

Health & Views

February 3rd
issue
2021

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

Can Nutrients Lower Parkinson's Risk?

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

[READ MORE](#)

[Watch the drama of the spacecraft's jaw-dropping final descent,](#)

[Can I take something to prevent colorectal cancer?](#)

[Can gout be prevented?](#)

[COVID-19 and the heart: What have we learned?](#)

SARS-CoV-2 in neurons may damage brain tissue

Written by Minseo Jeong on January 17, 2021

The infection of nerve cells can block blood flow in the brain, indicating that the virus responsible for COVID-19 may have long-term neurological effects.

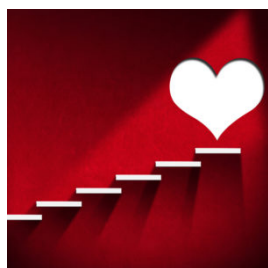
[READ ON →](#)

Harvard Health Blog

3 simple steps to jump-start your heart health this year

POSTED JANUARY 11, 2021, 5:45 PM

[Julie Corliss](#), Executive Editor, *Harvard Heart Letter*



Several habits can improve your heart health (and, as a side effect, may make you less vulnerable to infections like the flu or COVID-19). Focusing on a few of these is an excellent way to take care of your heart — and boost your overall health in the process.

[Learn more »](#)

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

Interesting website of a retired surgeon's story in Sri Lanka. Worthwhile perusing when you have the time. A great icon during our times. There should be more.

gaminigoonetilleke.wordpress.com

Most hospitalized COVID-19 patients still have symptoms after 6 months

Written by Timothy Huzar on January 17, 2021

In a new study, 76% of those hospitalized with COVID-19 were still experiencing at least one symptom of the disease 6 months after discharge.

[READ ON →](#)

Tips and Tricks for Going Vegetarian

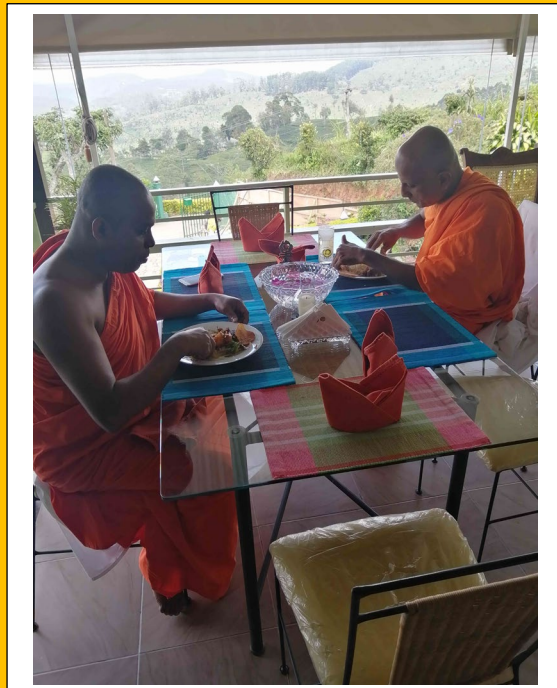
A vegetarian diet doesn't have to be bland. See how to keep things tasty, what to stock in the pantry, and where to get protein.

[Read More >](#)

A Valentine Day Blessing

From Skanda- (Previous High Commissioner for Sri Lanka, in Canberra)

PM Turnbull referred to the strength of our relationship as one built on MUTUAL RESPECT and TRUST.



Rev Rahula, who once headed the Khemba Buddhist Vihara in Canberra during my tenure as High Commissioner, honoured me with a visit to Haputale accompanied by his superior who heads thirteen temples in various parts of the Island !

Currently attached to a place of worship in Kegalle, they did me the honour of having lunch at my home and chanted Pirith to bestow blessings on my home, domestic staff and me.

Respect for another 's Faith has its own magical divine blessing and We all felt that throughout their stay . May All Beings be Happy was Lord Buddha 's wish for mankind and indeed that's what we all were last afternoon !

Four years ago to this very day, Prime Minister Ranil Wickremasinghe as a guest of State , the first official visit by a Sri Lankan Prime Minister to Australia, in more than sixty years, was toasted by Prime Minister Malcolm Turnbull, before an unprecedented gathering of diplomats , dignitaries and cricketers, at Parliament House In Canberra.

PM Turnbull referred to the strength of our relationship as one built on MUTUAL RESPECT and TRUST.

Is that not what we owe each other as Sri Lankans who have been blessed to be born in such a beautiful Country ! Let's make GOD our special Valentine Today so ALL his children can be ours too !

