

Health & Views

NUTRITION

What to Eat Before Bed to Sleep Better

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

June 2nd issue
2021

Warning Signs of Diverticulitis

This intestinal disease can cause bloating, pain, fever, and other symptoms. Here's how to spot them -- and when you should see a doctor.

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Are You Having Too Much Caffeine?

Healthy adults can safely have up to 400 mg of caffeine each day. To make sure you're not overdoing it, find out how much is in your favorite drinks.

[Watch Video](#)

Best Foods for Your Lungs

A healthy, well-balanced diet goes a long way to keep your body strong, including your lungs. Find out which foods can help keep your lungs in tip-top shape.

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13 Foods You're Eating All Wrong

You eat the right foods, but do you cook them the right way? See how to prepare these foods to get the most nutritional value from them.



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Daily protein needs: What to know

Written by Louisa Richards on March 18, 2021

Ensuring sufficient protein means including varied sources in a person's daily diet. Sources include meat, fish, and dairy products, along with beans, nuts, and seeds.

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Prince Harry Does EMDR Session on Camera-Here's What to Know About This Type of Therapy

Begin Diabetes Screening at 35 if Obese, Overweight

SLEEP

Is It Dangerous to Take Melatonin Every Night?

How Blood Sugar Levels Affect Your Body

High blood sugar can be a sign of diabetes or prediabetes. The drugs that treat it sometimes cause low blood sugar too. [Read more...](#)



Dexamethasone / Cheap steroid hailed as lifesaver for up to a million Covid patients worldwide

Signs of Multiple Sclerosis Relapse

A true relapse lasts more than 24 hours and happens at least 30 days after previous ones.

[VIEW SLIDESHOW](#)

Applying Lessons From Oprah for Your Practice



Appeal from our Collaborative Partner: Australia Sri Lanka Medical Aid Team (AUSLMAT):

Requesting Assistance for the Public Healthcare System in Sri Lanka during the COVID-19 Crisis

AUSLMAT has provided emergency medical assistance to Sri Lanka since the 2004 Tsunami, and our voluntary specialist medical teams have visited SL over 16 times since, providing teaching, training and medical assistance to rural hospitals and communities. AUSLMAT has played a pivotal role in funding the new Accident & Emergency Department at the Karapitiya Hospital and establishing the Coronary Care unit there with funds obtained from the Victorian Government and other donors. (Please visit our website: <http://auslmat.org/> for details of their previous activities) We have continued to offer our support to the local healthcare system in the recent years by providing resources to the Rajarata University medical library and a large refrigeration facility to Padukka Divisional Hospital. Last week we bought four Phillips G30 monitors for Anuradhapura Teaching hospital and the newly established Methsirisewana COVID referral centre from existing funds.

Photo below: Handing over of the Phillips cardiac monitors to Prof. Sisira Siribaddana, Rajarata University.



We have received a number of urgent requests for assistance from hospital staff all over Sri Lanka in the past few weeks as essential medical supplies and equipment are mostly out of stock at local dealers. Therefore, with the support of the community living in Melbourne, we are keen to raise funds to purchase much needed respiratory support equipment for emergency and critical care departments and newly established COVID treatment centres all across Sri Lanka.

So far with your support we have been able to secure four Fisher & Paykel AIRVO-2 High Flow Oxygen Delivery Systems and 5 Oxygen concentrators and this week we are hoping to purchase as many items as our funds would facilitate, such as hospital-grade biPAP machines, ventilators, HDU / ICU monitors, ICU beds and IV infusion sets. The equipment will be sent to Sri Lanka on a returning Air Lanka flight, which will be coordinated via the Consulate General of Sri Lanka in Melbourne and distributed to designated COVID treatment facilities across Sri Lanka via the Ministry of Health.

Our organization is registered as a not-for-profit charity in Australia, and therefore donations are tax-deductible and 100% of the funds go towards the purchase of medical equipment, with no administrative costs.

