



### Cath Lab Karapitiya



AuSLMAT spent two weeks in the cath lab at Galle with Dr. Satha in June this year. Brian Herman and Elizabeth Gordon from Launceston Tasmania worked there from the 22<sup>nd</sup> of June and Rohan Bhagwandeem from Newcastle did the second week. Rohan returned to Colombo two weeks later as the guest speaker at the Cardiac Society meeting.

Twenty nine angioplasties were done and Brian did a lot of teaching with Dr. Satha. Elizabeth was impressed with the way the nursing staff have come on since Dr. Jennifer and she first visited Galle and set up the cath lab shortly after the tsunami of 2004. Thanks to Boston Scientific and Medtronic 40-50 drug eluting stents were used at no cost to any patient the youngest of whom was 30!

AuSLMAT have just sent some more catheters, guide wires and stents to Dr. Roshan at Karapitiya.

We will continue to support the cardiology unit in capacity building at Galle. Post graduate and undergraduate teaching was also undertaken at the Karapitiya Teaching Hospital. Dr. Rohan addressed the Galle Medical Society on "Recent Advances in Interventional Cardiology".

Dr Quintus de Zylva

**Oats do help lower cholesterol, "Oats contain a special fiber called beta-glucan, which will help lower your cholesterol by 5 to 10 percent." Make Oats with warmed milk your breakfast every day.**

### Wine

Some research says wine (red or white) helps your body use insulin better and may even make you less

likely to get type 2 diabetes in the first place. It may also have heart benefits, to boot! A standard 5-ounce serving has about 120 calories, nearly all of which come from alcohol, not carbs.



### Agnes Thambynayagam

- LINKED COMMENT

Shashi Tharoor is a great speaker. He might be speaking better English than any other Indian language. But he knows so little about the true History of India. India didn't have textile industry at the time Vasco da Gama visited Calicut in 1498. The people who settled there as gentiles prior to 1498 didn't have clothes to wear. The gentile rulers of the 15th century were exchanging spices for clothes and other things. The Portuguese started the Textile industries, the Dutch and the British expanded it, Shashi cannot see how well India advanced with railway, electricity, motor vehicles and aeroplanes during British rule. Children were born to European settlers and grew up in India as Indians. Shashi could be a British descendant and he may not know that.

[Read more](#)



**Shashi Tharoor's  
Stirring Speech at  
Oxford Union Goes V...**  
by India Today

### Now, a skin test to detect Alzheimer's

*Kounteya Sinha, TNN |*

LONDON: A simple skin test can now help detect Alzheimer's and Parkinson's disease.

Scientists have confirmed that skin biopsies can be used to detect elevated levels of abnormal proteins found in the two diseases.

"Until now pathological confirmation was not possible without a brain biopsy so these diseases often go unrecognized until after the disease has progressed," said study author Ildefonso RodriguezLeyva from the University of San Luis Potosi in Mexico.

"We hypothesized that since skin has the same origin as brain tissue while in the embryo they might also show the same abnormal proteins. This new test offers a potential biomarker that may allow doctors to identify and diagnose these diseases earlier on," Rodriguez-Leyva added.

### Australian Louise Searle tells why she would give up life in Australia for Sri Lanka



WHEN Australian Louise Searle made an impromptu trip to Sri Lanka, she never imagined how it would change her life forever.

After only two days in the country and an incredible twist of events she bought a slice of Sri Lankan property, sealing her fate for this magical land.

Born in Adelaide and growing up in Sydney, Louise now owns a Sri Lankan holiday retreat, [Mandalay Lake Villas](#), and is building a second home for when she and her husband retire.

She tells why moving her life to this incredible country once ravaged by civil war and recovering from a tsunami is the ultimate sea change.

What makes Sri Lanka so special After holidaying in Bali for more than 35 years and watching it change, we found Sri Lanka unspoilt and beautiful in every sense. It's a fusion of India, Polynesia and Bali, yet with it's own unique culture.

Its natural beauty reminded us of southern India, the slow relaxed pace of Polynesia and all that Bali offered before tourism changed everything.

The food is so clean and fresh, and as a vegetarian I have an abundance of choice. It's cheap, and when buying from smaller shops, is often without pesticides.



The people are welcoming, friendly and relaxed, with the most amazing smiles. I've never felt hassled, and they just seem to go about business without being rushed. The slower pace of life is quite contagious. Crabs and prawns can be bought straight from the fishermen off our pontoon, which our cook turns into delicious Sri Lankan feasts.

Ref: <http://www.news.com.au/travel>



## Better Mood

Cranky? Get moving. Exercise makes you feel happier. When you work out, your body makes endorphins -- "feel-good" chemicals in the brain. You can actually start to feel better within a few minutes of moving. But the effects of regular exercise can last for a long time.

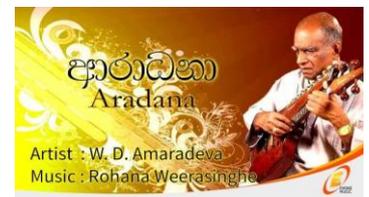
WebMD

## Skip the sugar and salt overload and make your own ketchup and other condiments

Why use store-bought condiments, full of sugar, salt and other junk, when you can make easy homemade versions of ketchup, mustard, and mayo?

click

Read More



## Aradana - W D Amaradeva

Evoked Music

## Critics Of Bible Silenced Once Again: Archaeological Discoveries Prove Torah To Be Accurate

For many years, the critics of the Old Testament continued to argue that Moses invented the stories found in Genesis. The critics contended that the ancient people of the Old Testament times were too primitive to record documents with precise details.



In doing so, these critics basically claimed that there was no verification that the people and cities mentioned in the oldest of Biblical accounts ever really existed.

The discovery of the Ebla archive in northern Syria in the 1970's confirmed that the Biblical records concerning the Patriarchs are spot on. It was during the excavations in northern Syria that the excavating found a large library inside a royal archive room. This library had tablets dating from 2400 -2300 BC.

The excavating team discovered almost 15,000 ancient tablets and fragments which when joined together accounted for about 2,500 tablets. Amazingly, these tablets confirmed that personal and location titles in the Biblical Patriarchal accounts are authentic. These tablets are known as the Ebla Tablets.

For a long period of time, the critics of the Old Testament used to argue that the name 'Canaan' was used wrongly in the early chapters of the Bible. They claimed the name Canaan was never used at that specific time in history. They further accused that the name was inserted in the Old Testament afterwards, while the earliest books of The Holy Bible were not written in the times that are described.

However, with the discovery of the tablets from the northern Syria, the word the word "Canaan" does appear, contrary to the claims of the critics. The tablets proved that the term was actually used in ancient Syria during the time in which the Old Testament was written.

Additionally, the cities of Sodom and Gomorrah were also thought to be pure fiction by Bible critics. These cities are also identified in the Ebla tablets, in addition to the city of Haran. Haran is described in Genesis as the city of Abram's father, Terah. Previous to this discovery, 'scholars' suspected the actual presence of the ancient city.

In addition to this, countless other archaeological findings confirm the Biblical records to be real and accurate.

FOR ENTIRE ARTICLE CLICK [LINK](#)

<http://www.thecricketmonthly.com/story/902493/the-cult-of-sanga>

## PSA Screening: Still Useful After All These Years?



Curcumin may decrease serum levels of triglycerides and low-density lipoprotein cholesterol, among people with coronary artery disease (CAD).

## Gout and your Liver

In this post we will examine the importance of your liver as it relates to your gout. Your liver plays a critical role in metabolizing your uric acid before your kidneys can pass it out of your body and through the urine. If either your liver or kidneys have any problem processing the amount of uric acid produced by your body, then uric acid will build up inside causing you gout. It's no coincidence that gout, alcohol and your liver all interrelate. Many of you first developed gout due to too much alcohol consumption and now your liver doesn't metabolize your uric acid properly causing this problem - See more at: <http://goutandyou.com/gout-and-your-liver/#sthash.a2fnhu5p.dpuf>



## Britains Got Talent 2011 Olivia Binfield

by shaunuk21

43,695,297 views

## 28 Million Baby Boomers Will Develop Alzheimer's by 2050



As the baby boomers get older, the rates of Alzheimer's disease among the people of this generation will climb considerably, according to a new study.

[Read More »](#)

## Ferdy (Hubert) & Joyce's Ruby Wedding In London



Family and friends in the UK knew precisely how Hubert and Joyce's Ruby Wedding Anniversary was celebrated. A garden party celebration with family and friends at their residence at Gutteridge Hall, Weeley on 4 July 2015. It was a beautiful day for the party that was perfect for them to see the family presenting it on that day: <https://youtu.be/qClkQMovXus>  
Some pictures: (copy & paste entire link if broken)

## Jimmy Carter's Cancer: How Doctors May Find Where It Started



Former President Jimmy Carter has not revealed much about his recent cancer diagnosis, but an important part of caring for anyone with cancer is finding out where the disease started.

[Read More »](#)

## 'Exercise Hormone' Irisin Really Does Exist

The "exercise hormone" irisin has generated controversy among scientists — some have called the hormone a myth, but a new study says it proves irisin exists.

[Read More »](#)

## The Sharks of Sri Lanka

Rex I. De Silva  
Illustrated by  
Jayantha Jinasena



**Selling Price LKR 6000**  
Pre-publication offer **LKR 5000** per copy  
Launching Day **LKR 5500** per copy

**Watermelon:** A hydrating fruit rich in lycopene, it will increase your body's arginine levels, an amino acid that ups the body's fat-burning potential. At the same time the juicy red fruit helps the body burn fat, it also builds lean muscle. Just 1 cup a day does the trick.  
[www.today.com](#)

## Women secrete Testosterone

Testosterone is sometimes called the "male hormone," but women's bodies make it too, just less than men. The hormone helps guys get facial and body hair, a deeper voice, and sperm. For women, testosterone seems to play a key role in sex drive.  
WebMD

## Mobile Health Tech Looks Promising, But Does It Work?



Smartphone apps and wearable devices have the potential to help Americans improve their heart health. But right now, there's not enough evidence to evaluate whether all this technology actually helps people get healthier.

[Read More »](#)

**Pineapple and Papaya:** These two tropical fruits contain the enzyme bromelain, which has anti-inflammatory properties and shrinks belly fat. Many women know the disappointment of having a waistline that spills over the top of her waistband. But think of taking your first steps toward a slimmer middle this way—to change your waistline you have to first change your mind. Think differently about food and make food choices that work for you, rather than against you.

