



## Asthma Myths That Can Hurt You



HealthDay News) -- Even though [asthma](#) is common in the United States, there

are many misconceptions about the respiratory disease, an [allergy/immunology](#) expert says.

"[Asthma](#) is a serious condition that affects more than 26 million Americans -- more than 8% of the population," Dr. Todd Mahr, president of the American College of Allergy, Asthma and Immunology, said in a college news release. "One of the biggest dangers with asthma is that so many people who have asthma think it's well-controlled, when it actually isn't," he said. "When people have good solid information about how to control their asthma and reduce symptoms, they are better able to live the kind of active lives they want."

There is no cure for asthma, but there are ways to control it that enable asthma patients to do all the things they enjoy. These therapies include medications, immunotherapy and avoiding triggers.

Some people mistakenly believe that having asthma means not being able to [exercise](#). But [exercise](#) boosts heart and lung strength and improves the immune system. Some exercises that work particularly well for people with asthma are [swimming](#), [walking](#), hiking, and indoor and outdoor biking, according to Mahr.

He noted that a number of elite athletes have asthma that's well-controlled.

Many people also think that inhaled steroids used to treat asthma are the same as those used to build muscle. The steroids used to treat asthma are anti-inflammatory [drugs](#), not hormones.

Another misconception is that [asthma medications](#) are habit-forming and dangerous. But that's not true of any asthma medications used in the United States, Mahr explained.

It's also not true that you can stop taking your asthma medications if you're feeling good. You probably feel well because those medications are working, he noted.

But, Mahr added, you should not be using quick-relief medications if your asthma is under control. Use of those medications should be limited to times when you're having trouble [breathing](#) or when preparing to exercise.

-- Robert Preidt

## Egg Allergy? Don't Let That Stop You From Getting Vaccinated

(HealthDay News) -- [Allergies](#) to [vaccines](#) are extremely rare and even when they do occur, allergists can safely administer [vaccines](#), Canadian experts report. Immunoglobulin E (IgE) [allergies](#) that cause [hives](#), swelling, [wheezing](#) or [anaphylaxis](#) occur in only 1 of 760,000 [vaccinations](#).

Such a reaction typically starts within minutes of a shot, is unlikely to occur after 60 minutes, and is highly unlikely after four hours, according to two physicians at McMaster University in Hamilton, Ontario.

[Fever](#), local [pain](#) and swelling can occur up to 21 days after a vaccination and are not signs of [allergy](#), according to Dr. Derek Chu, a fellow in clinical immunology and allergy, and Dr. Zainab Abdurrahman, an assistant clinical professor in pediatrics.

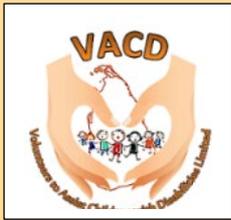
Other than the [yellow fever vaccine](#), an egg [allergy](#) is no reason to avoid vaccinations, they said.

No special precaution is needed when people with an egg allergy get a shot for [flu](#); [measles](#), [mumps](#) and [rubella](#); or [rabies](#) -- even though those [vaccines](#) may contain a tiny amount of egg protein, the Public Health Agency of Canada and the Canadian Pediatric Society said.

A reaction after a vaccination could be due to a [latex allergy](#) triggered by the rubber stopper or preloaded syringe, and not the

## Substituting healthy plant proteins for red meat lowers risk for heart disease

A new study from Harvard Chan School is the first meta-analysis of randomized controlled trials examining the health effects of red meat by substituting it for other specific types of foods. [Read more](#)



### **Welcome to the VACD Family, Matthew Levy OAM!!!**

We are delighted that Matthew (Matt) Levy offered his services to our mission to uplift children with disabilities in Sri Lanka and was appointed a director to the VACD Australia board and “VACD Ambassador” at a meeting held on Monday, 17<sup>th</sup> June.

Matt was awarded a “Medal of the Order of Australia” in the 2014 Australia Day honours for his services to sport as a Gold medallist in swimming at the London 2012 Paralympic games. In 2015 he was named “Athlete of the Year with Disability” at the New South Wales Sport Awards in October 2018 and was also named Swimming Australia’s “Paralympic Program Swimmer of the Year”.