There are a number of ways you could contribute to AUSLMAT's project:

1. Individuals wishing to make personal donations can donate using the "Donate Now" icon on our website: <https://auslmat.org>, and they will receive a receipt automatically which can be used for taxation purposes.
2. Organizations wishing to make group donations for a particular item can contact me directly (contact details below), and I am happy to provide quotes for a particular item/s. Payments can be made directly to the dealer, or through our organization.
3. If organizations wish to transfer the money to our account to purchase particular items from a quote, please email me the following details:
Group/Individual names of donors who wish to be included in the thank you letter, names and email addresses of individuals needing individual tax receipts (with the amount donated), Total amount transferred by the group and If you would like it to be sent to a particular COVID centre in Sri Lanka

**Dr. Erosha Premaratne –
President AUSLMAT Australia-
E-mail: admin@auslmat.org/
Phone: +61 437 321 105**

How to Choose the Right Sugar Substitute

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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What Alcohol Does to Your Body

Thirty seconds after your first sip, alcohol races into your brain, where it slows down the pathways your brain uses to send messages. What happens after that might surprise you.

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Managing Diabetes When You're at Work

Taking these steps before and during each shift will help keep you focused on your job and in control of your blood sugar.

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Richard Branson Ditches Beef And Fish For Environment, Major Interview Reveals

Billionaire businessman Richard Branson has revealed he's stopped eating beef and fish in a major interview – due to environmental concerns. The 70-year-old Virgin Group founder says he feels as fit as he was in his twenties, and is 'experimenting' with going vegetarian - [Read the full story!](#)

10 Silent Signs You're Slipping Into a Pain Pill Addiction

One in five Americans have misused prescription drugs at least once, yet only one in three even recognizes the signs of a problem.

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How to Lower Your Triglycerides

MIND & BODY

These Three Little Words Are Making You a Negative Person—and You Probably Say Them All the Time



8 Surprising Heartburn Causes You Need to Take Seriously

Most of us will suffer from the telltale burning at some point, but many things can cause heartburn other than that extra-spicy chili you just ate.

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Does Drinking Water Help Lose Weight?

Water does a body good, but is it really the miracle cure that some people claim? Here's how drinking water really affects your body and your brain.

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Best Foods to Eat When You Have Prediabetes

Cutting back on starchy vegetables, processed foods, and added sugars will help your body make better use of the insulin it makes. See what to add to your plate that might even help stop diabetes in its tracks.

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Foot Problems as You Age

Both age and diabetes make you more likely to suffer from painful problems in your feet. These are the telling symptoms.

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Foot Problems as You Age

Both age and diabetes make you more likely to suffer from painful problems in your feet. These are the telling symptoms.

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MNT's Sunday Supplement: Fat-burning pills and cold water baths

Scientists have long searched for a treatment for obesity that is safe and effective. New research into a molecule that activates fat-burning cells may offer a solution.

Researchers investigating the effects of a drug called BIBO3304 found that it had the effect of turning energy-storing fat cells into energy burners. Mice that received the drug gained 40% less weight than mice that did not.

Crucially, because the drug does not appear to cross the blood-brain barrier, it should work without some of the psychological side effects, such as mood changes, that have dogged other weight loss pills.

Moreover, it also widened the mice's blood vessels, indicating that it has the potential to reduce hypertension too. Previous research has shown that BIBO3304 can also help maintain bone density. However, further research and testing are necessary to confirm whether any of these effects will occur in humans.

To read more about how this drug allows fat tissue to generate heat and burn excess energy, click [here](#).

At the other end of the temperature scale, we published the latest edition in our Curiosities of Medical History series this week. In it, Maria Cohut, Ph.D., investigates the fascinating story of therapeutic hypothermia — the cooling of the body for medical purposes.

It has formed part of the medical repertoire for thousands of years, at least since the time of Ancient Egypt and throughout the Greek and Roman periods. More recently, psychiatric institutions used and abused cold water “therapy,” but it has since, thankfully, fallen out of favor.

Cold water swimming has seen a resurgence in popularity of late. Here in Brighton, in the United Kingdom, intrepid swimmers enjoy the benefits by taking to the sea whatever the weather or season.

