

# Health & Views

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

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

How Alcohol Affects Your Body

The Benefits of Beauty Sleep

Are You Into the Wrong Foods?

What Do Cholesterol Numbers Mean?



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

How Caffeine Affects Your Blood Sugar



FEATURED NEWS

## Even a Little Belly Fat Ups Heart Risk

Extra padding around the belly can spell trouble for the heart, even if you're not overweight.

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## What to know about the brain

Written by Lauren Martin on July 05, 2021

The brain is the human body's control system, and is part of the central nervous system (CNS). Learn more.

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FEATURED SLIDESHOW

## How Does Colorectal Cancer Start?

Colorectal cancer is the third most common non-skin cancer diagnosed in the U.S.

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SLIDESHOW

## Look Younger Without Surgery

Stopping the aging process and living eternally has been an enduring human desire.

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FEATURED

## 9 Ways Sleep Repairs Your Body

All night long, your body and brain do quite a bit of work that's key for your health. There are two main types of sleep that we cycle in and out of when we re

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**Should You Take Magnesium for Better Sleep? Here's What to Know**

**Here's How to Be Happy, According to Experts**

## Dr. Jagath Wellawatta to be appointed HC to Australia



Sri Lanka Insurance Corporation (SLIC) Chairman Dr. Jagath Wellawatta has been nominated as High Commissioner-designate to Australia.

Wellawatta's corporate experience spans across a spectrum of diverse fields, encompassing high level decision making within the private sector, to policy making at national level. In his long history in the capacity of driving national policy, Wellawatta served as the Chairman of the State Mortgage and Investment Bank (from May 2010 to January 2015) and was the former Chairman of the National Child Protection Authority (from April 2007 to May 2010). He also served as the Chairman of the Sri Lanka Bureau of Foreign Employment (from December 2005 to April 2007).

Supporting the formulation of national policies through his academic career as a practicing sociologist, Wellawatta served as a Senior Lecturer at the Department of Sociology, University of Colombo.

He has nearly 29 years of experience in the academic field. His academic qualifications include a Bachelor of Arts (Hon.) in Development Sociology from the University of Colombo, a Master of Family Sociology from the University of Colombo and an MPhil in Political Sociology from the University of Sri Jayewardenepura.

He also read for his PhD in Political Sociology, at the University of Colombo (Affiliated with the Deakin University, Australia).

## The Future of Non-Small-Cell Lung Cancer

Clinical trials represent the future of medicine and offer access to treatments years before they are approved. Because there are so many people with non-small-cell lung cancer, there are more clinical trials for them than any other type of cancer, says oncologist Jason Sager, MD. Exciting therapies are being tested in the [more than 900 clinical trials that are open and enrolling](#) in the United States alone, he says. Read on to learn about a former NFL player's [lung cancer advocacy](#) work, the [best ways to support](#) loved ones, and more.

[READ MORE](#)

## What are brain metastases, and what is the outlook?

Written by Zawn Villines on July 13, 2021

Brain metastases develop when cancer cells travel from another cancer site to the brain. Learn about the symptoms, treatment, and outlook.

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### What is retinol and how can a person use it?

Written by Sasha Santhakumar on July 13, 2021

A person can use retinol, a type of vitamin A, on their skin to benefit from its anti-aging properties, as well as to improve conditions such as acne.

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## The Truth About Melatonin

This hormone plays a key role in keeping your internal body clock running smoothly. But is it safe to use as a sleep aid? Here's what you need to know.



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## Warning Signs of Liver Problems

By the time a liver disease shows symptoms, it could already be advanced. Here are the signs to look for so you can stop the condition before it leads to liver failure.

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[How I Stay Hopeful During Treatment](#)



[What People Don't Understand](#)

# Pandemic – Freedoms Lost & the Ensuing Human Issues.

It was just over a year ago that the human beings experienced such freedoms, that they enjoyed with such gay abandon. But alas! In the good old days, they would always say good things must come to an end. Has this saying, borne fruition? I guess to a certain extent the current Pandemic has brought such restrictions to the sheer consternation of the human beings.

The current Pandemic appears to have a firm grip on the human beings as it has the World reeling in a wild roller coaster ride; as it keeps bobbing up and down like a cork riding the waves of the ocean.

