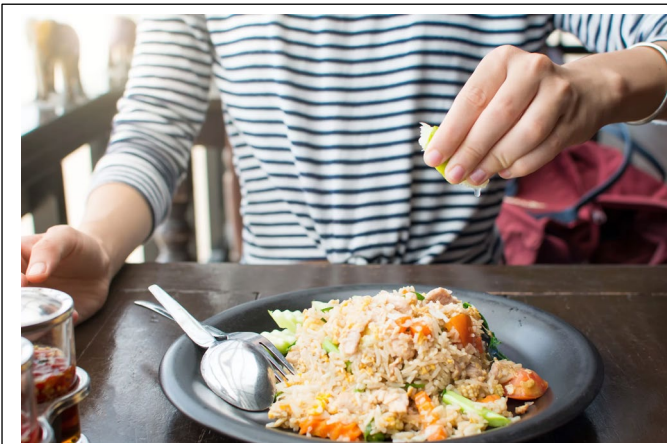


Bacillus Cereus: The Bacterium That Causes 'Fried Rice Syndrome'



Bacillus cereus is a toxin-producing bacteria that is one of the most common causes of food poisoning, also called "fried rice syndrome." An estimated 63,000 cases of food poisoning caused by *B. cereus* occur each year within the U.S., according to a 2019 article published in the journal [Frontiers in Microbiology](#). However, the vast majority of cases go unreported, because the symptoms are generally mild and subside on their own with rest and hydration.

Leftover fried rice is a primary culprit, said Philip Tierno, a microbiologist and clinical professor at New York University Langone Health. After the rice is cooked, it is often left at room temperature for more than two hours to cool before frying it with other ingredients. Cooling the rice ensures that the finished fried rice won't get clumpy or become soggy. But reheating it doesn't get rid of the toxins the bacteria have already produced.

Symptoms

The bacteria release two types of toxins that each cause a different illness — one causes diarrhea while the other toxin elicits vomiting, according to the U.S. Food and Drug Administration (FDA) [Bad Bug Book](#).

[Read More](#)

Setting up a healthy precedence in Colombo



Dutch Ambassador Joanne Doornewaard is seen cycling back to the Embassy after a joint news conference with Colombo Mayor Rosy Senanayake today where they announced the CarfreeCMB programme to be held on July 14, 2019. *Pix by Pradeep Dilrukshana*

High Body Fat Linked to Possible 'Brain Shrinkage'

A new study suggests that high levels of body fat may affect the brain's structure.

[Read More](#)

How Is Decaf Coffee Made?

Decaf coffee is an intensive process.

[Read More](#)

Congratulations Chandran You have done it again



"ACCORDING TO MATTHEW" wins best film at Derana Lux Film The event was held at the Nelum Pokuna Theatre in Colombo at a glistening ceremony graced by Sri Lanka's biggest celebrities and stars

Awards 2019
BEST PICTURE
BEST EDITOR
BEST PHOTOGRAPHY
BEST DEBUT SUPPORTING ACTOR
BEST SOUND DESIGN

Does Alcohol Cause Nutritional Deficiencies?

Get the facts on how alcohol impacts nutrition, metabolism, weight loss, blood sugar, and more. [Read more...](#)

High-Fat Meats on the Barbecue



The bad news: barbecue can sabotage your waistline. A 20 ounce T-bone steak can weigh in at 1,540 calories and 124 g fat. An average cheeseburger has 750 calories and 45 grams of fat. What about pork or beef ribs? They come from the fattiest part of the animal. The good news: You can go lean with cuts like pork tenderloin, skinless chicken breast, and lean ground beef. [Medicine.net](#)

Energy Boosting Foods

Learn which foods help boost your energy level and have a positive impact on your mood.

[Read more...](#)

Why does my face go red after drinking alcohol?

Some people develop a red flush in their face after drinking alcohol. This article explains why this happens, who it affects, and what the facial flush means for a person's health.



Hot dogs and sausages are summer treats for many of us, at festivals and social functions.

It's not just about fat or calories -- after all, you can choose low-fat versions. Most hot dogs, bratwurst, and other sausages are very high in sodium. Typical nutrition scores include:

- Hot dog: 280 calories, 15 g fat, 1,250 mg of sodium
- Kielbasa (6-oz): 330 calories, 24 g fat, 1,590 mg sodium

[Medicine.net](#)

Refreshing Frozen Treats



A cup of soft-serve ice cream can have 382 calories and 22 grams of fat. Make it a chocolate cookie dough milkshake concoction, and the calories soar to 760, with 36 grams of fat! You don't need to give up frozen treats, just pass on the giant portions or high fat toppings. Look for frozen desserts like sherbet, fudge bars, fruit bars, or other treats under 150 calories per serving or fruit desserts like strawberry shortcake.