Then there's cryotherapy, the practice of exposing one's body to subzero temperatures for a time, which our own Tim Newman [experienced and wrote about](#) for the sake of medical journalism (Tim has also written about [cryonics](#), but he hasn't tried it... yet).

You can learn all about the strange history of therapeutic hypothermia [here](#).

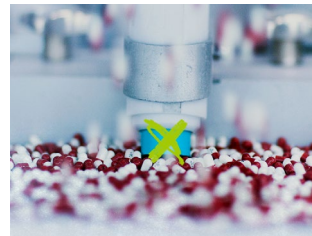
Scientists propose a rethink of the role of carbs in obesity



New research suggests that the “carbohydrate-insulin model” of obesity may be overly simplistic.

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'Insufficient evidence' that weight loss supplements work



A major global study of clinical trials investigating the value of herbal and dietary weight loss supplements finds no evidence to justify their continued use.

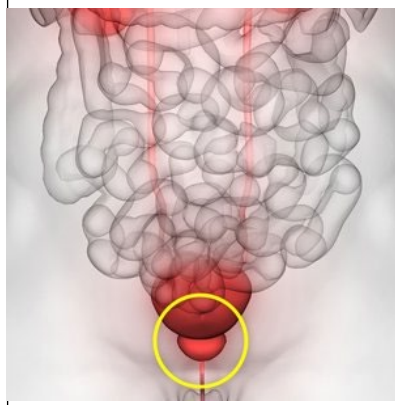
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Excessive animal farming created 'perfect storm' for pandemics, scientist says



According to an evolutionary genetics professor, centuries of intensive breeding have created perfect conditions for pathogens to jump from animals to humans.

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FEATURED

6 Early Signs of Prostate Cancer

Prostate cancer is the development of cancer cells in the prostate gland. It is the most common cancer in men.

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SLIDESHOW

13 Bad Brain Health Habits

Good brain health depends on exercising regularly, eating well, and getting enough sleep. Learn how to develop good... [Read more...](#)



FEATURED NEWS

Expert Guidelines on Safe Mammograms

Many US mammography centers aren't following expert guidelines.

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[Understanding Ulcerative Colitis](#)

[What Is Myocardial Infarction?](#)

[What Causes Vertigo?](#)

[Can Asthma Be Cured?](#)



FEATURED QUIZ

What Causes Schizophrenia?

Schizophrenia is a mental or brain disorder that causes symptoms such as delusions...

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Additional News from Harvard Health Publishing
[Control high blood pressure to protect memory and thinking skills](#)
[A flavanol-rich diet may increase brain function](#)
[Can a tracker or smartphone app help you move more?](#)

[Insulin Injection Tips](#)

The Truth About Chicken

Americans eat more chicken than any other meat. But is it as healthy as we think?

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[Choosing a home exercise machine](#)

Even if you enjoy exercising outdoors, there are times when it's too cold, too hot, or otherwise uncomfortable or impractical to walk, jog, or cycle outside. And like many people, perhaps you've let your gym membership lapse. So how do you make sure you're getting an aerobic, heart-protecting workout most days of the week?

Maybe it's time to invest in a home exercise machine, such as a treadmill or elliptical machine. Not only can you exercise in the privacy of your home, you can also easily break up your workout into 10- to 15-minute stints throughout the day, whenever it's convenient for you.

Nutrition Tips for Seniors

When you're caring for a senior, it's challenging to get healthy meals on the table while juggling your other responsibilities. These tips can help.

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Freedoms Cherished & Venerated.

In the World today we are blessed to be able to enjoy and cherish many types of "Freedoms" in our day to day lives. Some meaningful and yet others that caters to individual needs & the fantasies of others. All these "Freedoms" have been given legal sanctions by the Legislative Body of the Land. Yet, there lies many a rift within these "Freedoms" that causes turmoil among individuals/groups that requires the Authorities (as the political situation dictates) to interpret them the way they want; and to change them, for their own individual needs, be it selfish or for a group that has the same mind set. It is used to claim as a citizen's right and generally termed "Human Rights". It is also used as a shield to protect ones needs rather than to the general cumulative needs of the whole populace.

