

# Health & Views

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

June 3<sup>rd</sup>  
issue 2021



Cancer-causing chemical found in 78 sunscreen products



SLIDESHOW

## Alzheimer's Aging Brains

More than 5 million people are living with Alzheimer's disease, and 500,000 die each year from it. [Read more...](#)

## Eat These Foods to Help You Lose Weight

Eat eggs for breakfast, pasta for lunch, and steak for dinner to lose weight? See which tempting treats can actually help you drop some pounds.

[Read More](#)



## Blood thinners may protect against COVID-19 complications



A recent study suggests that early administration of anticoagulants to people hospitalized with COVID-19 may prevent some complications.

[READ ON →](#)

## Here's What Happens When You Stop Eating Meat

It may be hard, but ditching those juicy steaks and crispy pieces of bacon can help ease inflammation, lower your diabetes risk, and even save you money. See what else you can expect.

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FEATURED

## The Best Ways to Beat Belly Fat

Could your job be to blame for your belly fat? It might be, if it stresses you out. But there are a number of ways to get rid of it.

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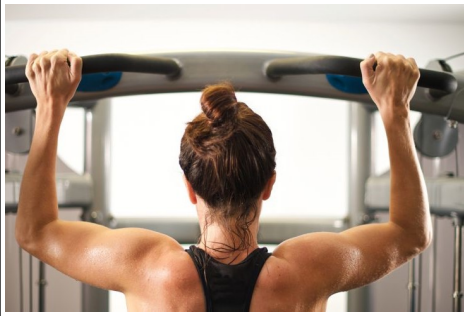
SLIDESHOW

## Keep Your Joints Healthy

It is the golden rule of joint health: The more you move, the less stiffness you will have. [Read more...](#)

[Seniors: Do Your Meds Increase Your Risk for Falling?](#)

[COVID May Cause Long-Term Brain Loss, Study Says](#)



## How to avoid pain and stiffness after exercise

Understanding "delayed muscle soreness", or DOMS, and the best way to recover.

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FEATURED SLIDESHOW

## What Is a Balance Disorder?

Our sense of balance is primarily controlled by a maze-like structure in the inner ear.

[VIEW SLIDESHOW](#)



FEATURED QUIZ

## Is Psoriasis Curable?

Did you know that you cannot catch psoriasis from a person affected by it, and you cannot pass it to anyone else also?

[TAKE THE QUIZ](#)

## 4 stretches to keep your shoulders in shape.

□ The shoulder is the body's most complicated joint. It's where the ends of the collarbone, upper arm bone, and shoulder blade meet. And it's prone to arthritis (a wearing away of the cartilage between the bones), as well as tears or tendinitis (inflammation) in the rotator cuff — the group of tendons that helps you raise and rotate your arm. Shoulder pain can keep you from being able to raise your arms to get dressed, or reach up to a cupboard or out to a door.

But an easy way to stave off shoulder problems is to regularly stretch the muscles that support the joints. The muscles need to be long and flexible to stay healthy. You're more vulnerable to injury when and restricted.

[Read more »](#)



Diseases rise where forests fall

The risk of infectious diseases jumping from animals to humans rises where natural forest is wiped out. Researchers found that, from 1990 to 2016, [increases in outbreaks of zoonotic and vector-borne diseases were linked to deforestation.](#)

The effect was present even where trees remained but biodiversity was lost, such as at palm-oil plantations. The loss of predators and habitats allows disease-carrying animals, such as mosquitoes, ticks and sandflies, to flourish, say the authors.

[The Guardian | 5 min read](#)

Reference: [Frontiers in Veterinary Science paper](#)

## 10 Guilt-Free Cheeses

Avoiding cheese because you think it's bad for you? Great news: Each of these options offers more nutritional benefits than you might expect.

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## Smart Cardio Over 50

If you're thinking about a cardio routine and you're over 50, you may have heard some things that aren't true.

[Watch Video](#)



## Foods to Get You Focused

Improve your concentration and boost your memory by adding these "smart" foods and drinks to your diet.

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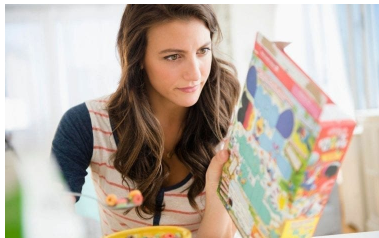
## Start Losing Weight in the Morning

Your morning habits can help you lose weight. Adopting habits like these in the early hours can make a big difference throughout the day.

