

Why Seeing a 'Light at the End of the Tunnel' Raises Anxiety

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

The Siege of Jaffna Fort during the Civil War in Sri Lanka- 1990

by [Gamini Goonetilleke](#)



Coronavirus may infect key brain cells, causing neurons to die

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A leading US medical body has presented research suggesting “double-masking” significantly enhances protection against Covid-19. The practice, involving wearing a close-fitting surgical mask underneath a cloth mask, can [increase protection from airborne droplets by 90% or more](#).

Getting hot meals delivered straight to your door used to be the kind of luxury reserved for the ultra wealthy, but while apps like Uber Eats has democratised this for “middle-class nobodies”, [writes Josephine Tovey](#), there are hidden costs. With five delivery riders killed in three months in Australia, and countless restaurants going under, can those of us without mobility impairment still justify ultra-convenience?



Europe's oldest person survives COVID-19

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What to know about beta-blockers and alcohol

Written by Zawn Villines

Consuming alcohol while taking beta-blockers can potentially make them less effective, and it may increase the risk of side effects. Learn more here.

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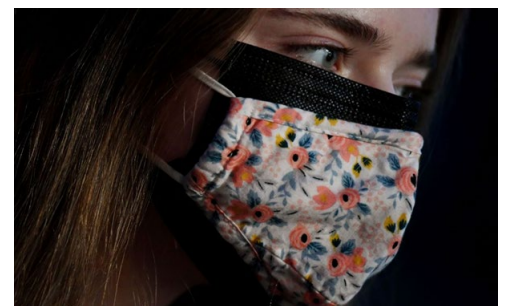
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Everything to know about spondyloarthritis

Written by Steph Coelho

Spondyloarthritis refers to different types of arthritis. In this article, learn about the types, causes, symptoms, treatment options, and more.

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CDC says double-masking improves protection from COVID-19

More than 27.2 million confirmed cases in the U related deaths

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Music is MY Rainbow'

Canvas painting by Max Gerreyne-Perth

When Good Habits Go Bad

Not all choices are what they seem. Some that sound healthy -- like cutting out carbs and using a lot of hand sanitizer -- might have the opposite effect.

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12 Habits That Can Lower Your Blood Pressure

There are plenty of things you can do every day to get high blood pressure under control that don't involve medication. Try these lifestyle changes to bring your numbers down.

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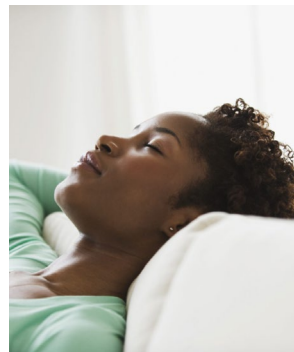
CORONAVIRUS

People With This Condition Are Twice as Likely to Get COVID-19



ANEMIA

9 Health Conditions That Could Be Making You Tired



The Truth About Kidney Donation

You don't have to be a perfect match to donate a kidney. There's no age cutoff. And it doesn't cost you a cent. See what to expect from the procedure, and what conditions can keep you from donating.

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How Many Carbs Should You Eat in a Day?

How to Spot the Signs of a Mental Health Crisis

Many people feel ashamed about their mental health-related struggles, and will work hard to hide them. Pay attention to these cues.

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Can Antioxidant Supplements Prevent Heart Disease?

Best Foods to Eat Before Sex

Yes, oysters and chocolate really can boost your libido -- and they're not the only options.

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Does Aloe Really Have Health Benefits?

Aloe is a common ingredient in soaps and creams. Can it really help treat everything from constipation to dermatitis?

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Great Food Sources for Omega-3s

Most Americans don't get enough omega-3 fatty acids. It's best to get them from foods, but not every food has them. See which ones provide the most.

