

Health & Views

Health newsletter for Sri Lankans & others, globally

September
2019

3rd. issue

[Bedroom Light at Night Might
Boost Women's Weight](#)

[Sleeping with the TV on is
a big fat problem](#)

Five ways to maintain healthy
bowels

The Connection Between Thyroid and Digestive Health



Recognizing the Symptoms of Vitamin B12 Deficiency

Human destruction of the living world is causing a “frightening” number of plant extinctions, according to scientists who have completed the first global analysis of plant species. The researchers said the plant extinction rate was **500 times greater now than before the industrial revolution**, and this was likely to be an underestimate. They found 571 species had been wiped out since 1750 but, with knowledge of many plant species still very limited, the true number is likely to be much higher. “It is way more than we knew and way more than should have gone extinct,” said Dr Maria Vorontsova of the Royal Botanic Gardens in London.

The Guardian

Nelson Mandela

"After I became president, I asked one day some members of my close protection to stroll with me in the city, have lunch at one of its restaurants. We sat in one of the downtown restaurants and all of us asked for some sort of food... After a while, the waiter brought us our requests, I noticed that there is someone sitting in front of my table waiting for food. I then told one of the soldiers: Go and ask that person to join us with his food and eat with us. The soldier went and asked the man so. The man brought up his food and sat by my side as I asked and began to eat. His hands were trembling constantly until everyone had finished their food and the man went.

The soldier said to me: the man was apparently quite sick. His hands trembled as he ate !!

"No, not at all," said Mandela. "This man was the guard of the prison where I was jailed. Often, after the torture I was subjected to, I used to scream and ask for a little water. The very same man used to come every time and urinate on my head instead"...;

so I found him scared, trembling, expecting me to reciprocate now, at least in the same way, either by torturing him or imprisoning him as I am now the President of the State of South Africa...

But this is not my character nor part of my ethics.

The mentality of retaliation destroys states while the mentality of tolerance builds Nations".

Canada will ban harmful single-use plastics as early as 2021, Justin Trudeau said on Monday. Items to be banned may include water bottles, plastic bags and straws.

What's Causing Your Dizziness?

Dizziness is a symptom that often applies to a variety of sensations including lightheadedness and vertigo.

[Read more...](#)

[When Healthy Eating Turns Into a
Dangerous Obsession](#)

VACD September 2019 News Flash!!!



The VACD Australia Annual General Meeting held yesterday (Thursday, 12th) reviewed all ongoing projects and programs and unanimously decided that our immediate attention should be focused on our Family Assistance Program (FAP).

The Sri Lanka leadership team have also communicated to us the urgent need for this program to be enhanced due to accelerating requests for assistance from parents of children with disabilities from rural, impoverished, low skilled labour or subsistence farming communities. These parents endure severe financial distress and hardship due to the lack of or diminishing household incomes because close to 95% of them are single parents since their spouses abandon the family no sooner a child with disabilities is born, leaving the mother or ageing maternal grandparents to care for the child.

The Sri Lanka team inform us of some children bringing a meagre lunch of plain bread on some days (they are given a nutritious meal on two days of the week at the centres) as a result of their poverty.

In implementing the FAP initiative, the Sri Lanka leadership team at the Board and Committee levels will evaluate the household income position of each family seeking assistance by applying a series of strict criteria with regard to income, number of family members, medical and other expenses, etc and determine their eligibility to receive a monthly allowance. Progress of each family benefiting from FAP will be monitored and reported to us on a quarterly basis.

Please kindly consider supporting our FAP initiative by donating A\$25 (or equivalent) per month/per family. Should you decide to make payments direct to the VACD account (details given below) please give your name and 'Family Assistance Program' in the details field to enable us to identify each payment.