## How to Stop a Migraine Before It Starts

The earlier you catch a migraine, the easier it can be to treat. Learn about early warning signs and remedies you can use to reduce pain.

[Read More](#)



## [How to Spot Misleading Food Packaging Tricks](#)

## 'How I Beat High Cholesterol'

## Steps to Take for a Healthy Heart

## Is a Cure for Type 2 Diabetes on the Horizon?

Recent discoveries about how our bodies produce insulin may be key to possible drug treatments that could reverse the disease.

[Read More](#)

## New Weekly Insulin Could Replace Daily Injections

Daily insulin jabs can be the bane of existence for people who live with type 2 diabetes, but an investigational once-weekly insulin shot may be a game changer.

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## 10 Muscle-Building Moves for Diabetes

These at-home exercises require some basic gear and just a few minutes a day. And done regularly, they can help manage your blood sugar.

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## 10 Ways to Burn More Calories

Boosting metabolism is the holy grail of weight watchers everywhere. Although you can't control your age, gender, or genetics, there are plenty of ways to help your body burn calories faster.

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## Symptoms of a Urinary Tract Infection

Most UTIs are bladder infections, which left untreated can spread to your kidneys. Here's what to watch for.

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- Can people get too much exercise? Mitochondria hint that the answer is yes. A new analysis suggests that highly intensive exercise [blunts the body's ability to regulate blood sugar because it impairs mitochondria](#), the powerhouses of the cell. ([Nature Research Highlight | 1 min read](#))

**Study: Caffeine Before Exercise Helps You Burn Fat**

## High-Antioxidant Foods to Add to Your Diet

Antioxidants help ward off cell damage and disease. Here are 12 foods that can give you a boost, plus ideas for preparing them.

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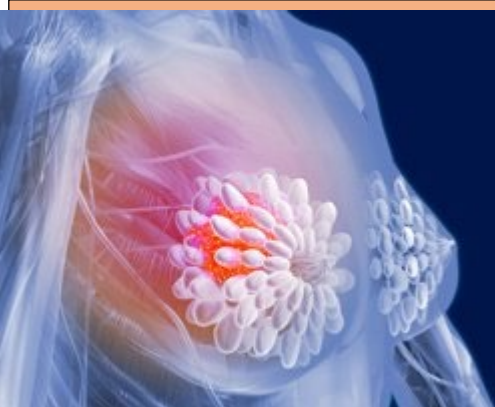


MAIN ARTICLES

## Deadly Lung Cancer

Lung cancer is the most common cause of cancer deaths in both men and women.

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FEATURED SLIDESHOW

## 10 Things to Know About Breast Cancer

Throughout her lifetime, a woman has a 1 in 8 risk of developing breast cancer.

[VIEW SLIDESHOW](#)

[Early Signs of Lung Cancer](#)

[Is a Lump in the Breast Always Cancer?](#)

[What Is the Most Common Cancer?](#)

[How is Long-term Stroke Risk Linked to Incidence of TIA?](#)

[The Colorectal Cancer Symptoms You Need to Know, Even If You're Young](#)

[Schizophrenia vs. Bipolar: Why the Two Mental Health Conditions Are Actually Very Different](#)

[More Young Women Are Having Heart Attacks. This Might Be Why](#)



FEATURED QUIZ

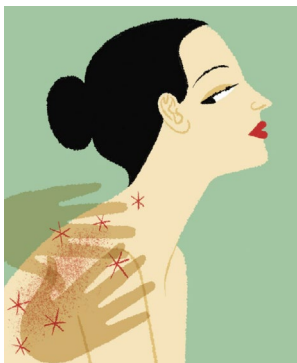
## Who Is Most at Risk for Ovarian Cancer?

Did you know that the majority of ovarian cancers are diagnosed late?

[TAKE THE QUIZ](#)

CHRONIC PAIN

## What Is Frozen Shoulder, and How Can You Avoid This Painful Condition?



## Safe Cooking From the Freezer

Just because your food is frozen doesn't always mean it's safe to eat. Is it raw? Pre-cooked? Learn common mistakes and how to avoid them.

[Read More](#)

## Why You're Adding Belly Fat

Belly fat is a problem, and not just because of how it looks -- it can raise your risk for several serious diseases. Find out why you might be gaining there.