You can find more information on Matt on his homepage: <http://mattlevyoam.com.au>

## **A new VACD Sri Lanka Board!!!:**

The VACD Sri Lanka board was re-structured at the Annual General Meeting held at the Sir Robert Clark centre for children with disabilities in Bandarawela on Saturday, 22<sup>nd</sup> June so that they will be better positioned to plan and implement projects and programs to assist and uplift disabled children and their families from the challenges and obstacles they face to live peaceful, productive and fulfilling lives.



The new VACD Sri Lanka board, past board members and staff.

### **Felix Stephen**

Chairman of the Board of Directors - VACD Ltd. Sydney – Australia -

<http://www.vacd.org.au/>

Member of the Advisory Board – VACD USA – <http://www.vacdusa.org/>

Member of the Advisory Board – VACD Sri Lanka

Senior Associate – Cognoscenti Group – Sydney – Australia-

<http://www.cognoscenti.global/>

Consultant - Investment Committee - Lonsec - Sydney – Australia -

<https://www.lonsec.com.au/>

Member of Investment Committee - Arrive Wealth Management -

Brisbane – Australia - <http://brisbane.arrivewealthmanagement.com.au/>

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## **How to Start a Walking Program**



If you're a fitness newbie, walking is the perfect beginner workout. Follow these steps to get started.

[Read More >](#)

## **Which Bread Is Best?**

Whole grains are a smart choice for a diabetes diet, but you can't rely only on looks and labels at the supermarket.

[Read More >](#)

## **Erectile Dysfunction and Diabetes**

Men with diabetes are more prone to this sexual problem, but there are ways your doctor can help.

[Read More >](#)

# Statins could cut heart risk for many more Britons, study suggests

**DNA tests might identify ‘invisible population’ who are not currently seen as in danger**

Hundreds of thousands more adults in the UK could benefit from taking statins because their genes put them at high risk of heart disease, research suggests.

Speaking on Wednesday at the UK Biobank conference in London, Prof Sir Peter Donnelly, the founder of the company Genomics Plc, warned of an “invisible population” who are not identified as at risk by current screening programmes because their blood pressure and cholesterol do not raise red flags.

“There are a lot of people who aren’t on the radar, who wouldn’t have been offered statins, but who are at high risk when you include genetics,” he said.

Donnelly, who was previously the director of the Wellcome Centre for Human Genetics, is pioneering a new kind of predictive DNA test, which measures the contributions of thousands of genes. Earlier this year, the health secretary, Matt Hancock, called for these kind of tests, which can assess risk for common cancers and heart disease, [to be rolled out](#) on the NHS without delay.

The latest work suggests heart disease risk genes can work independently from known risk factors, including high blood pressure and cholesterol, which are used by GPs to decide whether someone would benefit from taking medicines such as statins.

This means that if a DNA test was incorporated into national screening, as Hancock has proposed, there would be a substantial shakeup of who is classified as “high risk”, which is a 10% chance of heart disease in the next 10 years.

Read more

[Study / Statins could cut heart risk for many more Britons](#)

## Red & White Meats Are Equally Detrimental For Cholesterol

Consuming red or white meat both have equal detrimental effects on blood cholesterol levels, regards of popular belief, according to a study published in the American Journal of Clinical Nutrition.

[Read the full story](#)



[The road to health and wellbeing is a walk in the park... literally](#)

Two hours a week in nature is the threshold we need to reach before feeling health and wellbeing benefits, a new study finds.

[More](#) >



## Alcohol Boosts the Risk of Breast Cancer. Many Women Have No Idea.

Drinking alcohol is known to raise women's risk of developing breast cancer, but many women aren't aware of this link.

[Read More](#)



## Is the Radiation from Airport Body Scanners Dangerous?

June 08, 2019 | Article

Not much more dangerous than a banana

[Read More](#)

Australia is missing an opportunity to easily meet its emissions targets through energy efficiency measures, new research has found. Australia could cut greenhouse gas emissions halfway to its Paris agreement target, [and save \\$7.7bn a year in bills](#), by adopting existing global standards on household and business appliances such as hot-water heaters. The report, from the Energy Efficiency Council, found that adopting the measures used in Germany would save the average Australian household \$790 a year on power bills and create 70,000 extra full-time equivalent jobs.

