

Health & Views

OCTOBER
1st issue
2021

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

New Moderna Vaccine Data 'Support' Booster Shot After 8 Months

Pro-inflammatory Diet Tied to Increased Risk of Breast Cancer



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

What to know about caffeine and anxiety

Written by Karen Martin on September 15, 2021

Caffeine is a stimulant that can cause people to feel anxious. Learn more.

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Ovarian Cancer Warning Signs

Ovarian cancer is a malignancy of the ovaries. Know the risk factors, stages and types of ovarian... [Read more...](#)

Could zinc help control blood pressure?

Written by Robby Berman on June 13, 2021

While calcium and potassium are involved in the regulation of blood pressure, a new study suggests that zinc may have a part to play as well.

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How can eczema spread?

Written by Caitlin Geng on September 15, 2021

Eczema can spread for several reasons, including scratching, contact with irritants, or infection. Learn ways to prevent eczema from spreading here.

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Menopause and Perimenopause

Age is the most common factor that influences menopause and perimenopause. [Read more...](#)

ADHD and tiredness: What to know

Written by Zawn Villines on June 11, 2021

Attention deficit hyperactivity disorder (ADHD) may cause tiredness, drowsiness, and fatigue, according to anecdotal evidence. Learn more here.

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Immunotherapy for leukemia explained

Written by Zawn Villines on June 11, 2021

Immunotherapy can provide long-term protection for people with leukemia. People may receive it instead of or alongside chemotherapy. Learn more here.

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What to know about undifferentiated schizophrenia

Written by Jennifer Huizen on June 11, 2021

Undifferentiated schizophrenia is a subtype of schizophrenia that the current Diagnostic and Statistical Manual of Mental Disorders (DSM) no longer lists as a separate diagnosis. Learn more.

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Before You Try Fasting, Read This

Intermittent fasting diets, where you don't eat for specific blocks of time or even full days, are all the rage. But new research indicates they don't work any better than simple calorie cutting when it comes to losing weight.

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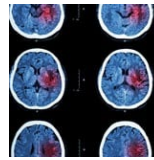
[AUTISM](#)

What are the signs of autism in babies?

Written by Anna Smith on June 22, 2021

A baby can begin to display signs of autism spectrum disorder (ASD) as early as 2 months old. Learn more about the signs of autism in babies here.

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SLIDESHOW

Stroke Symptoms, Recovery

Without treatment, blood-deprived brain cells quickly become damaged or die, resulting in brain injury, serious disability, or death. [Read more...](#)



SLIDESHOW

23 Constipation Myths and Facts

Constipation results in fewer bowel movements. Laxatives, home remedies, and diet changes may bring relief. [Read more...](#)

Mu, the new SARS-CoV-2 variant: What do we know so far?

Written by Lori Uildriks on September 15, 2021

Medical News Today rounds up the available evidence and expert insights on Mu, the new SARS-CoV-2 variant of interest.

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COVID-19 vaccines: Live updates

Written by Tim Newman on September 15, 2021

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

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[Good News, Bad News on Alzheimer's Vaccine](#)



Possible Causes of Leg Pain, Sudden Spider Veins?

Recently, my hands and feet have been red at times, and my left leg has been getting varicose veins. I vomited blood, went... [Read more...](#)



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Healthy Aging: What to Expect in Your 70s

Want to live your best life as you age? Here's what you need to know about your 70s.

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FEATURED NEWS

Healthy Living and Alzheimer's Risk

Is it possible to reduce the risks of developing Alzheimer's with healthy lifestyle changes?

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What Is Multiple Sclerosis?

Multiple sclerosis is an autoimmune condition. These conditions involve a...

[TAKE THE QUIZ](#)

Lessons Learned from the Dean of the Faculty of Agriculture.

It was in February 1968 that I had the privilege and pleasure of meeting with the Dean of the Faculty of Agriculture – University of Ceylon (Peradeniya Campus). He was a part of the Team that accompanied the Prime Minister of Ceylon, the Hon. Mr. Dudley Senanayake, at the inauguration of the “Green (agricultural) Revolution” that was being inaugurated in the Amparai District.

The Dean arrived early at the Airport at Amparai after the inauguration; and informed us that the Prime Minister was held up at a Political Rally; and would be arriving later on.

It was at this juncture that I thought of striking up a conversation with him. Thus I thought I should broach him on the subject of introducing mechanization in the field of paddy cultivation.

What he explained to me was a wonderful lesson that I shall never forget. He was the Dean of the Agricultural Faculty at Peradeniya - Professor Peter Seneviratne. The lesson remains vivid in my mind and I wish to pass it on; to the learned reader.

He first started off by indicating that we were from olden days well known for its Agriculture; and was known as “The Granary of the East”. The link between the Village and the surrounding fields was one of closeness/togetherness of the Community. Every able person in the Village participated in the agricultural process - be it plowing; sowing of seeds; transplanting; reaping and gathering the harvest; and threshing of the paddy. The plowing was carried out with the aid of the water buffalo. The whole process was done with great camaraderie; and so much so that if one did not turn up for work the others showed great concern.