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Above: The VACD Bandarawela centre re-opened with new assistance teachers allocated to this centre.
Below: Our children at the re-opening of the VACD Badulla centre

Our ongoing programs that need your continued support:

Educational Assistance Program (EAP): A\$ 25 or equivalent amount per month that will be credited directly to the account of a VACD child (or a sibling) who is from a financially distressed family and displays academic potential. The beneficiary child's educational expenses will be met with this allowance, ensuring that he/she will persevere with his/her education and be in a better position to provide assistance to the family in the future. This is a very closely monitored and administered program.

Felix Stephen

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Member of the Advisory Board – Two leaves Foundation Sri Lanka
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Consultant - Investment Committee - Lonsec - Sydney – Australia - <https://www.lonsec.com.au/>
Member of Investment Committee - Arrive Wealth Management - Brisbane – Australia – <https://www.arrivewealthmanagement.com.au/>

People waste almost a billion tonnes of food a year, a UN report has revealed. On average around the world, 74kg of food are **discarded per person each year in homes alone.**

Super Steps to Boost Digestive Health

Treat your body right with these simple tips for the best digestive health. See how to deal with diarrhea, gas, and more. [Read more...](#)

Signs You're Low on Vitamin C

If you're among the 7 percent of Americans who aren't getting enough vitamin C, you'll notice symptoms within 3 months.



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ARTICLE

What Dessert Is the Healthiest?

The right indulgence of desserts can energize your body and mind. What are the different options for a healthy dessert?

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SLIDESHOW

Home Remedies: What Works?

No matter what you've heard or how badly you want relief, talk with your doctor or pharmacist before trying any home remedy. [Read more...](#)

[COVID Death Rates Higher in Countries Where Most Are Overweight](#)

Scientists call for mother's release

Some 90 of Australia's leading scientists and doctors, including two medicine Nobel laureates, have signed a [petition](#) calling for the pardon of a woman convicted of killing her 4 infant children. The petition points to [new evidence that two of the children inherited a mutation in a gene called CALM2, which can cause sudden cardiac death.](#)

Kathleen Folbigg has been in prison since 2003.

[ABC News | 6 min read](#)

Reference: [EP Europace paper](#)



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...](#)

What are the treatment options for sciatica pain?

Written by Amanda Barrell

There are many different treatment options available for sciatica, ranging from medication to exercises and surgery. Learn more about them here.

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What to know about joint inflammation

Written by Zawn Villines

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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How to maintain healthy HDL levels

Written by Jennifer Huizen

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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Can lemon juice lighten the hair?

Written by Mary West

Lemon juice can lighten the hair, and it may also help treat dandruff. Learn more about the benefits and risks of applying lemon juice to the hair.

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Is peanut butter healthful or unhealthful?

Written by Anna Smith

Peanut butter contains many vitamins and nutrients that can benefit a person's health, and does not contain cholesterol. However, it does contain fats and salt, which in excess, can lead to health risks. Learn more.

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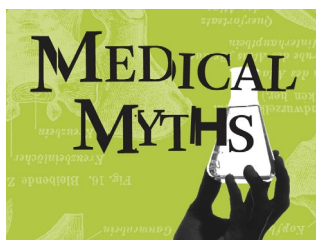
Fish oil vs. statins for cholesterol: How do they compare?

Written by Jessica Caporuscio, Pharm.D.

Statins are a medical treatment for high cholesterol, while fish oil is a dietary supplement. Learn how fish oil and statins differ.

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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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How long are the intestines?

Written by Zawn Villines

How long are the small and large intestines? Learn more about the intestines, including their length and how they compare with each other.

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CHRONIC PAIN

9 Things You Never Knew About Chronic Pain

Reasons for Swollen Lymph Nodes

Everything from medication and infections to cancer can lead to swollen lymph nodes. See what might be behind yours.

