

“We need to think about what we can offer – curiosity, imagination, knowledge, power – as antidotes to the present disruption and trauma, tools towards building a future.”

Caring for someone with depression during the COVID-19 pandemic

Depression is a serious mental health condition that affects both the people with it and those who care for them. Learn how to care for those with depression here.

Herd immunity is not happening

Despite more than 27,000 confirmed deaths from COVID-19 in France, only 4.4% of people have actually been infected. The percentage is **far below the required level – something more than 50% – to achieve herd immunity.**

Herd immunity would slow – but not stop – the outbreak. Results announced by Spain's health minister show a similar situation: more than 27,000 deaths and just 5% of the population tested had antibodies to the virus. “Population immunity appears insufficient to avoid a second wave” if lockdown measures are removed, say the authors of the French study. ([Reuters | 2 min read](#))

Reference: *Science* paper

Life After COVID-19: The Road to Recovery

Doctors are just starting to learn what recovery from COVID-19 looks like and whether it will cause long-term damage to its survivors -- both physically and mentally.

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Life After COVID-19: The Road to Recovery

Doctors are just starting to learn what recovery from COVID-19 looks like and whether it will cause long-term damage to its survivors -- both physically and mentally.

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Everything you need to know about laminectomy

This article covers a type of surgery called laminectomy. Learn about the different types, their purposes, the recovery time, and some potential complications.



Vaccine Possible By October, Pfizer Says

Pharmaceutical company Pfizer plans to expand human clinical trials for a coronavirus vaccine and include thousands of people by September. If all goes well, the company will be able to deliver millions of doses "in the October timeframe," its CEO said. Get the latest news.

[Read More >](#)



Adaptogens are important for your longevity. Most simply put, they help your body get back into recovery mode so that it's able to restore itself under stress. Here's why you need to include them in your daily longevity routine. [Read more.](#)

Sleeping without a pillow: Does it help?

Sleeping without a pillow may benefit people who mainly sleep on their stomach. However, it may not suit everyone, as it can contribute to back and neck pain.

Muslims had some funny nicknames



The Ceylon Moors of old had some really funny nicknames.

The Moor Muslims of old commonly bore nicknames. Such *patta-perus*, as nicknames were called, included *Baba* (Baby), *Kolanda* (Infant), *Echchi* (Miserly), *Pushana* (Indolent), *Shoththian* (Feeble-handed), *Shemata* (Brown or Tan), *Dada-bada* (Noise made when walking), *Munda kan* (Big-eyed), *Poona kan* (Cat's eye), *Madayan* (Fool), *Jemmi* (Jewel) and *Poo* (Sweet).

There were others like *Karupati* (Jaggery), *Kochchika* (Chillie), and *Pila kotta* (Jak seed), perhaps referring to their tastes for these particular items of food. More interesting were names like *Aana Bulingi* 'Swallower of elephants', *Baang Koli* 'Turkey', *Koli Kunji* 'Chick', *Porichchakoli* 'Fried Chicken', *Kumbala Mashi* 'Maldiver Fish', *Karapothan* 'Cockroach', *Katchcha Karupatti* 'Bitter Jaggery', *Shappatayan* 'Flat Nose', *Velli Baba* 'Silver Baby', *Vengalam* 'Loud-mouthed', *Bavulthavaly* 'Stomach ache' and *Anjishazathu Mapulle* 'Five Cents Bridegroom' "who traveled as such in a decorated tramcar with his entourage" (*Some Nicknames of Sri Lanka Moors* by M. M. B. Ansari 1981).

There was a very good reason as to why some nicknames gained currency among the Moors. This was the similarities in many personal names borne by Muslims, which called for some way of distinguishing them. This is suggested by M. M. Thawfeeque who, in his *Muslim Mosaics* (1972) refers to the practice of calling people by nicknames in the early part of the last century and observes that:

It just happened that there were scores of Hamids, Yoosoofs, Haniffas, Mohideens etc. in that concentration of Ceylon Moors".

The easiest way out, he says, was nicknames emphasising their attributes, penchant, and failings – even physical defects.

To conclude, we can see that the names we give ourselves say a lot about us as individuals and as communities. They give us identity and a sense of belonging to a particular group and help others identify us as such; they reflect our beliefs and attitudes and even give an insight into the manifold influences we have been subjected to in the past. In essence, they capture in a word or two what we are all about. There's really no such person as a nobody if he or she has a name – and therein lies the power of names.

Featured image: a Kandyan chief and his family. Image courtesy lankapura.com

More reading:

<https://roar.media/english/life/culture-identities/ten-interesting-facts-about-sri-lankan-names/>

Coronavirus vaccine developed in China shows promise after early study in 100 people

Foods That Boost Your Mood

We're living through some tough times. See how the foods you eat can help keep the doldrums away.

