

Discussing common health issues affecting us with age & sharing comments for better health & longevity.



SLIDESHOW

Cancer Prevention and Red Wine

Particular compounds called polyphenols found in red wine are thought to have antioxidant or anticancer properties.

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15 Immune System Boosters

Many people are concerned about staying healthy and maintaining a healthy immune system. Doing so can benefit your... [Read more...](#)

Can Nutrients Lower Parkinson's Risk?

People who consume high levels of these 2 nutrients may have low Parkinson's risk.

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What Causes Crohn's Disease?

What Is the Cure for Asthma?

Does My Body Produce Cholesterol?



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12 Ways Too Much Sugar Harms Your Body

Whole foods like fruits, veggies, dairy, and grains have natural sugars. Added sugars, on the other hand, come in packaged foods and drinks. Your body does not need any added sugars.

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What Causes Heart Palpitations?

Your heart pounds, flutters, or seems to skip beats. You might call these feelings palpitations. Should you worry? [Read more...](#)



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14 Ways to Shed Pounds After 40

Changes in your activity level, eating habits, hormones, and how your body stores fat all can play roles in your weight. [Read more...](#)

How to Suppress Your Appetite Naturally

You don't need diet pills in order to eat less and lose weight. If you pick foods and beverages that keep you feeling full for longer, it can happen naturally.

[Watch Video >](#)

In Praise of Cottage Cheese

Once the darling of dieters, cottage cheese has taken a backseat to superfoods like yogurt. Now it's time to rediscover this healthy, high-nutrient protein.

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AstraZeneca COVID-19 vaccine may cut spread of virus

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First Medical Professional Lost to COVID-19

Sri Lanka lost its first medical professional to COVID-19 yesterday (2) with the death of 32-year-old Dr. Gayan Danthanarayana, who was serving in the Surgical Unit of the Teaching Hospital Ragama, Secretary of the Government Medical Officers' Association (GMOA), Dr. Senal Fernando said.

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Want to Stay Youthful? Avoid These 11 Mistakes

Are you worried that you may be aging more quickly than you should? Find out what you may be doing wrong.

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Mistakes With Antibacterial Wipes

Antibacterial wipes are a quick and easy way to kill germs when you use them the right way. Learn the dos and don'ts. [Read more...](#)

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Inflammatory Bowel Disease (IBD)

What is IBD? IBD can include Crohn's disease and ulcerative colitis. Learn more about treatments, and the home care... [Read more...](#)

Health Benefits of Cinnamon

Could the jar of cinnamon on your spice rack be the secret to better skin, a healthier heart, lower blood sugar, and more?

[Read more...](#)

- [4 things about mRNA COVID vaccines researchers still want to find out](#)

Archa Fox, University of Western Australia; Harry Al-Wassiti, Monash University

Researchers are already working to improve the current crop of mRNA vaccines. Hopefully this will help them become more practical and affordable for the entire world, not just first-world countries.

COVID-19: Pfizer shot appears to protect against UK variant



The blood of people who received the Pfizer-BioNTech vaccine contains high levels of antibodies that can neutralize one of the new SARS-CoV-2 variants.

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Why You're Losing Your Voice

The most common culprit is an infection in your airways -- but there are at least a dozen other possible explanations, some quite serious.

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ARTICLE

Glycemic Index Foods

Every meal you eat changes your blood sugar level. Foods with a high glycemic index put people at risk for getting insulin... [Read more...](#)



WHO releases Wuhan findings, hotel quarantine to be reviewed

The World Health Organisation has released the findings of its [investigation into the origins of COVID-19](#) in Wuhan, dismissing the theory that the virus escaped from a laboratory as “extremely unlikely”. The report found COVID-19 was probably transmitted to humans through a live animal host or frozen animal products – although its exact origin remains a mystery. Echoing claims being pushed by the Chinese government, WHO team leader Dr Peter Ben Embarek said it was possible “the virus was also present in other places and individuals in other countries” when it first emerged in late 2019.

[Daily Coffee
Lowers Risk for
Heart Failure](#)

[Second Dose of
COVID Vaccine
Is Likely to Feel
Worse](#)

**What a
Cardiologist
Says About
Statins**

Air pollution caused by the burning of fossil fuels was responsible for one in five deaths globally in 2018, [research has found](#). The enormous death toll – 8.7 million – is higher than previous estimates and surprised the study’s researchers.



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Should You Wash This Food?

Should you rinse that raw chicken? Here's what to wash, what not to wash, and how to wash it.

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What Is Mono or the Kissing Disease?