Helen Sullivan

[@helenrsullivan](#)



### [10 Easy-to-Grow Herbs for a Simple Kitchen Herb Garden](#)

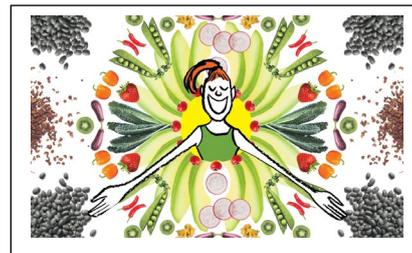
A kitchen herb garden is one of the easiest and most useful gardens you can grow. Herbs require little in the way of maintenance, and you can grow a generous supply in a surprisingly small space.

[Read More...](#)

## The 14 things you need to know before you go vegan

The environmental, health and ethical benefits of veganism are beyond doubt.

But what if you feel a bit intimidated by the idea? Some experts offer their advice



More and more of us are going vegan. The environmental and ethical case for a diet free of all animal products, including meat, fish, dairy and eggs, is compelling. According to research from the University of Oxford, going vegan is [the “single biggest way” to reduce your impact](#) on the planet. And that is before you consider [the ethical arguments against eating industrially farmed animals](#), which have an appalling quality of life and are often pumped full of powerful antibiotics that [may pose a risk to human health](#).

But if you are a lifelong meat-eater, it is hard to know where to start. We asked some leading vegans for their advice for adults who want to make the transition.

### Should you jump right in? Or is it better to dip your toe into a plant-based diet first?

“I don’t think there is a right answer about whether to do it immediately or not,” says Henry Firth, one half of [the vegan social-media sensation Bosh!](#). “It’s about what’s right for you and what’s sustainable for your lifestyle.” Some experts suggest easing into veganism via a sightseeing tour of the world of vegetarianism, while others favour going cold tofu.

Katy Beskow, a longtime vegan and the author of three bestselling cookbooks, suggests a gradual approach. “The availability of vegan products means you can do it so much more easily than before. My advice is to replace products in your diet with alternatives step by step, be it milk, mayonnaise or yoghurt. That way, you won’t see a difference.”

[Read more](#)

[The 14 things you need to know before you go vegan](#)

# New food standards aim to improve human well-being, and the planet's

BY Elizabeth Gehrman Harvard Correspondent



The University is embarking on an ambitious new plan aimed at empowering people to upgrade their eating habits. Don't worry, you'll still be able to get French fries and indulgent desserts when you want them, but [Harvard's Sustainable Healthful Food Standards](#), released today, are hoping to show you the path to better health — for you, and the planet. "In today's world, the situation is not encouraging from a planetary or human health standpoint," said [Walter Willett](#), Fredrick John Stare Professor of Epidemiology and Nutrition at the T.H. Chan School of Public Health. "And of course these are not totally distinct. Human health depends on a healthy planet."

Willett, who was faculty co-chair of the multidisciplinary faculty committee convened to develop the new standards, also co-chaired the [EAT-Lancet Commission](#), a groundbreaking report presented in Oslo in January that brought together 37 of the world's leading experts on nutrition, agriculture, biodiversity, and the environment to reach a scientific consensus on what constitutes a healthy and sustainable diet. "Our basic task was to see if there is a way to achieve a healthy diet for everyone and also get back on track to stay within the planetary boundaries that have been identified by work in the earth sciences," Willett said.

The Harvard food standards use the same body of data as EAT-Lancet to set goals that over time will measurably increase access to healthy, culturally appropriate foods for students, faculty, staff, and visitors while also enhancing food literacy and lessening the University's impact on land, air, and water. The standards were also informed by [Menus of Change principles](#), a collaboration led by the Culinary Institute of America and the Harvard Chan School, as well as the set of values underlying the [Good Food Purchasing Program](#) recently passed by the Boston City Council. Among the objectives of the new initiative are to get major on-campus food-service providers to track food purchases by category to help monitor climate impacts, to prioritize certified-sustainable seafood and regional purchases, and to curtail wasted food and single-use containers and utensils while reducing the use of food treated with antibiotics and chemicals, increasing healthy choices, and considering the welfare of workers, communities, and animals all along the food chain.

"If we don't shift our diets to healthier and more sustainable, it's going to take an immense toll," said the other faculty co-chair, [Aaron Bernstein](#), instructor in pediatrics at Harvard Medical School, co-director of the Center for Climate, Health, and Global Environment at the School of Public Health, and an associate at the Harvard University Center for the Environment.

