

Health & Views

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

April 2021

1st issue

Emerging Data in Lung Cancer: Snippets From Singapore

12 Tips for Better Sex

Sex isn't just fun. It can improve your mood, your heart health, and your self-esteem, and help you sleep better.

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



Sri Lankan Food Take Away- Great Success - Cultural Centre Opening Soon!

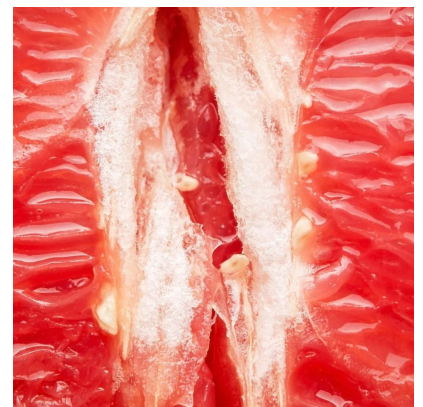
The Sinhalese Cultural Centre (SCC) hosted the "Sri Lankan Food - Take Away with limited Dinning In" on Saturday the 13th March with the great support from the community. It was a great success - we sold approximately **950 food packs** and gave a **net income of \$6500+**. This is a great outcome thanks to the excellent support of our community.



The success of the event was solely driven by the excellent work done by the community members who supported us immensely. Our event needed lot of effort from many community members. This includes preparing and cooking food, food serving and packing, food distribution, front desk management, managing orders and lot of other support work. These were all done by our volunteers - **Thank You all!**



New Hope for Better Macular Degeneration Treatments



The 8 Best (and Worst) Foods For Vaginal Health



Get Fit by Walking

Walking has lots of health benefits, but for most folks, it's hard to figure out how to make it part of their routine. Learn the best ways to stick with it.

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Listeria Outbreak Linked to Cheese

CDC issues an updated food safety alert about a listeria outbreak linked to cheese.

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14 Hacks to Ease Your Migraines

Treating and preventing migraines doesn't necessarily require medication. These smart, science-backed tips are all easy and DIY.

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17 Health Benefits of Grapefruit—and Why You Should Add More to Your Diet, According to Experts

[Surprising Causes of Lung Damage](#)

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

[Choose the Best Birth Control Method](#)

[Risk Factors of Ovarian Cancer](#)



Acrylic on canvas....121 x 91 cms...FYI.....They are...Freddy – Brian – John – Roger-

By **Max G** from Perth

How to Beat an Afternoon Slump

Keep your blood sugar and energy levels steady through the second half of the day by making sure you eat enough protein at lunchtime. Try these tasty combinations.



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What's So Bad About Processed Foods?

The phrase may not mean exactly what you think. Processing makes some foods better for you, but here's what you should watch out for.

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Stroke Prevention and Diabetes

If your doctor suspects your arteries are hardened, they can prescribe medication to prevent blockages that lead to stroke.

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Is Coconut Good for Diabetes?

It's high in saturated fat, which can raise your risk for heart disease. But does it also have benefits?

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Why do I feel shaky, weak, and tired? What can I do about it?

Written by Mary West on March 23, 2021

Many medical conditions can make a person feel weak, shaky, and tired. This article discusses conditions associated with these symptoms and how to treat them.

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- [A single vaccine to beat all coronaviruses sounds impossible. But scientists are already working on one](#)

Marios Koutsakos, The Peter Doherty Institute for Infection and Immunity

Scientists around the world are trying to come up with universal coronavirus vaccines to combat the emergence of variants. But what are these vaccines and are they even possible?

Types of magnesium supplements and their benefits

Written by Zia Sherrell on March 23, 2021

There are many types of magnesium that people can use as dietary supplements, on the skin, and for specific conditions, such as constipation. Learn more here.

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Idiopathic postprandial syndrome: What to know

Written by Louise Morales-Brown on March 23, 2021

Idiopathic postprandial syndrome is symptoms of low blood sugar that occur when levels are normal. We examine why it happens and treatments.

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Diabetes Treatment: Medication, Diet, and Insulin

Controlling blood sugar (glucose) levels is the major goal of diabetes treatment, in order to prevent complications....

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Is Extra Sugar Hiding In Your Food?

Sugar is recognized by the FDA as a nutrient. But how much sugar is found in the average Western diet? [Read more...](#)



A delightful and heart-warming demonstration of true local community support for our mission:

We were delighted to have 20 students from the National Youth Corps – Bandarawela offer their services voluntarily to clear overgrown grass and shrubs surrounding our Sir Robert Clark centre in Bandarawela, as seen in the photos below:



This program was organized by Major General S.P.Senevirathna – Director National Youth Corps – Uva Province and overseen by drill instructor Mr. N.B.P.Manage, husband of Mrs. Shyama Chamini our head teacher at the Bandarawela centre. Our sincere and heartfelt thanks for their hard work.

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 pre-tax donations that will be matched by your participating employer.