[Medicine.net](#)

15 Cancer Symptoms to Know

A nagging cough and indigestion aren't always thought of as signs of cancer, but they can be.

[Read More >](#)

Australia is responsible for 5% of global greenhouse gas emissions and could be contributing up to 17% by 2030 if pollution from its fossil fuel exports is factored in, [research by Climate Analytics suggests.](#)

The Australian Conservation Foundation, which commissioned the research, said it showed Australia was on a path to being one of the worst contributors to the climate emergency. "Australia is now the number one exporter of both coal and gas and we are scheduled to push that off the charts in the next 10 years," the foundation's Gavan McFadzean said. "We are looking to become an emissions superpower."

The Guardian
<info@editorial.theguardian.com>

What Your Breath Says About Your Health

If your breath smells weird, it's probably just something you ate, like garlic or onions. But sometimes it can be something more.

[READ MORE](#)

Don't Make These Grilling Mistakes



Should you cook meat over high heat? Is it ever safe to eat rare hamburger? How long can you keep fresh beef ribs or steaks in the refrigerator? The answers may surprise you.

[Read More >](#)

Alzheimer's in the family



Dementia affects the person diagnosed but also raises fears for siblings and children. Here are the facts.

Alzheimer's disease represents a personal health crisis, but it's also a family concern. What does it mean for your children or siblings if you are diagnosed with Alzheimer's? What does it mean for you if a close relative develops the condition?

[Read more »](#)

How to Clean the Air in Your Home

You can't see invisible fumes or tiny mold spores, but they can make you sick. Here's what to watch out for and how to breathe easier.

[Read More >](#)

Why You Need Omega-3s

Not all fats are unhealthy when you have high cholesterol. Omega-3s -- the "good" fat -- can help cut inflammation and lower your risk of heart disease.

[Read More >](#)

Foods Loaded With Healthy Fats

Fish. Fruit. Nuts. See which nutritious and tasty foods have the type of fats that help keep your heart healthy.

[Read More >](#)

Simple stretches to relieve stiffness

Easy poses to give you some relief. [Read more](#)

Signs to look out for when a cold is getting more serious

Got a cold you can't shake? Here's what you need to know. [Read more](#)

7 Tips for Great Sex After 50



Eating While Stressed Could Mean Extra Weight Gain, Mouse Study Finds



Sometimes, the only thing holding our sanity together on a stressful day is a string of fatty and sugary snacks, aka comfort food.

But a new study, conducted in mice, provides more evidence that stress eating — especially of high-calorie meals — leads to more [weight gain](#) than eating while, well, not stressed. Chronic stress turns on a key mechanism in the brain that prompts mice to keep eating, a group of researchers reported today (April 25) in the journal [Cell Metabolism](#).

The team analyzed the behavior and weight gain of a group of mice. Researchers chronically stressed some of the mice by isolating them from other mice and replacing their bedding with a thin layer of water. The other mice were placed in typical, nonstressful living conditions. The researchers fed some of the mice in each group chow and others a high-fat diet. [[11 Surprising Things That Can Make Us Gain Weight](#)]

[Read More](#)

A Common Food Additive Is Linked to Insulin Resistance. Here's What That Means



A common food additive could alter metabolism in ways that could increase the risk of diabetes, a preliminary study suggests. The study, which involved research in humans and mice, investigated a [food additive](#) called propionate, which prevents mold growth and is widely used as a preservative in cheeses, baked goods (including bread) and artificial flavorings.

The study found that, in mice, consumption of propionate led to high [blood sugar levels](#) in the short term and weight gain and insulin resistance in the long term. (Insulin resistance means the body doesn't respond well to the hormone insulin, which helps cells take in sugar, or glucose. Such resistance can lead to the high blood sugar levels seen in people with [diabetes](#).)

[Read More](#)

Best: Oatmeal

On its own, this is high in a kind of fiber that can help lower your cholesterol and give your immune system a boost



Problems can come when you try to liven it up. Stay away from butter and brown sugar. Go with things like nuts or fresh fruit instead.

