

Health & Views

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

March 1st
Issue
2021

Grain of the month: Brown rice

Compared with white rice, brown rice contains much higher amounts of fiber, certain B vitamins, magnesium, potassium, and iron. Research suggests that swapping white rice for brown rice may improve blood sugar levels and help with weight control. [More »](#)



[Mandarin-Ginger Smoothie](#)



• [EU Politician Says Investing In A Plant-Based Future Is 'The Only Way Forward'](#)

[Plant-Based Diet Slashes Risk Of Heart Disease, Stroke And Diabetes, Study Finds](#)

<https://www.bbc.com/future/article/20210211-buruli-ulcer-the-disease-carried-by-possums-in-australia>

FEATURED NEWS

Life Expectancy Drops by 1 Full Year

The COVID pandemic is cutting lives short. Life expectancy took a plunge in 2020.

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THYROID

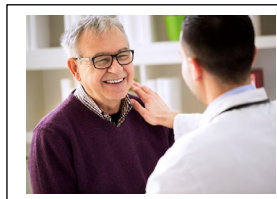
19 Thyroid Disease Symptoms You Should Get Checked Out ASAP



Meds Older Adults Should Use With Caution

It's no secret that when you get older, your body doesn't work the way it used to. And that's true for how you react to medicine. See how certain painkillers, sleep aids, and other drugs can harm your health.

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Gut bacteria instruct brain cells to fight inflammation

Written by James Kingsland on January 29, 2021

A study in mice has identified a previously unknown type of brain cell. With 'help' from gut bacteria, it may shield other cells from inflammation.

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Protein identified that may help treat Parkinson's disease

Written by Timothy Huzar on January 29, 2021

In a recent study, scientists identified a neurotrophic factor that can slow or stop some of the signs of Parkinson's disease in mice.

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SEX

This Is How Often Most Couples Have Sex, According to Science

HEART DISEASE

What Is a Healthy Heart Rate? Here's What Cardiologists Say



CORONAVIRUS

'COVID Tongue' Might Be a Sign You Have Coronavirus, Doctors Say—Here's What It Looks Like

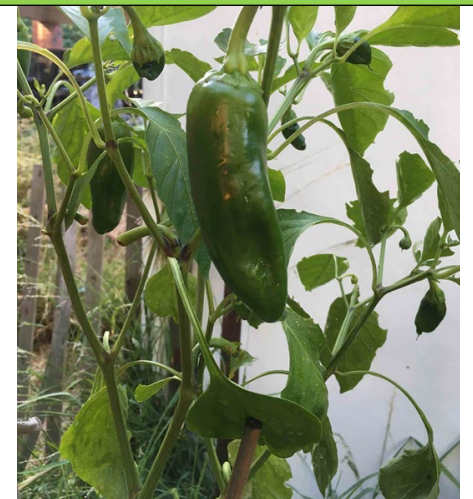
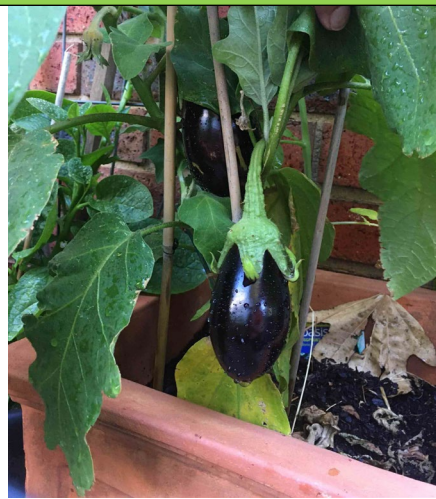


How Many Carbs Should You Eat in a Day?

Mount Sinai study finds wearable devices can detect COVID-19 symptoms and predict diagnosis

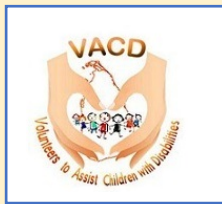
The Mount Sinai Hospital / Mount Sinai School of Medicine

From Dr. Quintus's (Cardiologist in Melbourne) home garden



Dr. Harold's (retired Surgeon) Balcony garden in Sydney

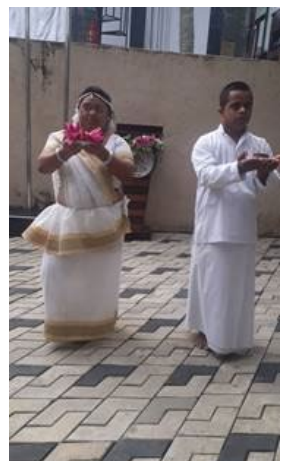




VACD Dora Jeanne centre in Badulla re-located on Thursday, 14th January 2021

VACD's Dora Jeanne centre was re-located to the Chamber of Commerce & Industry Uva Province Building located at 85/2 Daya Gunasekara Mawatha Badulla, adjacent to the Provincial General Hospital Badulla as part of our capacity expansion drive due to the previous premises running out of capacity.