Via the VACD Australia 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

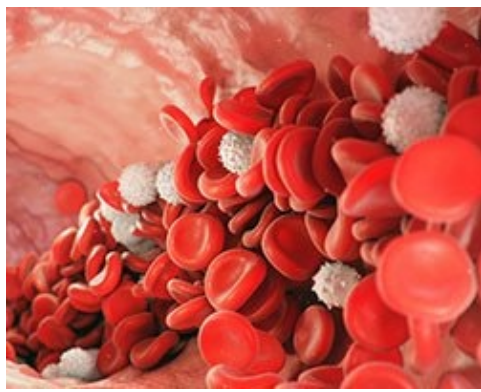
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News and Profile of a VACD Child and her Family:

Therasha was one of the very first children diagnosed with Down Syndrome to be registered when VACD was established in Bandarawela on 27th December 2011. Her mother Mrs. Parameswary has always been an active volunteer/ supporter and passionate advocate of our mission. Mrs. Parameswary serves on the VACD Sri Lanka Parents' Committee for Sports and Cultural Affairs and was a former VACD Sri Lanka director. Mrs. Parameswary and her husband obtained microfinance under a collaborative arrangement between VACD and the Regional Development Bank, Bandarawela to set up a hair dressing salon in Bandarawela. This business venture proved to be successful, and they have been providing free haircuts to all our VACD children at our centre.



Three of Mrs. Parameswary' s daughters are active VACD volunteers and members of the Young VACD members club. One of her daughters, Sharmila is the assistant Secretary of the Young VACD Members club and is now employed at our VACD Badulla centre as a trainee assistant specialist teacher. Young Therasha actively participates in all VACD activities, with a particular passion for dancing. Mrs. Parameswary was featured in the recent prestigious Condé Nast Traveller publication: <https://www.cntraveller.com/gallery/women-travel-industry/> thanks to our sponsors of the VACD Welimada centre, Teardrop Hotels in Sri Lanka. <https://www.teardrop-hotels.com/hotels/>



FEATURED SLIDESHOW

4 Signs You Could Have a Blood Clot

It's a clump of cells and protein in your blood. It can help slow bleeding or can clog up a...

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Can papayas help with weight loss?

Written by Mary West on February 24, 2021

Can papayas help with weight loss? Read on to discover more papaya's nutritional information, if it help with weight loss, and other potential health benefits.

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What causes nausea? 12 common causes

Written by Zawn Villines on February 24, 2021

Many conditions can cause nausea, from mental health conditions to digestive disorders. Learn what causes nausea, and discover some home remedies.

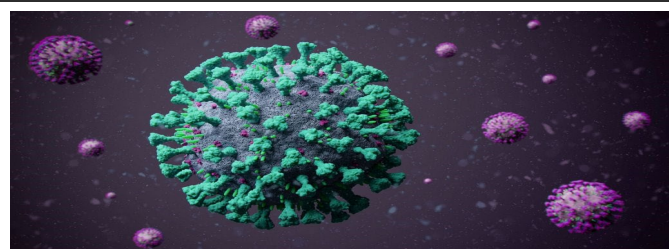
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How to calculate your protein needs, and where to get it from

Written by Hana Ames on February 24, 2021

This article looks at what protein is, the importance of consuming just the right amount, how to calculate protein needs, and where to get protein from

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Why COVID-19 spreads more easily than SARS

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Women's heart disease risk may be at lower blood pressure thresholds

Written by Minseo Jeong on February 24, 2021

The authors of the new research call for the reassessment of current blood pressure guidelines to protect the cardiovascular health of females.

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Vitamin D and cholesterol: What to know

Written by Mary West on February 24, 2021

The connection between vitamin D and cholesterol is inconclusive. However, vitamin D is important for several functions in the body.

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Natural remedies for inflammation

Written by Zawn Villines on February 24, 2021

Diet, sleep, exercise, and more can all influence inflammation levels in the body. Learn more about natural remedies for inflammation in this article.

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Plant-Based Protein Lowers Risk of Premature Death, Heart Disease, Dementia-Related Death

Post-menopausal women who consumed more plant-based protein have a lower risk of premature death, cardiovascular disease, and dementia-related death, according to a study published online in the *Journal of the American Heart Association*. Researchers compared types of protein intake with mortality for more than 100,000 post-menopausal women from the Women's Health Initiative. Those who consumed the most plant-based protein from nuts, legumes, and other plant-based foods were less likely to die from cardiovascular disease, dementia, and all causes when compared to those who consumed the least amount of plant-based protein. Consuming eggs, dairy products, and red meat was associated with a higher risk of death from heart disease, cancer, and dementia. Results also showed swapping animal protein with plant-based protein sources lowered mortality risk. Saturated fat, cholesterol, and heterocyclic amines found in animal products may contribute to disease development associated with mortality. The authors suggest that dietary guidelines recommend healthier types of protein sources for long-term health



Eat On A Banana Leaf For Healthier Immune System

Banana leaves contain a polyphenol called EGCG also found in green tea. They fight off free radicals which cause ailments like cancer and heart disease.

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Side Effects Of Ginger And Who Should Not Consume It

Herbalists advise not to take more than 4 gms of ginger in a single day. Ginger if taken in large quantities can cause heartburn, gas, bloating, nausea or stomach distress. People with ulcers, inflammation, gallstones, bleeding disorders, pregnant women should not consume ginger.