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Which Supplements Should You Take?

Dietary supplements include vitamins, fish oil, herbs, minerals like calcium, and more. About half of U.S. adults take one. But should you?

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55 of Grandma's Favorite Rhubarb Recipes »



Our Best Banana Bread Recipes »

Startling New Details About COVID Lung Damage

The findings help to explain why some people seem to have damage in their lungs that's out of proportion to their early symptoms, an author of the study says.

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14 Delicious Ways to Season Chicken

It's nutritious and easy to cook, but chicken can get boring if you stick to the same recipes. Spice things up with these easy rubs and marinades.

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These Sugary Drinks Are as Bad for You as Soda

Soft drinks aren't the only beverages you might want to skip. Some "healthy" beverages are loaded with just as many calories and as much sugar.



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Diabetes Terms You Should Know

The words your health care providers use to talk about blood sugar might sound like another language. Here's what they mean.

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Just add chocolate, or dates, or banana ... 10 delicious oat bar recipes to suit every taste



Baking / The science of making sourdough bread



The coronavirus 'does not spread easily' from touching surfaces or objects, CDC says

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Coronavirus vaccine developed in China shows promise after early study in 100 people

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7 Hearty Snacks With up to 28 Grams of Protein

[SNACK AWAY](#)

Climate change is turning Antarctica green, study finds

Parts of the Antarctic Peninsula will change colour as "green snow" caused by blooming algae is expected to spread with increases in global temperatures, research has showed. The researchers combined satellite imagery with on-the-ground observations to detect the current extent of green algae in the world's most barren continent.

Hearing Loss Prevention and Treatment

There are things you can do to help preserve as much of your hearing as possible, as long as possible.

[Read More >](#)

20 Reasons for Blood Sugar Swings

If you're struggling to keep your levels in range, some of these "sneaky" foods or habits could be to blame.

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How Potassium Is Linked to Diabetes

Potassium affects how much insulin your body makes. We explain the connection.

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TAJNI 's FAMILY

TAJNI's father PRABATH had two stents inserted for severe blockages in two coronary arteries at a cost of eight and a half lakhs. He recovered well



only to be faced with the Covid 19

tragedy in Colombo. He has had no income since then – as a driver of tourists he has not had any income since flights in to Colombo were stopped completely. Compassionate friends in Colombo and Melbourne provided the funds for the stents and the President's Fund provided 2 lakhs.

Tajni's mother Dammika works at the Dankotuwa porcelain factory. Her younger brother OSADA PRAMUDITHA is a grade 12 student in the technology stream.

TAJNI passed her O Level exam with 8A's and a C and then went on to do her A Level examination which she passed with 2 A's and a B. Her Puttalam district rank was 20. She will commence a medical degree when the University's commence later this year. She keeps herself occupied teaching children in the neighbourhood.

AUSLMAT is proud to support this family from Kirimatiyana East Lunuwila.

Quintus de Zylva



Why do some people need less sleep than others?

[Read More](#)

Could You Have Metabolic Syndrome?

People who have high blood sugar along with these other problems are more likely to have diabetes, heart disease, and stroke. Here's what you need to know.

[Read More >](#)

How To Store Your Food Better And Avoid Wastage

Food wastage is a real issue. With a few simple, valuable changes to how you store your food, you can get the benefit of your fresh produce – and prevent throwing away another cucumber that never got used. [Read more.](#)



What causes a metallic taste when coughing?

A metallic taste when coughing can be due to an underlying condition or certain medications or treatments. Learn about the causes, symptoms, and treatments here.

What is the link between depression and headaches?

Some people experience headaches as a symptom of depression, while others report headaches causing them to feel depressed. Learn more here.



Soybean seeding rates and risk

American Society of Agronomy



Celiac disease linked to common chemical pollutants

NYU Langone Health / NYU School of Medicine



Is there a cure for depression?

Depression is a lifelong mental health condition. There is no cure for depression, but many different treatments are available to manage the symptoms.

Zinc for acne: Does it work?

Zinc may help prevent and treat acne breakouts. A range of oral and topical medications for acne use zinc. Increasing dietary intake of zinc may also help.



Debunking the most dangerous claims of 'Plandemic'

[Read More](#)

Is It Safe to Go Back to the Gym?

If you enjoy a good gym workout, you're probably hankering to get back to it -- and in some states, it's now possible. But with the virus swirling around, there are a few things to keep in mind.