In Australia:

Through the website: <https://www.vacd.org.au>

Or Account:

Volunteers to Assist Children with Disabilities Limited
Commonwealth Bank of Australia,
Liverpool & Castlereagh Streets Branch,
Cnr of Liverpool & Castlereagh Streets,
Sydney NSW 2000 Australia

Account No: 1130 2156

BSB: 062-016

BIC/SWIFT Code: CTBAU2S

In USA:

Through the website: <https://www.vacdusa.org>

Nivolumab combined with ipilimumab safe as first-line therapy for lung cancer patients

International Association for the Study of Lung Cancer



13 Myths About Alzheimer's

Is there a difference between Alzheimer's and dementia? Find out the truth about Alzheimer's disease and its related causes, symptoms, and treatments.

[READ MORE](#)

QUIZ

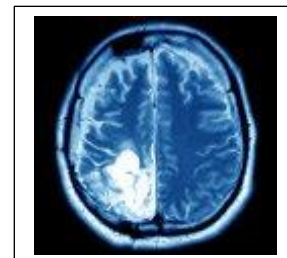
Who Is at Risk for Heart Failure?

Heart failure does not necessarily mean the heart has stopped working. It simply describes a condition in which... [Read more...](#)

ARTICLE

Glioblastoma Brain Cancer

Glioblastoma brain cancer arises from astrocytes and are usually a highly-aggressive (malignant) tumor. [Read more...](#)



SLIDESHOW

What's In Your Drinking Water?

Learn about potential drinking water health hazards, environmental protections, and safe treatments. [Read more...](#)

Are You at Risk for a Stroke?

Stroke is a medical emergency and a leading cause of death in the U.S. Learn about causes, symptoms, and what to do if you suspect one.

[Read More >](#)

Get the Facts About Non-Hodgkin's Lymphoma

It's a cancer that starts in your body's lymph system. There are a lot of different kinds, and even doctors can have a hard time telling them apart.

[Read More >](#)



Your 70s could be the happiest time of your life. This is why

If the concept of ageing evokes a sense of dread, it shouldn't — especially if you're a woman. Contrary to punishing stereotypes, one psychologist says your 70s are likely to be the happiest years of your life.

[More >](#)

Dry Eyes and What to Do About Them

It's actually very common, and it happens when your body doesn't make enough tears. All sorts of things can cause it -- and make it worse.

[Read More >](#)

Talk Ram Dass Is Ready to Die

"Soul doesn't have fear of dying. Ego has very pronounced fear of dying."



Balanced Diet

Could a Drug Cocktail Reverse Biological Aging?



Foods to Boost Your Energy and Mood

Discover which foods can help boost your energy level and your mood. Could your favorite food be on the list?

[READ MORE](#)

Managing low back pain

If you're struggling with low back pain, you're definitely not alone. [Read more](#)

[What Works Best Against Varicose Veins?](#)



Prostate cancer: risks, symptoms, diagnosis and treatment

Learn more about prostate cancer. [Read more](#)

How to maintain strong and healthy bones

Reduce your risk of osteoporosis now and in the future. [Read more](#)

[Weight-Loss Surgery Drops Heart Disease, Death Risk for Diabetics](#)



Plant protein may help you live longer



Getting your protein from plants could prolong your life, a study suggests. Researchers found that compared with the one-fifth of the group who ate the least plant protein, the fifth who consumed the most had a 27% lower rate of cardiovascular death, a 28% lower rate of death from heart disease and a 28% lower rate of stroke.

Shift to vegan diets may cause brain nutrient deficiency: Study



Shifting to plant-based and vegan diets risks worsening an already low intake of an essential nutrient involved in brain health, a study claims. Choline is an essential dietary nutrient, but the amount produced by the liver is not enough to meet the requirements of the human body. The nutrient is critical to brain health, particularly during foetal development.

Brain and Spinal Cord Tumors and Cancer

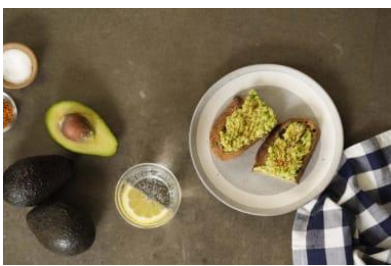
The grade of a tumor is based on how abnormal the cancer cells look microscopically and how fast the cells grow and spread. [Read more...](#)

Red wine good for gut health, says study

Symptoms of a B12 Deficiency

Your body needs B12 to keep blood cells healthy and help your nerves work right. See what can make it harder for your body to absorb this essential vitamin.