[www.today.com](#)



## How to make Alkaline Water

by [ashley hittle](#)  
1,068,671 views



## Andre Rieu Amazing Grace

by [Wilhelmus Kuipers](#)  
5,267,911 views

## Your next car?

<https://www.youtube-nocookie.com/embed/D4uSWtazRCM?rel=0>

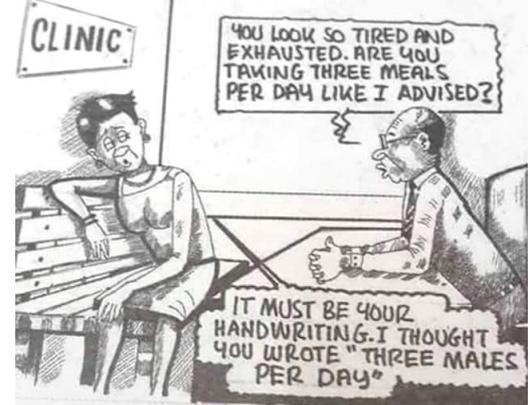
Relax, Read, & share with others  
Knowing Health helps longevity

## If your sex drive isn't what it used to be, you probably have low testosterone.

It's normal to have a lower sex drive and fewer spontaneous erections as you age. But little or no libido can be a sign that you have low testosterone. It's estimated that between 2 million and 6 million men in the U.S. have low testosterone. Because the symptoms of low testosterone can be vague and because men don't always mention their symptoms to their doctors, the actual number of men with low testosterone levels may be higher.  
WebMD

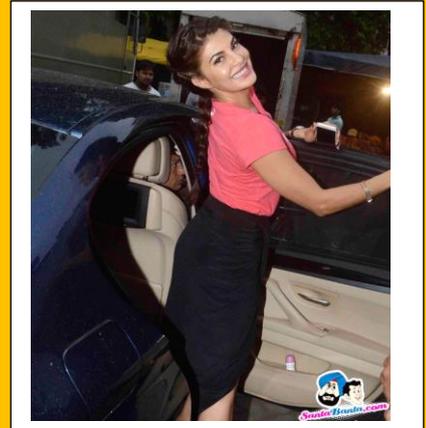
## Sir Reginald's Marvellous Organ

The information contained in this newsletter is informational only and not designed to be a substitute for medical guidance. At all times a practitioner should be consulted.



Sent by Rajeeva Jayaweera

## Moving to India was challenging



For Sri Lankan beauty, Jacqueline Fernandez, moving to India to have a career in Bollywood was a challenge. The actress, who is anticipating a good response for her latest flick, *Brothers*, was quoted in a PTI report as saying that, "Moving to India was challenging being a foreigner. I don't have any family here. I didn't have anyone to guide me. But I never felt for a second that I am not welcome here. Industry has been very good to me. I am glad that destiny brought me here." The *Kick* actress came to India for the first time on a modelling assignment and she got the offer to star in the Sujoy Ghosh-directed 2009 fantasy drama, *Aladin*.

In her career spanning seven years, Jacqueline has been a part of half a dozen films and also a couple of sizzling item numbers. We bring to you some of the most interesting statements made by the actress..  
**TOI**

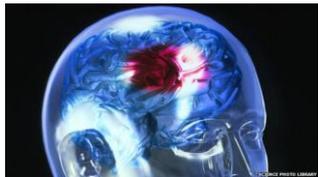
## Cardio

Getting physical can ramp up the pleasure for you and your partner. Any activity that gets your heart beating faster and you breathing harder, from brisk walking to cycling, can boost blood flow -- including to your nether regions. That's a plus for both genders: stronger erections for men, and greater arousal for women (a whopping 169% more in one University of Texas study).  
WebMD

## Trans-fat ups risk of mortality by 34%

A large new review of existing research suggests that for healthy people, a reasonable amount of saturated fat in the diet poses no health risk.

## Clot-busting stroke drug safe, says expert review



A panel of independent experts has decided that a clot-busting drug often used to treat strokes is "safe and effective". The UK medicines watchdog wanted **the benefits and risks of alteplase to be analysed** after concerns were raised about its safety.

The panel concluded that the best time to use the drug is up to four and a half hours after the start of symptoms. But some other doctors are still not convinced by the evidence. Most strokes are caused by a clot blocking the flow of blood to the brain.

Many patients are given the drug alteplase to break down and disperse the clot - a treatment known as thrombolysis.

BBC

## EAT FERMENTED FOODS to improve digestion

Fermented and cultured foods are high in good bacteria and eating them will help you regenerate your gut flora naturally. The greater the variety of fermented and cultured foods you can include in your diet, the better. Try eating fermented vegetables, kimchi, or pickle. If you have a severe gut disorder, go slow. Allow c time for your internal environment to change and for your digestive system to become stronger.

TOI

## Erectile Dysfunction and Bicycling

Research suggests avid cyclists suffer more ED than other athletes. The trouble lies in the shape of some bicycle seats that put pressure on the perineum. This area between the anus and scrotum contains arteries and nerves vital to sexual arousal. Cyclists who ride for many hours each week may benefit from seats designed to protect the perineum.

Sri Lanka Association of NSW Proudly Presents  
An Evening of Entertainment for Family & Friends  
Music: DJ Shehan

# Colours of Spring

5th September 2015  
Time: 7:00pm onwards  
Greyhound Social Club, Yagoona  
140 Rookwood Rd, Yagoona NSW 2199

Contacts for event:  
Niranjan 0412 710 236  
Ravina 0421 334 370  
Iramthi 0409 783 728  
Sharmila 0414 230 153  
Sueill 0419 223 036  
Ajith 0412 237 064  
Devika 0437 700 102

Dinner: Sri Lankan Buffet  
Drinks: Including 2 jugs of soft drinks and two bottles of wine.

Tables of 10s Ticket prices as follows:  
Adults - \$45 Seniors (over 65yrs) - \$40  
Children (U12) - \$25

NO BYO

## Do you eat Pork?

In this post will go into greater detail on the subject of eating pork and if it should be part of a gout diet. The truth is no matter how you think about it, pigs are a dirty animal. This has nothing to do with anybody's spiritual beliefs by the way. The fact is that pig is a scavenger. What does that mean? It means that they are considered the scavengers of the farm, so in essence they help eliminate all the waste on the farm, eating anything they can find, even their own feces or the dead carcasses of sick animals. Yet it is one of the most consumed meats in the world and is loaded with toxins, more so compared to beef and chicken.

If we dig in a little deeper, you'll learn that the pig's digestive system works rather quickly, digesting whatever it has eaten in about four hours. A cow on the other hand takes up to twenty-four hours to digest. What happens during the digestive process in animals as well as humans; is that it rids the body of any dangerous toxins and since a pig's digestive system works rather quickly, it can't rid itself of these toxins and so they remain in their system. The toxins are then stored in the fatty tissues of the pig and ready for your consumption. Yummy! Did you also know that the pig doesn't have any sweat glands unlike other animals? That's why they roll in mud or water in order to cool off. Sweat glands allow the removal of toxins by sweating them out, so this leaves more toxins inside the pig's body. It's only common sense to realize by you consuming pork meat that you are also consuming these toxins as well. It's not a coincidence that the [Center for Disease Control and Prevention](#) declares that more than 100 viruses come from pigs each year, the most deadliest one being H1N1 or "swine flu" as they call it.

Furthermore, pork meat carries various parasites which are hard to kill while cooking pork meat that is the reason there are so many warnings out there about cooking pork meat properly. You don't want to end up with an infection like trichinellosis or trichinosis which contains the larvae of the trichinella worm. This worm is commonly found in pork. Common symptoms of trichinellosis include nausea, vomiting, diarrhea, fever, chills, heart problems, breathing issues and aching joints. What's worse is that these symptoms can last for weeks and sometimes months!

If you eat ham, sausage, bacon, salami, mortadella or other cold cuts then you should also know that they are loaded with saturated fats and cholesterol which will end up increasing your waistline. Pork is also high in purines since it is a protein food and remember we gout sufferers should limit our daily meat intake anyway to about 10% of daily calories.

- See more at: <http://goutandyou.com/gout-and-pork/#sthash.HMEJ3lav.dpuf>

Posted by Spiro Koulouris

## Bronze Age Gold Spirals May Have Been Sacrificed to Gods



A pile of 2,000 tangled gold spirals that bring to mind heaps of the fairy tale princess Rapunzel's golden locks were recently unearthed in Denmark.



## Is there an early warning test for stroke?

Strokes seem to come out of the blue. But most of them happen due to decades-long damage to blood vessels and growth of artery-clogging plaque.

That raises the question: Is there an early warning test for stroke?

Yes and no. A test called the carotid ultrasound can detect the buildup of cholesterol-filled plaque in the carotid arteries in the neck. These arteries deliver blood to the brain. The test, which uses sound waves, is quick, safe, and without any immediate potential for harm. It makes perfect sense for someone experiencing lightheadedness, memory loss, or the warning signs of a stroke or mini-stroke.

Harvard Medical School

## Global Poverty Drops

UNITED NATIONS — Dire poverty has dropped sharply, and just as many girls as boys are now enrolled in primary schools around the world. Simple measures like **INSTALLING** bed nets have prevented some six million deaths from **malaria**. But nearly one billion people still defecate in the open, endangering the **HEALTH** of many others.

These are among the **findings that the United Nations released Monday** as part of a final report on the successes and failures of the Millennium Development Goals, a set of **TARGETS** established 15 years ago to improve the lives of the poor.

Report confirms that global efforts to achieve the goals have saved millions of lives and improved conditions for millions more around the world," the **United Nations secretary general, Ban Ki-moon, said Monday** as he released the report in Oslo.

## Treating ED: Oral Medications

You've probably heard of Viagra, but it's not the only pill for ED. This class of drugs also includes Cialis, Levitra, Staxyn, and Stendra. All work by improving blood flow to the penis during arousal. They're generally taken 30-60 minutes before sexual activity and should not be used more than once a day. Cialis can be taken up to 36 hours before sexual activity and also comes in a lower, daily dose. Staxyn dissolves in the mouth. All require an OK from your doctor first for safety.

## In a first, drug offers hope for children with dwarfism

Andrew Pollack, NYT News Service |

An experimental drug, vying to become the first approved treatment for dwarfism, improved growth in children by a significant amount in a preliminary study, the drug's developer, BioMarin Pharmaceutical, said on Wednesday.

