

Health & Views

December 1st issue -
2021

[Could a Plant-Based Diet Help Ease Chronic Migraines?](#)

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

[As Many as 1.6 Million Americans Lost Sense of Smell Due to COVID](#)



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

Warning Signs of a Stroke

Every second counts when a stroke occurs. Know the symptoms and how to use the F.A.S.T. test -- plus what you can do to lower your chances of having one.



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Reasons Your Stomach Hurts

A bellyache can be a sign of many things -- some serious, some not. See which symptoms merit a call to your doctor.

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Meal Planning Tips for Better Blood Sugar

Knowing what, when, and how much to eat can make it easier to keep your levels in a healthy range.

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A Rare Cause of Hypoglycemia

An insulinoma, a rare tumor of the pancreas, makes insulin all the time, even when your blood sugar gets too low.

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Early Signs of Type 2 Diabetes

Because symptoms in the early stages are often mild, 1 out of 3 people with the disease don't know they have it. Here's what to watch for.

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When Blood Sugar Is Tough to Control

Sometimes your levels will be out of whack no matter how hard you're working to manage them. These things could be to blame.

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7. Statins Tied to Diabetes Progression



Phlegm in My Throat That Won't Go Away

Over the past two weeks, I could gradually feel phlegm getting stuck my throat. I'm constantly making myself... [Read more...](#)



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Early Signs of Lung Cancer

Lung cancer deaths account for a quarter of all American cancer deaths, killing more people every year than...

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SLIDESHOW

Morning Health Mistakes

That extra 15 minutes will help energize your day, right? Wrong. Find what other common morning health... [Read more...](#)



Omicron is the new COVID kid on the block: five steps to avoid, ten to take immediately

Shabir A. Madhi, University of the Witwatersrand

The world needs to learn to live with the virus. And governments must follow the science and don't distort it for political expediency.

The Conversation Newsletter

[Disease Prevention Specific for Men](#)

[Men's General Health and Wellness](#)

[How Do You Get Rid of a Migraine Fast?](#)

[How Can I Prevent Rheumatoid Arthritis From Getting Worse?](#)

[Early Signs of Parkinson's Disease](#)

The new COVID variant Omicron has arrived in Australia, with two returned travellers in Sydney testing positive to the strain.

There's still a lot that's unknown about Omicron. It has health authorities worried because of its large number of mutations. And it appears more likely to reinfect people than other strains.

But while countries including Australia were quick to ban travellers from nine southern African nations, Professor Anthony Zwi from UNSW [argues](#) this isn't the answer. It may slow the spread and buy limited time, but it's unlikely to stop Omicron.

Instead, he says, countries should focus on interventions that work, including physical distancing, well-fitted masks and good ventilation, as well as testing, contact tracing and isolating. And wealthy countries should support African nations that take prompt action against variants of concern, and help them boost low vaccination rates.



Fron Jackson-Webb

Deputy Editor/Senior Health + Medicine Editor

MAIN ARTICLES

5 Warning Signs of Prostate Cancer

Prostate cancer starts in the prostate gland and may spread to other organs.

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FEATURED SLIDESHOW

Treatment for Joint Stiffness and Pain

As we age, the cushion that protects within your joints thins, which can bring on arthritis.

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Type 1 diabetes: Study uncovers new avenue toward treatment

Scientists do not yet understand the mechanisms that produce type 1 diabetes. A new study provides fresh insight and a potential avenue to treatment.

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Palm oil fatty acids may help cancer spread, mouse study shows

Written by Anna Guildford on November 16, 2021

New research finds that fatty acids in palm oil promote tumor metastasis in mice.

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[CARDIOVASCULAR / CARDIOLOGY](#)

Exercising after a heart attack: What to know

Written by Helen Millar on November 16, 2021

Learn about the safety considerations of returning to exercise after experiencing a heart attack. We discuss the benefits, risks, and tips.

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Dexamethasone treatment for COVID-19: Benefits outweigh risks

Written by Mary McGorray, M.D. on November 16, 2021

People with severe COVID-19 are commonly treated with dexamethasone. Researchers studied whether these people experience severe complications from the side effects.