The human race is now deeply entrenched and scrambling in the race to find a cure. However, one cannot remain complacent; as the variants keep propping up in various strains – and that too not confined to a particular part of the World; but raging through different parts, at the same time, and this does not appear to be a random onslaught. It really calls for greater vigilance – but do we as humans adhere to the requirements of “vigilance”? Perhaps most do; and it is hard to say of the others.

Yes! We now live in what is called a “Jet” paced era, in which we have thrown caution to the wind; spirituality has taken a back seat; and freedoms of various types have taken the centre-stage. The Pandemic has in reality been a damper to the life style of many who were in the Jet Set period of life.

The restrictions brought about the Pandemic has been such a damper that the scourge has brought in the “bitterness” factor to the forefront of their lives. Bitterness is defined in the dictionaries as: anger and disappointment at being unfairly treated. See how well this falls in with the current situation? Close on its’ heels follow “Resentment”, which is a product of “bitterness”. These two factors are amply seen in recent demonstrations, challenges and acts of defiance perpetrated by some sectors of the human race. The recent example is that of over 60,000 loud, vociferous and enthusiastic fans; gathering at an International sporting event, paying scant attention to social distancing and the wearing of protective apparel. Only time will show the final effects/results of the Virus. Hopefully it will be a beneficial outcome and not end in a disastrous one. Meanwhile the whole World is watching for results, with great anticipation. But folks must remember that the restrictions imposed on us by the governance is for our own benefit; and any undue demonstrations against the authority would only be construed as a “self-inflicted” injury. For the Pandemic has no respect for ones’ protests demonstrations or remonstrations; it just keeps galloping away much to the detriment of our current/restrictive life-style. What we have to do is to unite and cooperate with each in overcoming the “virus” for our better tomorrow. For we must keep in mind that old adage of “Prevention is better than cure”. So, let us not leave any stones unturned in our quest for ridding Earth of this vicious “virus”.

Of course the restrictions imposed by the authorities have led to “frustration” among individuals and more so the business fraternity; but these impositions are based on Medical and Scientific Research and Development studies, to which we are not privy, and are publicized with relevancy to the general public. Unfortunately, confusion creeps in; when certain quarters, be it in Governance or Medical Sectors or “Armchair Critics” give their own versions to that which has been set in place, in good faith.

Undoubtedly, most folks have lost or have partially lost their source of income. Times are hard indeed; as the dreaded Pandemic has driven us to frugal living and living on our pennies. The whole World is faced with a financial recession and we can only live on hope – not that it is necessarily a means to an end or gives us the solution to ease our belt-tightening experience that confronts us; but it surely teaches us to live within our means, and greater still, to save for a rainy day. Of course these stringent measures do crimp our life style of extravagance; merry-making; and fraternizing with family and friends. Impediment of our life style and foreboding is what it is.

The resilience of the human race is being tested to its’ limits; and we as humans will have to summon our strength, courage and tenacity to rid of this dastardly “Pandemic” to ensure our safety, health and future. Protests, demonstrations or remonstrations is not a remedy; though it may jolt the Authorities to take heed and expedite the required actions or to strengthen what’s in place for the better. But dear Readers you are part and parcel of the remedial action and this should not be forgotten.

Yet, some folks believe in the concept of “Born free; live free”. That’s true at the time of birth; but in later life the concept of “live free” will have so many “imposed/legislated” financial burdens, thus making the saying just a passing fancy that the populace construes as having the right to do whatever they wished for or want to do. It is this factor that appears to cause the citizens to “Protests and demonstrate” in exercising their rights. Right or wrong we have to allow our elected representatives to do their jobs for which they were democratically elected.

In closing, one should be reminded of a quote by a renowned Greek Tragedian\* of Classical Athens (\*A writer of Tragedies), **Euripedes** (480 BC) who included the following line in one of his plays: “Whom the Gods would destroy they first make mad” which is sometime explained in Latin as “Quos deus vult perdere, dementat prius” which literally translates into – “Those whom God wishes to destroy, he first deprives of reason”. This quote has been used in English Literature since at least the 17<sup>th</sup> century. (Extracted from Wikipedia). Hopefully we do not come to this stage and folks will give some thought in not making this concept a reality. With that thought I leave this all important question in the hands of the far thinking readers

Noor Rahim-Canada

# How COVID-19 has changed the face of the natural world



In this Special Feature, we outline the ways in which the COVID-19 pandemic and ensuing restrictions have influenced natural environments around the world.