The opening ceremony was organised by Deshamanya Kumarawansa – VACD Director and Director in Charge of the Badulla region and Mrs. Manjula Wijesinghe – Specialist Teacher at VACD and attended by dignitaries, parents, children, family members and directors of VACD



Tax deductible donations can be made to VACD Australia in following ways:

1. **Via the VACD webpage:**
<https://www.vacd.org.au/index.php/donations/cba-credit-cards>
where you can make regular or ad hoc donations via your credit card, PayPal, electronic transfers, or a direct deposit.
2. **Via Good Company: (Workplace giving)**
<https://www.goodcompany.com.au/charity/Volunteers-to-Assist-Children-with-Disabilities>
where you can make regular or ad hoc donations that will be matched by your participating employer.
3. **Via the VACD Bank account: (cash, cheque, or online electronic/ direct deposits)**
Name of account: Volunteers to Assist Children with Disabilities Limited
Bank: Commonwealth Bank of Australia
Branch: Cnr of Liverpool & Castlereagh Streets, Sydney NSW 2000
Account No: 1130 2156
BSB: 062-016

FEATURED NEWS



Alzheimer's May Strike Differently

The ravages of Alzheimer's may strike later in women than men, but once it takes hold

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Surprising Causes of Lung Damage

See some of the unexpected things that can hurt your lungs. Find out what you can...

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[What Is Type 1 Diabetes \(Juvenile\)?](#)

[Choose the Best Birth Control Method](#)

[Risk Factors of Ovarian Cancer](#)

[4 Signs You Could Have a Blood Clot](#)

Please share this Health Newsletter with friends



Who should get the Johnson & Johnson vaccine over the mRNA vaccines?

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Diabetes drug led to dramatic weight loss in large trial

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Why Chicken Soup Really Is Good Medicine

A steaming bowl of chicken soup may help you feel better -- faster - - when you have a cold. See why it's just the right thing when you're under the weather.

[Watch Video](#)

How Frozen Food Can Make You Sick

Everything's safe that's stored at 0 degrees F. But microbes like bacteria, yeast, and mold start growing as soon you pull those peas out of the freezer.

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10 Guilt-Free Cheeses

If you're avoiding cheese because you think it's full of unhealthy saturated fat, cheer up: These 10 options can all fit perfectly into a healthy diet.

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13 Ways to Strengthen Your Immune System

Did you know that savoring things you enjoy can actually strengthen your body's defense system? See what else may help you stay well.

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The Carbs You Should Be Eating

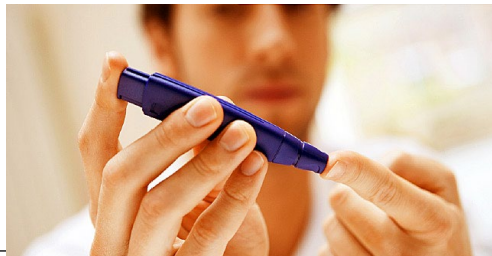
Think of carbs as raw material that powers your body. You need them to make sugar for energy. But the kinds you eat regularly really do matter.

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Conditions That Can Affect Your Psoriasis Treatment

People who have psoriasis seem likely to have other conditions linked to inflammation, like heart disease, diabetes, obesity, and more. And that can make treating your psoriasis tricky.

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14 Cheap Ways to Treat Psoriasis

These home remedies are inexpensive, have few side effects, and may provide much-needed relief.

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FEATURED QUIZ

Blood Clot in the Leg (DVT)

Many factors can increase your risk of developing deep vein thrombosis (DVT).

[TAKE THE QUIZ](#)

What to Expect After a Stroke

The goal is to restore as much independence as possible, but every person is different, and so is every stroke. See what might lie ahead.

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Brain Supplements That Do and Don't Work

One-quarter of people over age 50 take supplements that promise to improve memory or sharpen focus. Can any of these products protect you against Alzheimer's disease or dementia?

