

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

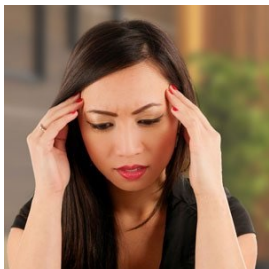
Once-a-week insulin treatment may be a novel way to treat diabetes

Written by Jennifer Huizen on April 25, 2021

Two phase 2 clinical trials assessed the safety and efficacy of a long-acting form of insulin, called insulin icodec, in people with type 2 diabetes.

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► [C-Reactive Protein \(CRP\) Test and Levels](#)



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Surprising Headache Triggers

What does a migraine headache feel like? Learn to spot headache symptoms early, see how to identify your triggers, and more.

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SLIDESHOW

Solutions for Joint Pain

Stay in motion. It's the golden rule of joint health: The more you move, the less stiffness you'll have. [Read more...](#)



[Essential Oils Just For You!](#)

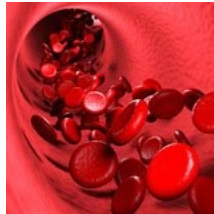
Medical myths: All about cancer

Written by Tim Newman on April 26, 2021

As part of National Cancer Research Month, this week's edition of Medical Myths will focus on some of the misunderstandings that surround cancer.

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The Best Fruits for Weight Loss, According to a Nutritionist



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What Hypertension Does to the Body

High blood pressure, or HBP, pushes too hard on your artery walls. This damages the... [Read more...](#)

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What Is Tinnitus?

A ringing, swishing, or other noise in the ears or head when no external sound is present is called tinnitus. [Read more...](#)

[Small Cell Lung Cancer Guidelines \(ESMO, 2021\)](#)

Is It OK to Drink When You're...?

You might know that more than a drink or two a day is bad for your health. But in some cases, any alcohol at all may... [Read more...](#)

What Causes Asthma Attacks?

Asthma attacks occur when a person is exposed to 'triggers,' or conditions that can set off an attack. [Read more...](#)



SLIDESHOW

What's the Buzz About Kombucha?

Fans say it boosts your gut health, delivers B vitamins, and helps treat what ails you. Are the claims true? [Read more...](#)

[New Blood Test Spots Range of Cancers](#)

[99% of New COVID Deaths Are Unvaccinated](#)

[Most Cases of Dementia in U.S. Seniors Go Undiagnosed: Study](#)

[Pfizer, Moderna Vaccines May Stand Guard Against COVID for Years](#)



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Can Asthma Damage Your Lungs?

Asthma inflames the inner lining of the respiratory tubes and tightens the smooth muscles surrounding the airways, and can cause irreversible damage to your lungs if the condition is not...

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Do You Live in One of America's Unhealthiest Cities for Polluted Air?

More than 40% of Americans live with unhealthy air, with people of color disproportionately affected, according to the American Lung Association's annual 'State of the Air'...

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Worst Foods for Your Heart

Over time, high amounts of salt, sugar, saturated fat, and refined carbs raise your risk for a heart attack or stroke. These are the worst offenders.

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Climate change / Australian government to appeal ruling that it must protect children from climate harm

14 Reasons to Have Sex

Regular sex can be good for your heart, reduce stress, and keep your brain sharp, among other benefits.

9 Ways Relaxation Benefits Your Body

See how chilling out can benefit your mental and physical health and discover the best ways to unwind.

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How to Prevent NSAID Side Effects

See how nonsteroidal anti-inflammatory drugs work and learn about alternatives if you can't tolerate them.

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Surprising Health Benefits of Petroleum Jelly

Petroleum jelly hit the market around 150 years ago. It's still a favorite of dermatologists. See 11 ways it can help you -- and what you should never use it for.

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Essential Items for Your Migraine Response Kit

Keep these items in an emergency kit in your bag or car, so you can take action at a moment's notice.

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SKINCARE

9 Dermatologists Reveal Their Best Skincare Tips



SLIDESHOW

11 Health Benefits of Eggs

One egg has 6 grams of protein, with all nine essential amino acids, the building blocks of protein. [Read more...](#)

SEXUAL HEALTH

Yes, There Are 11 Different Types of Orgasms. Here's How to Have Each

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Surprising Things That Can Damage Your Liver

Alcohol and acetaminophen are well-known liver dangers, but what else can be harmful? This slideshow shows some that may surprise you.

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Hemorrhoid Treatments

Many people are embarrassed about their hemorrhoid problems, which is why only few people see their doctor. [Read more...](#)

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- ▶ [The Younger You Develop Diabetes, The More Dementia Risk](#)
- ▶ [COVID Deaths Continue to Decline in U.S.](#)



Metformin for Prediabetes?

