

Health & Views

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

How to cook the perfect Singapore chilli crab – recipe



Vatican rejects blessing of same-sex unions as God 'cannot bless sin'

The decree distinguished between the church's welcoming and blessing of gay people, which it upheld, but not their unions since any such sacramental recognition... [Read more](#)

ALCOHOL / ADDICTION / ILLEGAL DRUGS

Drinks that may help treat a hangover

Written by Zawn Villines on March 15, 2021

What beverages may help relieve symptoms of a hangover? Read on to discover which beverages, if any, may help relieve hangovers.

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FEATURED

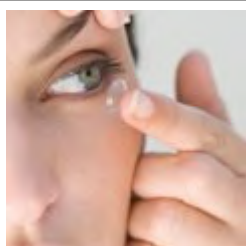
6 Early Signs of Lung Cancer

Lung cancer has emerged as the leading killer of men and women with invasive cancer. Lung cancer symptoms that may be detected early are...

ARTICLE

Are Contact Lenses Safe?

Contact lenses are usually a safe and effective form of vision correction; however, they are not devoid of risks. [Read more...](#)



May 3rd
2021

[Sex After Stroke: New Study Highlights Survivors' Fears](#)

[What Causes Vertigo?](#)

[Can Asthma Be Cured?](#)

[What Causes Schizophrenia?](#)

[Understanding Ulcerative Colitis](#)

[Beta Blockers Won't Cause Depression, But Might Impair Sleep: Study](#)



SLIDESHOW

Managing and Living With Diabetes

If you have diabetes, you should be familiar with regular blood testing. This is the most important tool in your arsenal. [Read more...](#)



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



SLIDESHOW

Things You Can Learn From Pets

Are you as happy as your dog or cat? This slideshow covers pet habits that could teach us a lesson in becoming happier... [Read more...](#)

The Dean of Sydney, the Very Reverend Kanishka Raffel, has been elected as Archbishop of Sydney, the first person from a non-European background to hold the position.



He's the 13th leader of the Anglican Church in Sydney since Bishop Broughton was first appointed in 1836.

"I'm humbled and somewhat daunted by the responsibility given me by the Synod," Archbishop-elect Raffel said. "We believe that the Lord works through his people — both in making this decision and in enabling the Archbishop to fulfil his role. Like every Christian, I gladly trust in Jesus."

Born to Sri-Lankan parents in London, Mr Raffel and his family emigrated to Australia from Canada in 1972.

Extract from Russel Powell's article in SydneyAnglicans

12 Reasons to Take More Naps

Taking naps at the right hour -- and for the right amount of time -- might improve your memory, lower your blood pressure, and even help you sleep better at night.

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Top 8 Foods for Vitamin E

Eat more sunflower seeds, red bell peppers, and these other foods to get your share of antioxidant-rich vitamin E.

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Is Your SI Joint Giving You Back Pain?

If you stand up from your chair and feel a pain in your lower back, it could be your SI joint acting up. Fortunately, you have many choices for treatment.

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How to Tell Good Carbs From Bad



Carbohydrates get a bad reputation. Plenty of these energy-providing foods are also a good source of fiber, so they're better for your blood sugar. See what to reach for and what to avoid.

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Essential Steps to Diabetes Control

See how keeping a health journal, fighting stress, and keeping your meds organized can help improve your blood sugar.

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Bananas, Potatoes, and Diabetes

Too little of a critical nutrient found in these foods could make it harder for your body to produce the insulin it needs.

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Ways to Avoid Insulin Shock

If your food, exercise, and meds aren't in the right balance, your blood sugar can dip dangerously low. Here's how to prevent problems.

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Has COVID Caused You to Forget About Heart Disease?

WebMD's chief medical officer, John Whyte, MD, speaks with two experts about the role of COVID-19 in heart health, and the fact that heart disease is still the top cause of death globally.

[Watch Video](#)

A Walk in the Neighbourhood.