But this does not necessarily apply to the peoples outside one's own land; unless, of course one wishes to impose or invade or intimidate other countries of (and on) which practices such abuses against basic human rights; in contravention with the accepted norms. Almost giving the World a lesson on the old adage of "What's sauce for the goose; is sauce for the gander"; be it right or be it wrong. But one must also keep in mind the saying of "One mans' meat is another mans' poison". The darker side being that Nations have fallen foul of each other; and even gone to battle on these issues. Yes! We do have a Worldly Body for this purpose; but are they effective in solving such problems? But as someone quite rightly defined a meeting as: "One where hours are spent & minutes are kept".

Wikipedia defines "Freedom" as:

"Freedom", generally, is having the ability to act or change without constraint. Something is "free" if it can change easily and is not constrained in its present state. In philosophy and religion, it is associated with having free will and being without undue or unjust constraints, or enslavement, and is an idea closely related to the concept of liberty. A person has the freedom to do things that will not, in theory or in practice, be prevented by other forces.

In Canada we are guided by the "Canadian Charter of Rights".

Reproduced below are a two very relevant sections of the Canadian Charter of Rights for your perusal:

1. Canadian Charter of Rights and Freedoms guarantees the rights and freedoms set out in it subject only to such reasonable limits prescribed by law as can be demonstrably justified in a free and democratic society.

The Charter protects those basic rights and freedoms of all Canadians that are considered essential to preserving Canada as a free and democratic country. It applies to all governments – federal, provincial and territorial – and includes protection of the following:

- fundamental freedoms, democratic rights
- the right to live and seek employment anywhere in Canada
- legal rights (life, liberty and personal security)
- equality rights for all
- the official languages of Canada
- minority language education rights
- Canada's multicultural heritage
- Indigenous peoples' rights

2. Everyone has the following fundamental freedoms:

- a. freedom of conscience and religion;
- b. freedom of thought, belief, opinion and expression, including freedom of the press and other media of communication;
- c. freedom of peaceful assembly; and
- d. freedom of association.

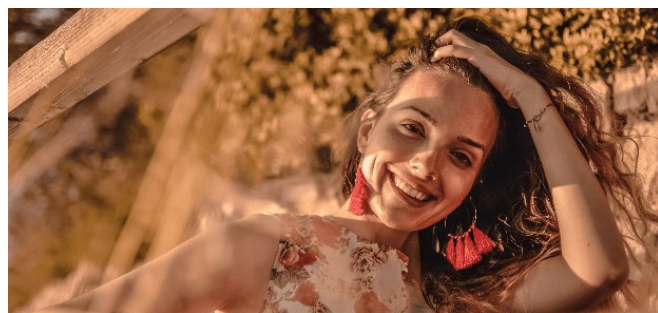
This subject is very wide-ranging; sensitive and far reaching. Hence, one cannot really cover all the angles; as it does vary with ones' whims & fancies and just about caters to the need of each one of us as we face the various caprices, bias and prejudices in our very lives and day to day meandering in life. But caprices, bias and prejudices we do encounter; as the World is so rife with it- be it small or humongous; be it bitter or sweet. But, as human beings we never seem to shake off the shackles; as somehow & somewhere it raises its' ugly head to confront us in our daily lives.

Continued next page

New strains of bacteria found on the International Space Station

Three unknown species have been discovered growing on the ISS, but don't break out the anti-bac wipes just yet.

[Read more](#)



Immunity: Balance vs. Imbalance

The immune system is a complex network of organs, cells, and chemical ammunition that shields you from disease and keeps you healthy.



Fighting Hair Loss? Fenugreek Seeds Will Save The Day

For centuries, fenugreek has been used as a traditional remedy for hair loss. On the skin, it fights dandruff and irritation, so you won't keep scratching and breaking hair.

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How to Make Richer, Healthier, and Better Tasting Coffee at Home

Freedoms Cherished & Venerated.

continued

In covering some of the recent one cannot but read or hear the alleged bias that someone confronts – be it colour prejudice; slander; and suppression and bias encountered. Usually these wind up in courts of end up in demonstrations and strike actions.