Infectious mononucleosis is a common infection caused by the Epstein-Barr virus (EBV). Symptoms include fatigue... [Read more...](#)

What are high and low glycemic index foods?

Written by Louisa Richards on February 08, 2021

What are high and low glycemic foods? Read on to find more, such as what the glycemic index is, benefits of a low GI diet, and an example meal plan.

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[If Blood Pressure Rises at Night, Alzheimer's Risk Might Rise, Too](#)

What to know about joint inflammation

Written by Zawn Villines on February 08, 2021

Joint inflammation can lead to swollen, painful joints. Depending on the cause, it can affect one particular joint or multiple joints throughout the body. Learn more.

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What is a lung biopsy?

Written by Alice Porter on February 08, 2021

Doctors use a biopsy to diagnose lung cancer. In this article, we explain the different types of lung biopsy and who needs one. Read on for the risks and how to prepare.

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How to maintain healthy HDL levels

Written by Jennifer Huizen on February 08, 2021

HDL is the "good" kind of cholesterol. Find out how much HDL is healthy and how to raise your HDL levels using food, medications, and behavioral changes.

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How to redesign vaccines against variants

As evidence grows that new variants of the SARS-CoV-2 coronavirus can evade immunity produced by vaccines or previous infections, scientists are exploring the idea of redesigning the vaccines currently being rolled out worldwide. *Nature* explores the [open questions about updating the world's coronavirus vaccines](#). "I think it's inevitable for the vaccines to maintain tip-top efficacy, they will need to be updated. The only question is how often and when," says virologist Paul Bieniasz.

[Nature](#) | 8 min read

J&J's one-shot vaccine is effective

The pharmaceutical giant Johnson & Johnson (J&J) has [announced that its vaccine was 66% effective overall](#) in protecting against moderate to severe COVID-19 at 28 days after a single shot. Although the vaccine was 72% effective in the United States, it was only 57% effective in South Africa, where a SARS-CoV-2 variant that can evade some immune responses has been spreading. The vaccine was 66% effective in Latin American countries, including Brazil, where worrisome variants have been discovered. An effective single-dose vaccine would offer faster protection than most of the vaccines approved for use so far, which are administered in two shots given weeks apart.

[Nature](#) | 5 min read



Thiago Ribeiro/AP

The AstraZeneca vaccine and over-65s: we may not have all the data yet, but limiting access could be counterproductive

Kylie Quinn, RMIT University

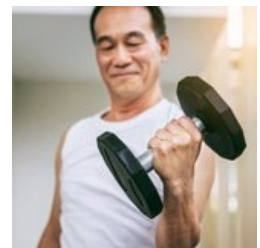
A recommendation from a German vaccine advisory body not to give the AstraZeneca vaccine to people aged over 65 has caused concern. But we should interpret this advice with caution.



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What Is an Elimination Diet?

The idea is to change your diet for a few weeks by cutting certain foods that might be causing you trouble. The issue might be... [Read more...](#)



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Muscle-Building Workout and Diet

You can pump up your physique in less time than you think if you're willing to sweat. With the right moves, you can get results... [Read more...](#)

COVID-19: Allergic reactions to Pfizer vaccine are rare



Severe allergic reactions occur at a rate of 11.1 cases for every million first doses of the Pfizer-BioNTech vaccine, new research estimates.

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When to Worry About Low Blood Pressure

Unlike high blood pressure, doctors usually don't use a standard set of numbers to figure out if you're ill. Find out what symptoms they look for.

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Can people use CBD for irritable bowel syndrome?

Written by Jenna Fletcher on January 28, 2021

Can people use CBD for irritable bowel syndrome? Read on to discover how CBD may help with IBS symptoms, and other remedies that may also help.

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What is the prognosis for stage 4 lung cancer?

Written by Helen Millar on January 28, 2021

The prognosis for stage 4 cancer depends on the size and location of tumors. While there is no cure, many treatments and sources of support are available.

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What is colitis?

Written by Helen Millar on January 28, 2021

Colitis refers to the inflammation of the colon lining. There are different types of colitis that cause a range of symptoms. Learn more here.

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22 brain exercises to improve memory, cognition, and creativity

Written by Jon Johnson on January 28, 2021

Some activities may boost brain function and connectivity, which may help protect the brain from age-related degeneration. Here are 22 brain exercises to try.

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Is it possible to stop period pain forever?

Written by Anna Smith on January 28, 2021

The best method for stopping period pain permanently depends on the cause of the pain. Learn more about what causes period pain and how to alleviate it here.

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What to know about muscle cramps

Written by Jon Johnson on January 28, 2021

A muscle cramp is a painful tightness in the muscle that occurs due to a sudden, involuntary contraction. Various factors can cause muscle cramps, but the cause is not always clear.