In the study, the 10 children who got the highest dose of the drug grew at an average rate of 6.1cm, or 2.4 inches, per year, about a 50% increase from the four centimetres per year they were growing before starting the drug. The growth rate while on the drug was similar to that of a child without the condition, the company said. Wall Street investors and analysts had been hoping for a 50% improvement in growth rate, and BioMarin shares rose 6% in after-hours trading.

## Flying west-to-east

Did you know that the effects of jetlag on your brain are worse when you fly across two or more time zones, and that your body reacts worse when flying from the west towards the east? Our bodies prefer a 25-hour schedule, so flying from the east to the west increases the amount of daylight during a flight, which makes recovery from jet lag a little easier. Unfortunately, there's no easy fix for this one, unless of course you want to fly from the east to the west every time you travel. <http://www.yourlifechoices.com.au/>

## Coffee Compound May Minimize Obesity-Related Disease



Hot coffee - image from Shutterstock

Previously, a number of studies suggest that coffee consumption may lower the risk for chronic diseases like Type 2 diabetes and cardiovascular disease. Yongjie Ma, from the University of Georgia (Georgia, USA), and colleagues explored the role of chlorogenic acid, a compound found abundantly in coffee, for these effects. Employing a mouse model that was fed a high-fat diet for 15 weeks, the researchers concurrently administered the animals with a chlorogenic acid solution twice per week. The team observed that the compound was effective in preventing weight gain, and also helped maintain normal blood sugar levels and healthy liver composition. Writing that: "Our study provides direct evidence in support of [chlorogenic acid] as a potent compound in preventing diet-induced obesity and obesity-related metabolic syndrome," the study authors submit that: "Our results suggest that drinking coffee is beneficial in maintaining metabolic homeostasis when on a high fat diet."

[VIEW NEWS SOURCE...](#)

## One simple diet change may be all you need to lose weight

Madelyn Fernstrom  
TODAY

The new research, published Monday in the *Annals of Internal Medicine*, tracked 240 obese adults with metabolic syndrome, designing a program that divided them into two diet groups:

- the standard American Heart Association (AHA) diet
- a high-fiber diet

Metabolic syndrome is a group of conditions, including high-blood pressure and high blood sugar, that increase a person's risk of heart disease or diabetes. In the high-fiber group, detailed instructions were provided on exactly how to boost fiber intake to 30 grams per day: increase fruits, vegetables and whole grains, without aiming for specific calorie limit.

The AHA group had to follow the plan's multiple requirements: specific calorie goals, cutting saturated fat to a certain percentage of overall daily calories, increasing fiber, and increasing fruits and vegetables. For more on the [American Heart Association diet](#) go [here](#).

Neither group had specific advice for physical activity.

Based on self-reported food intake and tracked body weight over time, the completion rate for both groups at the end of one year of participation was very high, nearly 90 percent.

The good news: weight loss at one year for both the AHA diet and the high-fiber diet groups were very similar, an average of 4.6 pounds for the fiber-diet group and 5.9 pounds for the AHA diet.

But here is what really counts for the average person: the nearly identical weight loss at the end of one year was achieved with one basic change in the diet — increasing dietary fiber (that does not mean [taking daily fiber supplements](#)).

The more restrictive Heart Association diet, which requires vigilance, did not result in superior weight loss.

This new study, conducted by researchers with the National Heart, Lung, and Blood Institute, supports earlier science suggesting that one dietary change may be easier and more effective for many people long term. While the AHA diet has long been documented to promote weight loss and improved general health, it may be daunting to maintain for a long period of time.

[www.today.com](http://www.today.com)

## Statins- after exposure on Catalyst

Researchers examined the PBS records of 191,833 people between July 2009 and June 2014 in Australia. In the eight months immediately following the broadcast of the Catalyst episode, they found that approximately 60,897 fewer people filled their statin prescriptions. However, the study found that as of mid-2014, the rate at which statin medication was being dispensed had remained unchanged.

"If patients continue to avoid statins over the next five years, this could result in between 1,522 and 2,900 preventable, and potentially fatal, heart attacks and strokes," the study concluded.

## Ophthalmology Breakthroughs Over the Past 20 Years

Roger F. Steinert, MD

In 1967, the revolution in microsurgical ophthalmic medical procedures officially began with Charles Kelman's phacoemulsification method for cataract removal. This was a technically challenging and relatively low-volume procedure until roughly two decades ago.

The advantages and appeal of this surgery grew considerably when cataract removal performed with ultrasound resulted in improved outcomes. The small incision technique in phacoemulsification, combined with new implant materials, allowed cataract removal to be performed with a dramatic reduction in surgery-related morbidity and faster postoperative healing. Removal of the cataract became safer and more efficient. Just as critical, restoring vision to equal-or-better than natural levels became commonplace.

The search continues for innovative surgical techniques and technologies that not only restore distance vision but, as we see now with increasing success, can also deliver intermediate and near vision simultaneously without compromising distance vision. Other refractive issues are being addressed as well, most notably the correction of astigmatism. In many cases, patients have a greater opportunity than ever before to obtain superior vision quality without the use of glasses.

[Medscape.com](http://Medscape.com)



*Illustration by Sophia Martineck*

WELL

## The Joy of (Just the Right Amount of) Sex

By GRETCHEN REYNOLDS

Sex makes people happy, but more isn't always better.

## Gastrointestinal

**cancers.** These cancers affect the digestive system — the stomach, gallbladder, liver, [pancreas](#) and bowel (small intestine, large intestine or [colon](#) , and rectum). ESPN anchor Stuart Scott lost his long battle with appendiceal (appendix) cancer in early 2015, which has recently brought more attention to these lesser-known cancer types.

Gastroesophageal adenocarcinomas (stomach cancer) as well as pancreatic, liver and kidney cancers have increased recently. Again, obesity may play a role here. About half of liver cancers in the United States are among people with chronic hepatitis C infections, and the increase in incidence is consistent with the aging of the hepatitis C-infected population. Cancers in that region of the body can be particularly difficult to diagnose, as symptoms often present similarly to less-threatening conditions, such as irritable bowel syndrome or acid reflux. This allows the cancer to spread, undiagnosed and untreated. [[Want to Cut Your Cancer Risk? Lose That Weight \(Op-Ed \)](#)]

<http://www.livescience.com/>

## Eating the Placenta: Some Celebrities Do It, But Should You?

by [Karen Rowan](#), Health Editor |

Women may believe that eating the placenta after childbirth, or taking pills made from a dried-out version of this organ that nourishes the fetus, can help with problems such as postpartum depression and breast-feeding difficulties. However, there's no scientific evidence to support these claims, according to a new review of previous studies.

Interest in consuming placenta (also called the afterbirth) has perhaps been spurred by celebrities who tout the benefits of the practice, researchers said.

"Yummy...PLACENTA pills!" Kourtney Kardashian wrote in an Instagram post on Jan. 10. "No joke...I will be sad when my placenta pills run out. They are life changing!"

<http://www.livescience.com/>

## Spice Up Your Meals

Spicy foods have natural chemicals that can kick your metabolism into a higher gear. Cooking foods with a tablespoon of chopped red or green chili pepper can boost your metabolic rate. The effect is probably temporary, but if you eat spicy foods often, the benefits may add up. For a quick boost, spice up pasta dishes, chili, and stews with red pepper flakes.



### 7 anti-aging foods you should be eating today

What we eat can cut the risk of developing chronic diseases that make us old before our time: high blood pressure, diabetes and obesity. Abundant scientific research has shown how important food is to healthy aging. What is meant by "anti-aging"? It's not a vague beauty term, its markers are radiant hair, skin, daily physical activity, a positive mindset and preventing chronic disease.

[Read More](#)

### Two fizzy drinks a day can raise risk of liver disease: Diet versions found to not have same damaging effect

- Sugar-sweetened drinks like cola linked to non-alcoholic fatty liver disease
- And there could be also associations with diabetes and heart disease
- More than 2,000 participants in the study had to say how many caffeinated or sugary drinks they consumed daily
- But researchers found no link between diet drinks and NAFLD

By Daily Mail Reporter

### When Using Essential Oils for Anxiety, Less is More

According to a study published in the [European Journal of Cardiology](#), one hundred young, non-smoking workers were placed in a room and exposed to an aromatherapy diffusion of [bergamot essential oil](#) for an hour before being measured for anxiety indicators like heart rate and blood pressure. Results showed reduced blood pressure and heart rate for between 15 and 60 minutes after the start of exposure. "Our results suggest that exposure to essential oil for 1 hour would be effective in reducing heart rate and blood pressure," said Dr Chuang.

Don't overdo it, since exposure longer than an hour does not improve results and may actually over-stimulate you, creating the opposite effect.

<http://www.naturallivingideas.com/>

[South India 101 - The Banana Leaf | Put Chutney](#) (click here)

## Stay hydrated

Our bodies need abundant water for optimal function. And while fruits and vegetables are mostly water and contribute a large portion of daily fluid needs, added fluids are needed daily. While the newest guidelines suggest drinking "when thirsty", most people ignore these signals, or don't really recognize them. Aim for at least 6 glasses of water daily (which also includes non-caffeinated drinks, like herbal teas and coffee and seltzer). Spruce up your water with a slice of fruit, or even cucumber and mint.

## Early Pancreatic Cancer detection

In their [STUDY](#) the team shows how a protein released by cancer cells into the bloodstream could be used to screen for early [PANCREATIC](#) cancer.

Cancer cells release the protein - which is coded by the gene glypican-1 (GPC1) - in small virus-sized particles called exomes. The exomes contain a mixture of DNA, RNA and proteins.

## Now, aircraft wings that can 'self heal' on the fly

Even the researchers involved in the project describe it as "verging on science fiction".

ctrl+click

Exercise for your back pain and not take pain killers



### Limit caffeine and alcohol

New science fully documents the health benefits of moderate amounts of caffeine. Caffeine can boost alertness, energy, and mental focus when used modestly.

As caffeine intake rises, so do negative side effects including jitteriness, anxiety, stomach upset, and insomnia.

Aim for up to 300 mg daily, which is about 2 large mugs of coffee (typical coffeehouse size of 16 - 20 ounces), or 4 large mugs of tea.

If you find you're "caffeine-sensitive" with these guidelines, as many people are, cut back to an amount that is symptom-free for you.

And while alcohol can be a health plus, limit your intake to up to one daily serving for women, and two for men. A serving is not the size of your glass.