Needless to say all participants in the venture were rewarded with a portion of the crop.

To mechanize the above processes we would require purchasing at least a Tractor. We do not manufacture such equipment in our country; and hence we would have to import this equipment. Furthermore the fuel and lubricants have to be imported from oil producing country; and spares and tires will have to be imported from the country/countries of manufacture too. All these have to be paid for in foreign exchange. The cost of such would really amount to a tidy sum of money.

Getting back to the old traditions we will now find that the tractor has taken over the task of the water buffalo. The water buffalo lived off the land – needing little or hardly any expense to maintain. The residents of the Village would lose their means of livelihood. The land owner would have to set aside part of the proceeds of his harvest, towards the maintenance of his tractor. So do you see any real benefits accrued by the purchase of the tractor?

It does not end there. There is the moral factor that kicks into this scenario. The unemployed will leave their villages to earn a living and end up in towns and cities for employment. (Presently, of course, job placements are readily available overseas.) With that comes the temptations for that flashy and money spending ways. Couple this with the lack of parental discipline and elderly guidance; and regrettably the sense of closeness/togetherness and the traditions/customs becomes a thing of the past – perhaps to be replaced by greed and adoption of Western and other alien Cultures.

Thus the lessons I learned from the Professor was very far reaching to me. We lost jobs to the outside world and we lost our very own rich culture, customs/traditions and morals to that of the alien ways of living. More so the unity among the simple, fun loving people living a life of simplicity seethed in traditions. I leave the learned readers to reach deep into their own intelligent way of assessing this lesson and forming their own opinion. I raise my hat to the Professor for his foresight into the future.

Noor Rahim

What to know about preseptal cellulitis

Written by Mercedes Thomas on September 15, 2021

Preseptal cellulitis is an infection of the eyelid and surrounding skin. Learn more about the symptoms, causes, and treatments here.

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Obesity and weight loss: Why overall calorie intake may not be so important

Written by Deep Shukla on September 15, 2021

New research suggests that consuming processed carbohydrates instead of overall calorie intake could be the primary cause of obesity.

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Alternative Treatments for AFib

Medication and surgery aren't the only things that can improve or prevent your AFib symptoms.

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Why does spaceflight impair the immune system?

Written by Jeanna D. Smiley on June 13, 2021

A recent study based on a simulation concludes that reduced gravity during spaceflight limits the immune system's ability to fight off pathogens.

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THYROID

19 Thyroid Disease Symptoms You Should Get Checked Out ASAP



MEDHELP DISCUSSION

22 Ways to Prevent Heart Attacks

The thought of having a heart attack can be scary, but there are so many easy things to do to help prevent having one. [Read more...](#)

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Get Healthy, Pain-Free Feet

Learn about common causes of foot pain such as bunions, corns, athlete's foot, plantar warts, and more. Get the latest information on treatments for foot pain.



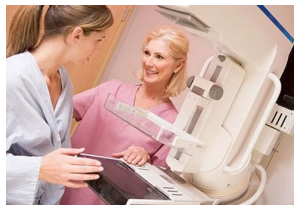
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SLIDESHOW

Bugs You Can Eat for Health

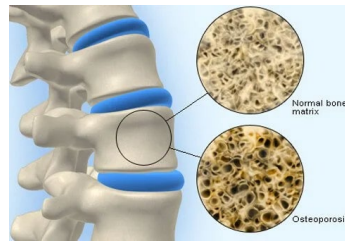
If you can get past your initial reaction to them, insects aren't only edible but also can be good for you. Learn about various... [Read more...](#)



SLIDESHOW

10 Things About Breast Cancer

Is breast cancer genetic? Should I get tested? Get the facts and learn what every young woman should know about breast cancer. [Read more...](#)



SLIDESHOW

Are Your Bones at Risk?

While the effects of osteoporosis are often seen in the elderly, the disorder usually starts progressing from middle age on. [Read more...](#)

[More Than a Snore? Recognize the Signs of Sleep Apnea](#)

COVID Pandemic vs. 1918 Flu Pandemic

As the highly contagious Delta variant has swept across the US, there's a tragic milestone.

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CBD: New Research Finds The Benefits Are Unclear

 An

oyster: they can hear the breaking waves

Helen Sullivan



FEATURED SLIDESHOW

Bad Habits for Your Back

Sitting too long stresses your back muscles, neck, and spine. Slouching makes it worse.

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[Does Food Affect Your Sleep?](#)

[Prediabetes: You Can Turn It Around](#)

[20 Food Poisoning Dangers](#)

[How to Start a Walking Program](#)

[How to Keep Your Diet in Check](#)

[Which Is a Heart Smart Supplement?](#)

[Setting Goals for Exercise](#)

[How to Manage Chronic Pain](#)

Memories of Yore.