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AstraZeneca say adapting their vaccine against new SARS-CoV-2 variants may take 6–9 months

Updated on February 11, 2021, at 8:00 a.m. PST

- The biopharmaceutical company AstraZeneca have declared that they will be able to adapt the COVID-19 vaccine against emerging variants of SARS-CoV-2. Tweaking, producing, and rolling out the vaccine to the public may take 6–9 months. Read more on this story in our [live vaccine updates article](#).
- A recent [study](#) investigated the neutralizing effect of the Moderna and Pfizer-BioNTech mRNA vaccines against mutant forms of the spike protein found in some of the recently identified SARS-CoV-2 variants. The scientists found a one- to three-fold decrease in neutralizing activity against the variants. Read more about this research in our [live vaccine updates article](#).
- Japan's health minister, Norihisa Tamura, has announced that the country will have to discard millions of doses of Pfizer's COVID-19 vaccine. This is because Japan does not have enough suitable syringes for the extraction of six doses per vial. Find more live COVID-19 updates [here](#).

[READ THE FULL UPDATE](#)

Magic mushrooms: How long do they stay in your system?

Written by Jon Johnson on February 10, 2021

How long shrooms stay in the system depends on a number of factors, including the type and potency of the mushroom, dose, and the person's body type. Learn more.

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Causes of hard-to-pass stool and what to try

Written by Beth Sissons on February 10, 2021

There are many possible causes of large, painful, hard-to-pass bowel movements. Learn more about some of these causes, the treatments, and when to seek help.

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Daily Coffee Tied to Lower Risk for Heart Failure

Does CBD oil work for cancer?

Written by Rachel Nall, MSN, CRNA on February 10, 2021

Does CBD oil work for treating cancer? Read on to discover more about CBD oil and cancer, such as how effective it is for helping cancer treatment.

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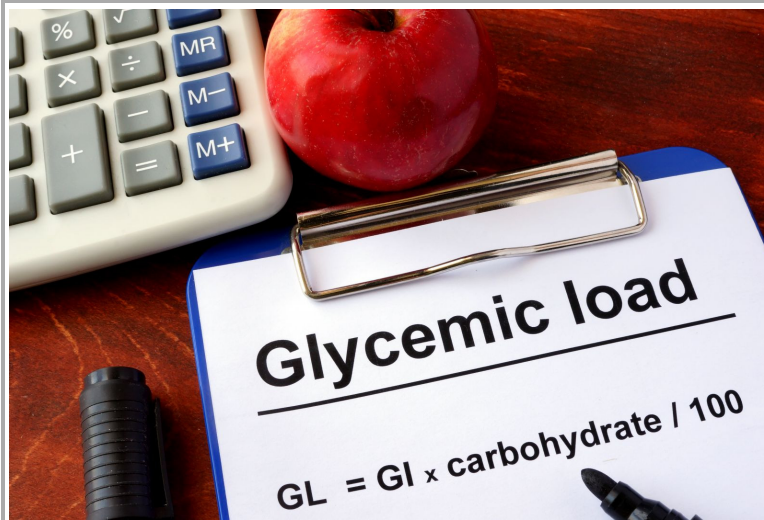
How can diet help lower triglyceride levels?

Written by Louisa Richards on February 10, 2021

Which foods can lower triglyceride levels, and which foods should people avoid? Read on to learn more about triglyceride levels and how to lower them.

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The lowdown on glycemic index and glycemic load



Glycemic index vs. glycemic load

The glycemic index (GI) assigns a numeric score to a food based on how drastically it makes your blood sugar rise. Foods are ranked on a scale of 0 to 100, with pure glucose (sugar) given a value of 100. The lower a food's glycemic index, the slower blood sugar rises after eating that food. In general, the more processed a food is, the higher its GI, and the more fiber or fat in a food, the lower it's GI.

But the glycemic index tells just part of the story. What it doesn't tell you is how high your blood sugar could go when you actually eat the food. To understand a food's complete effect on blood sugar, you need to know both how quickly it makes glucose enter the bloodstream and how much glucose per serving it can deliver. A separate measure called the glycemic load does both — which gives you a more accurate picture of a food's real-life impact on your blood sugar. Watermelon, for example, has a high glycemic index (80). But a serving of watermelon has so little carbohydrate that its glycemic load is only 5.

