# Intelligent Medicine Radio for September 19: Bright Lights at Night Emerge as Heart Disease Risk Factor

written by Dr. Ronald Hoffman | September 21, 2026

Will autonomous AI outperform doctors by 2030? “Emergency“ home medical kits draw ire of medical experts; Meta dinged $567 for teen addiction; Adequate vitamin D minimizes post-op pain; Cancer rise in younger adults may be explained by accelerated cellular aging; Splenda back in the crosshairs as new evidence points to genetic damage; Bright lights at night emerge as new heart disease risk factor. And more!