The statistics are alarming. "We still have close to a billion people on the planet who are undernourished," Willett said. "And about 2 billion who are obese or overweight. And the quality of the diet for most other people is still poor and will lead to premature death from cardiovascular disease, cancer, and diabetes and its complications." [Read more](#)

[New food standards aim to improve human well-being, and the planet's](#)

## What to Eat Before a Workout

Before you exercise, check your levels and fuel up with a snack that'll provide steady, long-lasting energy.

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## Insulin Fact vs. Fiction

Does it come in pill form? Is it used only for type 1 diabetes? What affects how much someone might need? We explain.

[Read More >](#)

## Is It Time to See an Eye Doctor?

High blood sugar can cause permanent vision damage. Answer a few questions and see what you should be doing to protect your eyesight.

[Get Started >](#)

## The latest evidence on drinks and cancer

Everyday drink choices may influence [cancer](#) risk, according to an April 2, 2019 article in Business Insider. The article outlines the latest research on links between [alcohol](#), [coffee](#), hot drinks, and [sugary drinks](#) and cancer risk. Heavy consumption of sugar-sweetened beverages may increase risk of death from cancer, according to a recent [study](#) from Harvard T.H. Chan School of Public Health. One of the ways that these drinks harm the body is that they flood it with easily absorbed and digested sugar, and lack nutrients like [fiber](#) that promote feelings of fullness, lead author [Vasanti Malik](#), a research scientist at Harvard Chan School, told Business Insider. “You just end up consuming more calories per day, and it leads to weight gain over time,” she said, which can ultimately lead to [obesity](#)-related cancers, including breast and colon cancers.

Among the other findings mentioned in the article:

- While moderate consumption of alcohol may reduce heart disease risk, it may increase risk of some kinds of cancer.
- Roasting coffee produces a tiny dose of the chemical compound acrylamide, a probable carcinogen, but there is no evidence that it is enough to be harmful. Coffee may in fact protect against certain cancers.
- Drinking very hot beverages may increase the risk of esophageal cancer.

Read the Business Insider article: [4 drinks you consume every day that might raise your risk of cancer](#)  
[The latest evidence on drinks and cancer](#)

## Antibiotic resistance as big a threat as climate change – chief medic

**Dame Sally Davies calls for Extinction Rebellion-style campaign to raise awareness**

Protests against climate change should be extended to the other greatest threat facing humanity, according to England’s chief medical officer, who says an [Extinction Rebellion](#)-style campaign is needed to save people from antibiotics becoming ineffective in the face of overuse and a lack of regulation. The [threat of antibiotic resistance](#) is as great as that from climate change, said Dame Sally Davies, and should be given as much attention from politicians and the public.

“It would be nice if activists recognised the importance of this,” she said. “This is happening slowly and people adjust to where we are, but this is the equivalent [danger] to extreme weather.”

Davies said efforts to combat the problem of common illnesses becoming untreatable by antibiotic medicines should be coordinated at a worldwide level in a similar way as the Intergovernmental Panel on Climate Change, the body of scientists set up in 1988 to tackle global warming.

The IPCC [warned last year](#) that climate change would lead to disaster within 12 years if urgent action was not taken to reverse the growth in greenhouse gas emissions. Davies said the consequences of antibiotic resistance posed at least as great a threat to humanity’s future, and in the same timescale, but few efforts had been made to deal with the issue.

Read more

[Antibiotics / Resistance as big a threat as climate change](#)

## Health Problems Related to Obesity



More than a third of U.S. adults are. It’s a medical term that means you weigh at least 20% more than what is ideal for someone your height, often because of body fat. It’s measured by BMI (body mass index): 30 and higher is considered obese. That extra weight, especially as fat around your waist, can lead to health issues that often feed off of each other. Shedding pounds may prevent, slow, or even reverse many of them.

### Trouble Breathing

Your larger body may prevent your lungs from expanding fully, and your breathing muscles may not work as well, so you can’t take enough air in. Inflammation linked to belly fat may also affect your lungs. You could get winded quickly while doing simple activities like climbing stairs. Extra weight can make asthma symptoms and COPD worse.

