

# Health & Views

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

May 1<sup>st</sup> issue

2021



## 11 Complications of Diabetes

High blood sugar can lead to painful, lasting damage throughout your body and even impact your sex life. But there are steps you can take to prevent problems.



[Read More](#)

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

## Treating Diabetes With Bitter Melon

[Guys, Exercise Will Boost Your Aging Hearts, Testosterone Won't: Study](#)

[Are You a 'Super Ager'? Keep Your Mind Dementia-Free](#)

## Side Effects and Interactions of Diabetes Drugs

To avoid potentially dangerous interactions, talk to your doctor about how your meds work, and if there are any combinations to avoid.

[Read More](#)

[Migraines? Get Moving: Exercise Can Help Curb Attacks](#)

## Medicinal cannabis: where are we?

CANNABIS has a long history of use by humankind for fibre (eg, textile, rope, paper and fishing nets), nutrition (eg, hemp seeds and hemp seed oil), and for medicinal and spiritual purposes. The [cannabis...](#)

[Read more →](#)

## Medical myths: All about multiple sclerosis



In this Medical Myths feature, we focus on the many myths that surround multiple sclerosis, including those relating to pregnancy, longevity, genetics, anxiety, and more.

[READ ON →](#)

## How to lose weight after 50



This article looks at some of the ways a person can lose weight and maintain a moderate weight after they reach 50 years of age.

[READ ON →](#)

## Can loud music damage your hearing?

*By Heather Malyuk, directed by Anne Beal*

After a concert, you find it difficult to hear your friend rave about the show. It sounds like they're speaking from across the room, and it's tough to make out their voice over the ringing in your ears. But, by the next morning, the effect has mostly worn off. So what caused these symptoms? And can you go to concerts without damaging your ears? Heather Malyuk explores the properties of sound.

[View the animation »](#)

## 16 Foods and Drinks That Make You Pee

Whether you're struggling with urinary incontinence or you just know you won't have access to a bathroom for a while, these are the foods to avoid.

[Read More](#)



(DKart/Getty)

**Physical activity may reduce risk of poor COVID-19 outcomes**

Kaiser Permanente

**What Is a Balance Disorder?**

A balance disorder is a condition that makes you feel unsteady or dizzy.

VIEW

SLIDESHOW

**Ecology in China**

China’s rapid development has kept ecology low on its list of priorities. Now, ahead of the 2021 United Nations biodiversity conference — which the country is hosting — [scientists are helping China to prepare for more balanced growth](#), both economically and ecologically.

- An eco-island near Shanghai aims to [demonstrate how to limit the ecological costs of urbanization in China](#). Linjun Xie, an urban sustainability and environmental governance researcher, explains how the Chongming Eco-Island Project can be a model for more environmentally sustainable urban development in China. ([Nature | 5 min read](#))
- British zoologist Alice Hughes has been working at the Xishuangbanna Tropical Botanical Garden in Menglun, China, for nearly eight years. She discusses [the challenges of working as a non-Chinese female scientist in a leadership role and what she has learnt about the country’s approach to ecological conservation](#). “The most positive thing for me is that science matters here,” she says. ([Nature | 8 min read](#))
- Ecologists are keen to build on [metropolitan China’s increased awareness of the threats posed by environmental neglect](#). The shift has been partly prompted by the knowledge that the pandemic probably arose from human contact with wild animals. The government is struggling to grapple with the challenges of a rapidly increasing urban population and a historical disregard for the value of nature. ([Nature | 7 min read](#))

**Is Psoriasis Curable? Is It Genetic?**

Is psoriasis contagious? Can it be passed to anyone else by skin-to-skin contact?

TAKE THE

QUIZ



**13 HEALTHY HIGH-FAT FOODS YOU SHOULD EAT MORE**

**Uterine Cancer: Know the Symptoms**

About 60,000 women in the U.S. get it each year. And if you’re past menopause, your chances increase.