It was one of those very bright and warm days
As my daughter kept nudging me and insisting
That we should go out for a walk today
So, reluctantly did I don my track suit and runners for walking

We walked around the neighbourhood to explore what lay
The surrounding air led to much easier breathing
For the polluting motor vehicles were far and few, on the way
So, we see the air pollution lessen and thus its' ebbing

The cold air encountered brings the comfort in its' blowing our way
In addition to easier breathing; we do see leaves and branches
swaying
Giving our eye the pleasing effect in its' ruffling and rustling sway
Mother Nature sure has a way of drawing attention to our viewing

The myriad variety of flowers and foliage are really eye catching
Gladdening ones' heart as we wend our way
The beauty of Mother Nature is always never ending
Surely sending us on a path of sheer pleasure is what one should
say

With the Pandemic that is widespread and raging
It is time to venture out and see what does lay
Enjoy the clean unpolluted air that is in the offing
And Mother Natures' beauty that's always there to stay

Noor Rahim
May 15 2021.

What we know:

Despite the prevailing advice, exercise is pretty unhelpful for weight loss. While 100 percent of the energy we gain comes from food, we can only burn about 10 to 30 percent of it with physical activity each day.



The biggest myth spread by large food companies (and governments) is that lack of exercise is primarily responsible for the obesity problem. In fact, even saying that lack of exercise and bad food habits are equally responsible is far from the truth. There are three main components to energy expenditure: 1) basal metabolic rate, or the energy used for basic functioning when the body is at rest; 2) the energy used to break down food; and 3) the energy used in physical activity. We have no control on 1) or 2) and this is 70 to 90 percent of our energy expenditure. Only 10 to 30 percent is used for 3) physical activity, of which exercise is only a subset. So, any amount of exercise you do attacks a single digit percentage of your body's energy needs, which is [why exercise without diet control is useless in losing weight](#). You cannot out-exercise a bad diet. Wait, it gets worse. The more you stress your body, there could be changes physiologically - compensatory mechanisms that change given the level of exercise you're pushing yourself at. In other words, our bodies may actively fight our efforts to lose weight. Before you give up that gym membership, note that exercise comes with many many benefits, including reduced blood pressure, lower triglycerides and reduced risk of type 2 diabetes, stroke, alzheimer's and dementia.

The most powerful 35 year-old in the world is..



UK / Confirmed cases of India variant rise
160% in a week

[How do we actually investigate rare COVID-19 vaccine side-effects?](#)

Nicholas Wood, University of Sydney; Kristine Macartney, University of Sydney

A serious event such as a blood clot could be caused by an underlying medical condition, a medication the person was taking at the time, or some other factor unrelated to the vaccine

China has rejected accusations of human rights abuse and economic coercion, [made by G7](#)

[foreign ministers](#), accusing them of “blatantly meddling” in China’s internal affairs, calling their remarks groundless.

[South Australia could soon legalise euthanasia — here's what it could learn from Victoria](#)

South Australia may soon become the fourth state in Australia to legalise assisted dying — so how's it working out in Victoria, the state that first introduced these provisions?



Essential Tips to Manage Diabetes

Drink alcohol only with food, check your feet every (say it again -- every) night, and do these other things to help maintain your quality of life.

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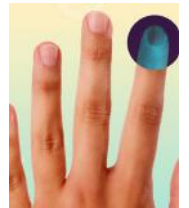
6 Tips to Help Tame High Cholesterol

Try these easy shortcuts to manage high cholesterol and live a longer life.

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CORONAVIRUS

['COVID Nails' Could Be a Sign You've Survived the Coronavirus—and They're Actually Pretty Common](#)



CORONAVIRUS

[The US May Not Reach 'Herd Immunity' for COVID-19—But We Can Still End the Pandemic](#)



ASTHMA

[Does Asthma Go Away? Here's What Experts Say](#)



New Advice for Blood Pressure That's a Bit Too High

If lifestyle changes don't lower slightly high blood pressure, the American Heart Association advises doctors to consider prescribing meds.

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What Beans, Peas, and Lentils Can Do for Your Health



Researchers from the University of Peradeniya who invented the Respirone Nano AV99 face mask will present their product to the diplomatic community today for it to be marketed in their countries. The production of the mask for the local market has already begun and will be available as soon as possible.

<http://counterpoint.lk/peradeniya-universitys-virus-killer-face-mask-goes-production/>



SLIDESHOW

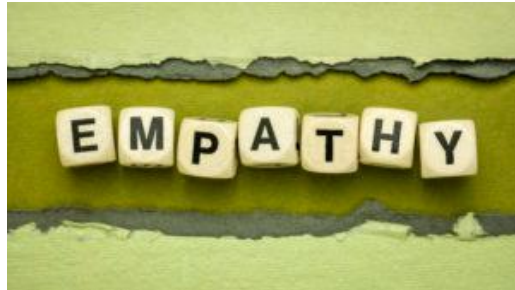
Are Cellphones Bad For Health?

