

Circulates to over 40,000 ex-pat Sri Lankans worldwide

10 Signs Your Blood Sugar Is Out of Control

If you feel more thirsty or tired, or start noticing these other changes, check your levels as soon as possible.



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How to Choose a Home Blood Pressure Monitor

Checking your blood pressure often can give your doctor a better idea of your true numbers. Should you buy an arm or wrist monitor? Are phone apps accurate? Here's what to consider.



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13 Foods That Can Lower Blood Pressure

Drinking this mix of beetroot and apple juice may help your readings in just a few hours. And do you know which tree nuts have the strongest effect on your numbers?

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Get Moving to Lower Your Blood Pressure

Physical activity can be key to lowering your blood pressure and making hypertension meds more effective.

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Surprising Health Benefits of Petroleum Jelly

This oily moisturizer can help you in ways you may not know about, from preventing windburn to soothing hemorrhoids. But don't use it on your sunburn -- or during sex.



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

A Side Effect of Repeated Insulin Injections

In its early stages, lipohypertrophy might just look like thickened skin, but eventually, you could lose sensation in the affected area.

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Is Okra Good for Diabetes?

Okra is more than a regional delicacy. Several studies say that it can help lower blood sugar, which makes it another possible tool for those with diabetes.

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What Every Woman Should Know About Her Heart

Some heart conditions are more likely to happen in women, and symptoms can be different for the two genders. Here's what to watch for.

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The Best Heart-Healthy Foods

When it comes to your heart, your diet matters. Here are some foods that can help lower cholesterol, drop your blood pressure, and keep your heart ticking like it should.

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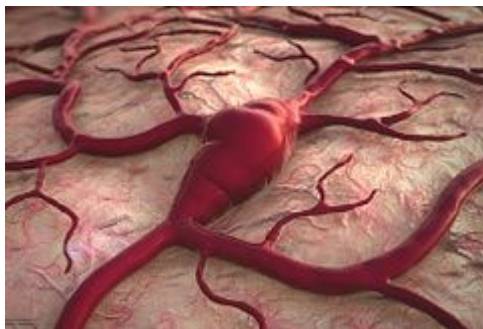
Prostate Cancer Warning Signs

It's the most common cancer in men after skin cancer. See the symptoms, plus what might put you at risk.

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What Women Need to Know About Strokes

Women are more likely to have a stroke than men. And the symptoms and risk factors can be very different.



[Watch Now](#)

Managing Side Effects of Early-Stage Breast Cancer Treatment

The physical and emotional effects of early-stage breast cancer treatment can be challenging. These tips and strategies can help ease these symptoms.

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French Fries Vs. Almonds Every Day for a Month: What Changes?

A new scientific study asked one group of participants to eat French fries every day for a month, while another group ate a daily serving of almonds with the same calories. The results may surprise you.



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Back Pain: When Should You See a Doctor?

Most back pain goes away by itself. Here's when it's time to call the doctor and what to expect from a virtual or in-person appointment.

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Natural Teeth Whiteners That Work

Some natural, at-home remedies are safe and can whiten your teeth. See what's worth a try and what you should avoid.

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Can Diabetes Cause Constipation or Diarrhea?

High blood sugar can damage nerves in your digestive system and cause stomach trouble. Diabetes medications, certain foods, and related illnesses may cause diarrhea, too.

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What Causes Ulcerative Colitis?

Experts aren't exactly sure, but they think these three things may trigger it.

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7 alternatives to a colonoscopy for colorectal cancer screening

Written by Jenna Fletcher on March 16, 2022

Colonoscopy is one way to screen for colorectal cancer. Other methods, including fecal tests, are also effective. Learn more.

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What is the link between Parkinson's disease and constipation?

Written by Adam Rowden on March 16, 2022

Constipation can be a symptom of Parkinson's disease or a result of the medication doctors use to treat the condition. Learn more.

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Why Do You Feel Dizzy When You Stand?

Blood naturally rushes to your legs when you stand up. This causes a sudden change in blood pressure, and you're more likely to be affected when you're older.

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Signs of a Hormone Imbalance

If you're feeling bloated, irritable, or just not your best, shifts in your hormones could be to blame.

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VACD Welimada Centre opening postponed

Due to ongoing challenges, the VACD Sri Lanka leadership team have decided to postpone the opening of our new VACD centre in Welimada sponsored by Teardrop Hotels (<https://www.teardrop-hotels.com/>) to mid-May 2022. We will keep you informed of the date when this centre is due commence its activities.