### [Health Complications of Obesity](#)

[Obesity is linked to a long list of unpleasant problems, including diabetes.](#)

[Read More >](#)

## [What to know about vitamin K-2](#) ←

Vitamin K has two main forms, K-1 and K-2. Vitamin K-2 is naturally present in fatty meats, dairy products, and fermented foods. Both forms of vitamin K are essential for blood clotting and bone health. However, vitamin K-2 may also protect against certain forms of cancer and heart disease. Learn more here.

## 12 Home Remedies For Dandruff Right From Your Kitchen



Don't you just hate those white skin flakes peppering your crowning glory and sitting proud on your shoulders? Dandruff is quite a common, persistent scalp condition and if you're struggling with it, you have 50% of the world's population for company!...

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## What to know about potassium deficiency symptoms

Last reviewed Mon 29 April 2019

By Rachel Nall, MSN, CRNA

Reviewed by [Elaine K. Luo, MD](#)

Potassium deficiency can occur if a person does not get enough potassium from their diet or loses too much potassium through prolonged diarrhea or vomiting. The symptoms depend on the severity of the deficiency but can include high blood pressure, constipation, kidney problems, muscle weakness, fatigue, and heart issues.

[Potassium](#) is an essential nutrient that the body requires for a wide range of functions, including keeping the heart beating. Severe potassium deficiency is called hypokalemia, and it occurs when a person's potassium levels fall below [3.6 millimoles per liter](#) (mmol/L).

Doctors consider a person to have severe hypokalemia — a potentially life-threatening condition — when their potassium levels are [less than 2.5 mmol/L](#).

In this article, we describe some of the possible symptoms of potassium deficiency. We also cover when to see a doctor, diagnosis, treatment, and potassium food sources.

Read more

[What to know about potassium deficiency symptoms](#)



### 10 Foods That Cause Migraines

You'd be hard pressed to find someone who's never had a headache in their life. But while some of us get away with the odd headache, many others suffer from debilitating migraines that interfere with their daily life and work. Some headaches are driven by bodily changes and other factors like stress or sleep deprivation...

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## [What causes sharp stomach pain that comes and goes?](#) ←

Many common problems can cause sharp stomach pain that comes and goes, including trapped gas and viruses. Learn about these and other causes in this article.

## Kidney problems

We look at six common habits that may harm your [kidney health](#), as well as showing you the early warning signs of [kidney damage](#). ↑

## [Anti-Aging Beauty Secrets From Around The World](#): Brands are increasingly tapping into natural ingredients from across the globe. These are some of them. ←

## Cooked rice

Rice carries an extra risk because of a bacteria called bacillus cereus. It produces a toxin that is not destroyed by heat, and while reheating rice kills the bacteria, it does not remove the toxin. If you've cooked too much rice, you can reduce the risk of food poisoning by cooling the leftovers immediately after cooking and putting them in the fridge as soon as they're cool. They can only be reheated once.

## [Throat Cancer \(Larynx\) Symptoms and Signs](#) ↑

## [Obesity may put young people at risk of anxiety, depression](#) ←

New research from Sweden has found an intriguing link between anxiety, depression, and obesity among children and teenagers ages 6–17 years.

# The World Has A Drinking Problem Says WHO



The WHO (World Health Organization) says 283 million individuals are currently battling **alcohol-use disorders** and over 3 million people have died of alcohol-related diseases each year. Its annual global status report provides a general review of alcohol consumption and harms in relation to the UN Sustainable Development Goals (1). The report also describes what the world's nations are doing to counter the growing burden of drinking-related diseases and deaths.

## The World Has A Drinking Problem

The report found that around 2.3 billion people around the world currently consume alcohol. It also revealed that approximately 283 million individuals are currently battling alcohol-use disorders.

"Far too many people, their families and communities suffer the consequences of the harmful use of alcohol through violence, injuries, mental health problems and diseases like cancer and stroke," said Dr Tedros Adhanom Ghebreyesus, Director-General of WHO. "It's time to step up action to prevent this serious threat to the development of healthy societies."

Regarding alcohol-related deaths, the report revealed that 28% of the deaths were due to injuries (traffic crashes, self-harm and interpersonal violence). 21% were due to digestive disorders, 19% due to cardiovascular diseases, and the remaining 32% was as a result of infectious diseases, **cancers**, mental disorders and other health conditions.