Smartphones are associated with health dangers such as germs, neck pain, eyesight problems, and deadly distractions. [Read more...](#)

Harvard Health Blog

Want to feel more connected? Practice empathy

POSTED FEBRUARY 22, 2021, 10:30 AM
[Julie Corliss](#), Executive Editor, *Harvard Heart Letter*



Do you ever wish that a certain person in your life would make the effort to truly understand where you're coming from? That ability — being empathic — comes more easily to some people than to others. Empathy helps people get along with others, from loved ones to strangers. So it's worth considering your own aptitude for empathy, which you can hone just like any other skill.

[Learn more »](#)

Why Do I Have Chills Other Than Fever?

Chills and fever often come as a combo, but sometimes chills come with no fever.

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[What Is Myocardial Infarction?](#)

[What Causes Vertigo?](#)

[Can Asthma Be Cured?](#)

[What Causes Schizophrenia?](#)

[Lowering cholesterol protects your heart and brain, regardless of your age](#)
[Natural remedies for hemorrhoids](#)
[Is crying good for you?](#)

15 Breakfast Foods You Probably Should Try to Avoid

[A healthy breakfast is important. Consider these not-so-healthy breakfast foods an occasional treat rather than a daily staple.](#)

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FEATURED NEWS

Could a New Drug Ease Alzheimer's?

7 out of 10 Alzheimer's patients were free of the brain plaques after treatment with this drug.

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FEATURED QUIZ

Understanding Ulcerative Colitis

Did you know that long-standing ulcerative colitis is a risk factor for colon cancer?

[TAKE THE QUIZ](#)

Systolic vs. diastolic heart

failure: What is the difference?

Written by Anna Smith on March 15, 2021

Systolic and diastolic heart failure are different types of left-sided heart failure. Learn more about the differences and how doctors diagnose and treat both types.

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How to Prevent Heart Disease and Stroke: 30 Ways to Reduce Your Risk

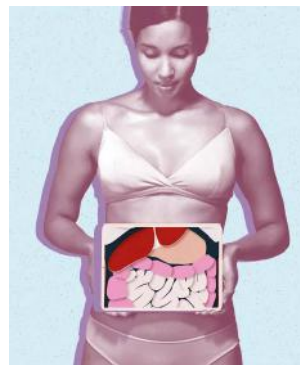
Take cardiovascular disease from high risk to lower with these simple tips.

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MISDIAGNOSED

This Painful Condition Is Often Misdiagnosed as Irritable Bowel Syndrome



ORAL HEALTH

The 5 Best Toothpastes for Sensitive Teeth, According to Reviews



THIS WEEK'S TOP STORIES



Viral Pro-Vegan Advert Secures Over 15 Million Views In The UK

A **vegan advert** that first went viral in Israel garnered over 15 million views in the UK since its debut two months ago. Vegan Friendly created the ad. They are a non-profit organization that seeks to end animal suffering by promoting plant-based food. - [Read the full story!](#)

Antibody treatments help prevent severe COVID

Two clinical trials suggest that specific antibody treatments can [prevent deaths and hospitalizations among people with mild or moderate COVID-19](#) — particularly those who are at high risk of developing severe disease. But uptake by patients and physicians has been low in the United States, where some therapies have been authorized for months. The drugs could be particularly important for those who cannot mount an immune response to vaccination. “It is not a replacement for vaccines, but it is a plan B,” says infectious-disease physician Jens Lundgren. The study results, both announced on 10 March, come from randomized, placebo-controlled, double-blind clinical trials, but have not yet been published.

[Nature | 5 min read](#)

'Painless' Glucose Monitors: Do They Help Patients With Diabetes?

SLEEP

9 Sleep Apnea Symptoms You Need to Know, According to Experts



How to Fight the Aging Process

Every day, you become a little older -- there's no getting around that. But there are things you can do to outsmart Father Time.