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Here's What Happens When You Stop Wearing a Bra

Going braless is a personal choice. Here the pros and the cons, according to experts.

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>



What to eat on a high-protein diet

Written by Jenna Fletcher on January 28, 2021

Many people adopt a high-protein diet to try to lose weight. Healthful foods that are high in protein include lean meats, nuts, quinoa, and fish. Learn more about the high-protein diet here.

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How has the pandemic influenced our relationship with nature?

A recent study, which appears in PLOS ONE, investigates how the COVID-19 pandemic has impacted people's relationship with nature.

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How NOT to Get Osteoporosis

If you're over 30, your bones are already thinning. Here's what you can do to help lower your chances of osteoporosis.

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Bladder Cancer Symptoms

Bladder cancer occurs when cancerous cells, often from the lining of the bladder, begin to multiply. Find more information about... [Read more...](#)

What to Eat to Fight Type 2 Diabetes

See which foods can help control your blood sugar, protect you from heart disease, and keep your energy levels high.

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Bad Foods for Your Heart

To keep your heart in good shape, there are some foods you'll want to indulge in only every now and then. See which ones -- and how to make smart substitutes.

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[11 Favorite Recipes of 2020](#)

Which Milk Should You Drink?

Grocery stores have more milk options than ever, including plant, nut, and seed versions you may not have heard of. Learn how to choose the one that's right for you and your lifestyle.

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'Bulk Up' With High-Fiber Foods

Most Americans don't have enough fiber in their diet. Here are some tasty ways to up your intake.

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Guide to Cleaner Living

The fewer steps between your table and the farm where your food grows, the fewer chances it has to get 'dirty' with contaminants or processing. It also means you'll get fresher -- and more nutrient-dense -- fare, too.

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Healthy Meal Plans for Diabetes

When you have diabetes, you need to eat a good mix of protein, healthy fats, and carbohydrates. So what's a well-balanced meal? [Read more...](#)

Best Ways to Slash Sugar From Your Diet

Processed foods -- even savory ones -- have sugar added to extend their shelf life. Follow these tips to help you cut back without missing it.

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Prediabetes: You Can Turn It Around

This precursor to diabetes can develop without causing noticeable symptoms, making it tricky to diagnose early on.

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FEATURED NEWS

What Is a Brain Aneurysm?

A brain aneurysm is a bulging area within the wall of an artery that supplies the brain.

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Meet the bacteria that might help treat diabetes

A recent study investigates the role of gut bacteria in type 2 diabetes. It identifies specific species that might, one day, lead to better treatments.

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FEATURED QUIZ

What Causes Crohn's Disease?

Crohn's disease is a chronic condition of the intestines, but is it curable?

[TAKE THE QUIZ](#)

Researchers identify 6 types of prediabetes

A recent study has pinpointed six types of prediabetes, based on a person's metabolic characteristics and risk profile for diabetes and its complications.

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What Foods Sap Your Energy?

What you eat gives you energy. But some kinds of foods are more like a burst, while other types keep you going longer. Do you know what's got staying power and what's a quick hit?

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What are the best linen sheets?

High quality linen sheets can be a good investment for improving the quality of sleep. Getting quality sleep is important for ensuring and maintaining good health and well-being.

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ARTICLE

How Can I Lower My Blood Pressure Immediately?

High blood pressure (BP) is dangerous. It can lead to many health problems, including heart disease, brain stroke... [Read more...](#)

SLEEP

This Bluetooth-Enabled Sleep Headband Can Help You Fall Asleep—and It's Currently \$20





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Prostate Cancer Warning Signs

Prostate cancer is the most common cancer in men. Learn the signs and symptoms along with causes and treatments.

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9 Lifestyle Tips to Get Flat Abs

Want flat abs? See how to get them, including step-by-step instructions for performing the best abdominal exercises.

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Reinvent your walking regimen



Putting one foot in front of the other is a simple way to trigger a cascade of health benefits. Regular brisk walks help lower LDL (bad) cholesterol; control blood sugar; and reduce the risk for high blood pressure, heart disease, stroke, and diabetes. Brisk walks also strengthen muscles, burn calories, and lift mood.

Just one problem: some people find walking boring. Boredom may diminish your motivation and interest in exercising. Before that happens, mix up your regimen with different types of walking that maximize physical, mental, and emotional health benefits.