[Read More >](#)



How to Pick the Perfect Avocado

How to stimulate appetite ←

Appetite stimulants include various medications and supplements, as well as lifestyle strategies. Learn more about how to stimulate appetite here.

What happens if you do pushups every day?

Pushups are a beneficial exercise that people can do every day. Pushups can increase muscle mass and cardiovascular health. Risks include back pain. Learn more here

Can Red Wine Boost Your 'Microbiome'?

Wine comes from grapes rich in polyphenols. Can it keep the bacteria in your tummy happy?

[READ MORE](#)

As little as one glass of red wine a week can increase the diversity of the good bacteria in your microbiome, which can help lower bad [cholesterol](#) and keep your weight down, researchers say.

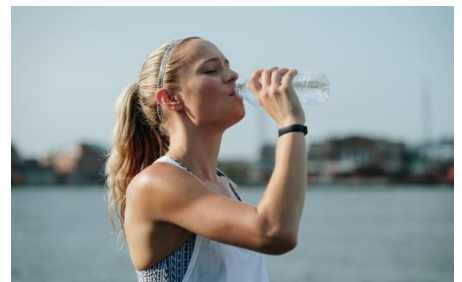
Top foods that may make heartburn worse

If you have heartburn, you may already know that drinks containing caffeine, such as coffee, tea, and colas, can trigger burning pain. Some people feel miserable after eating onions or garlic, while tomatoes and citrus fruits bother others. And who hasn't regretted indulging in fatty or fried foods? They are notorious for bringing on symptoms. But did you know after-dinner mints, treats associated with helping digestion, could cause heartburn?

Harvard Medical School



Science Confirms Walking 4,400 Steps a Day Makes a Big Difference



How Water Weight Affects Weight Loss

How to get rid of a toothache at night ←

A toothache can cause severe pain and prevent a person from falling asleep. Learn about nine different methods to get rid of a toothache at night here.

Soft drinks associated with risk of death in population-based study in 10 European countries ↑

[HRT breast cancer risk may persist for years, study finds](#)

A study has found the use of hormone replacement therapy is associated with an increased risk of breast cancer, and that the risk can persist for more than a decade after use stops.

[More >](#)

Aspirin should not be recommended for healthy people over 70 ←

European Society of Cardiology

Prebiotics vs. Probiotics

While probiotic foods have live bacteria, prebiotic foods feed the good bacteria that already live in your gut. You can find prebiotics in things like asparagus, Jerusalem artichokes, bananas, oatmeal, red wine, honey, maple syrup, and legumes. Try prebiotic foods on their own, or pair them with probiotic foods to add a boost.

Exercise Keeps Your Brain Fit, Too

Working out doesn't just help you maintain your weight and look great in jeans. See the positive effects it can have on your brain.

[Read More >](#)

How Migraines Affect Your Whole Body

These often debilitating headaches come with a lot of baggage. Problems like stroke, heart disease, and fibromyalgia are often linked to migraines.

[Read More >](#)

Warning Signs of Eye Problems

Eyes that are bloodshot, crusty, burning, watery, or otherwise uncomfortable are worth getting checked out. Here's why.

[Read More >](#)

[This is why lean people get fatty liver disease](#)

[Stroke: The Link](#)

Less Obvious Symptoms of Lung Cancer

It often causes coughing, wheezing, and chest pain. But other symptoms can show up, too -- in places you may not expect.

[Read More >](#)

Hydrating Foods & Their Benefits

The human body is made up largely of water, as such staying hydrated is essential to human health. But water alone will not hydrate the body, and people can increase hydration levels and water intake with many foods and drinks which is especially important in these warmer months.

[Read the full story](#)

Chewing gum can help halt the painful symptoms of acid reflux

What to know about kidney pain after drinking alcohol

The kidneys are responsible for filtering out waste products, including alcohol, from the body. Kidney pain can be a sign of serious health issues. Learn more in this article.