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FOOD

6 Delicious Egg Recipes—and They're Not Just for Breakfast



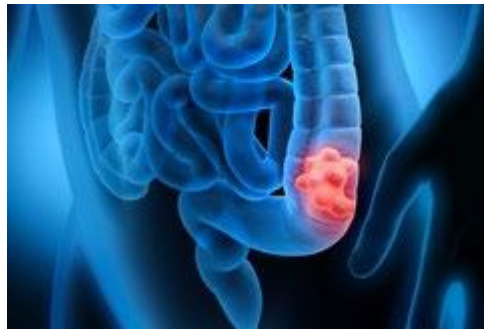
10 Pain-Fighting Foods

Researchers have found that certain foods contain compounds that can help ease inflammation and pain.

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8 Reasons You Might Find Blood in Your Stool

It's disturbing to see blood on the toilet paper or in the bowl, but is it always something to worry about? A bloody stool can be a symptom of many conditions -- some serious, others less so.



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Why Breast Cancer Screening Matters

See why (and how often) you should get screened -- and which screening option might be right for you.

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Do These Things Cause Cancer?

Do artificial sweeteners really raise your cancer risk? How about X-rays? Should you worry about keeping your cell phone in your pocket? Here's what you need to know.



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Breast Cancer and Alcohol

Does the amount of alcohol make a difference when it comes to elevated cancer risk? What if you've already had breast cancer?

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GPs have been urged not to test gay men for one of the most prevalent sexually transmitted infections, *Mycoplasma genitalium* (MG), unless they have symptoms, over fears [treating asymptomatic men is accelerating its resistance to antibiotics](#).

Should you take fish oil for cholesterol?

Written by Adam Rowden on March 15, 2021

Fish oil does not appear to lower cholesterol. In some cases, it may raise it. Find out more about taking fish oil for cholesterol.

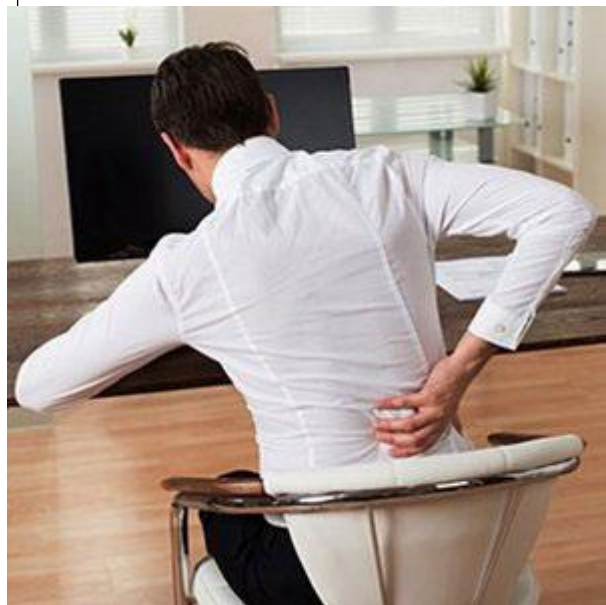


SLIDESHOW

Living With Diabetes

While you want to keep an eye on your carb intake, it's important to remember that some carbs are better for your overall health. [Read more...](#)





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15 Ways to Fix Back Pain

You're more likely to have back pain as you get older. Here's how to avoid making things worse with bad habits.

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SLIDESHOW

Health Risks of Obesity

Someone who is 40 percent overweight is twice as likely to die prematurely as an average-weight person.

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SLIDESHOW

Food and Nutrients to Improve Eyesight

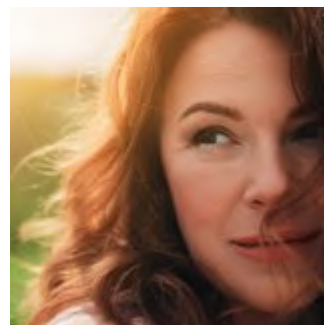
Antioxidants from certain vitamins, beta-carotene, zinc, lutein, zeaxanthin, and omega-3 fatty acids protect... [Read more...](#)



ARTICLE

Pancreatitis Symptoms, Causes, Diet, and Treatments

Pancreatitis is a condition that may be mild and self-limiting, though it can also lead to life-threatening complications. [Read more...](#)



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What Hair Says About Health

Changes in your metabolism can be reflected by changes in the quantity, thickness, and texture of hair. [Read more...](#)