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NUTRITION

This Diet Could Cut Your Risk of Dementia, Heart Disease, and Cancer—and Help You Lose Weight, Too

Increased Fiber Associated With Less Depression in Premenopausal Women

An increased daily intake of fiber is inversely associated with depression among premenopausal women, according to a study published online in *Menopause*. Researchers compared dietary fiber intake and depression levels with menopause status for 5,807 participants aged 19 or older from the Korea National Health and Nutritional Examination Survey data. An increase of 1 gram of fiber per 1,000 calories resulted in a 5% decrease in prevalence of depression among premenopausal women, but not postmenopausal women. Increased fiber intake benefits gut microbiota which promotes brain health that protects against depression. The average American currently consumes about 16 grams of fiber each day. According to other government data, people who consume 21 grams of fiber per day were 41% less likely to report symptoms of depression, and at higher fiber intakes, the risk of depression dropped as much as 70%.



References

Kim Y, Hong M, Kim S, Shin WY, Kim JH. *Menopause*. Published online December 21, 2020. doi: 10.1097/GME.0000000000001711.
Xu H, Li S, Song X, Li Z, Zhang D. Exploration of the association between dietary fiber intake and depressive symptoms in adults. *Nutrition*. 2018;54:48–53.

Natural Ways to Prevent Sugar Spikes

Medication and diet work together to control your levels after a meal, but they're not the only things that can help.

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[Heart Health: Whole Wheat vs. White Bread](#)

How Insulin Resistance Affects Your Heart

When your body doesn't use insulin well, you may develop problems with your heart and blood vessels. Here's what you can do to better manage your blood sugar and your heart health.

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9 Surprising Things That Damage Your Liver

Alcohol and acetaminophen are well-known liver dangers, but what else can be harmful? This slideshow shows some that may surprise you.

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Can You Live Without a Liver?

The liver removes toxins from the blood, produces vitamins, and breaks down drugs. It is not possible to live... [Read more...](#)

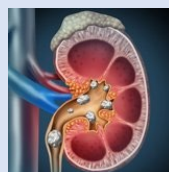
The days of the humble beach umbrella are gone, as a new craze for cabanas and carts take over Australia shores. Stephanie Wood says the [cabana frenzy is pushing aside little old umbrella users](#) and taking over prime beach real estate from Portsea to Bondi. "A friend and I took my blue and white-striped umbrella to Noosa beach the other day. I was a bit dismayed. From the path above the beach we surveyed the scene. Perhaps, I thought, we had fallen through the Earth on to an Italian *spiaggia* – one of those private beaches where you can rent a sunbed or *cabina* and lie alongside rows of the idle rich, inert in large sunglasses."

The Guardian

7 Best Tips To Regrow Your Hair Naturally

Have you been shedding more hair than normal? Are you starting to notice thinning or balding? If these hairy issues have you on the edge, some natural treatments could help improve growth, regrow hair, or stem the problem before it gets worse.

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What Causes Kidney Stones?

The kidneys regulate levels of fluid, minerals, salts, and other substances in the body. When the balance of... [Read more...](#)

What High Blood Pressure Can Do to Your Body

High blood pressure, or HBP, pushes too hard on your artery walls. This damages the inside and causes fat, or... [Read more...](#)

Multiple Myeloma: Deadly to Chronic

Multiple myeloma is a cancer of the plasma cells. Plasma cells are part of the immune system and help fight... [Read more...](#)

Causes of Schizophrenia

What is schizophrenia? Learn about schizophrenia symptoms, signs, types, and treatment options. [Read more...](#)



7 Benefits Of Drinking Lemon Water In The Morning

Drinking a glass of warm lemon water will not only improve your health but also make you look better! The vitamin C in lemons boosts immunity and reduces signs of premature aging.

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5 Types Of Belly Fat And How To Lose Them

To get rid of punctured tire belly and visceral abdominal fat, you need to cut back on sugar, processed food, and caffeine, eat regular small meals, control emotional eating, and exercise regularly.

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Painful and Frequent Urination?

Bladder infections can be painful and often require medical treatment. Learn how UTI's are diagnosed in infants, adults, and the elderly. [Read more...](#)



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Simple Steps to Boost Bone Health

Weak and brittle bones don't have to be part of aging. Your bones are a living tissue that rebuilds itself. You can 'borrow' from banked bone strength as you get older.

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How Can Diabetes Affect My Feet?

Diabetes can cause serious foot complications such as nerve damage, infection, and ulcers. Find tips for proper... [Read more...](#)

Existing drugs may cut off 'fuel supply' to an aggressive brain cancer

Written by James Kingsland on January 16, 2021

New research shows that a form of aggressive brain cancer responds to drugs that inhibit the activity of mitochondria, or the 'powerhouses' of cells.