Best: Shrimp and Grits

Shrimp is a good source of protein, calcium, and iron, and it's low in fat. A cup of grits has about 140 calories. The trouble comes in the form of add-ons like cheese and bacon. Chicken broth can add a lot of salt. As long as you're careful with those, this is a healthy choice.



[A quick guide to the perfect poo and how to get it](#)

Constipation is something most people experience from time to time. These are the four main causes and what constitutes the ideal stool.



[Eating more ultra-processed foods may shorten life span](#)

Need another reason to monitor your intake of ultra-processed foods? Cutting down on your amounts could help you live longer, according to a recent *JAMA* study. Ultra-processed food was defined as ready-to-eat and microwaveable foods, such as bread, breakfast cereals, instant noodles, chicken or fish nuggets, chocolate bars and candies, chips, and artificially sweetened beverages.

[Beer-before-wine strategy doesn't hold water](#)

[More push-ups may mean less risk of heart problems](#)

[Diabetes Symptoms You Can't Ignore](#)

Changes in your energy level, bathroom habits, and even your skin may be cause for concern.

[Read More](#)

An Herbal Sex Supplement Sent a Man's Blood Pressure Through the Roof

A man's blood pressure skyrocketed to dangerous levels after he took an [herbal supplement](#) touted for sexual enhancement, according to a new report of the man's case.

The 49-year-old man had been moving furniture in his office when he felt a "fluttering" sensation in his chest, along with lightheadedness and anxiety, according to the report, published April 25 in [The Journal of Emergency Medicine](#).

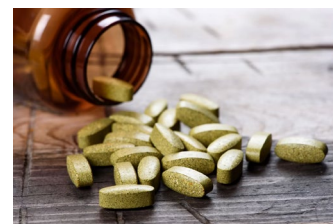
He visited the occupational nurse at his work, who found that his blood pressure was staggeringly high. The measurement was 280/160 mm Hg — well above the threshold for seeking emergency care. Doctors consider any blood pressure measurement above 180/120 mm Hg to be a hypertensive crisis that requires immediate medical care. ([Normal blood pressure](#) is less than 120/80 mm Hg.)

The man was rushed to the emergency room, where doctors confirmed his blood pressure remained extremely high. [[9 New Ways to Keep Your Heart Healthy](#)]

Doctors attempted to lower his blood pressure with two separate drugs, but neither worked, and his blood pressure remained above 210/125 mm Hg.

At first, the man told doctors that he wasn't taking any medications; nor did he use tobacco, caffeine, stimulants or illegal drugs. But after further questioning, he mentioned that he had taken an herbal supplement about once or twice a day to improve his energy levels and, euphemistically, "get his nature," the report said. When his doctors looked up the supplement he was taking, they found it was marketed as a "sexual health formula for men to fuel enhanced blood flow." The supplement contained [yohimbine](#), a compound found in the bark of the West African tree *Pausinystalia yohimbe*. Supplements with yohimbine are often marketed as sexual enhancers. The compound was also previously developed into a prescription drug for sexual dysfunction, but the drug has since fallen out of favor among doctors. Yohimbine is also known to increase blood pressure, the authors said, and it has been tied to other concerning side effects, including a rapid heart rate, anxiety, stomach problems, [heart attacks](#) and seizures, according to the [National Center for Complementary and Integrative Health \(NCCIH\)](#).

[Read More](#)



[No Time to Exercise? Try This](#)

Here's how to make fitness a part of even your busiest days -- something that's extra important when you have diabetes.

[Read More](#)

Tests That Diagnose Diabetes

Your doctor may order one or more of [these tests to get an accurate diagnosis and start the right treatment](#).

[Read More](#)

Does insulin resistance cause fibromyalgia?



'I'm here for breast cancer. Why are you talking to me about my heart?'

Call for action: Study reveals urgent need to look after hearts of cancer patients
EUROPEAN SOCIETY OF CARDIOLOGY

[SHARE](#)

[PRINT](#) [E-MAIL](#)

Milan, Italy - 4 May 2019: Many physicians are not telling cancer patients about the cardiotoxicity risks of treatments and may not be fully aware of the dangers themselves. A new study reveals an urgent need to look after the hearts of these patients. The research is presented today at EuroHeartCare 2019, a scientific congress of the European Society of Cardiology (ESC).¹

"There was no mention that it could lead to heart disease. Would have been nice to know."