Despite some positive global trends in the prevalence of heavy episodic drinking and number of alcohol-related deaths since 2010, the overall burden of disease and injuries caused by the harmful use of alcohol is unacceptably high, particularly in the European Region and the Region of Americas.

Globally an estimated 237 million men and 46 million women suffer from alcohol-use disorders with the highest prevalence among men and women in the European region (14.8% and 3.5%) and the Region of Americas (11.5% and 5.1%). Alcohol-use disorders are more common in high-income countries.

[The World Has A Drinking Problem Says WHO](#)



## Dementia: The greatest health challenge of our time



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## 13 Things That Make You Lose Your Voice

More than a dozen different things could be behind that rasp in your voice -- some small and temporary, and some that could be serious.

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## What Is a Herniated Disk?

The bones of your spine, called vertebrae, are separated by rubbery disks. Learn what happens when the jelly-like substance inside them leaks.

[Read More](#)

## 10 Diet Mistakes and How to Avoid Them

If the scale doesn't seem to budge, there's a chance you could be making one of these 10 weight loss mistakes.

[READ MORE](#)

# The Power of Protein

Calories aren't the only thing you need to watch as you get older. Protein is important because it helps keep your muscles strong. You need muscles for strength and balance, as well as for everything from walking up stairs to carrying groceries.

**How Much Protein Do You Need?:** Women should get about 46 grams of protein a day, depending on age and activity level. Men need about 56 grams. As people get older, they will need more protein to remain healthy and physically active. People with some conditions like kidney disease may need less. Spreading your protein throughout the day helps keep you full so you eat fewer calories. Here's how to make sure you get a healthy variety of proteins every day.

**Poultry and Eggs:** Choose lean poultry like skinless chicken breasts and turkey cutlets. A 3-ounce grilled chicken breast has 25 grams, more than half the protein you need each day. A large egg has about 6 grams. Research suggests that an egg a day doesn't raise heart disease chances in healthy people. But if you have high cholesterol, heart disease, or diabetes, check with your doctor or dietitian about how much cholesterol-rich food like eggs you can eat.

**Seafood:** Besides being a great protein source, seafood is low in saturated fat and high in omega-3 fatty acids, nutrients that protect your heart. A 3-ounce salmon steak has about 17 grams of protein. Other high-protein, heart-healthy choices include tuna, sardines, and trout. Try to eat 4 ounces of seafood twice a week.

Dairy Dairy foods are full of muscle-building protein. Dairy items also may help lower blood pressure and cut your risk of diabetes. One cup of skim milk has 8 grams of protein. If you want even more, try fat-free Greek yogurt. One serving can have up to 18-20 grams of protein -- double the amount of traditional yogurt. Shoot for three servings of fat-free or low-fat dairy products every day. You run a higher chance of lactose intolerance as you age, so consider lactose-free milk.

WebMD

## [More evidence that exercise can boost mood](#)



It may be possible to outrun depression, according to a recent study by *JAMA Psychiatry*. "We saw a 26% decrease in odds for becoming depressed for each major increase in objectively measured physical activity," says study author Karmel Choi, a clinical and research fellow at the Harvard T.H. Chan School of Public Health.

## Rare Recording Captures Einstein Talking About Music and the Atomic Bomb

May 03, 2019 | Article

The private conversation was recorded nearly 70 years ago.

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## Air-popped popcorn

With just over a gram of fiber, 1 gram of protein, and 6 carbohydrates, one cup of air-popped popcorn is the better belly fat fighter. It is cholesterol-free, virtually fat-free, and a filling five popped cups is just 100-150 calories.

One serving of popcorn contains about 70% of the recommended daily intake of whole grain. It also contains folate, niacin, riboflavin, thiamin, pantothenic acid, and vitamins B6, A, E and K. A serving of popcorn contains about 8 percent of the daily value of iron, with lesser amounts of calcium, copper, magnesium, manganese, phosphorus, potassium and zinc.

Choose popcorn that is air-popped. Adding salt, oil, or butter adds excess sodium, fat, and calories.

Alcoholic beverages may contribute to weight gain, including belly fat. Alcoholic drinks contain calories but usually no nutrients, and drinking can impair judgment that can lead to poor food choices, among other things. Drinking in excess causes many health problems. Reduce or eliminate alcoholic beverages for a smaller belly and better health overall.