Gone are the days when you could speak your mind short of slandering someone. For every time you speak (open your mouth) you have to be “Politically Correct” (a rather new and established term it is).

So you see even though there is Freedom of Speech; there are innocent words that you used in the days of your youth, in gay abandon, whose meanings are now misconstrued and strict constraint imposed. Even getting a cigarette off your friend or acquaintance has to be asked for in its’ present perspective. For the English Language has now changed with words of ones’ vocabulary being interpreted in the most double edged way; and of course in keeping with “Political Correctness” which now reigns our daily life. So the further ramifications are when you do not follow the “Political Correct” principles. For you leave yourself to be sued by the aggrieved. This further proves a point that Freedom does come at price – win or lose. Surely nothing is for free in the World we live in today.

In conclusion one must talk of the “Right to Vote” that is ingrained in us. Also known as “Universal Suffrage”. A right that is closely guarded & venerated. A symbol of “Freedom” – but is it?

Wikipedia explains it as: **Universal suffrage** (also called universal franchise, general suffrage, and common suffrage of the common man) gives the right to vote to all adult citizens, regardless of wealth, income, gender, social status, race, ethnicity, or any other restriction, subject only to relatively minor exceptions.^{[1][2]} In its original 19th-century usage by reformers in Britain, *universal suffrage* was understood to mean only universal manhood suffrage; the vote was extended to women later, during the women’s suffrage movement. (From Wikipedia, the free encyclopedia)

But in exercising this fundamental right of our, are we really showing our rights to freedom? Yes we chose a candidate to represent our Community in the Legislative Body – right or wrong we are committed to that candidate for a period of time; and as a rightful citizen we have to bite the bullet and live through the throes of our commitment no matter how good or bad. We surely learn a very bitter lesson and have to bear the costs/burden of any bad management that may accrue; and as “Taxpayers” all we can do is to tighten our belts to offset the “misadventures” & spending’s incurred by the Legislative Body. Hence, have we benefitted by exercising our Legal Rights to cast our votes? We will now have to wait the end of their term to select another candidate. Like a merry go round it will just go round & round. It only brings one to assume that there are no Statesman anymore; who thinks purely of the Land and of its’ inhabitants – dedicatedly and honestly; but mere Politicians doing a job (Profession).

Finally we are currently facing a period of “Restrictions of our Freedoms” in many facets of our lives. Yes! It is the raging “Covid-19” Pandemic that has pushed us into a corner; with the remedy being a far sighted one indeed. We are just confined to our homes and dependent on the media – which doles out mainly “Gloom & Doom” most of the time on the Pandemic; supplemented by “He said; She said” programs.

So in foresight we must think of the ways & means of overcoming this vile pandemic; not only individually but collectively for the benefit of everyone bar none.

Not wanting to sound morbid, one is reminded of the tale that the only freedom one will really have, is when he/she departs from this materialistic World. Perhaps true; but who has really returned to tell us what it is in the World that lies hereafter. One may have even heard that “Heaven & Hell” is enacted in the World we live in; and is of your own accord and choice.

So Dear Readers, you be the judge if “Freedom” is to be “Born Free and Live Free” or has it many obstacles attached that it can never be shed – or shall we just call it “Freedom with a price”. So as long as there is life; lets’ Cherish & Venerate the Freedoms we enjoyed and will enjoy, within our bounds; and let the obstacles remain for us to challenge and ride. As per the old age – “Never trouble troubles; unless trouble, troubles you”.

Noor Rahim

March 13 2021.



Why Soaking Almonds In Water Is Better Than Eating Them Raw

Ayurveda and Chinese medicine suggest soaking almonds overnight and eating the peeled nuts the next morning.

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Top 10 Moringa Benefits You Didn't Know About

All the edible parts of moringa, from the roots to the leaves and seeds are packed with vitamins, calcium and good quality protein.

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6 statin alternatives

Written by Jessica Caporusio, Pharm.D. on March 19, 2021

There are a few natural alternatives to statins that may help lower cholesterol levels. Learn more.