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Omega-3 fats and your heart

Higher blood levels of omega-3 fatty acids—specifically, eicosapentaenoic acid (EPA) from fish and alpha-linolenic acid (ALA) from plants—may help lower the odds of a poor prognosis in the years following a heart attack. Fatty fish such as salmon and mackerel are good sources of EPA. Flaxseeds, chia seeds, and walnuts are good sources of ALA, which is also found in soybean and canola oil. (Locked) [More »](#)

Probiotics are good bacteria that keep the gut healthy and help fight infections and inflammation. Some research suggests that certain probiotics help relieve symptoms of gut-related conditions like inflammatory bowel disease and irritable bowel syndrome. Fermented foods are the best sources of probiotics, such as yogurt, pickles, sauerkraut, and sourdough bread. [More »](#)

Another benefit of drinking green tea or coffee

A study published online Oct. 20, 2020, by BMJ Open Diabetes Research & Care suggests that tea and coffee consumption are linked to a reduced risk for early death among people with diabetes. [More »](#)

Artificially sweetened drinks: No heart health advantage?

Artificially sweetened beverages may not be safer for the heart than drinks containing regular sugar. [More »](#)

Certain foods and drugs may lower risk of colon cancer

Study results looking at a link between certain drugs, supplements or dietary approaches and a lower risk of colon cancer are mixed. However, some studies do suggest an association between NSAID use and high intake of fruits, vegetables and fiber with lower colon cancer rates. [More »](#)

Vitamins A, E, and D tied to fewer colds, lung disorders

Some evidence suggests that people who report the highest intakes of vitamins A and E from both diet and supplements, and high intake of vitamin D just from supplements, have the fewest complaints of respiratory illness. [More »](#)

Even a small apple a day may help keep diabetes away

A study published July 8, 2020, by The BMJ found that people with the highest intakes of fruits and vegetables were 25-50% less likely to get diabetes during the study period, compared with people who ate the least. [More »](#)

Low-carb and high-fat diet helps obese older adults

Science continues to explore what is the right percentage of carbohydrates and fat in people's diets. But for obese older adults who need to lose fat and improve their health, a low-carbohydrate, high-fat diet could be the best formula. [More »](#)

Plant protein may help you live longer

Switching from animal protein to plant protein in your diet may help you live longer, suggests a study of 400,000 people ages 50 and older. [More »](#)

The thinking on flavonoids

Flavonoids, a class of micronutrients found in most plant foods, have been shown to possibly reduce the risk of dementia by protecting brain cells, improving blood flow, and reducing inflammation. Following a plant-based diet and aiming for at least five to nine servings of fruits and vegetables per day can help people get sufficient amounts of flavonoids. (Locked) [More »](#)

Sesame seeds contain healthy fats and other compounds linked to lowered cholesterol and blood pressure. (Locked) [More »](#)

How important are whole grains in my diet?

Whole grains are equally important as fruits and vegetables for a balanced healthy diet. People who want to choose food products with whole grains should look for the word "whole" or "whole-grain" before the grain's name as the first ingredient. (Locked) [More »](#)

How can I cut down on sugar in my diet?

Cutting down on daily sugar intake may protect long-term health. People should opt for whole foods over processed choices. When choosing packaged foods, be certain to check the label and avoid those with too much added sugar. [More »](#)

Tofu may help your heart

Tofu may be good for the heart. A study published in March 2020 in the journal Circulation found that people who ate at least one weekly serving of tofu or another food containing isoflavones (a compound found in soybeans and other legumes) had an 18% lower risk of developing heart and blood vessel disease than people who ate these foods less than once a month. These foods appeared particularly beneficial to premenopausal women and women who had gone through menopause but weren't using hormone replacement therapy. Experts recommend substituting these foods for less healthy protein options such as red or processed meats. (Locked) [More »](#)

Can the microbiome predict Parkinson's?

Written by Jocelyn Solis-Moreira on February 07, 2021

A study identifies a link between Parkinson's disease, gut bacteria, and bile production. The results might, one day, aid both diagnosis and treatment.

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Some COVID-19 patients have a higher risk of bleeding

A new study suggests that some patients hospitalized with COVID-19 may also be vulnerable to excessive bleeding and that this is associated with a higher risk of death.

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COVID-19: What happened when I got the vaccine

Medical News Today's Research Editor heard from two women in her family about their experience of getting the COVID-19 vaccine.

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Fruit of the month: Bananas

One of the most popular fruits in the United States, bananas are affordable and available year-round. They're a good source of potassium, a mineral linked to lower rates of high blood pressure and stroke. [More »](#)

Can you supercharge the Mediterranean diet?