Nevertheless, meetings with parents, local community groups, medical and local government officials and finetuning all our programs for this centre will continue during the lead up to the opening of the centre.

The following photos show our local VACD team meeting parents from Welimada and Uva Paranagama at the Uva Paranagama AGA office auditorium:



VACD's Family Assistance Program (FAP)

The FAP initiative was introduced by us a few years ago to address financial stresses encountered by single parents (mostly mothers), to assist them to manage their household finances while caring for their disabled child. Given prevailing challenges faced by many low-income households we have received further requests for help and seek your generosity to help us extend this support program to more parents of VACD children. The monthly donation we seek from you is A\$ 25 or its equivalent. Please reach out to us on fstephen@bigpond.net.au should you be in a position to support this program. Thank you.

Please support our mission by donating via:



Donations in Australian Dollars (tax deductible for Australian taxpayers) can be made via: <https://www.vacd.org.au/donate/> by credit card, PayPal & direct deposits while cash, cheque or direct transfers can be made to:

The VACD Australia Bank account:

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

Branch No: 062-016

BIC/SWIFT Code: CTBAAU2S

A big "Thank You" to all of you...

Our journey is bound to belong and be challenging given the sheer number of children and families who need our love, support, compassion, and care. We look forwards to your continued generosity and active support for our undertaking and you being partners with us in this most fulfilling and noble journey that we traverse together.

Please visit us at: <https://www.vacd.org.au/> and reach out to us at: fstephen@bigpond.net.au should you decide to support our initiatives. Please also do share this newsletter with your family, friends, loved ones and colleagues so that together we can make a difference in the lives of children with disabilities, one by one!!!

Many thanks, best wishes, and warmest regards.... Felix

Felix Stephen

Chairman of the Board of Directors - VACD Ltd.

Sydney – Australia – <https://www.vacd.org.au/>

Member of the Advisory Board – VACD Sri Lanka

Member of the Advisory Board – Two leaves Foundation Sri Lanka

Senior Associate – Cognoscenti Group – Sydney – Australia-

<http://www.cognoscenti.global/>

Member of Investment Committee - Arrive Wealth Management - Brisbane – Australia – <https://www.arrivewealthmanagement.com.au/>

13 Worst Foods in Your Fridge

That moldy leftover chili may not be the only thing you should toss. Watch for secret agents that hide empty calories, trans fats, and loads of sugar.

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When Body Odor Is a Symptom

Some breath, sweat, and urine odors can signal changes in your body -- some harmless and some of them much more serious.

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Natural Ways to Calm Your Anxiety

What to know about stress-induced asthma

Written by Mary West on March 17, 2022

Stress is associated with the onset of asthma, as well as asthma flare-ups. With treatment, people can learn to control it.

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What to know about chemotherapy for lupus

Written by Zia Sherrell, MPH on March 17, 2022

Chemotherapy can help treat some immune conditions, such as lupus. Learn about how it may work, different types of chemotherapy, and potential side effects.

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How to manage morning stiffness with rheumatoid arthritis

Written by Kat Gál on March 17, 2022

A high percentage of people with rheumatoid arthritis (RA) experience stiff joints in the morning. People can relieve this morning stiffness by planning ahead and developing a morning routine to help deal with their symptoms. Learn about ways to manage and prevent morning stiffness here.

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Nordic diet may improve cholesterol, blood sugar, even without weight loss

Written by Annie Shahzaib on March 17, 2022

New research finds that the Nordic diet can improve several parameters of cardiometabolic health, even without weight loss.

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COVID-19: Brain areas linked to smell may shrink after infection in some

Written by Deep Shukla on March 17, 2022

In new research, people with mild to moderate SARS-CoV-2 infection have greater abnormalities in the brain regions relating to smell than those who did not have the virus.

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Why the AstraZeneca vaccine is linked with rare blood clots: New insights

Written by Anna Guildford on March 17, 2022

Scientists may have identified the mechanism that triggers rare blood clots in some people who have received the Oxford-AstraZeneca COVID-19 vaccine.

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What to know about juvenile osteoporosis

Written by Jenna Fletcher on March 17, 2022

Juvenile osteoporosis is a rare condition that affects children and adolescents. It can cause poor bone formation, excessive bone loss, or both. Learn more.

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Natural Ways to Lower Your Heart Disease Risk

You don't have to take medication to lower your chances of developing heart disease. See how diet, exercise, and other lifestyle changes can help.

