# Intelligent Medicine for November 7: Coffee Calories Soar—and It’s Not Just About Sugar

written by Dr. Ronald Hoffman | November 9, 2026



A case of life-threatening allergic reaction after sex; Death cap mushroom murderer sentenced; AI-enhanced retinal photography may unlock key to looming disease risk; The ultimate exercise for blood pressure; Coffee calories soar—and it’s not just about sugar; Less than 42 minutes of daily sunlight hikes dementia risk; And more!