A Mediterranean diet featuring plant-based proteins is associated with more weight loss and steeper declines in cholesterol, insulin resistance, and inflammation markers than a Mediterranean diet with more animal-based proteins. [More »](#)

What Is Happiness? The Science and Benefits of Feeling Happy

[Here's a look at what science says about happiness, its health benefits, and what experts suggest for feeling more of those positive vibes.](#)

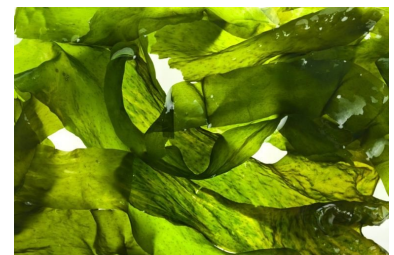
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10 Foods That Thyroid Experts Avoid—and 3 That They Love

[Some foods touted as nutritional superstars—like kale and millet—might not be the best choices for the health of your thyroid gland.](#)

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How do you avoid kidney stone attacks?

Drinking eight to 12 cups of fluid per day and eating more calcium-rich foods and drinks can help prevent the most common type of kidney stones from forming. (Locked) [More »](#)

20 cardio exercises to do at home with minimal equipment, from beginner to advanced

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

This article looks at the best cardio exercises to perform at home with minimal equipment, with progressions for all fitness levels, from beginner to advanced.

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Ease Your Pain in One Move

A quick stretch, yoga pose, or on-the-spot exercise can help fix sudden aches, from head to toe.

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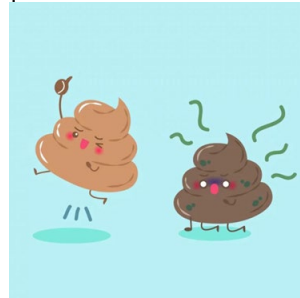
Complementary medicine: do we need more regulation?

WITH almost three-quarters of older, healthy Australians using complementary medicines, should there be more regulation of this multibillion-dollar industry? That is a question being asked after the p>

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4 HEALTH BENEFITS OF CELERY



THESE ARE THE BEST DIETS FOR YOUR POOP



Why You Snore and How to Stop

Try these tips to rein in your snoring, whether the cause is your sleep position, a medication you're on, or something else.

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10 Benefits of Happy Relationships

From reduced stress to a longer life, here's what close, healthy relationships can bring you.

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9 Signs Your Back Pain Is Actually an Emergency

Medical experts reveal the signs and symptoms that indicate your back pain may actually be an emergency.

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15 Quick Healthy Meals Doctors and Nutritionists Make Every Day

What do doctors and nutritionists eat to stay healthy? They rely on quick healthy meals like these delicious options—and you should, too.

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Exercising Your Right Brain

Cognitive health is an important part of brain health, and mental and social stimulation can improve brain function. Here are ways to stimulate your creative right brain.

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Different Types of Migraines

Migraines aren't all alike. Yours might be very different from someone else's.

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What Is Drug-Induced Lupus?

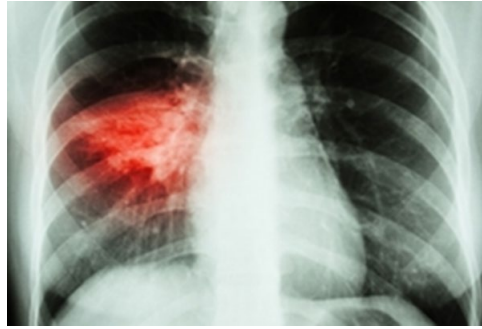
The symptoms are similar to regular lupus. But it's hard to diagnose drug-induced lupus because symptoms typically begin long after you start the medicine.

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13 Conditions That Damage Your Lungs

See what certain health conditions -- like COVID-19, allergies, and even heart disease -- actually do to your lungs.

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Keep Feeling Good With RA

Even if your RA pain is under control, it's essential to keep doing the things that will keep you healthy.

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Top Cancer-Fighting Foods

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

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How do binge eating and drinking impact the liver?

Written by Jocelyn Solis-Moreira on January 31, 2021

A recent study simulated a tailgate party and found that eating foods high in carbs was associated with more liver fat and less alcohol intake.

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12 Autoimmune Disorders and How to Treat Them

Immune deficiency diseases decrease your body's ability to fight invaders, while at the same time attacking and damaging your own tissues. Here are some of the most common ones, and how they're treated.