There I was sitting comfortably in my recliner
With my eyelids almost drooping and ready to close
When I got jolted out of my reverie
By the daunting "tick-tock" of the clock that did stir

Watched the seconds turn to minutes
And the minutes no doubt turns to hours; and the hours to days
The years too just slides away as only you know how
You wonder how they all passed without in as much as an adieu

Leaving behind memories of the yester year; in its' journey
One can only re-live the past that went by, so quickly
Making one forlorn and submerged in past memories
With the deeds of yore, be it good or bad; and the aftermath worry

The good is always very easy to enjoy and savour
But the bad make some feel guilty of deeds of misdemeanours
Unfortunately one cannot go back in time to redeem & correct
And is unable to rectify the wrongs done and must repent

Let this be a lesson to all, on this important facet of life
That ones' deeds of the past would be difficult to atone; & is gone
In most instances we live to regret, in remembrance
So, do make an effort to seek just solutions before it is too late

In life it is always never too late for action
If you have the intentions that are pristine and human
Forgiveness and goodwill should be ones' prime concern
Dedication and sense of duty should allay fears that may surmount

Noor Rahim
September 15, 2021.

What do we know so far about Mu, the new SARS-CoV-2 variant?

Updated on September 16, 2021, at 8:00 a.m. PDT

- Preliminary data suggest that Mu (B.1.621), the new SARS-CoV-2 variant of interest, has genetic mutations that could make it more resistant to immunity from vaccines and previous infections. However, confirming this will require further studies. Read more about the Mu variant [here](#).
- Almost [9 in 10](#) people aged 16–24 in the United Kingdom likely have antibodies against SARS-CoV-2, the virus that causes COVID-19, according to the latest figures from the Office for National Statistics. The presence of antibodies suggests that people either had a past SARS-CoV-2 infection or were vaccinated. Read more about antibodies [here](#).

[READ THE FULL UPDATE](#)



Dr. Tiraj Mendis on a visit to our VACD Badulla in 2019 when he was Consultant Paediatrician at Provincial General Hospital Badulla conducting interviews and examining health records of our VACD children with their parents.



Taken in Bandarawela during our VACD tour of Sri Lanka in 2019: left to right: Yasmin, Felix, Dr. Chaminda Liyanage (Consultant Paediatrician Base Hospital Welimada), Mrs. Nuala Mendis, Dr. Tiraj Mendis (Consultant Paediatrician Welimada, Badulla and Diyatalawa), Col. Kumarasinghe - Secretary VACD Sri Lanka and Mrs. Hemali Kumarasinghe.

Arthritis: Are You at Risk?

Women are three times more likely to develop rheumatoid arthritis than men.

[VIEW SLIDESHOW](#)

Tiraj was a very close family friend who was an advocate and strong supporter of our mission. He was responsible for initiating visits to our VACD centres by government medical specialists so that this arrangement would eliminate many inconveniences and difficulties encountered by VACD parents when they had to take their children to hospital for clinical observations and medication

Who gets non-small cell lung cancer?

Written by Danielle Dresden on September 15, 2021

The likelihood of developing non-small cell lung cancer can depend on various factors, such as age, sex, and location. Learn more here.

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Why do we have eyebrows and eyelashes?

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[HEADACHE / MIGRAINE](#)

What can cause a headache, nausea, dizziness, fatigue, and stomach pain?

Written by Zawn Villines on June 21, 2021

Experiencing a headache, nausea, dizziness, fatigue, and stomach pain may mean a mild or more serious illness. Find out when to see a doctor here.

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Plant-Based Meat Brand Raises £11 Million Investment, Reports Record-Breaking Growth

THIS has secured one of the highest investments in the UK for a plant-based meat brand. And, it's come after the pioneer reports record-breaking growth since launching just two years ago - [Read the full story!](#)

Is there a difference between an ECG and an EKG?

Written by Anna Smith on June 21, 2021

ECG and EKG are abbreviations for the same diagnostic procedure. Learn more about the definition, procedure, and results here.

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Vegan Dad Wins 'Emotionally Draining' School Soya Milk Battle

10 kitchen gadgets you really don't need – from garlic presses to spiralizers



[What the Eyes Tell You: 15 Abnormalities of the Lens](#)

Speed up grants for global vaccination

International financial institutions say that vaccines are the highest-return investment on Earth — so [it is past time for them to pay up, argues development economist Justin Sandefur](#). The World Bank entered the pandemic with both the money and the mandate to quickly finance a global vaccination drive, yet it has dragged its feet. “The bank must soften the terms of its loans for health systems and unleash more of its \$12 billion pledge as grants for vaccine procurement,” writes Sandefur. “The longer it waits, the less good its money will do.”

[Nature | 5 min read](#)

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