One pound of body fat is equal to about 3,500 calories. In order to lose a pound in a week, you need to consume about 500 fewer calories per day, or burn off that many calories through exercise.

## Medications that increase your risk of falling

Many drugs can increase the risk of falls. The more drugs you take, the greater the



chance that one or a combination of them will make a fall more likely to happen. Some medications are well known for side effects that increase a person's risk of falling. Doctors prescribe anti-hypertensive medications to keep blood pressure under control and decrease the risk of stroke and heart failure. However, these drugs can cause blood pressure to get too low when you stand up from a lying or sitting position (orthostatic hypotension). This happens commonly in older folks. The result is lightheadedness and feeling faint, which can easily lead to a fall.

Medications that suppress the central nervous system are among those most likely to contribute to falling, as they reduce alertness and cause slower reactions and movements. These include:

- Anti-anxiety drugs, such as diazepam (Valium) and lorazepam (Ativan)
- Diphenhydramine (Benadryl), an older antihistamine. Because it causes drowsiness, it is the most popular ingredient in over-the-counter sleep aids like Nyquil, Sominex, and Unisom. It is often combined with pain medications, such as acetaminophen (Tylenol PM), ibuprofen (Motrin PM, Advil PM), and naproxen (Aleve PM).
- Prescription medications to treat overactive bladder, such as oxybutynin (Ditropan) and tolterodine (Detrol).
- Tricyclic antidepressants. Most often doctors prescribe these types of antidepressants, such as amitriptyline (Elavil), to help relieve chronic pain, especially nerve pain.
- Prescription sleep drugs, including zolpidem (Ambien), zaleplon (Sonata), and eszopiclone (Lunesta).
- Narcotics (opioids), such as codeine, hydrocodone (Vicodin), oxycodone (Percodan, Percocet), hydromorphone (Dilaudid), and fentanyl (Duragesic).

Harvard Medical School

Belly fat, or visceral fat, lies deeper in the abdomen. Unlike subcutaneous (just under the skin) fat, visceral fat has been linked to health problems such as in increased risk for heart disease, diabetes, some cancers, and a higher need for gallbladder surgery.

## Eat fast food more than twice a week

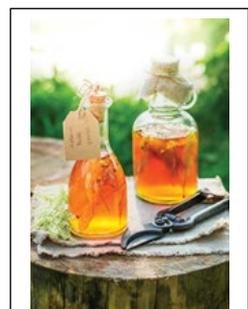
A study by the National Heart, Lung, and Blood Institute (NHLBI) found that young adults who eat at fast-food restaurants more than twice weekly gain more weight and have a greater increase in insulin resistance in early middle age. After 15 years this translated to an extra 10 pounds, and twice the risk for developing type 2 diabetes, which is a risk factor for heart disease.

Many fast food meals contain an entire day's worth of calories in just one meal.

Visceral fat, the type that is located in the abdominal cavity, has been found to be biologically active. Excess abdominal fat seems to disturb the normal balance and function of hormones and other substances in the body. Visceral fat produces hormones such as adiponectin, which may influence cell responses to insulin. Visceral fat also produces a chemical called a cytokine, which can increase the risk for heart disease. Other chemicals are thought to effect cell sensitivity to insulin, blood pressure, and blood clotting.

## Oxymels

Oxymels are a thin herbal syrup that combine the sweetness of honey, the tanginess of apple cider vinegar, and your favorite medicinal flowers for a summer remedy unlike any other. They're certainly one of the lesser-known forms of herbal remedies which makes them a perfect do-it-yourself project for your kitchen machinations.



## Ringling in the Ears' May Drive Some to the Brink of Suicide



Imagine a ringing in your ears so intense and unrelenting that you become desperate enough to try to kill yourself.

That is a reality for some -- women in particular -- who suffer from severe [tinnitus](#), new research shows.

The survey of 72,000 Swedish adults found that 9% of women who suffered from severe [tinnitus](#) had attempted [suicide](#), as had 5.5% of men.

After analyzing the data, European researchers found that the association between ringing ears and risk for attempted [suicide](#) was only significant for women.

"It is important to say that an increased risk of suicide attempts does not mean an increased risk in suicide events," said lead researcher Christopher Cederroth, from the laboratory of experimental audiology at the Karolinska Institute in Stockholm. Also, only an association and not a cause-and-effect link was observed.