It's:

- 5 ounce glass of wine
- 12 ounce beer
- 1.5 ounces of spirits

Never add alcohol as a health booster if it's not already part of your lifestyle.

[www.today.com](http://www.today.com)

**Protein Boosts Metabolism:** Your metabolism temporarily increases after you eat as your body uses energy to digest carbs, protein and fats. This effect -- called diet-induced thermogenesis -- is higher after you eat protein. Metabolism increases by 20 percent to 30 percent after eating protein, compared to 5 percent to 10 percent from carbs and only a small increase from digesting fats, according to a March 2011 report in the "International Journal for Vitamin and Nutrition Research." The type of cheese and carbs you eat also influences the rise in thermogenesis. A July 2010 "Food and Nutrition Research" report noted that natural cheese consumed with whole-grain bread boosted metabolism nearly 50 percent more than processed cheese and white bread.

by [Sandi Busch](#)

## Role of Inflammation in Lifespan

*Mammalian species with greater copy numbers of anti-inflammatory genes have longer maximum lifespans.*



DNA - image from Shutterstock

A major contributor in the process of aging is lifelong accumulation of molecular damage resultant from inflammation and free radical damage. In that the CD33rSiglec family of proteins are known to help protect our cells from becoming inflammatory collateral damage, a team from the University of California/San Diego School of Medicine (California, USA) investigated the role of CD33rSiglecs in lifespan extension. The CD33rSIGLEC genes encode siglec receptors that bind sialic acids -- sugar molecules found on many cells. These siglec receptors stick out like antennae on the outer surface of immune cells, probing the surface of other "self" cells in the body. When sialic acids bind siglec receptors, they transmit the message to the inside of the cell. This signal relay puts a brake on immune cell activation. In this way, the CD33rSiglec receptors help dampen chronic inflammation and reactive oxygen species in the body. Ajit Varki and colleagues report a correlation between CD33rSIGLEC gene copy number and maximum lifespan across 14 mammalian species. In addition, they found that mice lacking one CD33rSIGLEC gene copy don't live as long as normal mice, have higher levels of reactive oxygen species and experience more molecular damage. Observing that: "Removal of Siglec-E causes the development of exaggerated signs of aging at the molecular, structural, and cognitive level. We found that accelerated aging was related both to an unbalanced ROS metabolism, and to a secondary impairment in detoxification of reactive molecules, ultimately leading to increased damage to cellular DNA, proteins, and lipids.; the study authors submit that: "our data suggest that CD33rSiglecs co-evolved in mammals to achieve a better management of oxidative stress during inflammation, which in turn reduces molecular damage and extends lifespan."

[VIEW NEWS SOURCE...](#)

## Dining Out May Raise BP

*Meals eaten away from home may raise your risks of hypertension.*



Restaurant dining - image from Shutterstock

Globally, high blood pressure (hypertension) is the leading risk factor for death associated with cardiovascular disease. Previous studies have shown that young adults with pre-hypertension, or slightly elevated blood pressure, are at very high risk of hypertension. Eating meals away from home have been shown to be associated with higher caloric intake, higher saturated fat intake and higher salt intake -- all factors that may cause high blood pressure. Tazeen Jafar, from Duke-NUS Graduate Medical School (Singapore), and colleagues surveyed 501 university-going young adults, ages 18 to 40 years in Singapore. Data on blood pressure, body mass index and lifestyle, including meals eaten away from home and physical activity levels, were collected. Their association with hypertension was then determined. Using statistical analysis, the team found that pre-hypertension was found in 27.4% of the total population, and 38% ate more than 12 meals away from home per week; while the gender breakdown showed that pre-hypertension was more prevalent in men (49%) than in women (9%). Those who had pre-hypertension or hypertension were more likely to eat more meals away from home per week, have a higher mean body mass index, have lower mean physical activity levels, and be current smokers. Interestingly, the team also found that eating just one extra meal out could raise the odds of prehypertension by 6%. Writing that: "Prehypertension may be common among university-going young adults in Singapore and is associated with potentially preventable lifestyle factors," the study authors urge that: "Our findings call for large-scale population-based studies, including lifestyle modification trials for prevention of hypertension."

[VIEW NEWS SOURCE...](#)

## The Off-Balance Workout



Looking for a toned stomach or a better tennis game? These are two good reasons to turn your workout into a balancing act. A controlled wobble activates deep core muscles to help tighten the midsection and prepare athletes for that quick turn or lunge. Fabio Comana, MA, MS, of the American Council on Exercise, shares a few, fun core moves for better fitness. WebMD

## Anthocyanins

Anthocyanins are found in fruits, especially cherries which provide the distinctive red colour to fruits. These health promoting compounds possess antioxidant, anti-inflammatory and anti-carcinogenic properties. Anthocyanins are phenolic compounds called flavonoids.

The precise cause of RA is unknown, but many factors are involved. Researchers have identified dozens of genes linked to the disease. They also think certain things in the environment, like viral or bacterial infections, may trigger it, although RA isn't contagious. Changes in sex hormones -- especially in women -- also play a role, which may explain why three times as many women as men get RA.

## 5 ways to protect your eyes from AMD

Age-related macular degeneration (AMD) is a condition in which the macula, the part of the eye that's responsible for your sharpest and most detailed vision, begins to thin and break down, causing vision loss. If left untreated, it can lead to blindness.

There is no surefire way to prevent AMD. However, there are things you can do to delay its onset or reduce its severity.

Here's how:

1. Smoking can speed up AMD damage. If you smoke, quit.
2. Sunlight is thought to possibly promote AMD. Protect your eyes from the sun by wearing sunglasses and broad-brimmed hats.
3. Research also suggests that certain nutrients help prevent macular degeneration. Eat a diet rich in fresh fruits and dark green leafy vegetables -- such as spinach, collard greens, and kale -- that are rich in lutein and zeaxanthin, which are key for eye health.
4. For people at high risk of developing the advanced stages of the "wet" form of AMD, high-dose combinations of antioxidant vitamins and minerals may lower their risk by about 25%. However, supplements don't seem to help people who don't have AMD or who have early AMD.
5. Ask your doctor about supplements if you have intermediate or advanced dry AMD or wet AMD. It's unclear whether omega-3 supplements are beneficial for AMD, but eating fish and other foods high in these nutrients may still be worthwhile for preserving optimal vision and overall good health.

For more information on keeping your eyes healthy, buy [The Aging Eye](#), a Special Health Report from Harvard Medical School.

**SL - VIDEO - Part 1.....by Drone.**

<http://www.youtube.com/embed/exM8zm3qgTk>

## CARBOHYDRATES

**For healthy eaters, there are no bad foods, just bad portions.**

Carbohydrates are the preferred and primary source of body fuel. All foods can be converted to a simple sugar to be used by all body cells. But the dietary choices of carbohydrates vary widely. Carbs are major carriers of fat (chips) and added sugars (cookies, cakes, candy), and should not be confused with smart carbohydrates found in nature.

6. Choose **fiber-rich carbohydrates**. Focus on fruits and vegetables — rich in fiber and water — as the primary source of dietary carbohydrates. Limit intake of starchy-carbs (like bread, rice, pasta, cereals).

7. Fiber helps with fullness, so limit processed carbohydrates (stripped of fiber) to support portion control. Avoid the “good” and “bad” food mentality for salt, fat, and carbs. If you make smart choices most of the time, you can freely include some treat foods. For healthy eaters, there are no bad foods, just bad portions.

<http://www.today.com/>

### [Foods That Are High in Iron](#)

While beef is a go-to for many, chicken and even spinach are also great ways to get this essential mineral.

[View Slideshow >](#)

## Basil

Calling all cooks! Want a double whammy when it comes to mosquito protection? Plant some basil! Not only will you have a quick and easy mosquito repellent, you will also have a delicious fresh herb on hand to add to all of your favorite recipes! There are many different varieties of basil around, so feel free to experiment and find the ones that you like best. Many expert gardeners recommend trying lemon basil or cinnamon basil to deter insects.

## Try Whole-Grain Bread and Crackers- for high fibre

Keep the grains coming at lunch. Eat a sandwich on whole-grain bread. Or dip whole-grain crackers into your favorite healthy spread. Whole grains include the entire grain -- bran, germ, and endogerm -- giving you all the nutrients of the grain. Studies show that adding whole grains and other high-fiber foods to your diet may also reduce your risk of heart disease and type 2 diabetes. WebMD

We saw this link between **depression** and **Parkinson's disease** over a timespan of more than 2 decades, so depression may be a very early symptom of Parkinson's disease or a risk factor for the disease," says **STUDY** co-author Prof. Peter Nordström, at Umeå University in Sweden.

## Ancient Grain Reassessed

*Blood Pressure Diabetes Functional Foods*  
A staple of the diet of the Aztecs, Incas, and Mayans, amaranth seeds are a source of bioactive peptides with antihypertensive and antioxidative properties.

Amaranth (*Amaranthus hypochondriacus*) is a gluten-free grain with a high protein concentration. Alvaro Montoya-Rodriguez, from Ciudad Univ (Mexico), and colleagues identified 15 main proteins present in amaranth: a number of these showed high occurrence frequencies of angiotensin-converting enzyme-inhibitor peptides and dipeptidyl peptidase IV inhibitor, thereby suggesting antihypertensive effects. As well, the team identified bioactive peptides with antioxidative properties. The study authors submit that: "The results of this study support the concept that amaranth grain could be part of a 'healthy' diet and thereby prevent chronic human diseases."

[VIEW NEWS SOURCE...](#)



Amaranth - image from Shutterstock

## Get Enough Sleep.

George Yu, MD, a urology professor at the George Washington University Medical Center in Washington, D.C., says that, for many men with **low testosterone**, poor **sleep** is the most important factor. A lack of **sleep** affects a variety of hormones and chemicals in your body. This, in turn, can have a harmful impact on your testosterone.

Make **sleep** a priority, aiming for 7 to 8 hours per night, even if it means rearranging your schedule or dropping your habit of late-night TV. Prize your sleep, just like you'd prize a healthy diet and active lifestyle. It's that important.

If you're having problems getting good sleep on a regular basis, talk to your doctor.

WebMD

The Philippines has reported its highest number of new cases of HIV in a single month since 1984, with 667 new cases reported in March. This represents a 34% increase over the same period last year. Sex without condoms among men who have sex with men was one of the key drivers of the epidemic, particularly in metropolitan Manila, where it accounted for 44% of the newly diagnosed cases.