Inflammation in type 2 diabetes: Study overturns previous notions

New research challenges the prevalent belief that it is glucose that drives chronic inflammation in obesity and obesity-related type 2 diabetes.

[Read More >](#)

Gene Linked To Alzheimer's May Impact Cognition Before Adulthood

Alzheimer's disease is a debilitating and brain wasting condition that progressively impairs cognitive abilities and everyday functioning in older adults. A new [study](#) indicates that it has linked a specific gene to the form of dementia which may begin to affect cognitive functioning much earlier in life.

[Read the full story](#)

Want to Live Longer? Exercise -- Even Just a Little Bit

Exercise -- even a little of it -- can lengthen your life, a new study suggests. Researchers also found that too much sitting may be linked to a higher risk of early death.

[Read More >](#)



Coffee compound may prevent type 2 diabetes

New research reveals why coffee may stave off type 2 diabetes.

[READ NOW](#)

Is red meat bad for your health?

Red meat is a good source of protein and iron, though research has linked it to heart disease, certain cancers, and other health conditions. Learn whether red meat is good or bad for health, as well as what the official dietary guidelines recommend, here.

Help for Sensitive Teeth

To strengthen your pearly whites, you may need to make a few simple changes to your oral care routine.

[Read More >](#)

15 Reasons Why You Might Faint

Fainting is often -- but not always -- related to blood pressure. Find out what might make your BP drop, and what else might lead to a fainting spell.

[Read More >](#)



SLIDESHOW

Add Greens To Your Diet

Serve nutritious healthy greens like a chef! Learn how to incorporate more veggies into your meals.

[Read more...](#)



Heat Exhaustion

First aid treatment for heat exhaustion includes recognizing the symptoms and moving to a cooler environment.

[Read more...](#)

What Should You Eat if You Have Diabetes?

It's good to give your daily menu a checkup from time to time. Here's what to keep in mind.

[Read More >](#)

What Glucagon Does for Blood Sugar

Learn how this hormone works with insulin to keep your levels in check.

[Read More >](#)

What Is Diabetic Retinopathy?

If you have [diabetes](#) (type 1 or type 2), you could get [diabetic retinopathy](#), a condition that affects your eyes. But your chances of getting it depend on several things:

- The [type of diabetes](#) you have
- How long you've had it
- How often your blood glucose changes
- How well controlled your sugars are

At first, you may not even know you have diabetic retinopathy. Or, you might just notice minor [vision](#) problems. Either way, there are things you can do to prevent it. And there are treatments to help slow it down.

[Read More >](#)

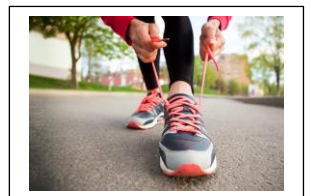
Is This a Diabetes Cure?



Why Walk?

All you need are your two legs. You don't have to get special equipment or a gym membership or even a partner, though walking with a friend has some benefits. Walking can help you lose body fat and improve your joint health, circulation, bone density, sleep cycle, blood pressure, and mood.

Walking-Get Going!



It doesn't take much to improve your health with walking. About 150 minutes a week should do it. That's about 30 minutes a day, 5 days a week. If you need to start with way less than that, don't worry. Even 5 minutes a day is better than none. If you want to do more than 30 minutes, great! Just work up to it slowly and talk to your doctor if you have an illness or don't know if you're healthy enough for exercise.

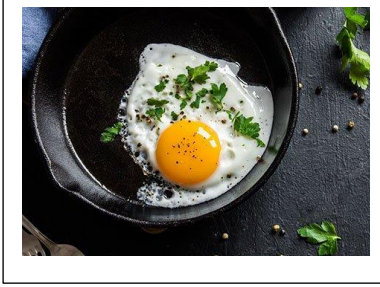
Drink Water whilst walking

You sweat more when you exercise, which means you lose water more quickly. When water levels get too low (dehydration) you might feel tired, nauseated, dizzy, or confused. You might not notice the sweat you lose if the air is cool. Top off your tank with a couple of extra cups in the hours before you head out for a walk. Consider bringing some with you if it's really hot outside or you're going a long way.