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Reasons to Take a Nap

A short nap in the midafternoon may boost your memory, lift your mood, make you more alert, and ease stress, among other perks.

[Read More](#)

The Surprising Way You Can Trick Yourself into Falling Asleep

You'll be shocked at how easy it is to finally get a full night's sleep.

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What Your Heart Rate Reveals About You

Your heart rate is the number of times your heart beats in a minute. Everyone's is different, and it changes as you get older. Here's what you need to know about yours.

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[Saturated fat eaten in the short term might not threaten heart health](#)

Skin-Tightening Treatments in 2022 That Can Take Years Off Your Face

[Meet the technological advances that have made face lifts nearly obsolete.](#)

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6 Silent Signs You Might Have Osteoporosis

[Talk to your doctor if you suspect you have symptoms of this bone disease.](#)

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5 Reasons Turmeric Coffee Might Be Good for You—and How to Make It

[Turmeric, known as the golden spice, can enhance the flavor of your coffee, but can it help your health? Here are the potential benefits.](#)

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9 Reasons You Can't Think Straight

You might feel forgetful or find it hard to focus. Maybe you can't put your thoughts into words. Could one of these things be to blame?

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Warning Signs of Kidney Problems

When your kidneys don't work right, toxins can build up. Here's what that looks like.

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Signs Your Body Is Aging Too Fast

From dry skin and achy joints to trouble walking, sometimes our bodies age faster than they should. Here's how to tell what's normal, and what you can do to help slow the changes.

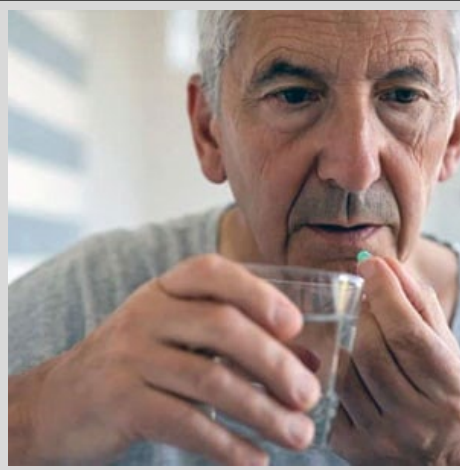
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Natural Tooth Whiteners That Work

Some natural, at-home remedies are safe and can whiten your teeth. See what your best bets are, and which ones you shouldn't bother with.

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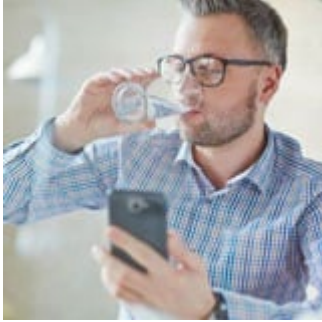


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Medications Seniors Should Use With Caution

Just as your health changes as you age, so do your reactions to certain medications. Find out what drugs to watch out for in your senior years.

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Type 2 Diabetes Warning Signs

Type 2 diabetes can affect all people, regardless of age. Early symptoms of type 2 diabetes may... [Read more...](#)



SLIDESHOW

Top 11 Cancer-Fighting Foods

Foods that fight cancer include phytochemicals, berries, turmeric, onions, and more. Learn how you can lower... [Read more...](#)



ARTICLE

Can Eating Eggs Make You Nauseous?

Why do eggs make you nauseous? Eggs are a rich source of nutrients, making them a popular meal choice... [Read more...](#)

Oral glucose tolerance tests (OGTT): What to know

Written by Suzy Davenport and Kristina Galea on March 09, 2022

Oral glucose tolerance tests screen for the amount of glucose in the blood and may indicate a person has diabetes. Learn more about what these tests are, how they work, and frequently asked questions here.

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Causes of bad breath in children

Written by Oladimeji Ewumi on March 09, 2022

Bad breath can develop in children for various reasons, such as poor oral hygiene or infection. Learn more about the causes, treatment, and prevention methods here.

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SLIDESHOW

Supplements for Joint Pain

Can supplements help relieve joint pain and swelling? Find out how certain compounds may aid your stiff, tender joints. [Read more...](#)

SLIDESHOW

Best and Worst Thai Dishes for Your Health

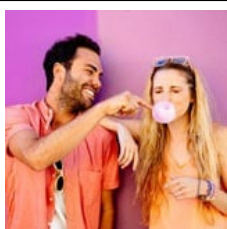
Thai cuisine is loaded with fresh veggies and spices. But some dishes are packed with calories and fat. Learn what foods... [Read more...](#)

Coughing up white mucus: When to contact a doctor

Written by Mary West on March 09, 2022

Coughing up white mucus may indicate a respiratory condition, such as an infection, asthma, or COPD. Learn more about these conditions.