[Read More](#)

**WHAT IS THE AVERAGE PENIS SIZE— AND CAN YOU DO ANYTHING ABOUT IT?**

**HOW TO USE MINDFULNESS TO HAVE YOUR MOST ZEN YEAR EVER**



## The Dawn of Another Season.

As we shift gears from season to season  
The only phenomena that man cannot put away; for any reason  
As we see the pristine white carpet melt & disappear into the terrain  
Leaving behind the greenery to pop out into our vision

Out comes the flora & fauna; returning to their domain  
Giving us that feeling of "Born Free & Live Free" notion  
But unlike the flora & fauna we are far away from that sensation  
As we are now afflicted by a pandemic and pocket emptying taxation

With the "Born Free & Live Free" concept away in the distant horizon  
We now have the time to gaze at Mother Natures' exuberance  
The only joy that we can indulge in, without any encumbrance  
Enjoy it while you can; for today it's here and tomorrow it may be gone

Spring is the time of the bloom; when you crave for Nature's exhibition  
Of the myriad colours that is a visual manifestation  
That gives us such visual and in-depth satisfaction  
So do admire the Kaleidoscope & share with others for their admiration

Noor Rahim

March 14, 2021



## Belief in what's possible, action for what's right: Honoring Dr. Bernard Lown

April 7 / 10–11 am

Visionary cardiologist, activist, inventor, teacher, and humanitarian—Dr. Bernard Lown saved lives on a global scale for nearly a century. Please join us in celebrating Dr. Lown's life and honoring his lasting impact on public health and humankind

## 10 Super Surprising Benefits of Drinking Hot Water



Start your day with a drink of hot (or warm) water and you'll soon reap the benefits.

[Read More](#)

## Healthy Living Guide 2020/2021

The Nutrition Source  
Does an immune-boosting diet exist? How much sleep do we need? The downloadable Healthy Living Guide explores the research behind healthy habits, and offers tips and strategies for daily life.

## Sweet Drinks You Can Still Enjoy

Try our recipes for lightened-up chocolate milk, lemonade, and other favorites.

[Read More](#)

## 6 Ways to Reduce Stress Every Day

Stress can hamper your diabetes care, but you have the power to choose how you respond to it.

[Read More](#)



## Faith and flourishing: Strategies for preventing and healing child sexual abuse

April 8–10 / **The Human Flourishing Program**  
Faith, public health, and global leaders unite at this international, interreligious virtual symposium. Keynote address by Rev. Dr. Denis Mukwege, 2018 Nobel Peace Prize laureate.

## Famous Faces of Diabetes

These celebrities are proof that a diabetes diagnosis doesn't have to keep you from living an active, rewarding life.

[Read More](#)



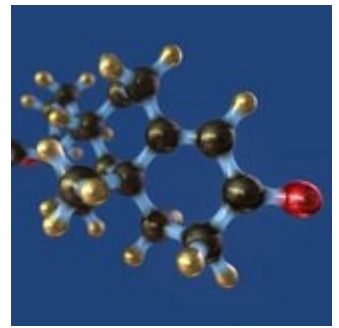


FEATURED

## How to Outsmart Father Time

We all get older, but you can do a few things to help you look and feel younger. This slideshow explains how to outsmart father time.

[READ MORE](#)



SLIDESHOW

## Low Testosterone: What's Normal?

What causes low testosterone? Discover signs, causes, and treatment of low testosterone. [Read more...](#)

## Morning Habits to Help You Lose Weight

When you're trying to shed a few (or quite a few) pounds, each morning presents a new opportunity. Adopting habits like these in the early hours can make a big difference throughout the day.



[Read More](#)



SLIDESHOW

## Benefits of Beauty Sleep

Are you a night owl? Your late hours might show up on your face, so check out to see why you... [Read more...](#)

## Drinking This Much Coffee a Day Could Help Burn Fat

Coffee might help wake you up in the morning, but it could also have the extra benefit of helping your body burn fat.