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[5 Healthy Foods That Are Keeping You Up at Night](#)

## *The Effects of the Raging Pandemic*

As I sit outside my home, on a nice and weather comforting day; just oblivious of the Pandemic that rages through the entire globe. I reminisce of Shakespeare who described “the World as a platform and we are mere players”. A concept that races through my mind; and how apt is that saying, in our daily lives. The media is full of nothing but news of the Pandemic; with Medical Professionals; Spiritual Leaders; and Armchair Critics coming out of the woodwork with their versions of how to overcome this predicament. Even in the Legislatures we have the incumbent & opposition at logger heads instead of getting together in this time of need to find a common solution; which I believe is why we elected them to represent us in the Legislature, to look after the country and its’ many peoples. But what can one say, these are just Political Ploys to strengthen their very own “employment” in the August Body – what a pity. Into this mayhem comes the fact that there are two schools of thoughts or should I say contradictions among the knowledgeable in taking of the vaccine. With the options of “Damned if I do; and Damned if I don’t”. But regardless my belief is these are experimental vaccines; as there is a footnote in taking the vaccine that says the Government or the Vaccine Manufacturer is not responsible for any untoward reactions that may occur. It sure gives the notion of a “Drowning man clutching at a straw”.

What flashes through my mind is a line from Alfred Tennyson’s famous poem – “Charge of the Light Brigade” – “Ours not to reason why, ours but to do and die”. So with in mind and great bravado did I face the Medical Staff and got my “fix”. But alas! I still have to follow the strict protocols in place; rather than following the concept of the “Born Free: Live Free” spirit of things which I thought it would bring. Mask to be worn & Social Distancing appears to be the order of the day. But at least I can walk freely into a Bank in a mask; without any questions being asked or being arrested.

I do not know if it is perplexity, anxiety, vaccination or hallucinations that tugs at my very thoughts. The current “Pandemic” situation sure requires me to give it some deep thoughts and analyses in my very own small way and self-edification, as it affects me a lot. Hence I share my thoughts with you; without malice to none; and hopefully it will not bring about any controversy. As the saying goes “To each his/her own; and God for us all”.

My reverie reaches far back as my mind is able to re-trace; based on the little knowledge and some references obtained from the internet. Which, of course, some may find ridiculous; and a big “Haw! Haw!! To some. But that’s O.K. All the same; it did give me something to think about rather than sulk watching the flat screen with all the negativity thrown in; the gossip & soap operas that abound the programs on the screen and the “poor man’s” game of “Ball & Hoop” that are played by Millionaires.

Yes, what comes into my mind is the advent of the various Faiths & Religious Faiths that dawned on Mother Earth since creation. One can see very vividly that there were no such Religious Faiths at the very inception of life on Earth. The earliest folks were just superstitious and suspicious in their ways and ultimately turned to paganism and Idol Worship centered on objects that they considered not as lucky charms, but as objects of veneration. At times animal & human sacrifices were resorted to appease and obtain the favours they required from these “Pagan Deities”. They selected idols from a varied selection of stone sculptures to animals that they considered were of the best advantage to them. They even invoked supernatural spirits into their Pagan Rites. But God Fearing was never in their way of life. The mighty ruled the tame & lame; and the law of the jungle prevailed.

So, God Almighty sent various emissaries; messengers; messiahs; and prophets to Mother Earth to spread the message of Peaceful Living; Goodwill among mankind and for the acknowledgement that is only “One God; and He is the Creator of mankind and the Universe”- Monotheism. In addition His Tenets covered various aspect of “God Fearing” disciplines and rules of Peace & Goodwill; among us human beings.

The Religions that dawned on Earth as documented and as experienced by most of us are:

1. Hinduism – The oldest Religion from some 4.500 years ago.
2. Buddhism – Around 500 BCE. Just over 2,500 years ago.
3. Confucianism – From around 200 BCE.
4. Taoism – From around 6<sup>th</sup> century BCE.
5. Judaism – 13<sup>th</sup> century BCE.
6. Christianity – 2,000 years ago in Palestine.
7. Islam – 570 BCE or 1,400 years ago.
8. Sikhism – 500 years ago.

These are the principal Religions sent down to earth; and of course these Religions all have “breakaways” from the main stream; which were “man” created with the Prime Religion as its’ Foundation – something I could not comprehend; except to think of the cause is one of rivalry; within the ranks . Initially some Religions spread throughout the World and yet others were confined to specific areas in which it originated. But these days all Religions have achieved “World-wide” recognition/acclaim and adaption due to the ease of world-wide Communications.