[Read More >](#)



How to Look More Handsome

What should you do with shaving cream before grabbing the razor? Why shouldn't you pluck your nose hairs? Brush up on your grooming techniques.

[Read More >](#)



Causes and treatments for cracked skin on hands and feet

Cracked skin on the hands, feet, or lips can get worse in cold weather or during flu season. Find out about common causes, treatments, and home remedies.

Tiny RNA that should attack coronavirus diminish with age, disease

Medical College of Georgia at Augusta University

The Truth About Meat Alternatives

Plant-based burgers are convincing swaps, but are they truly better for you? The answer's not as clear-cut as it seems.

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How Psoriasis Affects Your Body

One of the greatest icons Sri Lanka has produced- Eye Surgeon Pararajasegeram Passed away



known affectionately as Dr Para, but he travelled through outback Australia with Fred and Gabi in the 1970s, asked Fred to be a consultant for [World Health Organization \(WHO\)](#), and invited Fred to Nepal.

"Thanks to Dr Para, what we did on the National Trachoma and Eye Health Program became the blueprint for so much of the work we carry out in other countries..." [See More](#)

.....
Dr Pararajasegeram, former WHO Regional Advisor and Consultant, and former President, International Agency for the Prevention of Blindness, is no more. Para, as he was fondly called by many in the eye care sector, was a mentor and supporter of many eye care programmes and organisations around the world. Para played a key role in...

[READ MORE](#)

[Sumithra Bala](#) writes:

Our wonderful Uncle Para passed away last week. My Dad and I were lucky enough to spend a week with him at the end of February in India just before lockdown. He was a global giant in community eye care but always remained our cherished family elder. We will miss him so much. I thought you'd like to see an obituary posted here by the Fred Hollows Foundation. Uncle Para and my Aunty Ruby worked with Fred & Gabi in remote aboriginal communities in the mid 1970s on the trachoma program.

You may not have heard of Dr Pararajasegeram, known affectionately as Dr Para, but he travelled through outback Australia with Fred and Gabi in the 1970s, asked Fred to be a consultant for [World Health Organization \(WHO\)](#), and invited Fred to Nepal.

"Thanks to Dr Para, what we did on the National Trachoma and Eye Health Program became the blueprint for so much of the work we carry out in other countries," says Gabi.

So, on news that Dr Para has passed away, Gabi wanted to add "we have lost a precious soul. The Foundation sends our thoughts to Dr Para's daughters and extended family."

READ more about Dr Para and Gabi's tribute to him at <https://bit.ly/DrParaObituary>

 : courtesy [VISION 2020/IAPB](#)

The FB link doesn't itself work, but I think it was referring to this obit

https://www.hollows.org/au/latest/farewell-to-our-old-friend-dr-para?utm_source=facebook.com&utm_medium=social&utm_campaign=alwayson20_au_facebook_touch_organic_dr_paraobit&fbclid=IwAR3soQg-mefMncWM7Fr3e8DY_akUFBfKhm_ENOzSt_4MzxKDpLJHJAGXi-g

Signs of Wet Age-Related Macular Degeneration

It's not painful, but you might notice problems with your eyesight. At first, you may simply have blurred or distorted vision.

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TIME TO WAKE-UP AND LEND A HAND



Yesterday (12TH May) I was coming home at noon from the CandleAid office and stopped the car at the Moratuwa main junction to post a letter. I saw a long line of people on the pavement. They looked poor, dressed poor and with sad long faces, standing in the scorching sun. They were motionless, speechless, no words between them. The silence was a clear personification of their solution-less plight. They were just leaning on anything that stood. There was a pawnshop, they were waiting to pawn things they had. Whatever they had.

I was tempted to take a photograph, but realized that would be adding insult to the injury. These were people with dignity

That is almost the last straw, the Pawn Shop. No one to borrow from and no one to assist, just the ultimate hope of getting a little money to feed their families.

The lockdown and the curfew have beaten most, especially the daily wage earner, the cleaner, the labourer, the tuk tuk driver, the other hundreds that did some sort of work to find the food for the day.

There are so many today pawning their pride in multiple ways to keep the home fires burning. Most of us have helped in the little ways we can. That is wonderful, thank you in the name of humanity.

If by chance you have not helped a single person badly-bruised by this poverty wave of the Corona, please wake up, just find one Starfish and throw it back to the sea.

One Starfish is better than no Starfish.

Capt Elmo Jayawardena

Elmojay1@gmail.com

From Victor Melder-Melbourne

Diabetes and Inflammation: What's the Link?

Inflammation inside your body may play a role in diabetes. Here's what we know about the connection.

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How Does Metformin Work?

See the three ways this drug helps people with type 2 diabetes and prediabetes lower their blood sugar levels.