Most of the cases (630) were attributed to sexual transmission, and 85%

## Garcinia Cambogia: Safe for Weight Loss?

**Garcinia cambogia**, a tropical fruit also known as the Malabar tamarind, is a popular **weight-loss** supplement. People say it blocks your body's ability to make fat and it puts the brakes on your appetite. It could help keep **blood sugar** and **cholesterol levels** in check, too. You'll find it in bottles on the shelf at the store as well as mixed with other ingredients in diet products.

Does it live up to its hype? Maybe a little, but it might not be worth it.

### [24 Ways to Lose Weight Without Dieting](#)

#### How It Works

The active ingredient in the fruit's rind, **hydroxycitric acid**, or HCA, has boosted fat-burning and cut back appetite in studies. It appears to block an enzyme called citrate lyase, which your body uses to make fat. It also raises levels of the **brain** chemical serotonin, which may make you feel less **hungry**.

But actual **weight loss** results aren't impressive. A review published in the *Journal of Obesity* found that people who took garcinia cambogia in studies lost about 2 pounds more than people who didn't take it. The reviewers couldn't say for sure that the weight loss was because of the supplement. It could have been from the lower-calorie diet and **exercise programs** the people in the studies typically followed. Better studies are needed to find out if HCA really helps people lose a lot of weight and keep it off.

#### Type 2 Diabetes and High Cholesterol

Garcinia cambogia may make it easier for your body to use glucose, the sugar your cells need for energy. Mice that got garcinia cambogia in one study had lower **insulin** levels than mice that didn't. That's another reason, besides weight loss, that people with **diabetes** are interested in it. However, if you're taking garcinia cambogia along with a **medication** to control your **blood sugar**, your glucose could get dangerously low.

Some research has found that garcinia cambogia can also improve **cholesterol levels**, lowering **triglycerides** and **LDL** (the "bad" **cholesterol**) and raising HDL (the "good" **cholesterol**). But you shouldn't use it if you're already on a prescription for your **cholesterol**. WebMD

Hot Sauce: It can live happily in the pantry for up to three years. Do not refrigerate.

## You don't have to go all veg to live longer, study finds

Maggie Fox/NBC News

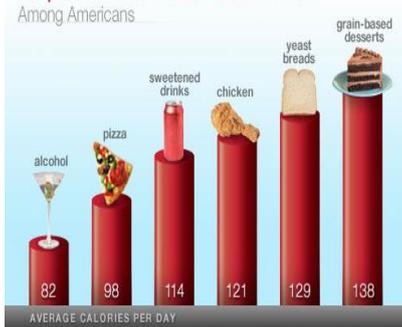


American Heart Association

People don't have to go all the way vegan or even vegetarian to lower their risk of heart disease. Even a few changes—cutting out some meat and eating more plant foods— can improve health, researchers reported Thursday. The findings come from a giant, ongoing study of more than 450,000 people living in Europe, who have been having their blood tested, kept food diaries and had their health watched since the 1990s. People who got 70 percent or more of their food from fruits, vegetables and grains had a 20 percent lower risk of dying from heart diseases, the team at Imperial College London told a meeting of the American Heart Association. "A pro-vegetarian diet doesn't make absolute recommendations about specific nutrients. It focuses on increasing the proportion of plant based foods relative to animal-based foods, which results in an improved nutritionally balanced diet," said Camille Lassale, an epidemiologist at Imperial College London's School of Public Health who led the study. "Instead of drastic avoidance of animal-based foods, substituting some of the meat in your diet with plant-based sources may be a very simple, useful way to lower cardiovascular mortality," Lassale said in a statement. The same ongoing study has found that **vegetarians are 28 percent less likely** to develop heart disease than meat-eaters. The American Heart Association says its recommendations could be described as a pro-vegetarian diet. It recommends piling on the fruits, vegetables, whole grains, beans, and nuts, and cutting down on saturated and trans-fats, salt, sugar and red meat. Other studies have shown that this kind of diet can cut the risk of heart disease dramatically. One found that a Mediterranean diet rich in fruits, vegetables, olive oil and a little wine can **cut the risk of heart attacks and strokes** by 30 percent, The U.S. government **now advises people** to eat a plant-based diet, with half of calories from fruits and vegetables and another large chunk from whole grains.

## Clues Towards the Anti-Aging Pathway

### Top Sources of Calories



Bottle with pills - image from Shutterstock

Rapamycin, a drug that targets a genetic signaling pathway linked to aging and immune function, has been studied in animal models for its potential use as an anti-aging therapeutic. A team from Novartis administered an experimental medication, a version of the drug rapamycin, to a group of older men and women. The subjects displayed an improved immune response to a flu vaccine of 20%. The study authors submit that: "These results raise the possibility that mTOR inhibition may have beneficial effects on immunosenescence in the elderly."

[VIEW NEWS SOURCE...](#)

### Daily Multivitamin

Although it's probably not going to help you live to 120, a multivitamin may help you live better—if your diet is less than stellar.

"I take a ... multivitamin every day as a little insurance policy," says David Levitsky, a Cornell University professor of nutrition and psychology and also outspoken critic of supplement industry scams.

While many experts disagree on the value of multivitamins, it's important to look at all the evidence. "For certain groups of healthy people, especially those whose diet has nutritional gaps, a multivitamin can help fill in those gaps," she says.

For people with medical illnesses or taking prescription medications, check with your doctor for personalized advice, because diseases and medicines can alter vitamin and mineral utilization, where more or less of a vitamin may be required.

[www.today.com](http://www.today.com)

### Meat

Whether it's processed or red, you need less of it in your life. Just one hot dog a day could boost your chances of getting colon cancer. Luncheon meats, cold cuts, and hot dogs all have preservatives called nitrites, which cause cancer. Smoking meats or cooking them at a high temperature creates compounds called PAHs. Studies are under way to see how they affect people.

## What Is Irritable Bowel Syndrome?

Irritable bowel syndrome (IBS), also known as "spastic colon," is a common disorder. While most people experience digestive troubles once in a while, what sets IBS apart is belly pain and diarrhea or constipation that comes back again and again. IBS affects 10% to 15% of people in North America.

### Symptoms of IBS

The main symptoms of IBS are abdominal pain accompanied by a change in bowel habits. This can include constipation, diarrhea, or both. Gas and a visibly bloated belly are also common. The condition does not damage the digestive system, but persistent pain and frequent trips to the bathroom can interfere with everyday life.

### Causes of IBS

Doctors don't know the exact cause of IBS. One theory is that abnormal intestinal muscle contractions (seen on the right) result in cramping, pain, and fluctuations in the speed of digestion. Some people get IBS after a severe GI infection but it's not clear why. Food intolerance is another area being studied, whether it's a food sensitivity or a food allergy. IBS like symptoms can be seen when eating certain foods like dairy (lactose), beans, broccoli, cauliflower and cabbage.

### IBS: Who's at Risk?

Anyone can get IBS, but the condition is twice as common in women as in men. It's also more likely to affect people who have a family history of IBS. Symptoms usually begin when people are in their late 20s. It's uncommon for people over 50 to develop IBS for the first time. IBS sometimes co-exists with depression or anxiety.

### IBS Triggers

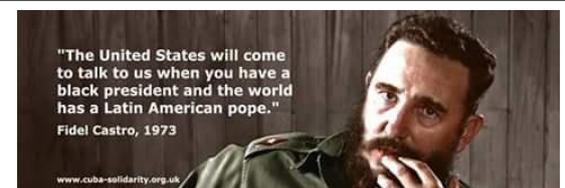
The first step toward managing IBS is to identify what makes your symptoms worse. Besides stress, common triggers include eating a meal, hormonal changes, and certain medications. It's important to note that no specific foods have been universally linked to IBS symptoms. But keeping a food diary may help you pinpoint which foods are a problem for you.

### Treating IBS: Diet Changes

Your treatment strategy will depend on your specific symptoms and triggers, but many people start with diet changes. You may find it helpful to avoid caffeine, alcohol, and fatty foods. Getting more fiber or water may also improve symptoms. Suspicious foods can be eliminated one at a time. It may take some trial and error to discover which changes provide the most relief.

### Treating IBS: Probiotics

Probiotics are friendly bacteria that help reduce the growth of harmful organisms in the digestive tract. There are many kinds of probiotics, but the best known is the type found in yogurt -- look for a label that says "active cultures." Some studies suggest probiotics may improve the symptoms of IBS, but more research is needed.-WebMD



### Misuse of antibiotics toughens up acnes

Use of antibiotics to treat acne can have serious consequences, new research suggests.

## Red Wine Antioxidant Could Boost Your Metabolism

Small study in obese men shows benefit from supplement



PHOTO CREDIT: JOSEPH CLARK/ THE IMAGE BANK/ GETTY IMAGES



Results of a small study show that obese men who take a small daily dose of the supplement resveratrol -- found as a natural compound in red wine -- appear to improve their metabolism as much as if they were on a strict low-calorie diet.

Animal studies have previously found that resveratrol reduces insulin resistance and protects against the bad effects of a high-fat diet. This is similar to what happens when people restrict the number of calories they take in, which has been shown to delay the onset of age-related diseases, the Dutch researchers say.

"Now we have shown for the first time that resveratrol works in humans. It opens the avenue for more research to see if it could be helpful in people with type 2 diabetes," said lead researcher Patrick Schrauwen from Maastricht University in the Netherlands.

"This is very positive news," he added. "We need further studies, but I would advise people to use resveratrol."

The study is published in the Nov. 2 issue of *Cell Metabolism*.

### The Flu

Yes, unfortunately, there are situations outside our control that can spike our blood sugar levels. The extreme loss of fluids that happens during a flu attack creates a spike in the blood sugar levels. But that's not all, medicine such as antibiotics can also change the sugar balance in the body, as well as the body's actual war against the disease. That is why you should drink more and eat even less sugar and carbs during this time.

BabaMail

## What lifestyle changes can help me manage my diabetes?

Even though there's no diabetes cure, diabetes can be treated and controlled, and some people may go into remission. To [manage diabetes](#) effectively, you need to do the following:

**Manage your blood sugar levels.** Know what to do to help keep them as near to normal as possible every day: Check your [glucose levels](#) frequently. Take your diabetes medicine regularly. And balance your food intake with medication, [exercise](#), [stress management](#), and good [sleep](#) habits.