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Long COVID may affect response to and recovery from exercise in women

Written by Deep Shukla on November 16, 2021

New research explores how long COVID affects certain markers of response to and recovery from exercise in women.

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Benefits, how to, and risks of oil pulling with coconut oil

Written by Kat Gál on November 16, 2021

Oil pulling can reduce the number of harmful bacteria and promote oral health. It involves swishing oil around the mouth for up to 20 minutes. Learn more here.

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What conditions a dry eye specialist treats, and how to find one

Written by Karen Veazey on November 16, 2021

Learn about the causes and effects of dry eye, as well as what conditions dry eye specialists treat and what treatment methods are available, here.

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How to tell if you have a femoral hernia

Written by Jayne Leonard on November 16, 2021

A femoral hernia occurs when tissue pushes through the muscle wall of the groin or inner thigh. Learn when to see a doctor, what surgery entails, and more.

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Side Effects of Popular Painkillers

Before you reach for that bottle, know what you're taking -- and what side effects it might cause.

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[Trial Begins of Nasal Vaccine for Alzheimer's Disease](#)

Dry eyes and menopause: What to know

Written by Helen Millar on November 16, 2021

Learn more about the relationship between menopause and dry eye. Find out about symptoms, treatment options, and prevention tips.

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Common causes of waking up with a headache, and how to relieve it

Written by Sherry Christiansen on November 16, 2021

Waking up with a headache could be a sign of bruxism, sleep apnea, dehydration, or other health conditions. Learn more causes here.

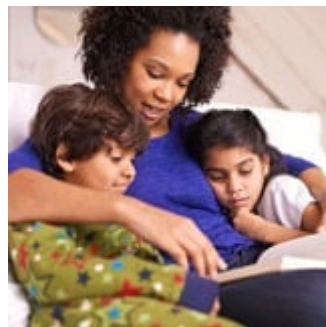
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Foods to Boost Immune Systems

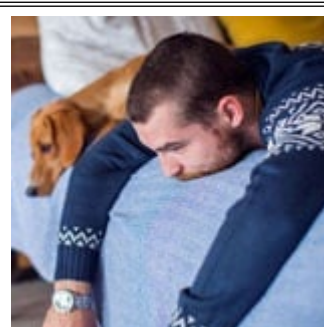
Help fight colds, flu, as well as viruses like coronavirus (COVID-19) with foods that boost and improve... [Read more...](#)



SLIDESHOW

How to Get Your Best Sleep Ever

Sleep. It seems like the easiest thing in the world. Until it's not. See tips on how to get your best sleep. [Read more...](#)



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Sneaky Depression Triggers

Feel like middle age is closing in on you? You're not alone. It peaks at around age 40 for... [Read more...](#)

[Warning Signs of Ulcerative Colitis](#)

[Who Is At Risk for Bladder Cancer?](#)

[Is ADHD Hereditary?](#)

[Surprising Causes of Lung Damage](#)

What is perianal Crohn's disease?

Written by Beth Sissons on November 19, 2021

Perianal Crohn's disease (PCD) is inflammation around the anus. PCD is fairly common in people with Crohn's disease. Learn more.

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How COVID has affected mental health

A sweeping study of 8 million calls to helplines in 19 countries and regions found that [call volumes jumped during the first wave of coronavirus infections](#). In France and Germany, suicide-related calls to helplines increased when lockdowns became more stringent, then decreased with the arrival of financial support from the government. "The increase in calls was mainly driven by additional people ringing because they wanted someone to talk to about this pandemic," says economist Marius Brühlhart. "There was no sign of an explosion in calls due to domestic violence or suicide."

[Nature | 4 min read](#)

Reference: [Nature paper](#)

God's Creation of the Marvellous Palm/Coconut Tree.