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10 Harmful Effects Of Soft Drinks You Must Remember

Not only do soft drinks offer no nutrition, they also contain harmful chemicals. Their high sugar content, often high-fructose corn syrup, can cause diabetes and affect the heart and liver.

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Do hormones cause breast discharge?

Written by Zawn Villines on February 25, 2021

Breast discharge usually happens when a person is pregnant or nursing, or shortly after childbirth or a pregnancy loss. Hormones play a key role. Learn more here.

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Foods To Avoid If You Have Kidney Stones

General advice across different types of stones is to reduce sodium intake, in table salt and processed foods, and limit animal protein in your diet, particularly in the case of uric acid stones.

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Tips for staying heart smart

Learn about the many symptoms of heart disease, how you can assess your risk for developing heart disease, and four key lifestyle steps you can take to reduce your risk.



The science of snacking

Snacks have been associated with both weight gain and maintaining weight, as well as with a lower or higher diet quality. What differentiates the two scenarios is one's snacking behavior: what you snack on, why you snack, frequency of snacking, and how snacks fit into your overall

13 Amazing Health Benefits Of Walking Every Day

As a moderate-intensity exercise, brisk walking every day for at least 30 minutes will reduce weight gain and inhibit multiple diseases such as diabetes, hypertension, dementia, and cardiac issues.

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Could a new appetite-controlling drug be the answer to obesity?

Weekly injections of the drug semaglutide helped patients to lose over 15kg. But is this a magic bullet?

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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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Surprising Signs of Thyroid Trouble

You may know the classic signals of problems with this gland. But there are other, less obvious symptoms you should know.

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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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Make it at home

Crunchy Roasted Chickpeas

Oven-roasting chickpeas give them a satisfyingly crispy texture. Add your own favorite blend of spices and toss some chickpeas in a salad, or grab a handful for a snack.

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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What You Should Eat First Thing in the Morning to Help You Lose Weight

Experts agree that starting your day with a healthy breakfast that includes this single source of protein could set you up for weight-loss success.

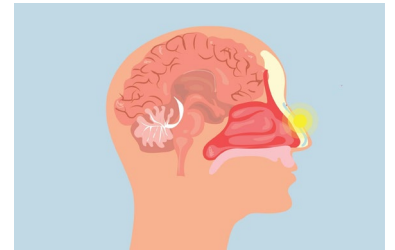


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11 Body Parts You Never Knew You Had

Think you know your body inside and out? You probably don't know about these parts of your body.



[Alzheimer's May Strike Women and Men Differently](#)

[Mediterranean Diet Could Keep Aging Brains Sharp](#)

[Life With Insulin Injections](#)

SLIDESHOW

Understanding Brain Trauma

Head injuries that are severe enough to affect brain function are termed traumatic brain injuries (TBIs). [Read more...](#)

Vitamins You Need as You Age

Your body needs more of certain vitamins and minerals as you hit your 40s and beyond. Find out which... [Read more...](#)



FEATURED

Kombucha: What to Know Before You Sip

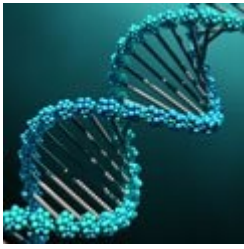
Nicknamed 'the elixir of immortality,' this tart fermented drink is bubbling with health claims. It's made of black or green tea, sugar, and a blob-like culture of 'good' bacteria and yeast called a scoby.

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SLIDESHOW

Finding Relief for Your Cough

There are many potential underlying reasons for a cough. A short-term cough lasts for 3 weeks or less. Colds and flu are... [Read more...](#)



ARTICLE

21 Common Genetic Disorders

A genetic disease is any disease caused by an abnormality in the genetic makeup of an individual. Genetic abnormality... [Read more...](#)

What to know about Lewy body dementia

Written by Jayne Leonard on February 25, 2021

Lewy body dementia is a form of dementia. It can affect a person's cognitive abilities and movement. Learn more about the symptoms and treatment options here.

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What is high functioning autism?

Written by Zawn Villines on February 25, 2021

High-functioning autism is a term that describes autistic people who have significant language or intellectual skills. It is not a clinical diagnosis. Learn more.

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What to know about low blood pressure headaches

Written by Jon Johnson on February 25, 2021

While many people with low blood pressure (hypotension) may not have symptoms of the condition, some people do experience headaches as well as other symptoms. Learn more.

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Can you permanently cure dry eyes?

Written by Lowri Daniels on February 25, 2021

Can you cure dry eyes permanently? Read on to learn more about dry eyes, such as the causes, symptoms, risks factors, and current treatment options.

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What are the effects of high cholesterol?

Written by Mary West on February 25, 2021

High cholesterol does not usually cause obvious symptoms. In this article, we will look at the effects of cholesterol on the body and how to lower the levels.

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Do eggs raise cholesterol levels?

Written by Zia Sherrell on February 25, 2021

Eggs are a nutritious and inexpensive staple of diets around the world. This article reviews the evidence showing that eggs are healthy to include in the diet.

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