Many blessings

Inauguration of the Sinhalese Cultural Centre in late March this year



This is an epoch-making event, and an achievement of the Sinhalese people settled down in NSW.

Sri Lankan Australians constitute one of the largest groups of Overseas Sri Lankan communities and are one of the largest diasporic Sri Lankan community in NSW, and the inauguration of this cultural hub was greatly needed, and at last, due to the hard work of a team of Sri Lankans, proudly materialised. There are over 29,000 Sri Lankans in NSW according to the 2010 census.

The centre is being rapidly renovated, and there is more work to be done, and more financial contributions are required.

Please call Nihal (0417 660646) or Upul (0425 272945) for details and offer support.

The organizing team says, "your support is important at this moment! The initial renovation is estimated to cost around \$30,000. Paying-off the principal of the property loan is very important so that we can sustain the facility and embark on the long term development program".

Our community supported us to come this far by supporting our fundraising activities and donations including JanaShakthi Contributions and General Donations. So many of you have already contributed - Thank you. Many more have the intention to contribute - this is our appeal to you!

JanaShakthi Contributions and all General Donations can be made through the Ozlanka Community Crowdfunding Campaign at <https://www.ozlanka.com/sinhalese-cultural-centre-property-acquisition-fundraiser/>

Please note that all the donations to our Public Fund are Tax Deductible.

Sri Lankan Food Take Away with Limited Dinning on- 13th March Sri Lankan Food - Take Away with limited Dinning In" hosted by the Sinhalese Cultural Centre (SCC) is on Saturday 13th March, just few weeks away! This is your opportunity to enjoy great Sri Lankan food, while supporting the Sinhalese Cultural Centre. Venue: Roselea Community Centre, Carlingford 2118. Other pick up locations-Kellyville, Glenwood and Minto. You can choose from the following varieties.

- Biriyani (Chicken, Vege with egg or Vege without egg)
- Kothu Rotti (Chicken, Vege with egg or Vege without egg)

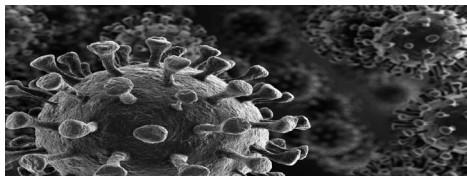
All varieties are \$10 each.

Melbourne Cardiologist turned gardener.

Turned out his first egg plant.

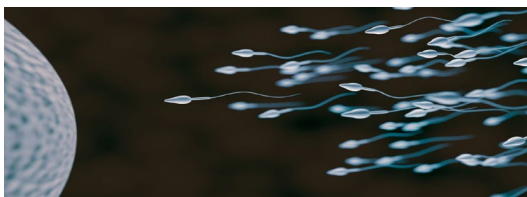


Sent by Dr Quintus De Zylva



Fast-spreading coronavirus variant is doubling every 10 days in the US

[Read More](#)



COVID-19 may lower sperm counts, small study finds

[Read More](#)



9 Natural Remedies To Get Rid Of Mucus In Your Throat

Allergies and infections can cause excess mucus (phlegm) which irritates your throat. Sipping on warm fluids like chicken soup, thyme or aniseed tea, or just a plain glass of warm honey-lemon water can help loosen up or thin out the mucus, making it easier to expectorate. Equally soothing can be gargling with salt water and inhaling the eucalyptus-scented steam.

[READ MORE](#)

Could intermittent fasting reduce breast cancer risk in obesity?

Written by Jennifer Huizen on February 01, 2021

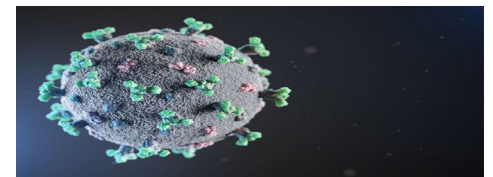
Evidence from a new study on mice suggests that time-restricted eating — or intermittent fasting — may help reduce breast cancer risk linked to obesity.

[READ ON →](#)



Is it OK to mix and match COVID-19 vaccines? Oxford researchers begin trial.

[Read More](#)



The sneaky way the coronavirus mutates to escape the immune system

[Read More](#)

[At Current Vaccination Pace, When Can US Expect Herd Immunity?](#)

COVID-19: Allergic reactions to Pfizer vaccine are rare

Written by James Kingsland on January 29, 2021

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

[READ ON →](#)

Medical myths: 13 COVID-19 vaccine myths

Written by Tim Newman on January 29, 2021

In this edition of Medical Myths, we unpack some of the many myths related to the COVID-19 vaccines. We tackle everything from microchips to fetal tissue.