Shorter showers and less soap: Avoiding dry skin this winter



Health Benefits of Eggs



One egg has 6 grams of the stuff, with all nine "essential" amino acids, the building blocks of protein. That's important because those are the ones your body can't make by itself. The egg white holds about half that protein and only a small portion of the fat and cholesterol. That means eggs have more nutrients -- vitamins, minerals, amino acids -- per calorie than most other foods. Have an egg and you'll get:

High-quality protein, Selenium, Phosphorus, Choline, Vitamin B12
Multiple antioxidants, which help keep your cells healthy

They Help Your Good Cholesterol

This "good" cholesterol, called HDL, seems to go up in people who have three or more eggs a day. Of course, LDL, the "bad" type, goes up, too. But the individual pieces of each get bigger. That makes it harder for the bad stuff to hurt you and easier for the good stuff to clear it away.

They Can Lower Your Triglycerides

Your doctor tests you for these along with HDL and LDL.

Your doctor tests you for these along with HDL and LDL. Lower triglycerides are better for your health. Eating eggs, especially those enriched with certain fatty acids (like omega-3s), seems to bring down your levels.

They Can Lower Your Odds of a Stroke

Though studies vary, it appears that a daily egg might lower your risk.

Though studies vary, it appears that a daily egg might lower your risk. In a recent Chinese study, people who had about one a day were almost 30% less likely to die from hemorrhagic stroke than those who had none.

They Help With Portion Control

At about 70 calories per egg, you know exactly what you are getting.

At about 70 calories per egg, you know exactly what you are getting. And they travel easy, too. Hard boil a couple and stick 'em in your cooler. Add a salad or a couple of slices of bread and you've got a quick, healthy lunch.

They're Affordable: At 20 cents a serving, you can't beat it for a high-quality protein that won't break the bank.

At 20 cents a serving, you can't beat it for a high-quality protein that won't break the bank. Add a slice of whole-grain toast, some avocado, and a little hot sauce, and you have a meal fit for a king at a pauper's price. And you don't have to worry about sugar or carbs because eggs don't have either.

They're Heart Healthy

Overall, people who eat more of them don't seem to raise their chances of heart disease. Surprised? It's true. Overall, people who eat more of them don't seem to raise their chances of heart disease. Even people with prediabetes or type 2 diabetes were just as heart healthy after a high-egg diet designed for weight loss. In a recent Chinese study, people who ate about an egg a day were almost 20% less likely than non-egg eaters to develop heart disease.

They Satisfy: Have them for breakfast and you'll feel full longer.

Have them for breakfast and you'll feel full longer. That'll make you more likely to eat less throughout the day. For example, on average, teens who eat an egg in the morning have 130 fewer calories at lunch.

They Help Your Eyes

Doctors know that the antioxidants lutein and zeaxanthin help keep you from getting eye diseases like cataracts and age-related macular degeneration.

Doctors know that the antioxidants lutein and zeaxanthin help keep you from getting eye diseases like cataracts and age-related macular degeneration. Green, leafy vegetables like spinach and kale have them, too. But eggs are a better source. That's because the fat they have makes it easier for your body to use the nutrients.

They Help Sharpen the Brain

Eggs have vitamin D, which is good for your gray matter and hard to get from food.

Eggs have vitamin D, which is good for your gray matter and hard to get from food. And they have something called choline that helps the nerve cells (neurons) in your noggin talk to each other. Choline is also a very important for pregnant women and breastfeeding women because of the big role it plays in brain development.

Reviewed By: [Kathleen Zelman, MPH, RD, LD](#)

Mystery of why arteries harden may have been solved, say scientists

Study finds calcium deposits are triggered by molecule produced by damaged cells

The mysterious mechanism behind the hardening of arteries may have been solved, researchers have revealed, in a study that also suggests the first potential preventive drug for the condition linked to heart attack, dementia and stroke.