I have a family history of diabetes, and may have prediabetes. Based on recent blood work, my doctor has started me on... [Read more...](#)

As Long as there is Breath

It is indeed an old age saying – “As long as there is breath – life goes on”; and as time goes by we do go through various phases in our lives, some short lived and yet others long lived. However, how you manage the various phases of life is dependent on each individual and his/her will to live a healthy and safe life. Survival is what it is.

“Too much of anything is good for nothing” is the oft used adage that “pops-up” in my mind; and I am sure you would have seen such over indulgences – which in turn leads to various health issues and even financial debacles and its’ subsequent effects on humans, in your life time. Though Sir Isaac Newton’s theory on the “Laws of Motion” is for the study of Physics; see how well it fits into a person’s life; in his 3rd Law of motion which states “For every action, there is an equal & opposite reaction”. So do take heed of another old saying “Cut your coat according to the cloth”.

There are various stages that one is confronted in life and which are inevitable – a life of fantasies; a life of seeking self-sufficiency; and a life of dependability. They could be grouped under the phases of:

1. Childhood to Adulthood
2. Youth to Middle-Age
3. Middle-Age to Old-Age
4. Old-Age to Childhood

It is in the “Childhood to Adulthood” phase that children devolve in fantasies – ever dreaming of what they wish to be when they grow up. Most of them fade away as time goes by and one matures to understand reality. In reaching adulthood they soon realise their fantasies or goals are very dependent on their aptitude, education and professional qualifications. Thus for some the “fantasy bubbles” just burst and disappear as reality takes hold of their ambitious ventures. To bear fruition to one’s dreams there is the prime requirement of “selection and maintenance of the aim”. Else one will just be floundering around in the high seas; rudderless and with their “Utopia” just evaporating into thin air.

As they become saner and wise and become eligible to follow that one ambition or goal in life; they do have to acquire the necessary education to fulfil that ambition. On accomplishment of their perquisites, suitable appointments do they find, to meet their ambitious goal. Keeping in mind that “Nothing ventured; is nothing won”. They now enter the phase of “Youth to Middle age (Maturity)”. But the pursuit of that goal is an arduous one indeed requiring tenacity and dedication to achieve the “plums” that one seeks in life.

In this phase no doubt they will garner much maturity and experience that no money will buy – it is through sheer honesty, sweat & tears that will gain the respect, admiration and cynosure of others around you; that will be greatest self-satisfaction and reward.

As this period ebbs; you will find the next wave rolling in bringing you into the phase of “Middle-Age to that of Old-Age”. Life begins to slow down somewhat and the thought of retirement comes to the fore. Some may seek it earlier and yet others would wish to continue with their passion. I believe they call them “Workaholics” which I believe is a mite unfair; as some do through necessity and some through the concept of “mind over matter” or perhaps even “a healthy mind makes a healthy body”. The choice is to surmise is that of the very learned readers of course.

It is always during the last few years of this period that folks begin to think of “what do I do” when retirement age comes looming over you? The prudent will always think of the future and build a nest egg for themselves; whilst some have the habit of postponing or of putting it away for another day. But a few do indulge in what may call it – “Eat, drink and be merry; for tomorrow we die” or is it “Eat, drink and be merry for tomorrow is another day”. Yet others will depend on a Government Pension and/or Place of Employment Pension scheme. Whichever way it is, one has to remember that these pensions do not come anyway close to the current wages you make; and added is the effect of inflation to your well-earned and deserving retirement stipends.

So then you have now reached the stage of “Old-age to Childhood”. You now miss your co-workers and other personnel in your workplace. Soon to find that most of them are the “Hi & Bye” types. Sad, but it is the truth and the reality; for it is said “Out of sight; out of mind”. Very soon you search for your long lost friends – from the old school and social/sports clubs; with only your close family around you. Thanks to the modern day Electronic Media you are now able to be in contact with all the long lost friends & relatives on the “Internet” and made a relatively substantive shrinking of the World. With age comes the aches and pains and loss of mobility and other faculties. They say that “Age is just a number; and a person is as old as he feels”; perhaps they never heard of the saying – “The spirit is willing; but the flesh isn’t”. Sadly enough; it is just a fact of life that dependability creeps into the phase of “Old-age to Childhood”. You now have to learn about your food intake; you need to take your medicines at the proper times; your eyesight begins to blur; and you have to learn to walk with a cane or with the assistance of an aide. Of course your memory lags or slows down and you find it hard to remember what happened a few hours ago, let alone a few years ago. These are the facts of life that are inevitable – at least to my way of thinking. But what will happen will happen; as so delightfully sung by the Late Great Singer Doris Day – “Que sera, Sera”.