[READ ON →](#)

What to know about dry skin

Written by Amanda Barrell on January 29, 2021

Many people have dry skin. It happens when the skin does not have all the water or naturally occurring oils it needs to maintain itself. Learn more here.

[READ ON →](#)

How to get rid of fat in the upper pubic area (FUPA)

Written by Jesse Klein on January 29, 2021

Many people dream of having a flat stomach and rock-hard abs. However, fat in the upper pubic area (FUPA) can be difficult to lose. Learn how to get rid of FUPA here.

[READ ON →](#)

Gastritis diet: What to know

Written by Louisa Richards on January 29, 2021

Consuming certain foods and drinks may trigger gastritis or worsen symptoms. We examine how following a gastritis diet may alleviate gastritis symptoms.

[READ ON →](#)

How long do migraine attacks last? Duration, symptoms, and what to do

Written by Zia Sherrell on January 29, 2021

The duration of a migraine varies for each person, typically between 4 to 72 hours. This article looks at how long migraines last, stages, and when to seek help

[READ ON →](#)

Which foods help prevent migraines?

Written by Rachel Nall, MSN, CRNA on January 29, 2021

Food is one of the possible triggers of migraines. As a result, some people who get migraines may benefit from eating or avoiding certain types of food. Learn more about the foods that could prevent, trigger, or relieve a migraine here.

[READ ON →](#)

What is labile hypertension?

Written by Hana Ames on January 29, 2021

Labile hypertension is when a person's blood pressure frequently fluctuates between normal and high, changing more dramatically than normal.

[READ ON →](#)

Can you take aspirin for a migraine?

Written by Jessica Caporuscio, Pharm.D. on January 29, 2021

Aspirin can be an effective first-line treatment for migraine. Learn more about aspirin for migraine, including dosages and side effects.

[READ ON →](#)

New Research Links Fried Foods to Heart Disease, Stroke

Delicious but deadly: Eating fried food is tied to an increased risk of heart disease and stroke, a new study finds. And it goes up the more you have -- those who ate the most had a 28% higher risk.



[Read More >](#)

'What Yoga Is Teaching Me About Diabetes'

Practicing yoga isn't about perfectly mirroring the poses or the pace of the people around you. And neither is diabetes care.

[Read More >](#)

11 Reasons to Eat More Soy

This humble legume is packed with nutrients, including protein, fiber, healthy fats, and iron. See what soy products can do for your health.

[Read More >](#)

How to Prevent NSAID Side Effects

Nonsteroidal anti-inflammatory drugs treat pain, ease inflammation, and lower fevers. But they're not meant for long-term use, and they can have side effects. See how they work and learn about alternatives if you can't tolerate them.



[Read More >](#)



What Is Body Dysmorphia? 5 Signs You Have Body Dysmorphic Disorder



Body dysmorphia is an obsession with a perceived flaw on your face or body. Experts share the signs and how to seek treatment.

[Read More](#)

The Surprising Way You Can Trick Yourself Into Falling Asleep

You'll be shocked at how easy it is to finally get a full night's sleep.

[Read More](#)

9 Clear Signs You're Eating Too Much Sugar

Even if you try to limit added sugar in your diet, chances are you're eating more sugar than you think.

[Read More](#)

8 Healthy Breakfast Ideas for Better Mornings

Up the nutritional ante with these simple breakfast tricks from a registered dietitian nutritionist.

[Read More](#)

11 Health Benefits of Cinnamon

Cinnamon, from the bark of the cinnamon tree, has long been used as both a spice and a traditional medicine. As a supplement, you'll find it in capsules, teas, and extracts.

[READ MORE](#)

8 Home Remedies for Yeast Infections

Yeast infection is also called candidiasis. Learn about 8 home remedies for yeast infections such as vitamin C... [Read more...](#)



SLIDESHOW

10 Ways to Stop Stress

Stress is an inevitable part of life. How you cope with it has an effect on both your physical and emotional state. [Read more...](#)



SLIDESHOW

Foods to Lower Dementia Risk

Biologically, the way you feed your body affects your brain as well. The brain requires certain nutrients to function smoothly. [Read more...](#)

Low Blood Pressure Warning Signs

You know that high blood pressure is bad for you, but did you know that low blood pressure can cause problems too? Here are the symptoms to watch for.

[Read More >](#)

Should You Take Omega-3 Supplements?

Find out what this cardiologist tells his patients about taking fish oil or another kind of omega-3 for heart health.

[Read More](#)

[#NewYearsResolutions](#)

What causes curved nails?