Cederroth added that he isn't aware of any completed suicides related to tinnitus.

"Our results reflect more the sex-specific psychological impact of tinnitus rather than a risk of committing suicide," he said.

On the plus side, Cederroth said that the risk for suicide isn't significant for people who have had their tinnitus treated.

"Medical attention by a specialist may help decrease tinnitus-related distress," he said. "Even though there are currently no treatments to get rid of tinnitus, seeing a specialist may help decrease the distress and diminish the risk of suicide attempts." Dr. Darius Kohan, director of otology/neurotology at Lenox Hill Hospital and the Manhattan Eye Ear and Throat Hospital in New York City, reviewed the study. He said that although the cause of most tinnitus isn't known, ways to help people cope with the condition are available.

"Tinnitus can be very severe and debilitating," Kohan said, noting that it's a very common condition, affecting about 20% of the population. He isn't sure why the association between tinnitus and suicide risk appears more serious in women than men. Perhaps it's just the way the study was done, he said.

"It's old age and degeneration of the blood supply to the inner ear, plus hearing loss as the nerve cells die off," said Kohan. In addition, stress, caffeine and aspirin can cause tinnitus, he said

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[. 'Ringling in the Ears' May Drive Some to the Brink of Suicide](#)

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## When Triglycerides Inch Up

Maybe you've put on a few extra pounds. Now your yearly blood work comes back showing high triglycerides. These fats are an important source of energy in your body, but at high levels they can hurt your heart. Like cholesterol, triglyceride troubles can lead to clogged arteries and possibly to a heart attack or stroke. Luckily, there are many ways to lower your triglycerides.

### Why Triglycerides Matter

High triglycerides can be part of an unhealthy condition called metabolic syndrome. Other parts of this illness can include:

- Low HDL "good" cholesterol
- High blood pressure
- Belly fat
- High blood sugar

Metabolic syndrome greatly increases your chances of developing heart disease, stroke, and diabetes.

When Triglycerides Inch Up

### Look at How You Eat

That creamy latte, grilled cheese sandwich, or scoop of ice cream before bed can all lead to high triglycerides. If you often eat more calories than you burn - like many of us do - your triglycerides may start to inch up. The worst offenders are sugary foods and foods high in saturated fat, like cheese, whole milk, and red meat.

### Say No to Sugar

If you have high triglycerides, get your sweet tooth in check. Simple sugars, especially fructose (a sugar often found in fruit), raise triglycerides. Watch out for foods made with added sugar, including soda, baked goodies, candy, most breakfast cereals, flavored yogurt, and ice cream.

### Uncover Hidden Sugar

Learn to spot added sugars on food labels. Words to look for include brown sugar, corn syrup, words ending in "ose" (dextrose, fructose, glucose, lactose, maltose, sucrose), fruit juice concentrates, cane syrup, cane sugar, honey, malt sugar, molasses, and raw sugar.

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## Health Benefits of Ginger

### Fights Germs

Certain chemical compounds in fresh ginger help your body ward off germs. They're especially good at halting growth of bacteria like *E.coli* and shigella, and they may also keep viruses like RSV at bay.

### Keeps Your Mouth Healthy

Ginger's antibacterial power may also brighten your smile. Active compounds in ginger called gingerols keep oral bacteria from growing. These bacteria are the same ones that can cause periodontal disease, a serious gum infection.

### Calms Nausea

The old wives' tale may be true: Ginger helps if you're trying to ease a queasy stomach, especially during pregnancy. It may work by breaking up and getting rid of built-up gas in your intestines. It might also help settle seasickness or nausea caused by chemotherapy.

### Soothes Sore Muscles

Ginger won't whisk away muscle pain on the spot, but it may tame soreness over time. In some studies, people with muscle aches from exercise who took ginger had less pain the next day than those who didn't.

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## How Much Sugar Is Too Much?

Whole foods like fruits, veggies have natural sugars. Does your body need any added sugars?

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## [Menopause shifts fat to the waistline, but doesn't cause weight gain. You can thank ageing for that](#)



By Tegan Taylor

Menopause often gets the finger for the kilos that appear at mid-life, but a new study suggests "the change" doesn't cause weight gain, but a redistribution of fat to the waistline from other parts of the body, which increases disease risk.

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