If one was to carefully observe the advent of these Religions, one will see its’ evolution which falls into various different eras of time. This gives me the impression that this was done so as to cater to requirements and need of the times; and more so to remind humankind whenever they tended to forget the “Supreme” and flouted all His Tenets.

One can only surmise that sending of emissaries; messengers; messiahs; and prophets to Mother Earth to spread the message of Peaceful Living may not be the answer to one’s prayer, so to say. As the World is so shrouded in greed, avariciousness and selfishness; that they flout all God’s Tenets; and they do so under the guise of “FREEDOM”, with great Political Support, of course. One must be reminded of the Biblical narration “Sodom & Gomorrah” and its’ decimation, to realise the depth and ultimate result of such gross violations.

There is a belief in certain Religious circles that there is a Messiah to come. But are we really facing the “Four Horsemen of the Apocalypse” is what comes into my mind. Is The Almighty really angry with us for the violation of His well-intended “Teachings”; and to the desecration of His creation - Mother Earth? Perhaps this must be the cause of the current Pandemic situation that Humans are faced with, in the whole Universe. The question that arises in my mind is: Instead of the emissary; messenger; messiah; or a prophet dawning on Mother, it appears that a deadly virus that only affects Human Being has enveloped Mother Earth. Strangely enough, the virus affects us all at the same time with relentlessness in all parts of the World, no matter what type of weather or terrain, regardless of caste, creed or religion; and with no possible guaranteed remedy in sight. A rather silent but effective lesson is what I see.

But as they say “every cloud has a silver lining”. We do see the humans in segregation and bringing them very much closer to their families. The simplistic life being thrust upon them, by living within ones means. The concern for others well-being – though some pay scant respect to it; by their behaviour and lack of civic sense. One is sure that each must be looking at the High Heavens and asking – Why God? Instead of asking themselves the question “Why”? They wouldn’t be far wrong if they read the Biblical story of “Sodom & Gomorrah” to be able to fathom that out. In addition we also see the flora and fauna flourishing again, after seeing their destruction by humans. Continued next page

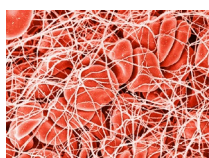
## Delta variant cases on the rise, accounting for 99% of new COVID-19 cases in the UK

Updated on June 21, 2021, at 8:00 a.m. PDT

- In its weekly update on June 18, Public Health England (PHE) noted that as many as [99%](#) of new COVID-19 cases in the United Kingdom are due to the delta variant of SARS-CoV-2. The updated total of confirmed new cases is now 75,953. Read more about the delta variant [here](#).
- According to Prof. Anthony Harnden, deputy chair of the Joint Committee on Vaccination and Immunisation in the United Kingdom, the flu might become a more pressing problem than COVID-19 this winter due to the lack of immunity buildup in the general population. Read more about this [here](#).

[READ THE FULL UPDATE](#)

### Oxford-AstraZeneca vaccine: Slight increase in blood clot risk



An analysis of postvaccination events determined that the Oxford-AstraZeneca COVID-19 vaccine is related to a small increase in the risk of blood clotting.

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From previous page

They all seem to thrive and remain unaffected by the Pandemic. Yes! It appears we have forgotten that there is "A GOD" above and continue to create artificial lives/living creatures by ourselves; and are living sans Spirituality & Faith – only invoking it when we are in dire necessity. That is sheer hypocrisy is what it is. So, Dear Readers, this is what went through my mind, as my thoughts keep goading me along; and perhaps one could say "an idle mind is a devil's workshop". Not wanting to get into a controversy or tread on someone's toes; it would be appreciated if you too will take some time from your "rather busy" routines to ponder over this subject and come out with your own thoughts on this worthwhile subject and it will, no doubt, surpass my way of thinking on this subject. God Bless.

Noor Rahim  
June 12, 2021.



#### MAIN ARTICLES

### Eye Care and Eye Health

There are some common disorders of the eye that can (sometimes) be self-treated.