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## 'Good' cholesterol may help combat inflammation in cardiovascular health

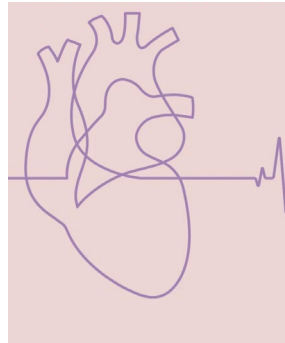


Testing how well high-density lipoprotein, or “good,” cholesterol reduces inflammation may help predict cardiovascular disease in some individuals.

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### HEART DISEASE

#### These Are the High Blood Pressure Symptoms You Should Know About



### FOOD

#### The Healthiest Tea You're Not Drinking (Yet!)



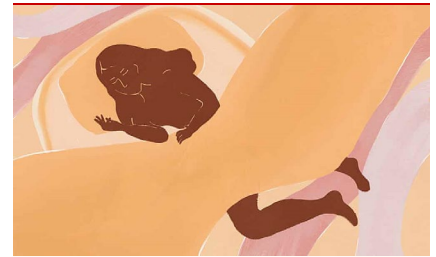
## These Foods Aren't as Healthy as You Think

Some foods we think of as super healthy aren't really that good for us after all. See what trendy products like kombucha, coconut oil, and plant-based burgers can do to your body.

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The pain that can't be seen



**///** Fibromyalgia flattens me. Here's what helps me cope with constant pain

**Nikki Marshall**

A flare-up starts with instant exhaustion and a brain fog so dense I might struggle to speak

## Early Signs of Diabetes Complications

Problems like nerve damage and skin infections can be easier to treat if you catch them early.

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## 7 Reasons You Might Need a Glucose Tolerance Test

If you check any of the boxes on this list, your doctor may want to check how well your body processes the sugar in food.

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## How Much Sleep Do You Really Need?

From birth to older age, sleep patterns change throughout your life. How do you know if you're getting enough?

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# From VACD Australia July Newsletter

## Bandarawela Hospital Upgrade Project - Update

We were delighted by the positive response we received from many of you to our appeal for support to upgrade the Bandarawela District Hospital to cope with COVID19 patients in the Uva Province. VACD received a total of AUD\$6,710 and Sri Lanka Rupees 41,500, plus a donation of 12 wheelchairs from Dr. Gopi Kitnasamy – Head of Rehabilitation Services at MJF Charitable Foundation: <https://www.mjffoundation.org/> towards this project. While we deeply appreciate donations in funds and kind, we wish to thank and acknowledge all of you who generated a lot of behind-the-scenes support for this cause, which is not reflected in the above numbers.

Prof. Nalaka Mendis– Emeritus Professor of Psychiatry, University of Colombo Sri Lanka ([nalakam@gmail.com](mailto:nalakam@gmail.com)) who is the project leader/chief liaison with the medical authorities at the Bandarawela Hospital is preparing a comprehensive report of how much funds and equipment was received and how they were deployed, which will be published soon.

## Our Collaborative Partner - Australia Sri Lanka Medical Aid Team (AuSLMAT)



**AUSLMAT**  
Australia Sri Lanka  
Medical Aid Team

We were delighted by the enormous contribution our collaborative partner, AuSLMAT, led by philanthropically-inclined Dr. Quintus De Zylva (Chairman AuSLMAT), Dr. Erosha Premaratne (President AuSLMAT) & Mr. Gordon Miles (Treasurer AuSLMAT) together with their colleagues made towards this project. AuSLMAT airfreighted critical medical equipment via diplomatic channels to the Bandarawela Hospital. More details on their activities can be found via the attached hyperlink:

<https://www.facebook.com/AuSLMAT.org/posts/4445158232214358/>

## Two Leaves Trust:

The leadership team at Two Leaves Trust played a major role by sourcing, purchasing, and delivering items required for the Bandarawela District Hospital upgrading project. Based in Haldumulla in the Uva province, the primary focus of the Two Leaves Trust has been home based care giving programs, a home for older people, a program to support and uplift people with disabilities and mental health issues, vocational training for youth, encouraging, promoting, and growing organic tea and vegetables, providing antenatal clinic assistance, facilitating a community library, encouraging animal husbandry, and introducing a program to uplift and guide the youth in the region.



