

# Health & Views

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

## Top Moves to Boost Your Booty

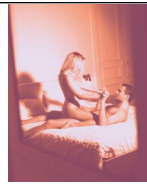
If you feel your "rear view" needs a makeover, the right fitness routine can help give you a lift. Try these moves to build your butt muscles, known as the glutes. [Read More](#)

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

Ozone layer / Saving ozone layer has given humans a chance in climate crisis – study

### SEX

## The 5 Best Sex Positions for Deep Penetration



### BODY ACHES

## What can cause tight and rigid muscles?

Written by Zawn Villines on July 29, 2021

Tight and rigid muscles can occur due to a variety of reasons. Learn more about the potential causes and their treatment options here.

[READ ON →](#)

### SLIDESHOW

## What's Causing My Mood Swings?

Bipolar disorder and mental illness are not the only causes of swings. Find out about common habits that can... [Read more..](#)

## The Latest on Breast Cancer

Breast cancer isn't what it was 20 years ago. For roughly 284,000 Americans who are diagnosed each year, there are plenty of reasons to be hopeful.

[Read More](#)

[The Key to Better Health With Diabetes](#)

[Will COVID Ever Be Eradicated?](#)

[Fatigue Before Treatment Starts Might Affect Cancer Survival](#)

## Best Foods as You Age

## The Facts on Omega-3 Fatty Acids

## Get Fit for Life

## 10 Foods for Healthy Hair

## Vitamin C and Your Skin

eLanka  
Sri Lankan Community in Australia  
eLanka.com.au  
News | Events | Photos | Business Directory | Videos  
Tel: +612 9360 5362 (Australia) Email: info@eLanka.com.au  
WhatsApp: +61 402 905 275 (Australia)

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

## Ventricular tachycardia explained

Written by Adam Rowden on July 29, 2021

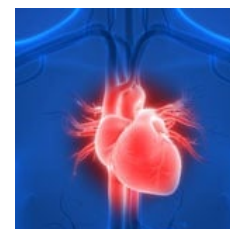
Ventricular tachycardia (VT) causes the heart to beat at a rate of over 100 beats per minute. VT causes include underlying heart disease. Learn more.

[READ ON →](#)

## Signs You May Have a Herniated Disk

You might notice a sharp pain that shoots from your rear end down the back of your leg. See other symptoms, and what you can do to keep your disks in good shape.

[Read More](#)



### SLIDESHOW

## Causes of a Heart Attack

Heart disease refers to conditions that involve the heart, its vessels, muscles... [Read more...](#)

## Can retinol help treat acne?

Written by Amanda Barrell on May 18, 2021

Is retinol good for treating acne? Read on to the learn about the potential benefits of using retinol for acne, its other uses, and its potential risks.

[READ ON →](#)



SLIDESHOW

### **Mistakes That Affect Cholesterol Levels**

High cholesterol can be trouble. Find out if you're doing things that can make it harder to keep your numbers in check.

[Read more...](#)



SLIDESHOW

### **Inflammatory Bowel Disease Signs**

IBD can include Crohn's disease and ulcerative colitis. Learn more about testing, treatments, and the home care needed...

[Read more...](#)



SLIDESHOW

### **Substance Abuse in Older Adults**

It's much more than a casual drink or a pain pill now and again. More older adults are abusing alcohol and drugs.

[Read more...](#)

## **What is the thymus gland?**

Written by Mary West on August 20, 2021

The thymus, an organ located in the chest, is an important part of the immune system. Learn more.

[READ ON →](#)

## **Multiple myeloma and hypercalcemia: What to know**

Written by Rachel Ann Tee-Melegrito on August 20, 2021

Hypercalcemia is a common complication of the blood cancer multiple myeloma. Learn more about the relationship between the two and the treatment options here.

[READ ON →](#)

## **COVID-19: Rare inflammatory syndrome in children examined in new study**

Written by Dr. Fazila Rajab on August 20, 2021

A study presents the first genome-wide study to investigate a rare but severe inflammatory syndrome in children following SARS-CoV-2 infection.

[READ ON →](#)

## **Can a cold compress help the eyes?**

Written by Joanne Lewsley on August 20, 2021

People can use a cold compress to treat dry, sore, or swollen eyes. Learn how to make one at home and the types of eye conditions it can help.