I do hope you like the narration as I have written what I think it is of life. So make good use of it; and remember that a river always flows down and never flows back. In life too we should not be in a position to look back and regret or repent; for we can never go back to amend; but going with the flow (of the water) we can always venture in safety with good foresight into the future, learning from our past mistakes. But a word of caution to be heeded is “Man proposes and God disposes” which should always be thought of in all your deeds and walk of life.

Stay well and keep safe Dear Readers.

Noor R. Rahim

October 08 2020.

[The 4 Stages of Rheumatoid Arthritis Progression](#)

[Controversial Alzheimer's Drug Gets New Rules](#)

[Will We Need a COVID Booster Shot?](#)

[U.S. Deaths From Cancer Continue to Decline](#)

SLEEP

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



HOW TO TAKE THE PERFECT NAP

TEDEd



How long should your naps be?

By Sara C. Mednick, directed by Qian Shi

Your eyes get heavy and gradually close... But wait! It's only lunch time and you still have so much to do. Would taking a nap help? Or would it derail your day? Well, that depends on a few things—especially what stages of sleep the nap includes. Sara C. Mednick details the cognitive benefits of napping, and explores the optimal length and time of day for a quick snooze.

[View the animation »](#)

12 Tips for Managing Fibromyalgia Symptoms

WEIGHT LOSS

16 Reasons You're Feeling Bloated—and How to Feel Better



BACK PAIN

This Woman's Doctor Said Vaping May Have Caused Her Lower Back Pain



NUTRITION

Drinking This Amount Each Day Can Actually Lower Your Immunity



Surprising Uses for Hydrogen Peroxide

This household staple is NOT ideal for cleaning cuts or whitening teeth. But it may help with earwax and these other problems.

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Meet the woman fighting the message that COVID vaccines will make African-Australians sterile

After decades spent fighting the HIV-AIDS epidemic, Dr Barbara Nattabi is using her skills to combat COVID-19 misinformation in multicultural communities on the other side of the world.



The Truth About CBD Oil's Health Benefits

This nonintoxicating marijuana extract is credited with helping a host of medical problems, including inflammation. But what can it really do?

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How Long Does Sex Last for Most Couples?

Natural Ways to Boost Testosterone

It's normal for testosterone levels to decline as men age, but there are things you can do to raise your levels naturally, including changes to your diet and lifestyle.

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15 Cancer Signs in Women

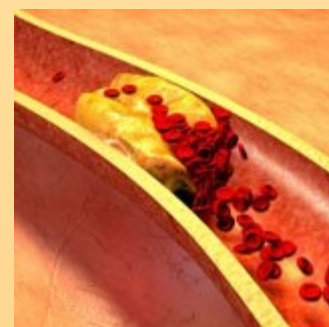
Cancer symptoms can surprise women if they don't know what to watch out for. Watch for these clues... [Read more...](#)

QUIZ

Do You Know the Signs of Deep Vein Thrombosis?

Answer questions, get quick facts, and learn the causes and treatments for this potentially life-threatening condition. [Read more...](#)

[Vertigo: A Common Symptom With Many Different Causes](#)



SLIDESHOW

Cholesterol Drugs

Cholesterol levels can be lowered with regular exercise and a healthy diet, but in some cases, that's... [Read more...](#)



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15 Worst Things You Can Put on Your Face

People put lots of unusual stuff on their faces in pursuit of beautiful skin. Here are some popular items that simply don't work or may even do harm.

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Different treatments for Crohn's disease

Written by Zawn Villines on April 26, 2021

There are many different treatment options available to help ease symptoms of Crohn's disease, including medication, surgery, and natural remedies.

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Coffee grounds: Skin scrubs, dyes, cleaners, and more

Written by Lois Zoppi on April 26, 2021

Coffee grounds have many uses, including skin scrubs, natural dyes, and garden fertilizers. A person should not eat coffee grounds. Learn more here.

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Erectile Dysfunction Causes

Erectile dysfunction can first emerge in a man as early as 40. Can low T cause erectile dysfunction? [Read more...](#)

Postural tachycardia syndrome (POTS)

For patients with postural tachycardia syndrome (POTS), dietary sodium intake can be increased more confidently, suggests the first study to yield solid evidence to support this treatment strategy. The results showed that high dietary sodium intake can lower plasma [norepinephrine](#) levels and ameliorate standing and orthostatic tachycardia for patients with POTS.



Dr Satish Raj

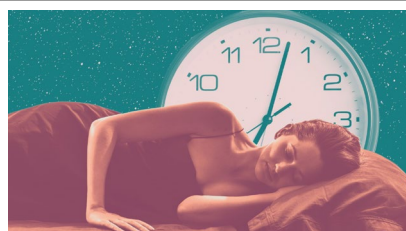
"These results suggest that increasing dietary salt is a good rationale for treatment of this condition, and this study gives reassurance we are doing the right thing for POTS patients by increasing their sodium intake," senior author Satish R. Raj, MD, told *Medscape Medical News*.