**Plan what you eat at each meal.** Stick to your diabetes eating plan as often as possible.

**Bring healthy snacks with you.** You'll be less likely to snack on empty calories.

**Exercise regularly.** Exercise helps you keep you fit, burns calories, and helps normalize your blood glucose levels.

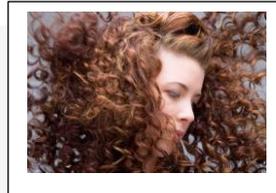
**Keep up with your medical appointments.** That includes your doctor, diabetes educator, ophthalmologist, dentist, podiatrist, and other health care professionals.

### [Why weight matters when it comes to joint pain](#)

If you're having the occasional twinge of joint pain when you go for a walk or climb stairs, or you're worried about arthritis because a parent had it, one step toward prevention is to check your weight.

[Read more »](#)

## Hair Is Tied to Self-Image



Long, short, bouncy, sleek -- for most women, hair is far more than a bundle of fiber. It's an expression of style and personality. Research also suggests hair and self-image are closely intertwined. If an occasional "bad hair day" can make a woman feel bad, hair loss can be a distressing sight to face every morning in the mirror.

### Hair Loss Common in Women, Too

The idea that thinning hair is a guy problem is simply wrong. Forty percent of people who experience temporary or long term hair loss are women. Some have hair that is thinning all over, while others see the center part gradually widen. Still others develop distinct baldness at the crown of the head. Unlike men, women rarely develop a receding front hairline.

### How Hair Grows

The average scalp has 100,000 hairs. Each follicle produces a single hair that grows at a rate of half an inch per month. After growing for two to six years, hair rests awhile before falling out. It's soon replaced with a new hair, and the cycle begins again. At any given time, 85% of hair is growing, and the remainder is resting.

### How Much Hair Loss Is Normal?

Because resting hairs regularly fall out, most people shed about 50-100 strands every day. You'll typically find a few in your hairbrush or on your clothes. Abnormal hair loss can happen in several ways. You may notice dramatic clumps falling out when you shampoo or style. Or your hair may thin slowly over time. If you're concerned about changes in your hair, check with your doctor.

### Finding the Roots of Hair Loss

Hair loss in women can be triggered by about 30 different medical conditions, as well as several lifestyle factors. Sometimes no specific cause can be found. As a starting point, hair loss experts recommend testing for thyroid problems and hormone imbalances. In many cases, hair will grow back once the cause is addressed.

### Hair Loss Trigger: Thyroid Problems

The thyroid is a butterfly-shaped gland at the front of the neck. It produces hormones that regulate many processes throughout the body. If the gland makes too much or too little thyroid hormone, the hair growth cycle may falter. But hair loss is rarely the only sign of a thyroid problem. Other symptoms include weight gain or loss, very dry skin or eczema, sensitivity to cold or heat, and changes in heart rate.

## GREEN TEA



Green tea might be might be tasty and refreshing, and it might seem like a natural way to ward off cancer, but in concentrated amounts it can also damage your liver. Comfrey is so dangerous that comfrey tea is no longer sold in the United States, and other herbs have also sent people to the hospital.

[Green tea](#) is widely used. If you drink a few cups a day, it is unlikely you will suffer any adverse reaction," Bonkovsky said. "But the extracts are concentrated formulations." The active ingredients are a class of compounds called catechins. "They can deplete some of the protective molecules in cells such as glutathione that are there to protect us from injury. A high dose of green tea extract can lead in susceptible persons to actually quite severe or even fatal liver injury," Bonkovsky said.

One of the catechins most suspected is epigallocatechin-3-gallate (EGCG).

"We don't really fully understand the basis for the susceptibility, but it seems likely to be a combination of genetic factors...but also maybe related to their diets, to whether or not they have been drinking alcohol," he added.

The U.S. Food and Drug Administration [has rejected](#) some of the health claims made by makers of products using green tea.

### HOT MILK TO SLEEP

Yes, it may only seem like an old wives' tale, but drinking a glass of the warm stuff can actually help you drop off quicker. Dairy products are rich in sleep-inducing amino acid, tryptophan, and can contribute to the production of snooze chemicals, serotonin and melatonin.

[Go easy on the barbecue.](#) Burning or charring meats creates carcinogenic substances. If you do choose to barbecue, don't overcook the meat and be sure to cook at the proper temperature (not too hot!).

## When to Consider a Knee Replacement

If you are considering a new knee, here are things to think about:

**Pain, swelling, and stiffness.** If your knee hurts when you walk or go up and down stairs, and it hurts to get through your day, that's a sign you might need help. Your knee may hurt at night or even when you're resting. You should think about having the surgery if your pain hasn't been under control for a while and you've tried nonsurgical treatments.

**Other treatments didn't work.** Surgery isn't a first step. "We always try to start with simpler things first and move to more complicated solutions," says Lewallen. That means you've probably already tried anti-inflammatory medication or cortisone shots for pain and swelling, physical therapy, and maybe even weight loss. **Knee deformity.** "Do you notice you're becoming bowlegged or knock-kneed or your knee won't go straight anymore?" says orthopedic surgeon Claudette Lajam, MD, of the NYU Langone Medical Center in New York City. "It's usually a giveaway when that starts to happen."

**Quality of life.** If your pain limits what you can do every day, you may want to talk to a surgeon. "It's about timing," says Charles Nelson, MD, chief of joint replacement at Penn Orthopaedics in Philadelphia. "People think surgery when symptoms are bad enough that they're not functioning to their satisfaction."

### When You Should Think Twice

A knee replacement may not be the best choice in some cases:

**Infections.** If you've had a recent infection, you'll need to get it treated before surgery. For example, don't postpone dental care for gum and teeth infections. Taking care of this will lower the chance of infection in your new joint, which is a serious problem that can lead to more surgery.

**Other health issues.** A history of heart or lung problems, diabetes, or blood clots may make you more likely to have trouble with the surgery. Your doctor will want to get these health issues under control before deciding to operate. He may also suggest you lose

**Crohn's disease** is a long-term condition that causes inflammation to the lining of the digestive system - most commonly occurring in the ileum or colon. Symptoms include diarrhea, abdominal pain, fatigue, weight loss and blood or mucus in your stools. Treatment may include corticosteroids, immunosuppressant medicines, dietary treatments or surgery.

## How is yogurt different from curd?



Decoded: Yogurt or curd? (Getty Images)

*You're not alone if you have ever wondered, "What's the difference between yogurt and curd?" We have seen how yogurt's popularity as a diet food has skyrocketed recently and one may wonder what all the fuss is about.*

For starters, it is a prevalent myth, what curd is to India, yogurt is to west. Though both the products differ by a fine line, the basic difference lies in its method of preparation and also the beneficial bacterial strains that kick start the fermentation of milk.

Presently yogurt is the most sought after product in our weight-obsessed market. Other than this, there are various benefits and it is safe to say that you can comfortably replace desi curd with yogurt from your daily meals.

There are different varieties of yogurts available in the market, the most common and promising being the Greek yogurt. This is being excessively used and also recommended by numerous dieticians. The advantage is with the same amount of bacteria and almost at the same price, this provides almost double the protein lessening post workout muscular trauma. For example, a medium-sized bowl of curd contains roughly 3-4 grams of protein, while the same amount of Greek yogurt has almost double the amount, roughly 8-10 grams.

Did you know that yogurt can make workout less tiring by reducing the muscular stress. Dr. Seema Singh, chief clinical nutritionist, Fortis Hospitals, Vasant Kunj says, "If yogurt is consumed on a daily basis, it facilitates functioning of the active T- cells (dominant cells responsible for maintaining the immunity of the body). In case of people who follow a regular workout regime, yogurt soothes the muscle stress and post workout recovery is faster and better."

Moreover, it is also beneficial for those who are lactose intolerant, as stated by Dr. Mansi Chatrath. "Yogurt can also be an alternative for people who are lactose intolerant. It converts the lactose in milk into lactic acid making it easier to digest." While most experts are of the opinion that yogurt can be made at home, Dr Ritika Samaddar, chief dietician, Max Healthcare differ. She says that yogurt is an industrial product and cannot be prepared at home.

We spoke to Delhi-based chef Cecil Raj from QBA to know the secret recipe to make yogurt at home:

1. Heat the milk (quantity as much you require) just to boiling point and pour it in a container preferably made of glass.
2. Let it cool to lukewarm (100-105F). Eventually a skin will form on top.
3. Add two tablespoons of yogurt to the lukewarm milk either home-made or commercial. (Yes, it's best to buy once) A word caution here is mix it gently such that the skin formed doesn't get disturbed.
4. Place the glass container in warm water at least for 8 hours / overnight for incubation. Eight to twelve hours is best. The longer the yogurt coagulates beyond that time, the more sour it will become.
5. Carefully drain any excess liquid.
6. Refrigerate for 4 hours before using. Store in the refrigerator and use within 4-5 days.

TOI



This picture of the disabled boy is taken from a Centre in Kilinochchi, North Sri Lanka.

There are many destitute children needing your help.

Please contact

Sister Joseph Lourdes for more details.

Her email address:

Lourdes Joseph

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## Drink in Moderation



Most people with diabetes can enjoy some alcohol. Rules are the same as for everyone else: one drink per day for women; two for men. But you need to know how alcohol affects your blood sugar. A sugary drink might spike your blood sugar. But if you drink on an empty stomach or take certain meds, your levels could swing too low.

## Bloody Mary



This brunch classic can be a diabetes diet disaster. The vodka in it can make your blood sugar unstable. Take out the alcohol to make it "virgin," add a celery spear, and use low-sodium tomato juice.

## Is gray hair the new black? Young and old alike try the trend

Women of all ages are embracing stylish gray locks, whether they became that way naturally or were dyed to get the look.

Read More

## A Diet Might Cut the Risk of Developing Alzheimer's

Researchers spent two years developing the MIND diet, which includes many brain-healthy foods like berries and greens



The MIND diet was developed by researchers at Chicago's Rush University Medical Center, whose recent study found that certain foods could help prevent the onset of Alzheimer's disease. Photo: Getty

By  
Sumathi Reddy

Researchers successfully tested a special diet they designed that appears to reduce the risk for developing Alzheimer's disease.

The study compared the so-called MIND diet with the popular, heart-healthy Mediterranean diet and the DASH diet, which is intended to help control high blood pressure. The MIND diet borrows significantly from the other two, and all are largely plant-based and low in high-fat foods. But the MIND diet places particular emphasis on eating "brain-healthy" foods such as green leafy vegetables and berries, among other recommendations.