The growing number of cancer survivors and increasing number of over-65s needing chronic cancer therapy mean that the need for cardio-oncology services is rising. Heart failure caused by cancer therapy can occur up to 20 years after treatment. In 2012 over 32 million people worldwide were living with cancer.²

'I'm here for breast cancer. Why are you talking to me about my heart?'



Train your brain to eat less sugar

A computer game can be used to train its players to eat less sugar to reduce weight and improve health

CREDIT: DREXEL UNIVERSITY

More than half of American adults consume excess added sugars, according to the U.S. Department of Health and Human Services. Major dietary guidelines recommend limiting foods high in added sugars. A recent study led by [Evan Forman, PhD](#), a psychology professor in Drexel University's College of Arts and Sciences, shows that a computer game can be used to train its players to eat less sugar, as way of reducing their weight and improving their health.

"Added sugar is one of the biggest culprits of excess calories and is also associated with several health risks including cancer," said Forman, who also leads the [Center for Weight, Eating and Lifestyle Science \(WELL Center\)](#) at Drexel. "For these reasons, eliminating added sugar from a person's diet results in weight loss and reduced risk of disease."

As part of their study, which was recently published in the *Journal of Behavioral Medicine*, the researchers developed and evaluated a "brain training" game targeting the part of the brain that inhibits impulses with the hope that it would improve diet, specifically by decreasing the consumption of sweet foods. Think: Lumosity for your diet.

Train your brain to eat less sugar



Drexel University

What Happens to Your Body When You Stop Drinking Alcohol

Alcohol plays a role in at least half of all serious trauma injuries and deaths from burns, drownings, and homicides. It's also involved in four out of 10 fatal falls and traffic crashes, as well as suicides.

[READ MORE](#)

[Drinking and Your Health: A Reality Check](#)



Age-Related Macular Degeneration

Age-related macular degeneration (AMD) is a disease associated with aging that gradually destroys sharp, central vision. [Read more...](#)

SLIDESHOW

Digestive Disease Myths

The proper functioning of the digestive system is one of the foundations of health, but many myths abound. [Read more...](#)

One-off injection may drastically reduce heart attack risk

Doctors hope to trial gene therapy on people with rare disorder in next three years

Why researchers are turning to gene therapy to treat heart failure

- Doctors in the US have announced plans for a radical gene therapy that aims to drastically reduce the risk of heart attack, the world's leading cause of death, with a one-off injection.
- The researchers hope to trial the therapy within the next three years in people with a rare genetic disorder that makes them prone to heart attacks in their 30s and 40s. If the treatment proves safe and effective in the patients, doctors will seek approval to offer the jab to a wider population.
- "The therapy will be relevant, we think, to any adult at risk of a heart attack," said Sekar Kathiresan, a cardiologist and geneticist at Harvard Medical School who will lead the effort. "We want this not only for people who have heart attacks at a young age because of a genetic disorder, but for garden variety heart attacks as well."
- Heart disease is the No 1 killer in many countries. An estimated 18m deaths are attributed to the condition every year, the vast majority of which, about 85%, are caused by heart attacks and strokes.
- People who are at risk of a heart attack are typically put on a range of medicines, such as blood thinners, cholesterol-lowering statins, and pills for high blood pressure. Most must be taken daily for the rest of the person's life, but many drift off their medication over time.

Gene therapy / Experts plan to slash heart attack risk with jab



An Antibiotic Alternative? Using a Virus to Fight Bacteria

HealthDay News) – [Viruses](#) and bacteria are the culprits behind the infectious diseases that [plague](#) humans. Researchers recently turned one against the other, using viruses to wipe out a potentially life-threatening bacterium in a 15-year-old girl with [cystic fibrosis](#). This old-time approach to battling [bacterial infections](#) might be worth another look in these days of antibiotic-resistant bacteria, a new paper argues.

Genetically engineered bacteriophages -- viruses that infect and kill bacteria -- successfully cleared up a severe antibiotic-resistant bacterial infection in the critically ill teenager, researchers said in a new study. "This is the first use of 'phages' to treat this kind of infection with this kind of bacterium, and it's the first time that anyone's used 'phages' that have been genetically engineered to be more effective," said study co-author Graham Hatfull. He's a professor of biotechnology at the University of Pittsburgh.