Glycemic load diet

Some nutrition experts believe that people with diabetes should pay attention to both the glycemic index and glycemic load to avoid sudden spikes in blood sugar. The American Diabetes Association, on the other hand, says that the total amount of carbohydrate in a food, rather than its glycemic index or load, is a stronger predictor of what will happen to blood sugar. And some dietitians also feel that focusing on the glycemic index and load adds an unneeded layer of complexity to choosing what to eat.

The bottom line? Following the principles of low-glycemic-index eating is likely to be beneficial for people with diabetes. But reaching and staying at a healthy weight is more important for your blood sugar and your overall health.

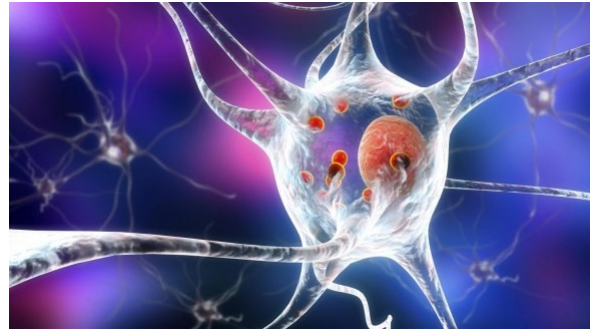
Harvard School of medicine

FITNESS

It Takes More Than Just Exercise to Lose Weight—But Here Are 4 Workouts That Can Help

OVARIAN CANCER

8 Early Signs of Ovarian Cancer, According to Doctors and Women Who've Experienced Them



Function identified of 'mystery protein' that kills brain cells of people with Parkinson's

St John's College, University of Cambridge



Benefits Of Fish Oil:

Reasons Why You Need Omega-3

Fish oil's benefits are due to its omega-3 fats that lower triglycerides and the bad cholesterol, reduce anxiety and prevent Alzheimer's, and lower cancer risk of the breast, colon, and prostate.

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FOOD

[3 Instant Pot Recipes for Easy Weeknight Dinners](#)



20 Foods That Can Save Your Heart

Olive oil is heart-healthy and rich in antioxidants. It's also a great substitute for butter on bread and veggies. Here's a tip: For the best flavor, choose a cold-pressed olive oil.

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12 Clues You May Have Heart Disease

Dark velvety skin patches, a yellow-orange bumpy rash on your knuckles, even snoring could be a symptom of heart trouble.



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Why Potassium Is So Important

It counters the effects of sodium, which can help your blood pressure. But too much can alter the heart's rhythm. Here's how much you should aim for every day.

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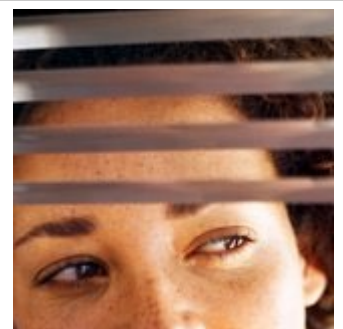
[10 Low-Carb Lunches With 23 Grams of Carbs](#)



[Mandarin-Ginger Smoothie](#)

[Diabetes Drug Metformin Could Help Prevent Breast Cancer](#)

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SLIDESHOW

[Schizophrenia Causes and Signs](#)

Schizophrenia is a chronic, severe, and debilitating mental illness. Know the signs. [Read more...](#)



FEATURED

How Much Sleep Do You Need?

Learn about the different types of sleep disorders such as insomnia and sleep apnea. Explore symptoms, causes, and treatments.

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What the New Dietary Guidelines Left Out

The newest edition of the U.S. government's Dietary Guidelines for Americans includes familiar advice about eating a diet rich in fruit, vegetables, lean meats, and whole grains. But there are two recommendations that didn't make the cut that you should know about.

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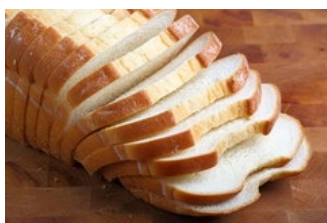
Easy Ways to Beat Bloating

Nobody enjoys feeling like there's a balloon inside their body. These four tips can help you reduce bloating or keep it from happening in the first place.