Written by Hana Ames on January 29, 2021

Changes to the nails may indicate a health issue, especially if they occur with other symptoms. Learn about curving and other changes to look out for here.

[READ ON →](#)

Going Vegetarian Can Be Delicious

Whether you're interested in forgoing meat forever or just trying Meatless Monday, these tips will give you the nutrients you need without sacrificing taste.

[Read More](#)

7 "Healthy" Habits You Didn't Realize Were Damaging Your Teeth

There's a dark side to healthy habits like drinking spring water and brushing after you eat: They could be damaging your pearly whites.

[Read More](#)

[>](#)

How to recognize an IBS attack and what to do about it

Written by Hana Ames on January 29, 2021

The symptoms of IBS vary among individuals and attacks. Learn how to recognize and treat an IBS attack and how to identify the triggers.

[READ ON →](#)

9 Drinks to Help You Sleep (and 4 to Avoid)

If you have trouble drifting off to sleep, try one of these concoctions, from warm milk to lemon balm tea, for a good night's sleep.

[Read More](#)



Mental well-being linked to better cardiovascular and overall health

Written by Kimberly Drake on January 29, 2021

According to the American Heart Association, mental health is a key component to cardiovascular health and overall well-being.

[READ ON →](#)



The great honey fraud

When is honey not honey? When it's laced with sugar syrup – produced at scale, saturating the market, crashing global honey prices and deceiving millions of customers. [But beekeepers are starting to fight back](#), hoping to expose fraudsters with the help of scientists developing a test that uses nuclear magnetic resonance and a vast database of honey samples.

[Wired | 13 min read](#)

The Truth About Fasting's Health Benefits

If you do it safely, avoiding food for certain periods of the day may help improve your cholesterol, blood pressure, glucose levels, and insulin sensitivity. Here's what you ought to know before you try it.

[Read More >](#)

THYROID

What Every Woman Should Know About Her Thyroid Gland

SEXUAL HEALTH

Yes, There Are 11 Different Types of Orgasms. Here's How to Have Each

Why do people kill themselves?

Written by on January 19, 2021

People consider suicide for many reasons. Life experiences, trauma, mental health conditions, and family history can all play a role. Learn more here.

[READ ON →](#)

Fried Foods Associated With Greater Risk for Heart Disease

Consumption of fried foods was associated with a higher risk for heart disease, according to a meta-analysis published online in *Heart*. Researchers compared fried food intake and heart disease in 17 studies that encompassed data for more than 500,000 participants. Consumption of the highest amount of fried foods such as fried fish compared to the lowest consumption of fried foods increased the risk for major cardiovascular events, coronary heart disease, and heart failure by 28%, 22%, and 37%, respectively. Results showed additional weekly servings of fried foods increased the risk by 2% to 3%. High consumption of saturated fat and sodium, increased energy intake, and other dietary habits associated with fried food consumption may account for the elevated risk and associated chronic diseases such as diabetes and obesity.

[Carbs: Everything You Need to Know](#)

Everyday Choices That Lower Blood Pressure

Your doctor may prescribe medication to help keep your blood pressure in check. But the lifestyle decisions you make each day play a key role, too.

[Read More >](#)

Age-Related Sleep Problems

As you get older, you're likely to notice changes in your sleep. Many things can affect the quality of your rest.

[Read More >](#)



SLIDESHOW

CBD Oil: Is It Addictive?

Cannabidiol oil: It's made from marijuana and everyone seems to be talking about it. But what is it, how do you take it, and... [Read more...](#)

'10 Months After Getting COVID, I'm Still Not Fully Recovered'

How do hyperthyroidism symptoms vary by sex?

Written by Aaron Kandola on January 18, 2021

Some hyperthyroidism symptoms can vary depending on natal sex, but many symptoms are common in both males and females. Learn about them here.

[READ ON →](#)



SLIDESHOW

Will Eating This Give Me Heartburn?

Learn the symptoms of heartburn and which foods cause heartburn or GERD. Discover home remedies and which foods... [Read more...](#)

What should a person take to reduce nausea?

Written by on January 19, 2021

People can treat nausea in various ways, which include taking medication and eating foods that are easier to digest. Learn more about alleviating nausea here.

[READ ON →](#)

Differences between purpura and petechiae

Written by on January 19, 2021

Purpura and petechiae are discolored spots of skin that result from leaking blood vessels. The difference involves size: Purpura are bigger. Learn more here.

[READ ON →](#)

8 causes of itchy buttocks

Written by on January 19, 2021

Itchy buttocks can occur due to a variety of reasons. Learn more about the potential causes and the treatment options here.