Arteries harden as calcium becomes deposited in the elastic walls of the vessels, a process that happens as we age and is exacerbated for patients with diabetes or kidney disease. Stiffening can also occur as calcium becomes deposited in fatty plaques in the arteries – a condition called atherosclerosis.

The mechanism that causes the calcium to be deposited has been difficult to unpick, but now scientists say they have the answer: it is triggered by a molecule, called poly(ADP-Ribose) or PAR, that is produced when the cells, or the DNA inside them, are damaged.

That, they say, makes sense: ageing, high blood pressure, smoking and fatty plaques are risk factors for stiffening of the arteries, and are linked to damage to cells, or even their DNA.

The team say the new discovery could prove important for patients.

“If [the calcification process] is driven by cells that means you can actually treat it,” said Cathy Shanahan, professor of cell signalling and co-author of the study from King’s College London.

Mystery of why arteries harden may have been solved, say scientists



'God Plays Dice with the Universe,' Einstein Writes in Letter About His Qualms with Quantum Theory

By [Mindy Weisberger, Senior Writer](#) | June 12, 2019 06:53am ET

Three letters written by Albert Einstein in 1945 are up for auction and offer an intriguing glimpse into the renowned physicist's criticisms of how scientists were interpreting physics at the quantum level.

The letters, which were addressed to Caltech theoretical physicist Paul Epstein, describe Einstein's qualms about quantum theory, which he called "incomplete" in one letter.

Another letter details the thought experiment that led to a quantum concept known as "[spooky action at a distance](#)" — when separated particles behave as if they were linked. [[Gallery: See Photos of Einstein's Brain](#)]

The letters — eight pages of German writing and hand-drawn diagrams — will hit the auction block at Christie's in New York today (June 12) at 2 p.m. ET, as part of the "[Fine Printed Books and Manuscripts Including Americana](#)" auction. [Read More](#)

Vitamin C May Prevent Cell Damage Caused By Toxins In Water

Hexavalent chromium is a heavy metal with many industrial applications and is part of chemicals employed in carbon and stainless steel welding, iron and steel foundries, cement, electroplating, and textile dyeing, unfortunately traces of this toxic compound are increasingly being found as widespread water contaminants.

[Read the full story](#)

[Beat The Bloat With These Tips Before You Start To Feel Really Grumpy](#): Nobody enjoys feeling bloated and even worse, feeling moody. Here's a few tips to help deal with that bloat.



Coffee May Be Good For The Liver

Coffee is one of the most popular beverages in the world, millions of people start their day with a cup or more. Research suggests that those who enjoy java may have a lower incidence of liver disease, some research also suggests that coffee can help to undo some of the damage caused by drinking alcohol.

[Read the full story](#)

Statins May Increase Risk Of ALS

People take statins with the goal of improving their health, but these drugs do not come without many side effects, and they have been under fire for a long time due to their lack of results, as well as raising the risk of diabetes. Another study has added to reasons for avoiding these drugs in that they may cause amyotrophic lateral sclerosis.

[Read the full story](#)

Digestive Enzymes, The Unsung Heroes of Successful Eating?

Digestive enzymes. You have heard about them, but perhaps you are not quite sure what they do and how they work. And do they work? [Keep reading...](#)



CBD Oil for Depression: Does it Work?

Anxiety and depression disorders are very common mental health conditions. They have a long-lasting impact on one's health, ability to work, social life, and overall well-being. [So can CBD oil help?](#)

Having a younger, longer life is not a [genetic lottery](#). That's only about a quarter. The other three quarters have to do with the [choices](#) you make every day.

[You could be ingesting a teaspoon of microplastic every week](#)

At a conservative estimate, people around the world are consuming a credit card's-worth of microplastic every week, according to a new study.

[More >](#)

Simple protein swaps that will help cut red meat from your diet



Here's how to ensure you're still getting enough protein, iron, zinc and vitamin B12 while cutting back on red meat.

[More >](#)

Soy sauce was the main link to my heritage. Then my doctor told me I needed to stop eating it



Experts have a new theory about why we have sex 

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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, Bachelor of Medicine & Surgery (Cey)