[READ ON →](#)

## **Leukemia in adults: Types and treatments**

Written by Zia Sherrell on August 20, 2021

The risk of developing leukemia increases with age, and certain types are more common in adults. Learn more about leukemia in adults.

[READ ON →](#)

[COMPLEMENTARY MEDICINE / ALTERNATIVE MEDICINE](#)

## **What to know about Devil's claw**

Written by Caitlin Geng on August 20, 2021

Devil's claw is an herb people have used in traditional medicines. It may have anti-inflammatory effects. Learn more.

[READ ON →](#)



## Who built the Egyptian pyramids?

[Read More](#)

## Why is the King James Bible so popular?

[Read More](#)



## What genes cause breast cancer?

Written by Lauren Martin on May 18, 2021

Having faults in certain genes can increase a person's risk of developing breast cancer. Learn more here.

[READ ON →](#)

**PhysiciansCommittee**  
for Responsible Medicine



## Vegan Diets Do Not Increase Risk for Hip Fractures With Calcium and Vitamin D Supplements

Vegan diets do not increase the risk for hip fractures when combined with calcium and vitamin D supplementation, according to a study published in the *American Journal of Clinical Nutrition*. Researchers compared different dietary patterns with hip fracture incidence rates in 34,542 participants from the Adventist Health Study 2. While women who followed vegan diets did have an increased risk for fractures, further analysis showed women on a vegan diet who took both calcium and vitamin D supplements did not have a greater risk of fractures when compared to nonvegetarian women. Results showed no increased risk for fractures among men on a vegan diet without supplementation. The authors call for further research into the impact of a vegan diet with calcium and vitamin D supplementation on fracture risk.



## Reference

Thorpe DL, Beeson WL, Knutsen R, Fraser GE, Knutsen SF. Dietary patterns and hip fracture in the Adventist Health Study 2: combined vitamin D and calcium supplementation mitigate increased hip fracture risk among vegans. *Am J Clin Nutr*. Published online May 8, 2021. doi: 10.1093/ajcn/nqab095

## What to know about resveratrol

Written by Lindsey Todd on July 29, 2021

Resveratrol is a plant compound with antioxidant-like properties. It comes from red grapes. Learn more.

[READ ON →](#)

**///** We don't come to Australia expecting to be on welfare, but it's hard for migrants without a lifeline

Shankar Kasynathan

## How does chemotherapy affect family members?

Written by Charlotte King on July 29, 2021

This article explores the potential health and safety risks of home chemotherapy for family members and explains what precautions to take.

[READ ON →](#)

## What to know about stem cell transplants for multiple myeloma

Written by Caitlin Geng on July 29, 2021

Stem cell transplants are one form of treatment for multiple myeloma. They may help this cancer go into remission but they are not a cure. Learn more.

[READ ON →](#)

## 7-day meal plan to help lower triglycerides

Written by Caitlin Geng on July 29, 2021

A diet that is low in saturated fat and sugar may help lower triglycerides. Here is an example of a 7-day meal plan to lower triglycerides.

[READ ON →](#)



FEATURED

### Health and Cleaning Uses of Common Household Items

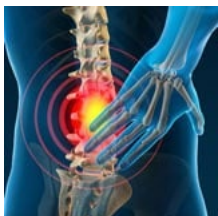
Ketchup isn't just for fries. It can clean silver, too. Learn how to get more bang for your buck out of these common household items.

[READ MORE](#)



### What Causes Seizures?

What is epilepsy? What are epilepsy medications? What causes it? What causes seizures? Learn about... [Read more...](#)



SLIDESHOW

### Is Your Back Pain Sciatica?

Sciatica may feel like a cramp in the leg, burning, tingling, 'pins-and-needles' or numbness. [Read more...](#)



SLIDESHOW

### Skin Care Products That May Not Work

We're all looking for products to help our skin. Here are some things you may want to stay away from. [Read more...](#)

### What to know about chia and flax seeds

Written by Charlotte King on July 29, 2021

Chia and flax seeds both contain fiber and a variety of nutrients, and have been linked to health benefits. Learn more.