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Effective Weight Loss Supplement To Lose Weight Naturally

Omega-3 supplements are unsaturated fatty acids that will increase satiety. You'll stay full for a long time and be less likely to binge eat later.

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[ANXIETY / STRESS](#)

Anxiety disorder symptoms and treatments

Written by Louise Morales-Brown on March 19, 2021

Anxiety disorder symptoms can include persistent worry, dread, a rapid heartbeat, and more. Learn about the symptoms of different disorders here.

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16 Ways to Lower Your Cholesterol

Use this "handy" way to judge portion sizes, and eat this protein twice a week to lower triglycerides and cut down on cholesterol.



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[EPILEPSY](#)

Can you die from a seizure? Risk, factors, and prevention

Written by Jesse Klein on March 19, 2021

While it is possible to die from a seizure, it is very rare. Dying solely from a seizure without secondary factors, like a fall or drowning, is even rarer.

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[HEALTH EQUITY](#)

4 women whose work won the Nobel prize for their male colleagues

Written by Kimberly Drake on March 19, 2021

As part of Women's History Month, this feature explores some of the women in science whose work won the Nobel prize for their male colleagues.

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[MULTIPLE SCLEROSIS](#)

How does multiple sclerosis (MS) affect the body?

Written by Zawn Villines on March 19, 2021

Multiple sclerosis is a chronic disease of the central nervous system — the brain and spinal cord. It affects multiple areas of the body.

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Experts: Screen Some for Diabetes Earlier

If you're obese or overweight, your doctor may want to start screening you for diabetes at age 35. The idea is to catch more cases of prediabetes -- and potentially keep diabetes from developing.



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FEATURED

Vitamin C: What You Should Know

Want to see if you're getting enough vitamin C? Eat vegetables and fruits fresh and raw. Vitamin C breaks down over time when it's heated.

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SLIDESHOW

12 Health Risks of Heavy Drinking

Anemia, cancer, gout, cardiovascular disease and many more diseases can be caused from heavy or binge drinking.

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SLIDESHOW

Health Benefits of Vitamin E

It's a nutrient that helps protect cells from harmful 'free radicals.' It also helps your body fight germs and keeps away blood clots. [Read more.](#)



Shutterstock

[When our evolutionary ancestors first crawled onto land, their brains only half-filled their skulls](#)

Alice Clement, Flinders University

'Tetrapods' were the first fish to evolve lungs and walk onto land. They were also our ancestors. Now, a new study sheds light on the size and shape of these unique animals' brains

What Is the First Sign of Hypoxia?

Hypoxia is a condition in which there is decreased oxygenation in the body tissues. Hypoxia can cause damage to multiple organs and lead to fatal complications. Hypoxemia is...

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How Do You Get Rid of Dry Skin on Your Feet?

Dry skin has been the most common winter woes. It is characterized by a lack of moisture in the superficial layer of the skin. Hands, arms, or legs are most commonly affected by dry skin due to...

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How Low-Carb Is Quinoa?

Hives (Urticaria): Pictures, Causes, Symptoms, Treatment, and Stress

Hives, also called urticaria, is a raised, itchy area of skin that is usually a sign of an allergic reaction. The allergy may be to food or medications, but usually the cause of the allergy (the...

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When Diabetes Triggers Anxiety

Even if you eat healthy, stay active, and avoid lows -- which can give you the jitters - - you might still feel anxious. Learn how to get help.

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14 Cheap, Healthy Foods

Keep your pantry stocked with these inexpensive, nutrient-packed foods. Most cost less than 50 cents per serving.

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Essential Diabetes Terms

Whether you're managing your own care or supporting a loved one, these are the clinical terms that will come up most often.

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More than 50 new environmental chemicals detected in people

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16 Tips to Live Better After 50

Should You Be Screened for Diabetes?

Warning Signs of a Stroke

Call 911 right away if you notice any of these symptoms, from vision changes to trouble speaking.