Foods and meal plans for iron deficiency

Written by Bethany Cadman on July 08, 2021

Anemia occurs when the body lacks red blood cells. Adding iron-rich foods to the diet can help. Learn about iron-rich foods, foods to avoid, and meal plan ideas.

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How Much Sleep You Need, According to Experts



An ancient coronavirus swept across East Asia 25,000 years ago

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Highly effective malaria vaccine could be a game-changer, early trial suggests

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Pregnancy diet & nutrition: What to eat, what not to eat

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What are the physical symptoms of anxiety?

Written by Zia Sherrell on April 29, 2021

Anxiety may cause a person to have physical symptoms. This article examines how anxiety affects the body and looks at potential coping mechanisms.

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ADHD and the eyes: What is the link?

Written by Zawn Villines on July 08, 2021

Certain visual conditions are more common in people with attention deficit hyperactivity disorder (ADHD). Learn about ADHD and the eyes here.

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'The happiest song on earth' / 20 tracks to cure a bad mood

Eat Your Way to 100

Living a long, healthy life is at the top of most people's wish list. But just how do you get there? Start by eating the way they do in long-lived areas of the world.

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What to know about asthma attacks

Written by Zawn Villines on April 29, 2021

During an asthma attack, bronchial tubes tighten, making it very difficult to breathe. Asthma attacks can be life-threatening. Learn more.

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What are the stages of multiple myeloma?

Written by MaryAnn De Pietro, CRT on April 29, 2021

Multiple myeloma is a type of blood cancer that affects plasma cells. Doctors use a three-step staging system to classify the severity of multiple myeloma and whether it has spread. Learn more.

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EYE HEALTH

7 Reasons Your Eyelid Is Drooping

What to know about coronary angiography

Written by Anna Smith on April 29, 2021

A coronary angiography is a test that doctors use to look at the coronary arteries and diagnose heart conditions. Learn more

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How does GOLD define the stages of COPD?

Written by Jenna Fletcher on April 29, 2021

The Global Initiative for Chronic Obstructive Lung Disease (GOLD) classifies the stages of chronic obstructive pulmonary disease (COPD). Learn about the GOLD stages here.

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What to know about COVID-19 and stroke

Written by Joanne Lewsley on April 29, 2021

Research suggests an association between COVID-19 infection and stroke. Learn more here.

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CANCER

Women of Color Die of Cancer at Higher Rates Than White Women—Here's What Experts Say We Should Do About It

What happens if a doctor removes a colon polyp and it contains cancer?

Written by Adam Rowden on April 29, 2021

Learn about the main types of polyps that can develop and the potential for each type to cause cancer, including treatment options.

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Can stem cell therapy treat COPD?

Written by Jenna Fletcher on April 29, 2021

The FDA has not approved the use of stem cell therapy for the treatment of lung conditions such as COPD, but clinical trials are investigating this treatment.

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LDL cholesterol: Causes, risk factors, and treatment

Written by Lauren Martin on April 29, 2021

LDL cholesterol is low-density lipoprotein, and if levels are too high, a person could be at risk of cardiovascular disease. Learn more about LDL cholesterol and how to reduce it.

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What to know about congestive heart failure and COPD

Written by Jenna Fletcher on April 29, 2021

Congestive heart failure and COPD are separate conditions, but COPD may increase the risk of congestive heart failure. Learn more about the link between these conditions.

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Can vitamin D treat acne?

Written by Zawn Villines on April 29, 2021

Vitamin D is an essential vitamin. Read on to find out if a deficiency of this vitamin can cause or treat acne, the risks of a deficiency, and how to replenish it.

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Turmeric for acid reflux: What to know

Written by Lauren Martin on April 29, 2021

Turmeric may help alleviate some symptoms of acid reflux, although more studies are necessary to confirm its effectiveness. Learn more about the benefits and risks here.

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COVID-19 live updates: Total number of cases passes 149 million

Written by Tim Newman on April 29, 2021

This live article covers developments regarding SARS-CoV-2 and COVID-19. We will update it regularly as the pandemic continues.

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What to know about essential oils for skin conditions

Written by Mathieu Rees on April 29, 2021

Researchers are investigating the use of essential oils for many conditions, including skin conditions. Learn more.

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What to know about diabetic dermopathy

Written by Jon Johnson on April 29, 2021

Diabetic dermopathy is a skin condition that commonly appears on the lower part of the legs in people with diabetes. Learn more here.

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What to know about gout in the knee

Written by Jennifer Huizen on April 29, 2021

Gout is a type of inflammatory arthritis that causes sudden, severe swelling and pain in a joint. Read on to learn more about how it affects the knee.

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