[Read More](#)

## Does Kombucha Actually Have Any Health Benefits? Here's What Nutritionists Think

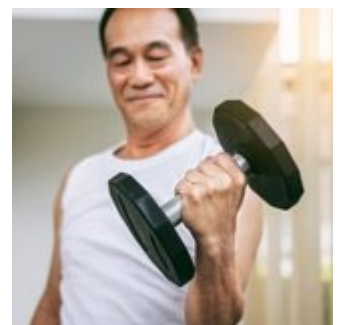
### Prostate Cancer

What is prostate cancer? What are the risk factors for developing prostate cancer? Learn the symptoms, treatment... [Read more...](#)

## 9 Health Benefits of Apples

The old cliché exists for a reason: An apple a day benefits your whole body in multiple ways. One of the most widely grown and eaten fruits in the world, they come in more than 7,500 varieties.

[READ MORE](#)



SLIDESHOW

## Why Do Strength Training?

Simple moves done regularly can prompt your muscles to absorb more glucose. You'll burn more calories... [Read more...](#)

[What Is a Balance Disorder?](#)

[Early Warning Signs of Asthma](#)

[5 Types of Schizophrenia](#)

[What Does Ulcer Pain Feel Like?](#)

[New Hope for Better Treatments Against Macular Degeneration](#)



SLIDESHOW

### Does This Cause Cancer?

Everything gives you cancer, right? Not really. Get facts about the research into cancer and sweeteners, cell phones.... [Read more...](#)



SLIDESHOW

### How to Lower Blood Pressure

Trying to lower hypertension? Discover exercises along with other lifestyle changes and medications to... [Read more...](#)



SLIDESHOW

### Breast Cancer in Women Under 40

Is breast cancer genetic? Should I get tested for the BRCA gene? Learn what every young women should know about... [Read more...](#)



### 15 Cruciferous Veggie Recipes With up to 37 Grams of Protein



### Grilled Salmon With Spicy Mango Salsa



FEATURED

## Fatty Liver Disease: Is Your Liver Fatty?

Fatty liver could be the most common disease you've never heard of. At least 1 out of 4 people have it, which is more people than diabetes and arthritis combined.

[READ MORE](#)



## IS POPCORN HEALTHY? HERE'S A NUTRITIONIST'S TAKE



SLIDESHOW

### 14 Best and Worst Foods for Your Liver

Food with lots of fiber can help your liver work at its best. Want one that's a great way to start your day? [Read more...](#)

## 7 Ways to Rekindle Your Sex Life

If your great sex life has cooled down over time, here's how to rekindle the fire.

[Read More](#)



ARTICLE

### The Survival Rate of Non-Small Cell Lung Cancer

Lung cancer is one of the leading causes of cancer-related mortality in the United States and around the world. The average... [Read more...](#)

[Global Study Supports Eating Fish for Heart Health](#)

## Farewell Winter & Welcome Spring.

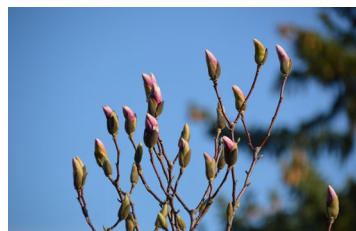
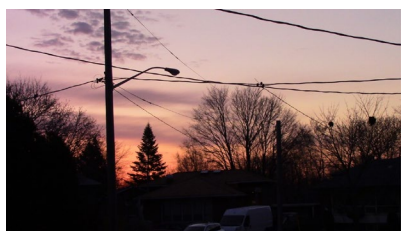
The season of winter is all but gone  
The wearing of the bulky heavy clothing is all but done  
To witness the sprouting of the greenery that we  
waited for so long  
And await the flowers to bloom with the lush green  
that adorns

At long last we can now sit in the porch  
And gaze at the birds on their perch  
Watching the squirrels; on their branch to branch lurch  
Giving us a sight of happiness and much mirth

One can hardly wait for the breaking of the dawn  
To witness the sunrise and the colourful sky that would  
adorn  
Pleasing our eyes with a colourful display of fascination  
But, alas! The show has only a very short span

The rays of the sun reflects off the Earth  
To give the light to make the day bright  
Lighting up the sites and surrounds; much to our delight  
As we now await the kaleidoscopic sunset in the fading  
light

Noor Rahim  
April 12, 2021



## Are These Foods Good for You or Not?

You've probably gotten mixed messages about many foods and beverages, including chocolate, coffee, and even your basic egg. Here's what the research says about some of these popular foods.

