

Opinion: Cold does not increase odds of catching cold

By Aaron E. Carroll, New York Times

I've become somewhat known for medical myth-busting (having been a co-author of three books on the subject), so a fairly large number of emails sent to me are from people with articles or studies that they think prove me wrong.

This week, as a few of us sniffle with summer colds, the emails are all about a new study that they think proves that cold weather makes you more likely to catch a cold.

I'm sorry to say that this continues to be a myth. Research doesn't support it.

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