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What to know about alcohol allergies

Written by Hana Ames on January 28, 2021

Alcohol allergies are rare, but they can occur. We examine what causes alcohol allergies, how they differ from an intolerance, and how to treat them.

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Nancy Sinatra I'll never forgive Trump voters. I hope the anger doesn't kill me

Novavax vaccine works against variants

The biotech firm Novavax has unveiled that [its experimental COVID-19 vaccine is effective against rapidly spreading variants of the coronavirus](#). But the picture is mixed. The vaccine was more than 85% effective against the variant called B.1.1.7., first identified in the United Kingdom. But it was less than 50% effective against a worrying lineage called 501Y.V2, which was first identified in South Africa and is spreading around the world. "We're still seeing vaccine efficacy, and that's incredibly important," says Glenda Gray, head of the South African Medical Research Council.

[Nature | 6 min read](#)

Neuroprosthetic for spinal-cord injuries

Researchers have developed a device for people who've experienced spinal-cord injury that might restore their ability to maintain blood pressure. This neuroprosthetic system is like "a second skin that slides on top of the spinal cord", neuroscientist Grégoire Courtinet tells the *Nature Podcast*. It [delivers an electrical stimulus to the spinal cord to activate neurons that ultimately restore normal blood pressure](#). "People tend to see the spinal cord as one tube with reflexes and simple circuits," says Courtine. "The spinal cord is a brain in itself."

[Nature Podcast | 28 min listen](#)

Read more: [Go deeper into the research in the Nature News & Views article](#) (6 min read).

Reference: [Nature paper](#)
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<https://www.theguardian.com/global-development/2021/jan/28/they-use-old-cloths-sri-lanka-to-give-schoolgirls-free-period-products>

An inspiring story for you to follow.
"The Akra Initiative". I have sent an e-mail requesting more information.
The local ladies (lawyers), doctors and others have done a great job already.
It is similar to our charity "Arunodaya" Medical Camps but done with enormously greater vigour and local organizing. Maybe we can join and support? If anyone wants to contribute, I can channel funds through "Arunodaya".
So, if you are impressed and want to help Sri Lanka, this is another good way.

Please, let us discuss.
Constructive feedback welcome.
"Arunodaya" Team - please have a good look.

Regards
Nimal Chandrasena
<nimal.chandrasena@gmail.com>
Mobile: 0408 279 604



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Lung Cancer Risks: Myths and Facts

Cigar smoke, menthol, pollution? See what can increase your risk of lung cancer and what's fiction.

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How Common Is Schizophrenia?

Schizophrenia affects about 1.1% of the world's population. It is a psychotic disorder...

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[New J&J Novavax COVID Vaccine Efficacy](#)

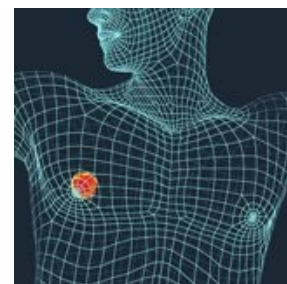
[Do Menstrual Cycles Align With the Moon's Phases?](#)

What are the best home remedies for fever?

Written by Nicole Galan, RN on January 28, 2021

A fever is an uncomfortable symptom of infection or illness. Learn about the best home remedies for fever in children and adults here.

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Men Get Breast Cancer, Too

Breast cancer isn't just a woman's disease. Learn about the symptoms and treatment of male breast cancer... [Read more...](#)



'Breathtaking' What Joe Biden's sweeping climate plan means for Scott Morrison

What to know about tightness in the front of the neck

Written by Veronica Zambon on January 28, 2021

Tightness in the front of the neck can occur due to many reasons, including allergies and swelling. Learn more about the causes and treatments here.

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What to know about calcium deficiency and teeth

Written by Jenna Fletcher on January 28, 2021

Calcium is a nutrient that can benefit a person's teeth and bones. A calcium deficiency may have adverse effects on a person's dental health.

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What to know about chronic constipation

Written by Ruth Eagle on January 28, 2021

This article looks at the various causes, symptoms, treatments, risks, and prevention of chronic constipation, as well as when to seek medical help.

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How to treat ear congestion

Written by Jamie Eske on January 28, 2021

Ear congestion can occur for many reasons, some of which are treatable at home. Learn more about the potential causes and their treatment options here.

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What can cause a hoarse voice and how is it treated?

Written by Aaron Kandola on January 28, 2021

A hoarse voice can occur due to a variety of reasons. Learn more about the potential causes and when to contact a doctor here.

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What is biphobia?

Written by Veronica Zambon on January 28, 2021

Biphobia refers to the stigma, prejudice, and discrimination toward those who are bisexual. Learn more about how it can affect a person's health here.

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