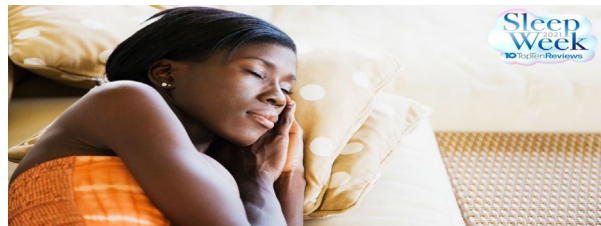
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8 Moves That Ease Knee Pain

You might worry that working out could cause more knee damage or pain. As long as your doctor says it's OK, the best thing you can do is to strengthen the muscles that support your knee and keep them flexible.



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Why is sleep important? We ask neuroscientists, doctors, and NASA

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The Truth About Eggs

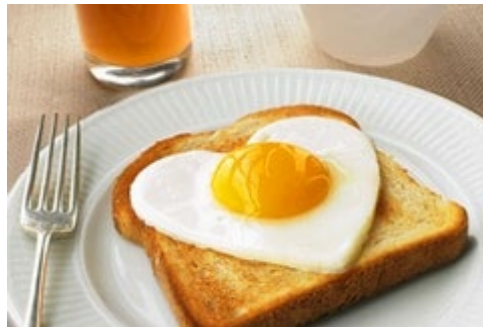
They've gotten a bad rap in some circles, but eggs are full of nutrients like protein. See how they can benefit your health.

[Read More](#)

Foods and Drinks That Make You Have to Pee

Best Ways to Get Heart-Healthy Omega-3s

Cold-water fish is chock-full of these heart-healthy fatty acids -- but it's not the only source. You can also opt for soy milk, omega-3-enhanced eggs, and these other foods.



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Why Lupus Most Often Affects Women

Because as many as 90% of people with lupus are female, experts think estrogen may play a role.

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The Truth About Testosterone

Did you know that a certain male pattern baldness medication can increase your testosterone? See what else can have an effect.

[Take Quiz](#)

15 Habits of Couples Who Have Great Sex

Sexually satisfied couples don't obsess about orgasms -- and they're not afraid to see a certified sex therapist.

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Preventing Osteoporosis: 9 Questions and Answers

Can osteoporosis be prevented? Do genetics predispose you to low bone density? Get answers to these and other common questions about this brittle bone disease.

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Daily Tips for Living With Osteoporosis

People with severe osteoporosis have to take extra care with everyday activities that many of us take for granted.

[Watch Video](#)

Best Foods to Eat as You

Hip Replacement: What You Need to Know

More than 2.5 million people in the U.S. have an artificial hip made of metal, ceramic, or plastic. Find out what happens during the surgery and how your life will change.



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CORONAVIRUS

18 Myths About COVID-19 You Need to Stop Believing



Aspirin may reduce deaths in severe COVID-19

- Many people hospitalized with COVID-19 have excessive blood clotting, which can be fatal. A [pilot study](#) of hospitalized patients suggests a low dose of the anticoagulant aspirin could reduce the need for mechanical ventilation and admission to intensive care as well as the risk of dying. Read *MNT's* coverage of the research [here](#).
- Yesterday, the National Institute of Allergy and Infectious Diseases (NIAID) released a [statement](#) regarding the AstraZeneca vaccine. The NIAID reported that the Data and Safety Monitoring Board had “expressed concern” that AstraZeneca may have included “outdated information” from their clinical trial in the United States. Find expert reactions to this story [here](#).

[READ THE FULL UPDATE](#)

Global COVID-19 vaccine summary: Side effects



In this feature, we explore the side effects of each of the 13 COVID-19 vaccines that have gained authorization for use in at least one country.

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Best and Worst Salads for Your Health

The right toppings can create a filling meal that's loaded with vitamins, minerals, protein, healthy fats, and smart carbs. But other ingredients can pack in extra calories, fat, sodium, and sugar.

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WHAT ARE PROBIOTICS? 5 THINGS YOU NEED TO KNOW ABOUT THEM



LOW LIBIDO MIGHT ACTUALLY BE A SIGN OF THIS SEXUAL DISORDER

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