How this disease changes the shape of your cells

Lesson by Amber M. Yates, directed by Doug Walp
What shape are your cells? Squishy cylinders? Jagged zig-zags? You might not spend a lot of time thinking about the bodies of these building blocks, but microscopically, small variations can have huge consequences. And while some adaptations change these shapes for the better, others can spark debilitating complications. Amber Yates dives into the science of the malignant sickle-cell mutation.

[View full lesson »](#)

How Much of Your Body Is Muscle?

What is muscle memory? Does spinach make you strong? And can you body-build in your sleep?

[Read More >](#)

Microbiome-What Is It?

Did you know your body is home to trillions of tiny organisms called microbes? No worries -- those "bugs" are supposed to be there! Together, they make up your microbiome. It's all over your body but mainly in your gut. Your microbiome is closely tied to your health in ways you might not expect. And researchers are studying how it might improve health from head to toe.

Your Skin: That doesn't mean you're dirty. Your microbiome helps keep your skin healthy. An imbalanced microbiome can lead to skin problems. For instance, too many pimple-causing bacteria can lead to acne. The allergic skin condition eczema is linked to another type of bacteria.

Your Weight: Your microbiome may change as you gain and lose weight. Some studies have found that overweight people tend to have more of the types of microbes that harvest energy from food and help the body store fat. This can set the stage for weight gain -- and it may be related to eating too much fat, sugar, and carbs with little fiber. But other researchers say it's too early to know the exact links between the microbiome and the scale.

Brain Health: Your gut and your brain talk back and forth to each other, connecting through millions of nerve cells. Scientists have linked certain changes in the gut microbiome to stress, depression, and anxiety. It may also be tied to Alzheimer's disease. One study found people with Alzheimer's have less diverse microbiomes. This may lead to inflammation and a rise in proteins related to Alzheimer's disease. But that's not yet certain.

Your Mouth: There are more than 700 types of bacteria in your mouth. A few types of bacteria turn the sugar from food into acid. If you don't brush them away, the acid can eat into your teeth's enamel. This causes cavities. Experts also think that certain microbes may trigger inflammation in the mouth, leading to gingivitis and gum disease. People who tend to get cavities have a different microbiome than those who don't.

Autoimmune Diseases: With these conditions, your immune system attacks certain parts of your body. Examples include fibromyalgia, lupus, multiple sclerosis, rheumatoid arthritis, and type 1 diabetes. They tend to run in families, and some researchers think that they may be passed down through the microbiome.

[Read More](#)

How to Have Better Sex After 60

Sex at this age can be better than ever before, but getting older does bring some changes. Learn how to work with and around them.

[Read More](#)

Make healthy food choices

Our diets play an important role in chronic inflammation because our digestive bacteria release chemicals that may spur or suppress inflammation. The types of bacteria that populate our gut and their chemical byproducts vary according to the foods we eat. Some foods encourage the growth of populations of bacteria that stimulate inflammation, while others promote the growth of bacteria that suppress it.

Fortunately, you are probably already enjoying many of the foods and beverages that have been linked to reductions in inflammation and chronic disease. As long as you are not allergic to any of these foods or beverages, they include the following:

- *Fruits and vegetables.* Most fruits and brightly colored vegetables naturally contain high levels of antioxidants and polyphenols — potentially protective compounds found in plants.
- *Nuts and seeds.* Studies have found that consuming nuts and seeds is associated with reduced markers of inflammation and a lower risk of cardiovascular disease and diabetes.

Beverages. The polyphenols in coffee and the flavonols in cocoa are thought to have anti-inflammatory properties. Green tea is also rich in both polyphenols and antioxidants.

Harvard Medical School

Compiled, edited published by
Dr Harold Gunatillake
To unsubscribe

email:haroldgunatillake1@gmail.com

Dr Gunatillake-Health editor is a member of the Academy of Medicine, Singapore. Member of the Australian Association of Cosmetic Surgery. Fellow of the Royal College of Surgeons (UK), Corresponding Fellow of the American Academy of Cosmetic Surgery, Member of the International Societies of Cosmetic surgery, Fellow of the International College of Surgery (US), Australian diplomat for the International Society of Plastic, Aesthetic & Reconstructive Surgery, Board member of the International Society of Aesthetic Surgery, Member of the American Academy of Aesthetic & Restorative Surgery, Life Member of the College of Surgeons, Sri Lanka, Batchelor of Medicine & Surgery (Cey). Government scholar to UK for higher studies and training.