[READ ON →](#)



### Colon Cancer: Risk Factors You Can Control

Colorectal cancer (colon cancer) is the cause of many cancer deaths. Colorectal cancer is highly curable when... [Read more...](#)



## Germany Sees Meat Production Drop As Demand For Plant-Based Alternatives Skyrockets

**Meat production** in Germany has declined, while demand for plant-based alternatives continues to soar. **According to reports**, the country's Federal Statistics Office said the total value of meat products in Germany was valued at \$46.8 billion last year. This is a four percent decrease from 2019 - **Read the full story!**

## What to know about COPD and allergies

Written by Jon Johnson on July 29, 2021

How do allergies and allergy medications affect people with COPD? Read on to learn more, including effects, advice, and when to seek help.

[READ ON](#) →

## Everything to know about end stage heart failure

Written by Jennifer Huizen on May 17, 2021

End stage heart failure happens when the body can no longer compensate for the reduced amount of blood the heart can pump. Learn more.

[READ ON](#) →

[Sleep Apnea Raises Odds for Severe COVID-19](#)

[Low- or High-Dose, Aspirin Brings Similar Protection to Heart](#)



SLIDESHOW

### Urinary Incontinence in Women

Urinary incontinence refers to a loss or leaking of urine due to faulty bladder... [Read more...](#)

### 14 Causes of Heart Palpitations

Many people are scared when they feel heart palpitations. Some causes are serious...

[VIEW](#)



FEATURED

### 15 Skin Problems That Happen as You Age

As you get older, your skin changes. Find out what to look for and how to treat the things that happen to your skin.

[READ MORE](#)

QUIZ

### Early Signs of Rheumatoid Arthritis

In early stages of rheumatoid arthritis, the inflammation in the joints can cause tenderness and pain. Other early signs... [Read more...](#)





**'No threshold for drinking' / Any amount of alcohol consumption harmful to the brain, study finds**

UK study of 25,000 people finds even moderate drinking is linked to lower grey matter density

**Full Story / Are microplastics bad for us?**



**|| A tragic death is a reminder that unnecessary tests have the potential to cause harm**

Ranjana Srivastava



## **What can cause dry skin around the eyes?**

Written by Amanda Barrell on July 29, 2021

Dry skin around the eyes can occur due to the weather, aging, or medical conditions. Learn more about the causes and their treatment options here.

[READ ON →](#)

## **What is a fat embolism?**

Written by Megan Soliman, MD on May 18, 2021

Fat embolisms can happen after a bone fracture. Particles of fat enter the bloodstream, which can cause the rare but serious fat embolism syndrome. Learn more.

[READ ON →](#)

## **Eating for Brain Power**

There's no magic bullet to boost IQ or make you smarter, but you can improve your chances of maintaining a healthy brain if you eat "smart" foods and drinks.

[Read More](#)

## **How to get pink lips naturally at home**

Written by Jayne Leonard on May 18, 2021

Some people may find they can make the lips temporarily more pink by using simple home remedies. Learn how to get pink lips naturally.

[READ ON →](#)

## **What to know about retinoids**

Written by Mary West on July 29, 2021

What are retinoids? Read on to learn more about this class of medication, including the different types, what they treat, and their benefits and risks.

[READ ON →](#)

## **What to know about diabetes in India**

Written by Lauren Martin on July 29, 2021

More than half of all people in India are at risk of developing diabetes at some point in their lifetime. Learn more about diabetes in India here.

[READ ON →](#)

# What to know about vitamin B17

Written by Caitlin Geng on July 29, 2021

What is vitamin B17 and is it an effective treatment for cancer? Read on to learn more about vitamin B17, such as its history, whether it treats cancer, and the dangers of using it.

[READ ON →](#)

## 14 Ways to Spice Up Your Sex Life

[For a deeper connection, more pleasure, or to try something new—follow these expert tips to spice up your sex life.](#)

[Read More](#)

# What to do after vomiting?

Written by Caitlin Geng on July 29, 2021

What steps should a person take after vomiting? Read on to learn about what to do, prevention, and possible causes of vomiting.