The study, conducted by researchers at Rush University Medical Center in Chicago, found strict adherence to any of the three diets lessened the chances of getting Alzheimer's. But only the MIND diet seemed to help counter the disease even when people followed only some of the diet's recommendations. The research was observational, not randomized or controlled, and therefore isn't evidence the MIND diet caused a reduced risk for Alzheimer's. Instead, the research shows there is an association between the two.

The MIND diet combines elements of the heart-healthy Mediterranean diet and the DASH diet, which aims to reduce high blood pressure. The MIND diet also includes 'brain-healthy' foods such as lots of green leafy vegetables, blueberries and nuts. A study found adhering strictly to any of the three diets lowered the risk for Alzheimer's disease. But only the MIND diet had significant benefits even with moderate adherence. PHOTO: HARALD WALKER/CORBIS

The study is part of a small body of research investigating how nutrition can improve brain health and stave off the cognitive decline and memory impairment that comes with Alzheimer's disease and other forms of dementia. Experts say there is growing awareness that lifestyle factors—not just genetics—play a prominent role in the development of Alzheimer's, and researchers hope to come up with an optimal diet that will lessen the chances of developing the disease. An estimated 5.1 million people in the U.S. have Alzheimer's, a number expected to grow to 7.1 million by 2025, according to the Alzheimer's Association.

"It's a relatively new field compared with heart disease and diabetes and nutrition," said Martha Clare Morris, a professor of neurological epidemiology at Rush. "As we learn more and more I think we would definitely modify or update the [MIND] diet based on the latest research," said Dr. Morris, who was first author of the study, published recently in the journal Alzheimer's & Dementia.

The MIND diet, which took two years to develop, stands for Mediterranean-DASH Intervention for Neurodegenerative Delay. Researchers modified the Mediterranean and DASH diets based on evidence from animal and human studies looking at nutrition and the brain. DASH stands for Dietary Approaches to Stop Hypertension. The MIND diet includes at least three servings of whole grains, a salad and one other vegetable every day—along with a glass of wine. It also involves snacking most days on nuts and eating beans every other day or so, poultry and berries at least twice a week and fish at least once a week. Dieters must limit eating the designated unhealthy foods, especially butter (less than 1 tablespoon a day), cheese, and fried or fast food (less than a serving a week for any of the three), to have a real shot at avoiding the devastating effects of Alzheimer's, according to a study by Rush University Medical Center researchers.

Source: Rush University



Couple of beers & a few segments of Pizza will add up to over 1,500 cals

## Sardines aren't scary! Tips on cooking 5 sustainable budget seafood options

Kristin Donnelly  
TODAY

The good news: Some of the most sustainable seafood options are also the healthiest (think omega-3s!) and they're the least expensive. The (sorta) bad news: Some people find these fish and shellfish, well, challenging. But they don't have to be! Two of these fish require little more from you than opening a can. The remaining options take mere minutes to prep and cook. All of them will make your dinner healthier, tastier and more impressive and will be a little gentler on the Earth. So really, what do you have to lose?

### Pacific Sardines



Shutterstock

When they're canned, sardines might be one of the world's healthiest, most convenient protein. They're rich omega-3 fatty acids and don't contain mercury the way large fish can. Sardines from the Pacific Ocean, where the fisheries are well-managed, are the most sustainable option.

Use canned sardines like you would canned tuna—on sandwiches and salads. Sardines' strong flavor is especially delicious with punchy ingredients, like capers, feta and raw onion. For the least "scary" sardines, look for fillets that are skinless and boneless (but note: the fine bones are edible and are rich with calcium).

If you're feeling brave, you can also buy whole fresh sardines at some fish markets and throw them on the grill.

#### Recipes to try

- Sardines Fried Rice
- Broiled Sardines and Bean Salad
- Sardines with Chile and Lime



## Nutritional breakdown of tea

According to the USDA National Nutrient Database, one cup of black tea (approximately 237 grams) contains 2 calories, 1 gram of carbohydrate, 0 grams of sugar, 0 grams of fiber and 0 grams of protein as well as 26% of daily manganese needs and small amounts of riboflavin, folate, potassium and copper.



Tea is the second most consumed beverage in the world.

Unsweetened brewed green tea is a zero calorie beverage.

The caffeine contained in a cup of tea can vary according to the length of infusing time and the amount of tea infused.

Overall, tea contains few calories, helps with hydration and is a good source of antioxidants.

Catechins, potent antioxidants found primarily in green tea, are known for having beneficial anti-inflammatory and anti-carcinogenic properties.<sup>3</sup>

MNT

## What Babies Eat May Affect Leukemia Risk

by [Rachael Rettner](#), Senior Writer



PHILADELPHIA — Infants who start eating solid foods later than usual may be at increased risk for a type of blood cancer, a new study suggests.

Researchers analyzed information from 172 children in Texas who had been diagnosed with [acute lymphocytic leukemia](#) (ALL) — a cancer of the white blood cells — and 344 healthy children around the same age. The study included children who were fed breast milk, infant formula or both before they started eating solid foods.

Children who didn't start eating solid foods until they were 10 months old or older were four times more likely to be diagnosed with ALL compared with children who started eating solid foods by age 4 months.

Children who started eating solid foods at ages 7 to 9 months were three times more likely to be diagnosed with ALL compared with infants who started eating solid foods by age 4 months. However, children who started eating solid foods at ages 5 to 6 months did not have an increase in their likelihood of ALL, according to [the study](#), which was presented here this week at the meeting of the American Association for Cancer Research.

The findings agree with an earlier study conducted by the same group of researchers that found that for every one-month delay in the start of solid foods, a child's likelihood of developing ALL increased by 14 percent.

The researchers also found that children who were fed formula for a longer time, regardless of when solid foods were introduced, also had an increased risk of ALL.

ALL is the most common type of childhood cancer. Even so, like other cancers in children, the disease is rare, so a child's overall risk of developing the disease is small, said study researcher Jeremy Schraw, a doctoral student in nutritional science at the University of Texas at Austin. About 4 in 100,000 U.S. children develop ALL yearly, according to the National Cancer Institute. [[10 Ways to Promote Kids' Healthy Eating Habits](#)]

### Determining Your Resting Heart Rate

In general, the higher your resting heart rate, the less physically fit you are, and the lower your heart rate, the more physically fit you are. (Some athletes have resting heart rates in the 40s.) One [[MORE...](#)]

click

## What Your Poop Says About Your Lifestyle

by Agata Blaszczyk-Boxe,



 Credit: Sebastian Duda/Shutterstock.com

Your lifestyle affects the bacteria in your poop, a new study shows: The poop of people who live in Western countries may contain a less-diverse group of bacteria than the poop of people who live of nonindustrialized countries, according to the study. In the study, researchers compared poop samples from people in the United States with samples from people in Papua New Guinea, a nation in the South Pacific that is one of the least industrialized countries in the world. The results showed that the [diversity of bacteria in the poop](#) was greater in the samples from Papua New Guineans than in those from U.S. residents. In fact, the U.S. poop samples lacked about 50 bacterial types that were found in the samples from the Papua New Guineans.

### Water Boosts Your Energy



If you're feeling drained and depleted, get a pick-me-up with water. Dehydration makes you feel tired.

The right amount of water will help your heart pump your blood more effectively.

And water can help your blood transport oxygen and other essential nutrients to your cells.

WebMD

Mackerel is a strong-flavored, delicious fish that's also rich with omega-3 fatty acids. Because of its high oil content, it more quickly tastes "fishy" than other fish so it's best to buy it when it's super fresh. If you're new to the fish, seek out Spanish mackerel, which has a milder flavor than Atlantic mackerel. Both types are terrific with strong-flavored condiments, like Italian-style salsa verde, pickled onions or even just a generous squeeze of lemon.

You can also look for smoked mackerel—which has a bacon-like richness—in the refrigerator section of the super market. Break up the fillets to serve in salads or on sandwiches.

- [Barbecued Mackerel with Ginger, Chili and Lime Drizzle](#)
- [Open-Faced Smoked Mackerel Sandwiches](#)
- [Mackerel Salad with Miso-Carrot Dressing](#)



## Angioplasty for Heart Attack and Unstable Angina

Angioplasty gets blood flowing back to the heart. It opens a coronary artery that was narrowed or blocked during a [heart attack](#). The coronary artery might be blocked by a blood clot and fat and calcium from a ruptured [plaque](#) that caused the heart attack.

Doctors try to do angioplasty as soon as possible after a heart attack. But angioplasty is not available in all hospitals. If a person is at a hospital that does not do angioplasty, he or she might be moved to another hospital where angioplasty can be done.

Angioplasty is also called percutaneous coronary intervention (PCI) or percutaneous transluminal coronary angioplasty (PTCA).

How is angioplasty done?

Angioplasty is done using a thin, soft tube called a catheter. A doctor inserts the catheter into a blood vessel in the groin or wrist. The doctor carefully guides the catheter through blood vessels until it reaches coronary arteries on the heart.

[Cardiac catheterization](#), also called **coronary angiogram**.

Your doctor first uses the catheter to find narrowing or blockages in the coronary arteries. This is done by injecting a dye that contains iodine into the arteries. The dye makes the coronary arteries visible on a digital X-ray screen. This testing is also called a coronary angiogram.

**Balloon with or without a stent.** If there is a blockage, the catheter is moved to the narrowed part of the artery. A tiny balloon is moved through the catheter and is used to open the artery. The balloon is inflated for a short time. Then it is deflated and removed. The pressure from the inflated balloon makes more room for the blood to flow, because the balloon presses the plaque against the wall of the artery. The doctor can also use the balloon to place a [stent](#) in the artery to keep it open.

In some cases, the doctor might remove loose pieces of blood clots from the artery. This is done with a small device that is like a vacuum. The doctor moves the device up through the catheter to the blocked artery and removes the clot pieces. This is a newer procedure that can be used during angioplasty.

WebMD

### Breathing Your Way to Good Health

You can help alleviate stress through the simple practice of yogic breathing. Among other things, breathing loads your blood with oxygen, which maintains your health at the most desirable level. Shallow [[MORE...](#)]



## Studies boost hopes for new class of cholesterol medicines

People taking one of these drugs had half the risk of dying or suffering a heart problem compared to others who were given usual care typically one of the statin drugs such as Lipitor or Zocor, doctors found.

SAN DIEGO: New research boosts hope that a highly anticipated, experimental class of cholesterol drugs can greatly lower the risk for heart attacks, death and other heart-related problems. The U.S. government will decide this summer whether to allow two of these drugs on the market.