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Life with Insulin Injections

Still getting used to daily insulin shots? These best practices can help make them less of a pain.

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Good and Bad Fast-Food Choices

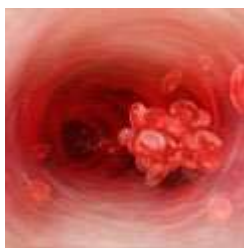
At many popular sandwich chains, you can unwittingly gobble up a diet disaster -- unless you know how to order.

[READ MORE](#)

Environmental investigations /

Australia stalls on emissions target update as UN urges deeper cuts





ARTICLE

Prevent Blood Clots

Blood clots form when there is damage to the lining of a blood vessel, either an artery or a vein. [Read more...](#)

Self-employed Australians have suffered a higher loss of income during the coronavirus crisis than employees and some fear their businesses will collapse, an ANU study reveals.

Four-in-five [reported a hit to profits](#) and almost one third worried their businesses will not be viable in two months without improved conditions. The study, by the ANU Centre for Social Research and Methods, is based on a survey of a representative sample of 3,155 Australians in mid-April.

The Guardian

Habits of Couples Who Have Great Sex

Couples who are sexually satisfied tend to define sex broadly, confide in each other, and do these other things.

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Youngest children are most likely to enter hospital

Children with COVID-19 are at a lower risk of death than are adults with the disease, according to the largest study of infected children in Europe. Researchers analysed data from children under the age of 18 who turned up at hospitals and clinics with COVID-19 symptoms. All 168 who tested positive for the coronavirus recovered fully. Nearly 80% of infants under the age of one were hospitalized, compared with 53% of those between the ages of 11 and 17 (the overall hospitalization rate for infected children in Italy is much lower — around 4%). Two-thirds of the children had at least one infected parent, whose symptoms often appeared before the child's did.

Reference: [Eurosurveillance preprint](#) (not yet peer reviewed)

Signs of Wet Age-Related Macular Degeneration

The sprint to solve coronavirus protein structures — and disarm them with drugs

On 10 January, the complete genome of the SARS-CoV-2 virus was released — and structural biologists around the world sprung into action. Their goal: to [sift through the 29,811 RNA bases in the virus's genome in search of instructions for each of its estimated 25–29 proteins](#). With those blueprints, the scientists could recreate the proteins in the laboratory, visualize them and then, hopefully, identify drug compounds to block them or to develop vaccines to incite the immune system against them.

[Nature](#) | 13 min read

Why the Weight Gain?

Some people seem to gain weight even when they are making healthy eating and exercise a part of their daily regime.

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ED Causes and Treatment

Having erection problems? Learn about erectile dysfunction causes and treatments such as drugs, pumps, and more. [Read more...](#)



The Best Diet Tips Ever

Learn to lose weight the smart way, as experts give their best advice for healthy weight loss by understanding portion sizes. [Read more...](#)

Can Essential Oils Help Nerve Pain?

There's little research to back it up, but a few studies suggest that some essential oils may help ease neuropathy symptoms.

[Read More >](#)

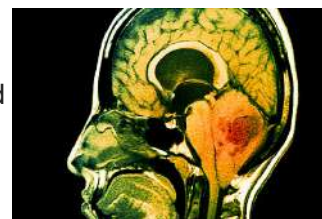
Top Cancer-Fighting Foods

No single food can prevent cancer, but the right combination of foods may help make a difference. See which foods to enjoy -- and which ones to steer clear of.

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Brain Tumor Symptoms You Shouldn't Ignore

Even a small, slow-growing brain tumor can affect how you talk or think. See the common warning signs of brain cancer and what can raise your risk.



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Do Collagen Creams Work? Are the Supplements Safe?

As you get older, your collagen levels drop -- hello, joint pain and looser skin. Here's what can help your body make more, and what doesn't appear to work.



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What Your Poop Type and Color Mean

Hard lumps, soft blobs, fluffy pieces. ... The way your stools look can tell you things about your health.

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Which Burger Is Healthier: Beef or Plant-Based?

Plant-based burgers, sausage, and chicken nuggets have come a long way. The newest versions look, taste, and sizzle like the real deal. But are they truly better for you?



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COVID-19 and Your Sense of Smell

Researchers are finding that your sense of smell (and taste) most often diminishes by day 3 of the virus. See why that matters.

[Read More >](#)



Moderna's coronavirus vaccine shows promise in early results

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Aromatherapy Guide: How to Use Essential Oils for Your Well-Being

Warning Signs of Kidney Problems

Diabetes is a leading cause of kidney failure, so it's important to know which symptoms could signal a problem.

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