**Above left:** Mr. Godwin Devendranath Mariano (Project Coordinator, Two Leaves Trust) receiving wheelchairs from Mr. Abeysinghe Bandara (Treasurer, VACD Sri Lanka).



**Above right:** Dr. Leelananda Gallage (DMO, District Hospital Bandarawela), Dr. Roshan Piyarathne (Physician, Divisional Hospital Bandarawela), Mr. Godwin Devendranath Mariano and Mr. Abeysinghe Bandara at the handing over of equipment by the Two Laves Trust to the Bandarawela Hospital.

One of the wheelchairs donated to the Two Leaves Trust was given to a Mr Jayakumar, a resident of the Bio Team Garden housing scheme who had retired prematurely from plantation work after having both his legs amputated. Mr. Jayakumar and his wife chose to care for their five grandchildren since both their daughters abandoned their families.



## Donations in US Dollars (tax deductible for USA Taxpayers)

### by cheque to:

The Treasurer,  
Volunteers to Assist Children with Disabilities Limited (USA) Inc.  
No: 629, Vermont Street,  
Westfield NJ 07090



## Our

## Collaborative Partner- MJF Charitable Foundation:

As indicated above, Dr Gopi Kitnasamy from the MJF Charitable foundation, our collaborative partner, arranged for the hospital upgrade project to receive 12 wheelchairs. 6 of these were donated to the District Hospital Bandarawela, 3 to the Base Hospital in Diyatalawa and 2 to the Two Leaves Trust. We retained 1 wheelchair for the use of our VACD children.



**Above left:** Col. Kumarasinghe (Secretary VACD Sri Lanka), Mr. Abeysinghe Bandara (Treasurer VACD Sri Lanka), duty nurse, Dr. Leelananda Gallage (DMO District Hospital Bandarawela), and Dr. Roshan Piyarathne (Physician, Divisional Hospital Bandarawela).

**Above right:** Roshan, duty nurse, Abeysinghe, and Leelananda.

Please continue to support our mission by donating via:



Donations in Australian Dollars (tax deductible for Australian taxpayers) can be made via:

The VACD webpage: (credit card, cheque, direct deposit)

<https://www.vacd.org.au/index.php/donations/cba-credit-cards>

The VACD Australia Bank account: (cash, cheque, or direct deposits)

Account Name: Volunteers to Assist Children with Disabilities Limited  
Bank: Commonwealth Bank of Australia  
Branch: Cnr of Liverpool & Castlereagh Streets, Sydney NSW 2000  
Account No: 1130 2156  
BSB: 062-016

SLIDESHOW

## Are You Eating These Foods Wrong?

Find out what you can do to get the most nutritional value out of what you put in your mouth. [Read more...](#)



SLIDESHOW

## Tips to Unzip Your Sex Life

Learn sex tips such as better communication, focusing on pleasurable sensations, and... [Read more...](#)

MEDHELP DISCUSSION

## Second Dose of Moderna Side Effects

I had the first dose and no side effects at all. I'm getting the second dose in two weeks and read that Moderna has more... [Read more...](#)

ANXIETY

## 7 Signs You're Having a Nervous Breakdown



## Here's the Truth About Your Digestive System

People used to think that spicy foods can give you an ulcer. And that smoking relieves heartburn. Here are the facts about those and other common myths.

[Go >](#)

FOOD

## 7 Health Benefits of Grapes



## What the Color of Your Pee Says About Your Health

The color and clarity of your urine can vary more than you might think. See what yours may be telling you.

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# COVID-19 vaccines: Live updates

Written by Tim Newman on July 09, 2021

This live article contains regularly updated information on the experimental vaccines being developed for COVID-19.

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# Herbal remedies for allergies, anxiety, migraine, and more

Written by Jennifer Huizen on July 09, 2021

Herbal remedies are a form of traditional medicine that use plants to treat illness. Here are examples of remedies for common conditions.

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## What to know about invasive cancer

Written by Jenna Fletcher on April 23, 2021

Invasive cancer is a term that describes a cancer that has grown beyond the original tissue or cells in which it developed, and spread to otherwise healthy surrounding tissue. Learn more.