How blessed we were in the Tropical Lands; beyond our present domicile
To have experienced and enjoyed Nature's gift that we always took for granted
Along the coastal region did we see; and more so, along the sea shore
Wavering in the harshest wind with the rustling of the leaves; but never did it yield

Often did I listen to the rustling of the leaves in the gentle breeze
Only wary of the falling branches and nuts that were a hazard
Perhaps a reminder of the nuts that yields the water, kernel and oil for our cuisine
Not forgetting the intoxicating drink of Toddy and the Arrack brewed

In life we tend to take a lot of things for granted; don't we?
There's very much more that this marvelous tree doth yield for our good
It not only sustains life; it also provides heat, shelter and other myriad use
A tree that indeed has its' uses from the roots to the very top - in assisting mankind

The trunk of the tree is used for construction purpose
Be it supports for house, fencing or for small bridges across the ford
The leafs thatched would provide the roofing and sides of the house
The husk of the nut provides the coir for the rope that bind

So, Dear Reader please take a few moments and think of this wonderful tree
For Mother Nature has surely blessed these lands with a gift that one can afford
A tree that will endure the rigors of time, wear and tear
Cherish and nourish it with respect and let Nature's Gift be forever loved

Noor R. Rahim

Is ADHD overdiagnosed and overtreated?

Written by Zawn Villines on November 17, 2021

The potential overdiagnosis of ADHD remains controversial, and it is hard to measure. However, it is clear that ADHD is often untreated or incorrectly treated. Learn more.

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What to know about migraine prevention treatments

Written by Beth Sissons on November 17, 2021

This article looks at the types of migraine prophylaxis medications, alternative treatment options, and the outlook for migraine prevention.

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What are the signs of prostate infection (prostatitis)?

Written by Jayne Leonard on November 17, 2021

An infection in the prostate that results in inflammation is called bacterial prostatitis. Symptoms include pain in the lower abdomen and difficulty urinating. The infection may be short-term or chronic. Learn more here.

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NEUROLOGICAL DISORDERS

Your Coffee or Tea Could Be Associated With a Lower Risk of Dementia and Stroke, New Study Says

FEATURED NEWS

Lower Your Dementia and Stroke Risk By...

A few cups of your favorite brew each day may help keep stroke and dementia at bay.

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Early Warning Signs of Alzheimer's

Alzheimer's can be hard to spot. See some early symptoms and what to expect when your loved one has the disease.

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What causes finger joint pain, and how to remedy it

Written by Jamie Eske on November 19, 2021

Finger joint pain may affect a person's everyday activities. It can result from several different causes, including injury, arthritis, diabetes, or tendonitis.

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FEATURED QUIZ

Risk Factors for Ear Infection

Are middle ear infections caused by bacteria and viruses?

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Dexamethasone treatment for COVID-19: Benefits outweigh risks



People with severe COVID-19 are commonly treated with dexamethasone. Researchers studied whether these people experience severe complications from the side effects.

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Top Foods for Healthy Hair

Want better hair? Try changing up your diet. Good nutrition is the foundation for a healthy body... [Read more...](#)

Your Coffee or Tea Could Be Associated With a Lower Risk of Dementia and Stroke, New Study Says



[Study Compares Bypass, Stenting for Patients With Severe Heart Disease](#)

What Your Urine Says About Your Health

Changes in color and clarity -- and even its smell -- can tell you a lot about your overall health. Here's what you should know.



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What it feels like to have postnasal drip (mucus in the back of the nose and throat) and how to remedy it

Written by Zia Sherrell, MPH on November 19, 2021

Postnasal drip is extra mucus felt dripping down the back of the nose and throat. It may be caused by allergies, dry air, or an infection. Learn more.

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What is renal hypertension?

Written by Jenna Fletcher on November 19, 2021

Renovascular hypertension occurs due to a narrowing or blocking of the arteries that carry blood to the kidneys. Learn more.

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Causes, treatments, and more for pain behind the eye

Written by Danielle Dresden on November 19, 2021

Pain behind the eye can occur for many reasons, including migraine, eye strain, or glaucoma. Learn about the causes and treatments of pain behind the eye.

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Managing weight in diabetes: Which diets are most effective?

Written by Debbie Lambert on November 19, 2021

A review concludes that very low energy diets and meal replacement were the most effective ways to manage weight in people with type 2 diabetes.

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What is hyperthyroidism? Symptoms, treatments, causes, and more

Written by Jenna Fletcher on November 19, 2021

Hyperthyroidism is a medical condition due to high levels of thyroid hormone in the bloodstream. Learn about the causes, symptoms, and treatments here.

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These Are the High Blood Pressure Symptoms You Should Know About

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