[READ ON →](#)

## Function and diagram of the transverse colon

Written by Zia Sherrell on July 29, 2021

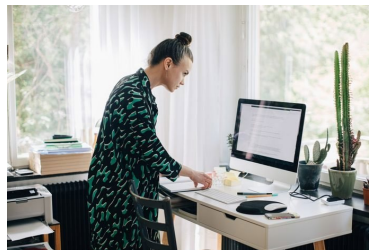
The transverse colon is the longest and most mobile section of the colon. Find out more about its function and conditions that affect it.

[READ ON →](#)

## 11 Signs You Might Be Headed for a Heart Attack

[Your anger level, sleep schedule, marital status, and even your neighborhood's air quality could be warning signs of a heart attack.](#)

[Read More](#)



## Visual signs of Crohn's disease

Written by Zawn Villines on May 20, 2021

Crohn's disease can produce a variety of visible symptoms on a person's skin, among other places. Learn more about visual symptoms of Crohn's disease here.

[READ ON →](#)

## 7 Signs You're Drinking Too Much Coffee

[The side effects of too much caffeine can be subtle. Here's how your coffee addiction may be hurting your health.](#)

[Read More](#)



## Alcoholism vs. Alcohol Abuse

Alcohol, especially when consumed in excess, can affect everyone quite differently.

[READ MORE](#)



FEATURED

## 14 Healthiest Sweet Snacks

Eating too much sugar from sweets can harm your heart and health. Click through these 14 ideas to satisfy cravings without risking your health.

[READ MORE](#)

## Cancer advances: Dr. William G. Nelson discusses genome sequencing and immunotherapy

Written by Tim Newman on May 20, 2021

Dr. William G. Nelson, director of the Johns Hopkins Kimmel Cancer Center, discusses genome sequencing, immunotherapy, and why to expect more cures for cancer.

[READ ON →](#)

## What are the benefits of shirataki noodles?

Written by Jon Johnson on May 20, 2021

Shirataki noodles consist of starch from the konjac plant. They are low calorie, low carbohydrate, and may have additional health benefits.

[READ ON →](#)

## All about cassava flour

Written by Adam Rowden on May 20, 2021

Cassava flour is made from a root vegetable called cassava. It can substitute for wheat flour in many recipes and has many potential health benefits.

[READ ON →](#)

## Gout: Combining 2 existing drugs doubles treatment

### success in new study

Written by Charlotte Hartley on May 20, 2021

New research finds that combining a medication that reduces uric acid levels with an immunosuppressant may double the success of treatment for severe gout.

[READ ON →](#)

## Sourdough bread: Benefits, recipes, and more

Written by Louisa Richards on May 20, 2021

Sourdough bread may be beneficial for people with digestive conditions and those who want to lose weight. Learn more here.

[READ ON →](#)

## What to know about cortisone shots

Written by Mathieu Rees on May 20, 2021

Cortisone shots can reduce inflammation and relieve other symptoms of many conditions. Learn about how doctors administer them and their risks and side effects.

[READ ON →](#)

[Vegetarian Diet Cuts Biomarkers, Fights Disease](#)

## Heating nerves with ultrasound reduces high blood pressure

Written by James Kingsland on May 20, 2021

New research finds that applying ultrasound to heat overactive renal nerves reduces blood pressure in patients with drug-resistant hypertension.

[READ ON →](#)

### **Compiled, edited & published by**

**Dr Harold Gunatillake**  
**To unsubscribe email:**  
**haroldgunatillake1@gmail.com**

Dr Harold Gunatillake, Health Editor, is a Member of the Academy of Medicine, Singapore. Member of the Australian Association of Cosmetic Surgery. Fellow of the Royal College of Surgeons (UK), Corresponding Fellow of the American Academy of Cosmetic Surgery. Member of the International Societies of Cosmetic Surgery, Fellow of the International College of Surgery (US). Australian diplomat for the International Society of Plastic, Aesthetic & Reconstructive Surgery. Board Member of the International Society of Aesthetic Surgery. Member of the American Academy of Aesthetic & Restorative Surgery. Life Member of the College of Surgeons, Sri Lanka. Bachelor of Medicine & Bachelor of Surgery (Cey). Government scholar for higher studies in the UK.

**Website:**  
[www.Doctorharold.com](http://www.Doctorharold.com)

[Alcohol Is No Friend to Social Distancing](#)