CD-ROM with full text search and innovative Spanish pronunciation functionality.

how do u say hello in portuguese: English Knowhow Angela Blackwell, Therese Naber, 2004-11-25 English KnowHow responds to the practical language needs of adult and younger adult learners.

Related to how do u say hello in portuguese

Osteopathic medicine: What kind of doctor is a D.O.? - Mayo Clinic You know what M.D. means, but what does D.O. mean? What's different and what's alike between these two kinds of health care providers?

Statin side effects: Weigh the benefits and risks - Mayo Clinic Statin side effects can be uncomfortable but are rarely dangerous

Arthritis pain: Do's and don'ts - Mayo Clinic Arthritis is a leading cause of pain and limited mobility worldwide. There's plenty of advice on managing arthritis and similar conditions with exercise, medicines and stress

Calorie Calculator - Mayo Clinic If you're pregnant or breast-feeding, are a competitive athlete, or have a metabolic disease, such as diabetes, the calorie calculator may overestimate or underestimate your actual calorie needs

Shingles - Symptoms & causes - Mayo Clinic Shingles is a viral infection that causes a painful rash. Shingles can occur anywhere on your body. It typically looks like a single stripe of blisters that wraps around the

Swollen lymph nodes - Symptoms & causes - Mayo Clinic Swollen lymph nodes most often happen because of infection from bacteria or viruses. Rarely, cancer causes swollen lymph nodes. The lymph nodes, also called lymph

Migraine - Symptoms and causes - Mayo Clinic A migraine is a headache that can cause intense throbbing pain or a pulsing feeling, usually on one side of the head. It often happens with nausea, vomiting, and extreme

Treating COVID-19 at home: Care tips for you and others COVID-19 can sometimes be treated at home. Understand emergency symptoms to watch for, how to protect others if you're ill,

how to protect yourself while caring for a sick loved

Creatine - Mayo Clinic Find out how creatine might affect your athletic performance and how the supplement interacts with other drugs

Vitamin B-12 - Mayo Clinic Know the causes of a vitamin B-12 deficiency and when use of this supplement is recommended

Osteopathic medicine: What kind of doctor is a D.O.? - Mayo Clinic You know what M.D. means, but what does D.O. mean? What's different and what's alike between these two kinds of health care providers?

Statin side effects: Weigh the benefits and risks - Mayo Clinic Statin side effects can be uncomfortable but are rarely dangerous

Arthritis pain: Do's and don'ts - Mayo Clinic Arthritis is a leading cause of pain and limited mobility worldwide. There's plenty of advice on managing arthritis and similar conditions with exercise, medicines and stress

Calorie Calculator - Mayo Clinic If you're pregnant or breast-feeding, are a competitive athlete, or have a metabolic disease, such as diabetes, the calorie calculator may overestimate or underestimate your actual calorie needs

Shingles - Symptoms & causes - Mayo Clinic Shingles is a viral infection that causes a painful rash. Shingles can occur anywhere on your body. It typically looks like a single stripe of blisters that wraps around the

Swollen lymph nodes - Symptoms & causes - Mayo Clinic Swollen lymph nodes most often happen because of infection from bacteria or viruses. Rarely, cancer causes swollen lymph nodes. The lymph nodes, also called lymph

Migraine - Symptoms and causes - Mayo Clinic A migraine is a headache that can cause intense throbbing pain or a pulsing feeling, usually on one side of the head. It often happens with nausea, vomiting, and extreme

Treating COVID-19 at home: Care tips for you and others COVID-19 can sometimes be treated at home. Understand emergency symptoms to watch for, how to protect others if you're ill, how to protect yourself while caring for a sick loved

Creatine - Mayo Clinic Find out how creatine might affect your athletic performance and how the supplement interacts with other drugs

Vitamin B-12 - Mayo Clinic Know the causes of a vitamin B-12 deficiency and when use of this supplement is recommended

Osteopathic medicine: What kind of doctor is a D.O.? - Mayo Clinic You know what M.D. means, but what does D.O. mean? What's different and what's alike between these two kinds of health care providers?

Statin side effects: Weigh the benefits and risks - Mayo Clinic Statin side effects can be uncomfortable but are rarely dangerous

Arthritis pain: Do's and don'ts - Mayo Clinic Arthritis is a leading cause of pain and limited mobility worldwide. There's plenty of advice on managing arthritis and similar conditions with exercise, medicines and stress

Calorie Calculator - Mayo Clinic If you're pregnant or breast-feeding, are a competitive athlete, or have a metabolic disease, such as diabetes, the calorie calculator may overestimate or underestimate your actual calorie needs

Shingles - Symptoms & causes - Mayo Clinic Shingles is a viral infection that causes a painful rash. Shingles can occur anywhere on your body. It typically looks like a single stripe of blisters that wraps around the

Swollen lymph nodes - Symptoms & causes - Mayo Clinic Swollen lymph nodes most often happen because of infection from bacteria or viruses. Rarely, cancer causes swollen lymph nodes. The lymph nodes, also called lymph

Migraine - Symptoms and causes - Mayo Clinic A migraine is a headache that can cause intense throbbing pain or a pulsing feeling, usually on one side of the head. It often happens with

nausea, vomiting, and extreme

Treating COVID-19 at home: Care tips for you and others COVID-19 can sometimes be treated at home. Understand emergency symptoms to watch for, how to protect others if you're ill, how to protect yourself while caring for a sick loved

Creatine - Mayo Clinic Find out how creatine might affect your athletic performance and how the supplement interacts with other drugs

Vitamin B-12 - Mayo Clinic Know the causes of a vitamin B-12 deficiency and when use of this supplement is recommended

Back to Home: <https://old.rga.ca>