[READ MORE](#)

#### What Causes Eye Floaters?

[The Leading Cause of Irreversible Blindness](#)

[What Infections Cause Pinkeye \(Conjunctivitis\)?](#)

[Two Types of Styes: Hordeolum and Chalazion](#)

[Dry Eye Syndrome Causes and Types](#)

[Eye Strain Diagnosis, Treatment, and Prognosis](#)

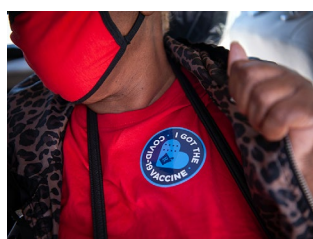
[Risk Factors for Cataracts](#)

[Age-Related Macular Degeneration \(AMD\)](#)

[How Does a Retinal Detachment Happen?](#)

[When Is Someone Considered Legally Blind?](#)

## Moderna COVID-19 vaccine: What to know about side effects



In this feature, we highlight the most common side effects of the Moderna COVID-19 vaccine. We also explore how common they are and other safety considerations.

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**Today's Must Read!**

## **Penises Are Shrinking—and It's Because of Toxic Pollution, One Expert Warns**



**7 Colorectal Cancer Treatments and Therapies, Explained by Doctors**

**Eating processed meat could increase dementia risk**

## **Americans Gained 2 Pounds per Month in Lockdown**

U.S. adults added nearly 2 pounds per month under shelter-in-place orders in 2020, says a new study. Those who kept the same habits could have put on 20 pounds during the past year.

[Read More](#)

## **3 Things Everyone With High Blood Pressure Needs to Know**

High blood pressure contributes to over 1,100 deaths per day. New findings offer suggestions on how to control your hypertension and reduce your risk.

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[Senior Cohousing Provides Community Assistance with Living](#)

Colon cancer or colorectal cancer is a type of cancer that affects the gut (intestine). The colon is the first part of the... [Read more...](#)

**RHEUMATOID ARTHRITIS**

## **10 Ways to Protect Your Joints From Damage**

## **Aging or Alzheimer's? Know These Signs**

Mild memory loss can be a normal part of aging and doesn't necessarily mean you're going to have dementia. Watch for these eight signs that your forgetfulness has indeed become a real problem.

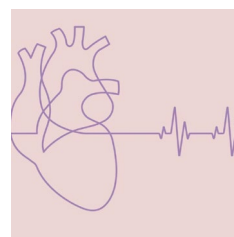


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**Prolonged immune response may contribute to post-COVID-19 blood clots**

eLife



**HIGH BLOOD PRESSURE SYMPTOMS YOU SHOULD KNOW**



## **Study suggests drinking coffee before exercise may help burn more fat**

Written by Kimberly Drake on March 28, 2021

New research finds evidence that consuming an amount of caffeine equivalent to a strong cup of coffee 30 minutes before aerobic exercise may help burn more fat.



# 4 essential nutrients — are you getting enough?

POSTED MARCH 16, 2021, 10:30 AM

[Matthew Solan](#), Executive Editor, *Harvard Men's Health Watch*



The newest dietary guidelines say that many Americans don't get enough of four vital nutrients. Over time, a shortfall of these nutrients may affect different aspects of your health, from teeth and bones to your heart, gut, muscles, blood pressure, weight, and more. Nutritional advice can be confusing. Eat more of this, less of that. Make sure you get enough — but not too much. So, which nutrients do you really need and how much? And what key nutrients do most people lack?

[Learn more »](#)

## Fully vaccinated against COVID-19? So, what can you safely do?

### Omega-3 fatty acids and the heart: New evidence, more questions

### Zero weight loss from zero calorie drinks? Say it ain't so

## **Dementia: 25 grams of processed meat per day may raise relative risk**

Written by James Kingsland on March 29, 2021

New research finds that an intake of 25 grams of processed meat per day may increase the relative risk of developing dementia.

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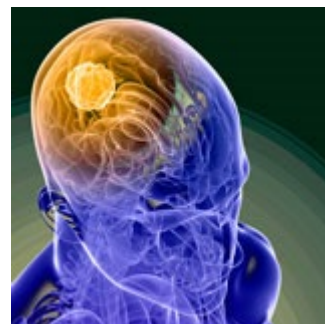


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## 13 Types of Lung Infections

The body's respiratory system includes the nose, sinuses, mouth, throat (pharynx), voice box (larynx), windpipe (trachea), and lungs. Respiratory infections affect the parts of the...