[Watch Video](#)

Worst Foods for Your Eyes

The health of your eyes is directly connected to the health of your heart and blood vessels. What you eat affects your heart, and that can have a lasting impact on your vision. See what to cut down on and what can help keep your eyes healthy.



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14 Ways to Lower Your Triglycerides

These fats are linked to insulin resistance and diabetes, and they're bad for your heart. What you eat has a big impact on your levels.

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Diabetes-Related Health Problems as You Age

While you can't stop the clock, there's a lot you can do to lower the odds of future issues, or at least slow them down.

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10 Exercises to Lower Blood Sugar

Adding these moves to your workouts won't just make you stronger. Over time, they can help improve your blood sugar, cholesterol, and mood, too.



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Can CBD Really Help Control Blood Sugar?

It's touted as a natural cure-all for many conditions and symptoms. Some claim it might even help diabetes. Research is ongoing, but here's what we know now.

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The Best Vegetables for Soup

Learn how to choose delicious vegetables that can be turned into chunky or smooth soups, and find out what kinds of nutrients are in each one.

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5 Ways for Seniors to Get Fit

Here's How to Tell if You Have a Hidden Thyroid Problem

Could you be suffering from hypothyroidism? Here are the symptoms to check for and how to cope if you do have a thyroid disorder.

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[5 Plant-Based Foods to Add to Your Pantry](#)



[5 RD-Approved Chocolate Bars Worth Trying](#)

[How should vegans work through difficult questions about COVID vaccines?](#)

The vaccines do not contain animal products, yet animals were used to develop and test them. Nonetheless, I believe vegans can get the COVID-19 vaccine in good conscience, writes Ben Bramble.



[Banana Blueberry French Toast](#)

11 Supplements for Arthritis and Joint Pain Relief

Can supplements help relieve joint pain and swelling? Find out how certain compounds may aid your stiff, tender joints.

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12 Reasons to Try Yoga

Yoga can be more than a great workout. It may also help you manage stress and provide these other benefits.

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Brain Foods to Help You Concentrate

You may have heard that certain foods can do everything from sharpen focus to enhance memory, attention span, and brain function. But do they really work?

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Possible Causes of Erectile Dysfunction

Many men have problems in the bedroom at some point. One or more of these issues may be at play. See what you can do to address the problem.

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Milk Is Most Common Cause of Fatal Food Allergy Among Children in UK

Cow's milk is now the most common cause of fatal anaphylaxis in older children across the United Kingdom, according to data published in the *BMJ*. The authors tracked hospital admissions caused by food anaphylaxis and related deaths from 1998 to 2018 in the UK using national data. Hospital admissions caused by food allergies rose by 5.7% each year with the largest increase among children younger than 15 at 6.6%. Although case fatality rates decreased, results showed 26% of deaths were caused by cow's milk allergies, now the most common single cause of food anaphylaxis-related death in the UK. Results also showed a more than 300% increase in prescriptions for emergency anaphylaxis treatment. Similar hospital admission data have been reported in Australia and in the United States. The authors call for more education on the dangers of cow's milk allergies.

Can You Test Positive for Covid-19 After Getting the Vaccine?

If you got the Covid-19 vaccine, you're not in the clear just yet. Here are the possible scenarios where you can still test positive after vaccination.

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The rollout / Australia's first vaccinations of elderly and disabled unlikely to be from own GP

Phase 1b vaccination with AstraZeneca vaccine will be possible from March but only from 'a handful' of GP practices

Brain Development: 10 Ways Your Brain Changes as You Get Older

Brain development doesn't stop when you're young. You keep growing brain cells and connections, but decline starts earlier than you think.

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The Source of Your Back Pain Might Surprise You

If your back is aching and you can't think of anything that might have caused it, one of these things may be to blame.

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How Alcohol Affects Your Skin

Regular alcohol use may be tied to the most common types of skin cancer. It can also trigger sun sensitivity, psoriasis, and these other skin issues.

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