[Read More](#)



## Surprising Signs of Chronic Inflammation

Chronic inflammatory diseases cause your body to overreact and, in some cases, attack itself. That might not look the way you expect.

[Read More](#)



## VISHWA and daughter OVISHA

VISHWA spent her early childhood at St. Gabriel's in Hatton. She is now married to Yasiru Dias and works as an Assistant in the Survey Department in Colombo. We nurtured her for many years. She became very good in I.T. with a laptop that we gave her many years ago. Her mother still lives in Polonnaruwa with her younger sister.

AUSLMAT have assisted many such children from the time of our first visit soon after the Asian Tsunami of 2004. Laptops are still in great demand in Sri Lanka and AUSLMAT have many donors who supply us with good used laptops. The pandemic has made laptops an essential item in all educational institutions.

Quintus de Zylva

## Symptoms of Thyroid Cancer

There are four types of thyroid cancer. How serious the illness is -- and the kind of treatment you get -- depends in part on which type you have.

[Read More](#)

## Heart attack: How can we regenerate damaged tissue?

Written by Lori Uildriks, Pharm.D., BCPS, BCGP on April 13, 2021

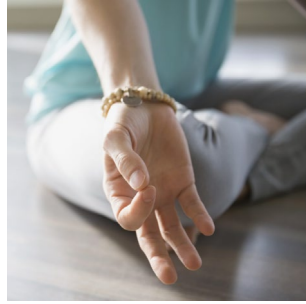
After injury, zebra fish can regrow heart tissue. A new study investigates the mechanisms and asks whether we could use this knowledge to treat humans.

[READ ON →](#)

**Statin users 50% less likely to die in hospital from severe COVID-19**

According to new research, people who used statins before hospitalization for COVID-19 were approximately 50% less likely to develop severe COVID-19 and die.

[READ ON →](#)



**5 MANTRAS FOR A HAPPIER, CALMER, MORE CONFIDENT YOU**



[https://mcusercontent.com/3bea046bd8680837e8404fbad/files/4365ce79-5152-4186-8e34-958a1ddac09a/Dietary\\_fats\\_vide\\_o\\_and\\_transcript.pdf](https://mcusercontent.com/3bea046bd8680837e8404fbad/files/4365ce79-5152-4186-8e34-958a1ddac09a/Dietary_fats_vide_o_and_transcript.pdf)

**15 Things No One Tells You About Alzheimer's Disease**

Caring for someone with Alzheimer's disease can be both challenging and rewarding.

[Read More](#)

>



**9 Ways to Trick Your Body Into Feeling Warmer on Frigid Cold Days**

Toasty tips for those days you can barely get out from under the covers.

[Read More](#)



**4 Exercises for Lower Back Pain**

A well-balanced exercise routine is key to prevent and reduce low back pain.

[Read More](#)

>



[Which Americans Live Longest? This Matters Most](#)

[Why Tea Is Good for Your Heart](#)

**Cannabis, it's a climate gas**

Legal cannabis production in Colorado alone emits more greenhouse gases than does the state's coal-mining industry. The energy required to yield [one kilogram of dried flower from cannabis grown indoors generates the equivalent of 2–5 tonnes of CO<sub>2</sub>](#), depending on where the plant is grown. Most US cannabis is grown indoors under artificial lights, either for legal reasons or to avoid theft. “The profit margins are so huge that you don't have to be making super energy-conscious decisions,” says Jason Quinn, who analysed the carbon footprint of the emerging US cannabis industry.

[New Scientist | 3 min read](#)

Reference: [Nature Sustainability paper](#)



FEATURED NEWS

## Why Tea Is Good for Your Heart

If a nice hot cup of tea sounds good to you, there's even more reason to enjoy one now.