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SLIDESHOW

## Brain Tumor Dangers

Learn the brain cancer survival rate, treatment options, and the different brain tumor grades. Find out... [Read more...](#)

## Why Does My Head Ache?

Find out what's behind your headache, and get some strategies to bring relief for...

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SLIDESHOW

## COPD Foods to Boost Your Health

COPD requires more energy for breathing. The muscles required for breathing by a person with COPD may require as much... [Read more...](#)

WEIGHT LOSS

## 10 Foods to Eat If You Want to Lose Weight



## Multiple sclerosis research: Where are we now?

Written by Kimberly Drake on March 29, 2021

In this Special Feature, learn about recent and ongoing research that sheds light on the causes of MS and reveals potential new avenues of treatment.

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FEATURED NEWS

## Loneliness Linked to Alzheimer's

Middle-aged folks who feel lonely have double the risk of developing...

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## Vitamins You Need as You Age

Your body needs more of certain vitamins and minerals as you hit your 40s and...

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### CORONAVIRUS

#### Can You Drink Alcohol After Getting the COVID-19 Vaccine? Here's What Doctors Recommend

The US, UK and Australia are among 14 countries to sharply criticise a World Health Organization report into the beginnings of the coronavirus pandemic in Wuhan, implicitly [accusing China of “withholding access to complete, original data and samples”](#). The statement came hard on the heels of an admission on Tuesday by the head of the WHO, Tedros Adhanom Ghebreyesus, that **the investigation was “not extensive enough” and experts had struggled to access raw information** during their four-week visit to Wuhan in January.

Global sea levels would rise up to 80 centimetres, drowning much of our coastline. Yields of key crops would fall by between 5% and 50%. Heatwaves in Queensland would happen up to seven times a year, lasting an average 16 days. And of course, the Great Barrier Reef would no longer exist.

As [Ove Hoegh-Guldberg and Lesley Hughes write today](#), this is not an imaginary future dystopia. It's a scientific projection based on our current emissions trajectory – a vision of Australia we must both strenuously try to avoid, but also prepare for.



FEATURED

## 10 Worst Foods for Your Eyes

Did you know that the health of your eyes is directly connected to the health of your heart and blood vessels? What you eat and drink can have a lasting impact on both your cardiovascular health and your vision.

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### Pill-Free Ways to Cut Your Heart Disease Risk

You don't have to take medicine to lower your heart disease risk. Find out more about how diet, exercise, and other... [Read more...](#)

### Do Steroids Help With Arthritis?

Arthritis is the inflammation of one or more joints in the body. The disease is one of the most common chronic conditions... [Read more...](#)

### Vitamins You Need as You Age

Melanoma (Skin Cancer) Self-Exam

Which Is a Common Thyroid Disorder?

Why Is Hypertension Dangerous?

Harmful Opioid Dependence

Crohn's vs. Ulcerative Colitis

What Makes ADHD Symptoms Worse?

# Diets Rich in Nitrates from Vegetables Improve Muscle Function

Diets rich in nitrates from vegetables improve muscle function, according to a study published in the *Journal of Nutrition*. In 3,759 participants in the Australian Diabetes, Obesity, and Lifestyle Study (AusDiab), those with the highest nitrate consumption, mainly from vegetable sources, performed with more strength and speed in the physical tests when compared to those who ate fewer nitrates. These results support regular vegetable consumption as an effective lifestyle intervention to promote strength and athletic activity.



## The Truth About Sugar Substitutes

Sugar substitutes are typically hundreds of times sweeter than sugar and have few to no calories. Here are their pros and cons -- including some health concerns.

[Read More](#)



## Sleep Problems as You Age

More than half of men and women over the age of 65 have trouble sleeping. If you're among them, see what might be keeping you awake -- and how to fix it.

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### FEATURED NEWS

## Endometriosis: What It Is, How It's Treated

There's no cure for endometriosis, but women have several treatment...

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### SLIDESHOW

## Top Hair Loss Treatments

About 50% of men will have some hair loss by the time they turn 50. Hair loss is not life-threatening, though it can... [Read more...](#)



### SLIDESHOW

## 15 Tips for Clear Skin

Acne, pimples, zits and blemishes often appear on the face, back, chest, neck, and shoulders where skin has the most... [Read more...](#)

## A Stressed Brain Linked to 'Broken Heart' Syndrome

## Surprising Reasons for Back Pain

See some less obvious reasons for back pain -- from insomnia to your fashion choices -- and what you can do to feel better.

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