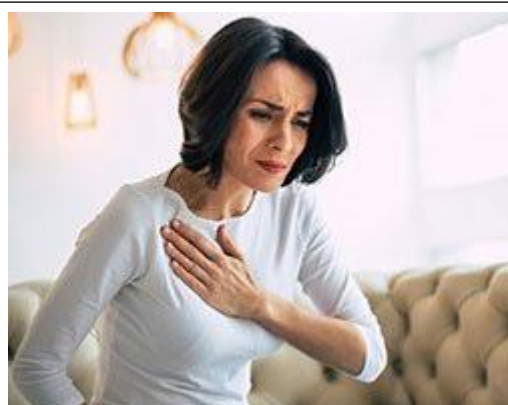


FEATURED SLIDESHOW

RA Home Remedies That Don't Work

Debunk some of the common remedies that people use to relieve their RA pain.

[VIEW SLIDESHOW](#)



FEATURED QUIZ

What Is Myocardial Infarction?

Approximately three quarters of a million U.S. heart deaths are from heart attack.

[TAKE THE QUIZ](#)



[5 Medical Issues That Can Cause Weight Gain](#)

[Nutritional Support May Be Lifesaving in Heart Failure](#)



[15 Cruciferous Veggie Recipes With up to 37 Grams of Protein](#)



[HOW TO GET RID OF A STUFFY NOSE, DEPENDING ON WHAT'S CAUSING IT](#)

Simple Ways to Relieve Tired Eyes

Lots of reading or screen time can leave your eyes tired, dry, and achy. Here's what you can do to help ease eye fatigue.

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Formaldehyde in Hair Straighteners Prompts FDA Warning



[HAVING SEX THIS OFTEN CAN DELAY MENOPAUSE](#)

Do These Things Cause Cancer?

X-rays, cellphones, meat: Could any of these things raise your odds of getting cancer?

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Anxiety and inflammation: Is there a link?

Written by Tim Newman on March 16, 2021

In this feature, we investigate the relationship between anxiety and inflammation. Although more research is needed, evidence is mounting.

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[The 9 Worst Foods for Your Heart](#)

[Keep your heart healthy with our expert tips on how to avoid the foods bad for the heart, from canned soups to candy.](#)

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Ear cancer: What to know

Written by Danielle Dresden on March 16, 2021

Ear cancer is a rare disease that can spread to other areas of the body. Symptoms of ear cancer vary according to its location. Learn more here.

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[13 Best Foods for Your Colon](#)

[Not only will these foods help protect your gut—they all happen to be delicious and nutritious additions to your diet.](#)

[Read More](#)



The Truth About Sugar Substitutes

Sugar substitutes are typically hundreds of times sweeter than sugar and have few to no calories. Each type has its own set of pros and cons, including some health concerns.

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15 foods that lower cholesterol

Written by Lois Zoppi on March 16, 2021

A person's diet can play a key role in maintaining healthy cholesterol levels. Discover 15 foods that can help, learn what to avoid, and find some meal ideas.

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Can you make your hair grow faster?

Written by Joanne Lewsley on March 16, 2021

A person is unlikely to be able to speed up hair growth. However, they can take steps to promote healthy hair and maintain the growth rate. Learn more here.

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What to know about foot drop

Written by Jamie Eske on March 16, 2021

Foot drop can affect mobility, independence, and quality of life. Treatment may relieve the condition, although surgery may be needed.

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Is watermelon keto? What fruits you can eat while on keto

Written by Mathieu Rees on March 16, 2021

This article explores watermelon's nutrient profile and its place in a ketogenic diet. It also lists some other keto-friendly fruits and their carb content

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What to eat and avoid to maintain a strong immune system

Written by Veronica Zambon on March 16, 2021

In this article, learn about which foods weaken the immune system and which foods may help boost it.

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12 Ways Drinking Alcohol Affects Your Skin

From flushed cheeks and puffy eyes to the risk of skin cancer, drinking alcohol can affect your skin in many ways.

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9 home remedies for burning feet

Written by Adam Rowden on March 16, 2021

The sensation of burning feet is a common disorder. This article looks at the causes of burning feet syndrome (BFS) and 9 home remedies for burning feet.

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[Could a Yeast Found in Cheese Be Key to Easing Crohn's Disease?](#)

[Begin Routine Diabetes Screening at 35 for Some](#)

Signs of Multiple Sclerosis Relapse

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