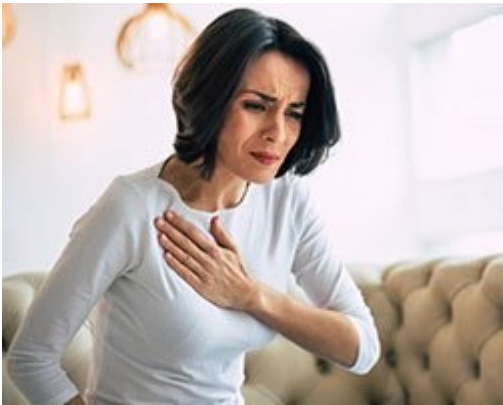
[READ MORE](#)



SLIDESHOW

## Enlarged Prostate (BPH) Symptoms

Enlarged prostates are often the result of a condition called BPH. The most common signs... [Read more...](#)



FEATURED SLIDESHOW

## What Causes a Heart Attack?

Women may experience different heart attack signs and symptoms than men.

[VIEW SLIDESHOW](#)



SLIDESHOW

## What to Eat to Boost Focus

Can brain foods really help you concentrate, or boost memory? Increase your chances of... [Read more...](#)



FEATURED QUIZ

## Does Food and Drink Affect Mood?

Did you know that a sugary snack can elevate mood, but later drop it dramatically?

[TAKE THE QUIZ](#)



FEATURED

## Infectious Diseases: 14 Ways to Limit Your Risk

The right habits will lower your chances of catching an infectious disease. Learn what you can do to help yourself stay healthy.

[READ MORE](#)



SLIDESHOW

## Eye Cancer: How Does It Happen?

Find out more about the early signs of these types of cancer and how they're diagnosed and treated. [Read more...](#)



## Breast Cancer Risk Factors You Should Know

Some risks, like being a woman, you can't change. But there are others that you can address.

[Read More](#)

## Avoiding Germs When You Have Cancer

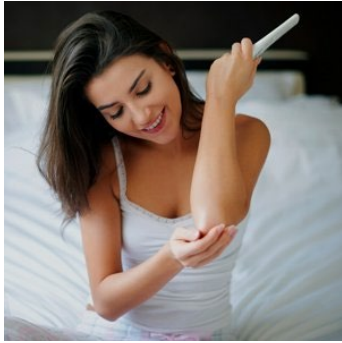
Your first line of defense is simple hand-washing. But don't stop there -- follow these tips for avoiding all kinds of illnesses.

[Read More](#)

## Reasons for Memory Loss

Forget your keys? That might be absentmindedness. Forget what you did this morning? That might be a more serious memory problem.

[Read More](#)



FEATURED

## Psoriasis: Top 10 Causes, Triggers, and Treatments

Psoriasis triggers a red, scaly rash of plaques on the skin typically affecting elbows, knees, and scalp. Treatment involves managing triggers and controlling symptoms by...

[READ MORE](#)

## Urinary Incontinence in Women: Types and Causes

Urinary incontinence in women is a common problem. Overactive bladder (OAB), stress incontinence, and urge... [Read more...](#)

## Which Is a Common MS Symptom?

## Causes of Painful Sore Throat

## Does Food and Drink Affect Mood?



SLIDESHOW

## Vitamin B6: Signs of Deficiency

B6 is a hard-working vitamin that affects everything from your mood to appetite to skin condition. [Read more...](#)



SLIDESHOW

## Best and Worst Fast-Food Breakfast

High-fat and high-calorie breakfast choices abound. But how you choose can be the... [Read more...](#)

## Can zinc levels predict COVID-19 severity?



A new study found that people with low zinc levels on admission to the hospital had a 21% mortality rate from COVID-19, compared with 5% in those with healthy levels.

[READ ON →](#)

Compiled, edited & published by  
**Dr Harold Gunatillake**  
To unsubscribe email:  
[haroldgunatillake1@gmail.com](mailto: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: \[www.Doctorharold.com\]\(http://www.Doctorharold.com\)](#)

## Study: '5 a Day' Fruits & Vegetables for Longer Life

## What's the Best Time of Day to Take Vitamins?