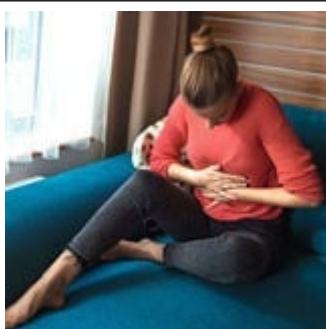
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How to Get Rid of Bad Breath

Do you know what causes bad breath (halitosis)? Find out how to get rid of it with information... [Read more...](#)



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Symptoms of Bladder Cancer

Bladder cancer occurs when cancerous cells, often from the lining of the bladder, begin to multiply. [Read more...](#)

WEEK IN REVIEW

&CH>CHA SI OL@=OM



Your brain is a three-pound supercomputer capable of almost unlimited power to learn, remember, and solve problems. Yet, like any other body part, it gradually slows with age. Over time, people may find it harder to perform certain thinking skills, especially the ability to concentrate and focus.

"This can make it challenging to retain essential medical information, manage personal finances, and remember detailed directions," says Joan Gillis, senior clinical team manager of Geriatric Psychiatry Inpatient Services at Harvard-affiliated McLean Hospital.

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SLIDESHOW

The Signs of Sleep Deprivation

If you haven't gotten enough rest the night before, the telltale sign could sit right on top of your nose. [Read more...](#)



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Exercises to Slow Diabetes Damage

If you have pain or nerve damage due to diabetes, there is evidence exercise may improve your condition.

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[What High Blood Pressure Can Do to Your Body](#)

[When Does a Balance Disorder Occur?](#)

[Leg Pain Due to Vascular Condition](#)

[Causes of Blood in My Stool](#)

Veggies That Are Healthy Sources of Carbs

If you're tired of old standbys like steamed greens, give these other nutritious and flavorful options a try.

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Low Blood Sugar and Anxiety

Feeling anxious isn't just in your head; your body feels it too, especially when your blood sugar levels drop too low.

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Do Your Feet Ever Feel Numb?

Uncomfortable tingling and burning sensations can be linked to high blood sugar, but some other problems can cause them, too.

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Is Quinoa Good for Diabetes?

This nutritional powerhouse is often substituted for rice or pasta, but it still has plenty of carbs. Here's what to consider when adding it to your diet.

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How to Sooth the Side Effects of Cancer Treatments

Cancer treatment isn't easy. Try these tips to help you make it through the tough times.

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Innovations in Chronic Migraine Treatment

While there still is no cure for chronic migraine, treatment has improved dramatically. In fact, there have been [more innovations in migraine treatment](#) in the past 2 years than the previous 30 years. Scientists recently discovered a specific chemical that is released when people have a migraine, and have developed medications that target that chemical. Another important innovation is neuromodulation devices, which you can use to ease a migraine or to prevent an attack. Read on for a [day in the life](#) of a woman with chronic migraine, [advice from experts](#) on how to thrive with chronic migraine, and more.

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SLEEP

Is It Dangerous to Take Melatonin Every Night?

HEART-HEALTH

US Task Force Shares New Low-Dose Aspirin Guidelines to Prevent Heart...

The Truth About Eggs and Cholesterol

They're a great and affordable source of protein, but they also contain cholesterol. See how much cholesterol is in one egg and how that compares with other foods.

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Watching Cholesterol When You're the Cook

Since high school, Marc Monroe has worked with his doctor to keep his cholesterol readings...

6 Ways to Save Money on Insulin

There are lots of ways you can get help to pay for your medicine. Start with this list of money-saving tips.

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12 Clues You Might Have Heart Disease

Diabetes can more than double your risk of heart disease or stroke. If you have any of these symptoms, make sure your doctor knows about them.

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Signs of High Ketones in Your Urine

Ketonuria happens when you have high levels of ketones in your urine. Here's what you need to know.

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9 Ways Alcohol Impacts Diabetes

Compiled, edited & published by
Dr Harold Gunatillake Compiled edited & published by
Dr Harold Gunatillake OAM
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.