[READ ON →](#)

Can cucumbers be beneficial to undereye skin?

Written by on January 19, 2021

Placing cucumbers on the eyes may help improve the appearance of the skin under the eyes. Learn more about how this works here.

[READ ON →](#)

How is multiple sclerosis diagnosed?

Written by on January 19, 2021

No single test can confirm or rule out multiple sclerosis (MS). Doctors must rule out other possible diagnoses, then look for signs of MS-related damage. Learn more.

[READ ON →](#)

What are some of the top keto smoothie recipes to try?

What are some of the best keto smoothie recipes? Read on to find recipe suggestions and nutritional information for some of the top keto smoothies.

[READ ON →](#)

COVID-19: Gut bacteria may influence severity

Written by on January 19, 2021

A new study concludes that an individual's gut microbiome might affect how their body reacts to a SARS-CoV-2 infection in both the short-and long-term.

[READ ON →](#)

Most hospitalized COVID-19 patients still have symptoms after 6 months

Written by on January 19, 2021

In a new study, 76% of those hospitalized with COVID-19 were still experiencing at least one symptom of the disease 6 months after discharge.

[READ ON →](#)

Heart Attack Triggers You May Not Expect

Stress and diet may come to mind when you think of heart attack risks. But what about dirty air or having the flu?

[Read More >](#)



FEATURED

13 Alternative Arthritis Therapies

These 13 home remedies, diet, and lifestyle changes can help reduce pain and discomfort associated with arthritis alongside medical treatment.

[READ MORE](#)

Cardio Exercise: Good for More Than Your Heart

You might have guessed that cardio, or aerobic, exercise helps to strengthen your heart. But did you know it's good for... [Read more...](#)

Can Type 2 Diabetes Be Cured?

Type 2 diabetes is a long-term medical condition in which the body is not able to regulate blood sugar (glucose) level... [Read more...](#)

Immune-Boosting Foods for Diabetes

The Link Between Stress and Health

Everyone has stress. But when it's too much or lasts too long, it can throw off your body's balance and cause health problems.

[Read More](#)



SLIDESHOW

First Signs of Lupus Disease

Though the first signs of the lupus disease can be rash, there are often pains in the... [Read more...](#)



SLIDESHOW

COPD Foods to Boost Your Health

Which foods can help patients with COPD? Which foods to avoid for COPD? Boost your energy... [Read more...](#)

Breast cancer: Androgen therapy shows promise in preliminary study

Written by Erika Watts on January 21, 2021

New research suggests that androgen receptor-stimulating drugs may treat some forms of breast cancer more effectively than other therapies.

[READ ON →](#)

[As Variants Spread, Top Experts Lay Out Best Protection Plan](#)

What are the types and stages of COPD?

Written by Mary West on January 21, 2021

The main types of COPD are emphysema and chronic bronchitis. They differ in the kind of damage they do to the airways and lungs. Learn more.

[READ ON →](#)

How to get more iron from the diet

Written by Jo Lewin R.N. on January 21, 2021

Iron is an essential nutrient needed to transport oxygen around the body. Its deficiency can lead to anemia. Here, look at how to get more iron in the diet and increase its absorption. We also cover recommend daily allowance, the symptoms and risk factors for iron deficiency, and whether you can get too much iron.

[READ ON →](#)

How to avoid deficiencies in a vegan diet

Written by Aaron Kandola on January 22, 2021

A vegan diet may not contain enough vitamin B12 or D3 for example. Here, learn about the symptoms of these deficiencies and strategies for combatting them.

[READ ON →](#)

7 day diabetes meal plan

Written by Danielle Dresden on January 21, 2021

Managing diabetes can be difficult and complicated. However, a 7-day meal plan can help a person manage diabetes with a healthful diet, and it can be a fun way to explore new food options and combinations. This article looks at factors affecting dietary choices with diabetes, which foods to eat and how to plan.

[READ ON →](#)

What is the average daily number of steps, and how can I increase them?

Written by Jon Johnson on January 21, 2021

This article compares average daily steps around the world, including by age, sex, and occupation. It also offers tips to help a person increase their steps.

[READ ON →](#)

How to get more vitamin D from the sun

Written by Amanda Barrell on January 22, 2021

Even a short time in the sun can provide all the vitamin D a person needs for the day. Learn how to get the most vitamin D from the sun, and other sources, here.

[READ ON →](#)

Compiled, edited & published by Dr Harold Gunatillake

To unsubscribe email: haroldgunatillake1@gmail.com

Dr Harold 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 & Bachelor of Surgery (Cey). Government scholar for higher studies in the UK.

Website:

www.Doctorharold.com