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To slow the spread, focus on fresh air

As evidence has accumulated over the course of the COVID-19 pandemic, scientific understanding about the virus has changed: [the majority of transmissions occur as a result of infected people spewing large droplets and small particles called aerosols when they cough, talk or breathe](#). Surface transmission, although possible, is not thought to be a significant risk. That doesn't mean that cleaning doorknobs and other surfaces is pointless, but it needn't be a priority, scientists say. "Excessive attention on making surfaces pristine takes up limited time and resources that would be better spent on ventilation or the decontamination of the air that people breathe," says engineer Linsey Marr, who studies airborne disease transmission.

[Nature | 11 min read](#)

Preventing obesity earlier in life may reduce Alzheimer's damage

Written by Minseo Jeong on February 02, 2021

A new study has found links between obesity and more accelerated degeneration of brain structures, which can be a risk factor for Alzheimer's.

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COVID-19: Why are Asian and Black patients at greater risk?

Written by James Kingsland on February 02, 2021

Black and Asian patients hospitalized with COVID-19 are more likely to need mechanical ventilation and more likely to die than white patients.

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Calamine lotion uses for sunburn, acne, and more

Written by Sasha Santhakumar on February 02, 2021

People can use calamine lotion to relieve itching or burning due to various skin issues, such as sunburn, chickenpox, and stings. Learn how to use it.

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What are the top CBD oils?

Written by Jayne Leonard on February 02, 2021

Studies indicate that CBD is useful for a variety of ailments, and oil is one of several ways people can consume it. Read more about the best CBD oils.

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What have we learned from the world's largest nutrition study?

Written by Tim Newman on February 02, 2021

In this Special Feature, we look at some of the top-level findings from the NutriNet-Santé study, the largest ongoing nutrition study in the world.

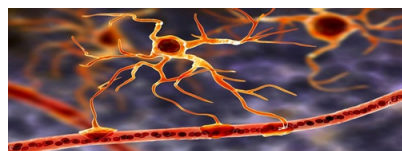
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Is fish oil good for the skin?

Written by Zia Sherrell on February 02, 2021

The omega-3 in fish oil may improve skin health, as well as specific conditions, such as acne or eczema. Learn about the benefits of fish oil for the skin.

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These star-shaped brain cells may help us understand depression's biological roots

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Seas will likely rise even faster than worst-case scenarios predicted by climate models

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UK coronavirus variant develops vaccine-evading mutation

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Is cheese a healthy source of probiotics?

Some types of cheese, including Swiss and Gouda, are a good source of probiotics, but eat cheese in moderation. (Locked) [More »](#)



Cancer patients weren't responding to therapy. Then they got a poop transplant.

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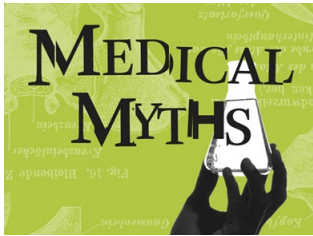
Johnson & Johnson push for emergency use authorization

Updated on February 5, 2021, at 8:00 a.m. PST

- Preliminary results from clinical trials show that Johnson & Johnson's single-dose vaccine candidate is safe and effective. Yesterday, they urged the Food and Drug Administration (FDA) to consider emergency use authorization. The FDA have asked their independent experts to debate the details on February 26. Find more in our [live vaccine updates article](#).
- Excessive blood clotting is a recognized feature of severe COVID-19. However, a new study suggests that some hospitalized patients may also be vulnerable to bleeding, which is associated with an increased risk of death. The research appears in the journal [Scientific Reports](#). Read MNT's coverage of the study [here](#).

[READ THE FULL UPDATE](#)

Medical Myths: 13 COVID-19 vaccine myths



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.

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Parasite infections may prevent aging and disease

Written by Minseo Jeong on February 07, 2021

According to a new review of existing literature, parasites may have anti-inflammatory properties that can help prevent aging.

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Additional News from Harvard Health Publishing

[Migraine: A connection to cardiovascular disease?](#)

[Fruit of the month: Bananas](#)

[Sleeping too much or not enough may raise the risk of cognitive decline](#)



[An outlook better than optimism?](#)

Pessimism feels bad; it makes you depressed or anxious and keeps the fight-or-flight system activated, triggering chronic inflammation (which is linked to many diseases). You might think the best way to improve your well-being is to cultivate an optimistic outlook. Think again.

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