People taking one of these drugs had half the risk of dying or suffering a heart problem compared to others who were given usual care typically one of the statin drugs such as Lipitor or Zocor, doctors found. Many people cannot tolerate statins or get enough help from them, so new medicines are badly needed.

The results are "really impressive and very encouraging" for the new drugs, said one independent expert, Dr. Judith Hochman of NYU Langone Medical Center.

The studies were published online Sunday by the New England Journal of Medicine and discussed at an American College of Cardiology conference in San Diego.

They lower LDL or bad cholesterol more powerfully and in a different way than existing drugs, by blocking PCSK9, a substance that interferes with the liver's ability to remove cholesterol from the blood.

Side effects remain a question, though, especially on thinking, confusion and memory problems the FDA has already voiced concern about and asked the companies to track.

The problems affected only 1 or 2 percent of patients and may be temporary, but they were twice as common among people taking one of the new drugs and need to be closely monitored as studies continue, said Dr. Anthony DeMaria, a University of California at San Diego heart specialist and past president of the American College of Cardiology. As a patient facing potential side effects, "the last one I want" is one that affects the brain, he said. Dr. Eric Topol, a cardiologist at Scripps Clinic in La Jolla, California, said the new results show "an unquestionable signal" of a potential safety issue. More side effects typically turn up once a drug is approved and used in a wider population," he said.

TIO

## Eosinophilic Esophagitis

Eosinophilic esophagitis is something that you are seeing increasingly more of from referring gastroenterologists. A group from Chapel Hill in North Carolina<sup>[3]</sup> looked at steroid treatment vs a six-food elimination diet (now the standard of care) for treatment of eosinophilic esophagitis. The six-food elimination diet removes gluten, milk, eggs, soy, shellfish, and peanuts. These foods are removed entirely and sequentially reintroduced. This has proven to be (at least on a modeling basis) far more effective than inhaled and swallowed steroids.

Remember the term "six-food elimination diet." It showed very favorable results in this study.

Medscape

## Potassium: Lower Blood Pressure

The USDA says American adults don't get enough of seven essential nutrients. Potassium is a key one. Studies show that potassium can help keep blood pressure healthy. Potassium also supports fertility and muscle and nerve function. But while potassium is in lots of foods naturally -- like milk, potatoes, sweet potatoes, legumes, avocados, and bananas -- many Americans still aren't getting enough.

WebMD

## Vitamin D: Strong Heart and Mind

Vitamin D is important in the development of healthy bones, muscles, and nerve fibers as well as a strong immune system. Though our bodies can make it by exposure to sunlight, experts recommend getting vitamin D in other ways. A few foods naturally contain D, such as fatty fish such as salmon and mackerel, mushrooms, liver, cheese, and egg yolks do. Milk, some brands of orange juice, and many cereals are fortified with vitamin D.

WebMD

## Fiber: Bulk Up

Fiber from grains, beans, and produce has loads of health benefits. It helps lower cholesterol and improve bowel regularity. It might lower the risk of heart disease, diabetes, and some cancers. And it's great for people trying to lose a few pounds. High-fiber foods are often filling and low in calories. If you take fiber supplements, they may keep some medications and other supplements from being absorbed well by your body. So take your fiber two hours before you take anything else.

## Magnesium: Prevent Disease

Low magnesium levels have been linked with health problems like osteoporosis, high blood pressure, diabetes, muscle cramps, and heart disease. Some people, such as the elderly, people with stomach or intestinal problems, or those who regularly drink alcohol, are at risk for having low magnesium levels. So eat your spinach -- and your beans, peas, whole grains, and nuts (especially almonds). They could do a lot for your health.

WebMD

## Vitamin C: Good for Bones



Vitamin C, found in many fruits and vegetables, boosts the growth of bone and tissue. As an antioxidant, it might also help protect cells from damage. Some studies suggest that high doses (2,000 milligrams a day) can shorten the length of cold symptoms. Many people believe it will prevent a cold, but research doesn't back that up

## HEALTH CARE

**DISCLAIMER:** This site and its services do not constitute the practice of medical advice, diagnosis or treatment. Always talk to your healthcare provider for diagnosis and treatment, including your specific medical needs. If you have or suspect that you have a medical problem or condition, please contact a qualified health care professional immediately.

## Garlic Assists Blood Pressure Management

Numerous published studies link consumption of garlic (*Allium sativum*) with cardiovascular and immune health. Xiang-Jun Yang, from The First Affiliated Hospital of Soochow University (China), and colleagues completed a meta-analysis of 17 randomized controlled trials that studied the effects of garlic powder, aged garlic extract, and garlic oil on blood pressure. The investigators revealed that the garlic supplements studied, ranging in dosages of 300-900 mg/day, reduced systolic blood pressure by 3.75 mmHg and diastolic blood pressure by 3.39 mmHg, among those people with hypertension (elevated blood pressure). The study authors submit that: "This meta-analysis suggests that garlic supplements are superior to controls (placebo in most trials) in reducing [blood pressure], especially in hypertensive patients."

[VIEW NEWS SOURCE...](#)

-Analysis." *The Journal of Clinical Hypertension*, 5 Jan. 2015.

## Vitamin A: Up Your Beta-Carotene



There are two types of vitamin A: retinol and carotenoids, like beta-carotene. Beta-carotene is a carotenoid found in many orange and yellow foods -- like sweet potatoes, carrots, and winter squash -- as well as spinach and broccoli. Vitamin A is key in supporting good vision, healthy immunity, and tissue growth.

WebMD

## Calcium: More Than Strong Bones



You probably know that calcium is good for teeth and bones. But that's not all. Calcium helps maintain muscle function and heart rhythm. It might even help prevent high blood pressure. Dairy is a good source, but foods like salmon, kale, and broccoli have some calcium too. One tip: Without enough vitamin D, your body can't absorb the calcium you take in.

<https://www.youtube.com/watch?v=jCUBnSVsjxY&feature=youtu.be>

## Thyroid Cancer –Symptoms

Thyroid cancer can cause many symptoms, including:  
A lump or swelling in your neck. This is the most common symptom.  
Pain in your neck and sometimes in your ears.  
Difficulty swallowing.  
Difficulty breathing or constant wheezing.  
Hoarseness that is not related to a cold.  
A cough that continues and is not related to a cold.  
Some people may not have any symptoms. Their doctors may find a lump or nodule in the neck during a routine physical exam.

### Tests

In order to diagnose **thyroid** cancer, your doctor will ask about your medical history and do a **physical exam**.  
Your doctor may check your vocal cords using a thin tube-like instrument that has a light (laryngoscope).  
Your doctor may order a **CT scan** or **ultrasound** to get a better look at your thyroid. If your doctor thinks that the lump or nodule could be cancerous, he or she may do a **fine needle biopsy** of the thyroid gland.

You may also have blood tests to check the levels of your **thyroid-stimulating hormone (TSH)**, **serum calcitonin**, or **carcinoembryonic antigen (CEA)**.  
Other tests may be done before, during, or after your treatment for **thyroid cancer**.  
**Serum thyroglobulin level** tests check for remaining **cancer**.  
**Radioactive iodine scans** help your doctor find out whether **thyroid** cancer has spread beyond the **thyroid** gland.  
**Thyroid ultrasound** is a safe and simple way to find out whether a thyroid nodule is solid or fluid-filled (**cystic**). It can also detect multiple thyroid **nodules** and abnormal lymph nodes in the neck.  
WebMD

## Essential Fats for Gout

Eat more foods rich in essential fatty acids, including cold-water fish like tuna and salmon, flaxseed and other seeds, and nuts. Fatty acids may help lower inflammation. Use a fatty acid-rich oil, such as olive oil, for cooking and for dressing salads. And try to cut back on, or get rid of, any trans fats in your diet.  
WebMD



## Include good fats in your diet



While it's old news that saturated fats wreak havoc on your arteries and heart, it's not as well known that they can damage your memory and concentration. While it's a good idea to cut down on foods saturated in fats (e.g. red meat, butter), it's equally important to add good fats to your diet. Examples are fatty fish, seeds and nuts. These fats have added value for both your heart and brain.

## Tomatoes



Jake

Whitman / TODAY

Sardinian tomato sauce tops breads and pizzas and is the base for several pasta dishes. Tomatoes are a rich source of vitamin C and potassium. Cooking tomatoes breaks down their cell walls, making lycopene and other antioxidants more available. The Sardinian custom of coupling olive oil with tomatoes (either drizzling it over raw tomatoes or using it to make sauces) further increases the body's ability to absorb nutrients and antioxidants.

## Hot Peppers

Hot peppers have a flavorless chemical called capsaicin. It's more plentiful in habaneros, but jalapeños also have it. Capsaicin seems to curb appetite and speed up metabolism slightly, but only for a short time. It probably doesn't have a big impact on weight, unless you eat less food because it's spicy.

## Choose the Right Carbs for Gout



If you follow diets that are low-carb or high in protein or fat, you may get too many purines. Processed carbohydrates like white bread and white-flour pasta have very few purines -- but they can lead to weight gain. Instead, focus on healthy carbs with high fiber such as oats, sweet potatoes, beans, and vegetables.  
WebMD

## Almonds



Different nuts vary dramatically in their mineral content. Almonds (available whole, flaked, slivered or as flour) are especially high in calcium, essential for strong bones. Almonds are also a great source of the antioxidant vitamin E and there is evidence they help reduce blood pressure. They work well in a range of sweet and savoury dishes, or grab a handful for a tasty snack.  
ABC News

## Cashews



Cashews are delicious lightly roasted and they are a great source of copper, which is important for healthy blood, nerves, bones and your immune system.

ABC News

## Limit Your Alcohol for Gout



Alcohol may raise your risk of a gout attack -- especially if you have more than one drink a day -- because it's high in purines. Beer appears to be worse than other alcoholic drinks because it contains yeast. Moderate wine drinking doesn't appear to raise your risk, though.

## Coffee is okay for Gout



Moderate coffee drinking is thought to be OK for people with gout. And in some people who drink coffee regularly, drinking four or more cups a day may even lower the risk of gout attacks. But caffeinated drinks may raise uric acid levels in some people who drink them just occasionally. Talk to your doctor about whether caffeine might be causing your gout attacks.

## Folate-Rich Foods



Other good sources of folate are asparagus and eggs. You can also find it in beans, sunflower seeds, and leafy green vegetables like spinach or romaine lettuce. The best way to get folate is not from a pill, but by eating enough fruits, vegetables, and enriched grain products.

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