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# Why starchy foods matter, and which ones to eat

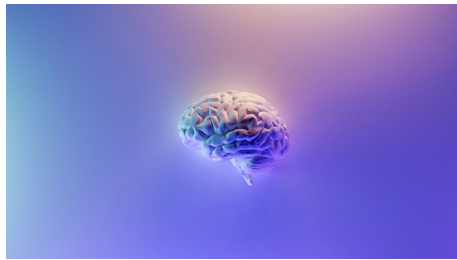
Written by Charlotte King on July 09, 2021

Starchy foods are an important source of energy, fiber, and nutrition. Learn more about nutritious starchy foods to include in a balanced diet.

[READ ON →](#)

## Lithium has a remarkable effect on our moods — but we still don't know how

It's the lightest metal on the periodic table and its origins lie in the very beginnings of our universe. And it's taken, in the form of a pill, by thousands of Australians every day.



## Surprising Reasons You're So Gassy

Most people pass gas five to 15 times a day. But if you feel like you've got more gas than other people or more than usual, one of these things may be to blame.

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## How to Get Rid of Age Spots

These small, dark areas on your skin won't hurt you. But if you don't like how they look, there are things you can do to make them less noticeable or even make them disappear.

[Go >](#)



## THE MINDFUL EATING HACK THAT HELPED ME STOP OBSESSING ABOUT FOOD



## Foods That May Prevent Dementia

This diet includes 10 brain-healthy food groups -- and one of them is wine. See what else may be good for your mind.

[Go >](#)

# Dry cough and COVID-19: What to know

Written by Jennifer Huizen on April 23, 2021

A dry cough is a common and early symptom of COVID-19, especially in adults. A person should seek medical advice about testing and potential treatment.

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## Can breast oil make your breasts bigger?

Written by Zawn Villines on April 23, 2021

Breast oil is a product that some argue can improve the appearance or size of the breasts. However, there is no evidence that supports this.

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## WEIGHT LOSS

### If You Want to Lose Weight, Consider These Nutritionist-Approved Ingredients

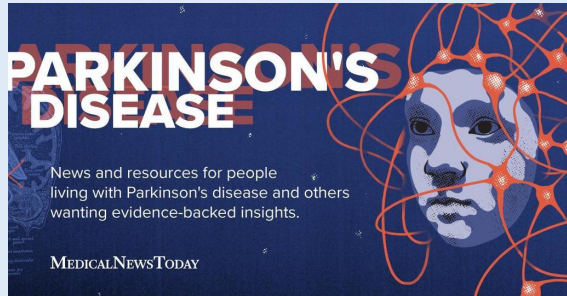


## Breast Cancer and Intimacy

While breast cancer might change your sex life, it doesn't have to end it completely.

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Australia can learn from a Belgian town where people with mental illness live with dignity in the community



## MNT's Sunday Supplement: New resources and experimental treatments for Parkinson's

April is Parkinson's Awareness Month, and we're playing our part by launching this [new collection of resources](#) for people living with the disease and others wanting evidence-based insights. About 6.1 million people worldwide are living with Parkinson's disease, but does it affect them all in the same way? Does a tremor always signify Parkinson's? How effective and long lasting are treatments for the disease? Is Parkinson's always fatal? These are some of the questions Senior News Editor [Tim Newman](#) tackles in the [latest installment](#) of our Medical Myths series.

We've updated our cornerstone articles on the [early signs and causes of Parkinson's](#) and the [early onset](#) form of the disease. There's also recent news on diagnosis and treatment, including a link with the [gut microbiome](#) and a possible therapeutic role for a [powerful antioxidant](#) extracted from sesame seeds.

Finally, we have a report on [personalized stem cell transplants](#) that have reversed Parkinson's symptoms in monkeys, offering fresh hope for millions of people living with the condition.

The response to our Sunday Supplement has been excellent; it's great to hear from so many of you each week. Please [let us know](#) what you think of today's edition and what you'd like to see here in the future.

We'll be back with our regular daily newsletter tomorrow.

**Robin Hough**  
Editor-in-Chief, *Medical News Today*

## Key pathway in Parkinson's may help treatments for cancer, diabetes



New insights into a biochemical pathway that drives Parkinson's may help scientists develop future treatments for type 2 diabetes and cancer.

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## How much fruit in the diet is too much?



This article looks at the benefits of eating fruit, the possible side effects of eating too much fruit, and the optimal amount of fruit to eat.

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