

Health & Views

Health Newsletter for the Sri
Lankans globally

April 3rd
issue 2022

Lack of Sleep May Lead to Belly Fat

In a new study, people whose sleep was restricted had up to an 11% increase in visceral fat, which surrounds the organs deep inside the belly and is linked to several serious health conditions.



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Smart Gadgets and Appliances: Pros and Cons

High-tech devices -- from wearables that track your stress levels to a bathmat that can sense when a diabetes ulcer might be starting to form -- can improve your health and help your doctor catch problems early. But here's what you need to consider.



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The Truth About Gray Hair

Sooner or later, everyone's hair will start to go gray. But why does it happen to some people earlier than others? And what's the best way to care for it?



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Is Chocolate an Aphrodisiac?

Folklore from many cultures claimed that consuming chocolate instilled faith, health, strength, and sexual passion. See what it can really do.

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15 Early Signs of Cancer

In many cases, the problem, like bloating or a nagging cough, can be explained by less serious conditions. Learn how to tell when it's time to pay attention.

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Is It Aging or Alzheimer's?

We all forget things sometimes. You may notice this happening more as you get older. But when is it a sign of something more?

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Signs of Diabetic Macular Edema

Do You Know Your Target A1c?



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

1. Just One Extra Drink a Day May Change the Brain

4. Dietary Fiber Tied to Lower Dementia Risk

A New Reason to Enjoy Avocados

Researchers followed more than 110,000 men and women for decades and found that eating two servings of avocado a week may help prevent heart disease.

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Why You're Not Losing Weight

When you're eating carefully and exercising regularly, the weight should come off, right? Not if you're also doing any of these things.

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Type 2 Diabetes and Your Feet

Surprising Uses for Lavender

This purple flowering plant is actually a powerful healer. It may also help tame your tummy and even sharpen your memory.

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Best Pillows for Back Pain

The right pillows when you sit and sleep can give your back the support it needs and help you maintain proper

What to know about frontal lobe epilepsy

Written by Joanne Lewsley on April 05, 2022

Frontal lobe epilepsy is a common condition that causes seizures. Learn more.

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Warning Signs of Atrial Fibrillation

This form of irregular heartbeat raises your risk of stroke and heart failure. But for many people, AFib doesn't cause obvious symptoms.

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The Biggest Breakfast Mistakes You Can Make

For years, we've been told that breakfast is the most important meal of the day. But it can't give you the energy and brainpower you need if you're making these common mistakes.

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Are ear orgasms real, and how can people stimulate the ears?

Written by Carolyn Farnsworth on April 05, 2022

As the ear is an erogenous zone, some people may find that stimulating it helps them achieve an orgasm. Learn more about ear orgasms, including how to achieve them.

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Surprising Signs of Chronic Inflammation

Chronic inflammatory diseases cause your body to overreact and, in some cases, attack itself. That can result in symptoms you might not expect.

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Signs of Diabetes in Pregnancy

All pregnant women are screened for diabetes at around 24 weeks. But if certain symptoms appear, doctors might want to check even earlier.

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7 Causes of Brittle Diabetes

If you take insulin and have blood sugar that's very hard to control, these triggers could be to blame.

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How to Reverse Prediabetes

Prediabetes doesn't have to mean you will develop type 2 diabetes or heart disease. Take these steps to help turn it around.

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How to Replace Bad Carbs With Good Ones

Instead of skipping carbs altogether, make sure the ones you choose are a good source of fiber. They'll have less of an impact on your blood sugar.

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7 Ways to Boost Your Memory

Have trouble remembering names? Forget where you've placed things? These habits may help.

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Complications Caused by Brain Cancer

Be on the lookout for fatigue, headaches, seizures, and these other symptoms that can be complications of brain cancer.

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What Causes Testosterone Levels to Drop?

And how might low T affect you? Here's what you need to know about this hormonal change in your body, from symptoms to treatments.

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Signs You're Not Getting Enough Vitamin B

Don't get enough B12? You might feel tired, weak, or depressed. Missing B7? You could have skin rashes, hair loss, or heart problems. See what other B vitamins do for you and which foods have them.



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16 Celebrities Who Battled Pancreatic Cancer

This serious disease doesn't play favorites. Read about Alex Trebek, Ruth Bader Ginsburg, and other notables who've dealt with pancreatic cancer.



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These Exercises Make You Better at Sex

Did you know that kegels can help men prevent premature ejaculation? These other simple moves help boost blood flow, build endurance, and improve your overall sex life.



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Ways to Lower Your Breast Cancer Risk

Eat 5 cups of plant-based food per day, drink no more than one alcoholic beverage a day, and follow these other strategies to help reduce your odds.

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The Truth About High Cholesterol in Men

High cholesterol puts men at higher risk for heart attacks, strokes, and other health issues. See what makes you more likely to have it.

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What's So Bad About Processed Foods?

The phrase may not mean exactly what you think. Processing makes some foods better for you, but here's what you should watch out for.

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THE EXTRA MILE
BY
GAMINI GOONETILLEKE

REVIEW
'The Extra Mile' is the dramatic story of this eminent surgeon's experiences across 40 years venturing far beyond the call of duty to serve in theatres of war, confronting heavy odds to save lives. Gritty yet compelling, it is profoundly moving in the lengths he has gone to, in his dedication to serve humanity, driven by his abiding faith in God. 'The Extra Mile' is equally the story of the conflict that ripped this country apart for 30 years and the appalling misery it caused, seen first-hand through the eyes of a compassionate and caring Sri Lankan!

THE SUNDAY TIMES, SRI LANKA

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THIS BOOK IS AVAILABLE @

write to us at doctorgamini@gmail.com visit us on www.drgamini.org BOOK CAN BE DELIVERED BY COURIER AT A NOMINAL FEE.

Review of book

The Extra Mile is the dramatic story of this eminent surgeon's experiences across 40 years of venturing far beyond the call of duty to serve in theatres of war, confronting heavy odds to save lives. Gritty yet compelling, it is profoundly moving in the lengths he has gone to, in his dedication to serving humanity, driven by his abiding faith in God. The Extra Mile is equally the story of the conflict that ripped this country apart for 30 years, and the appalling misery it caused is seen firsthand through the eyes of a compassionate and caring Sri Lankan.

The book is now available at the outlets given below and also online. I have also included reviews and links to two speeches. Please share with your friends.

The book I authored, The EXTRA MILE: A surgeon's experiences, was launched on 7th April, 2022 at the Auditorium of The College of Surgeons of Sri Lanka. The book is now available at

.Sri Lanka Medical Association, No 6 Wijerama Mawatha, Colombo 7

1. Barefoot Book shop – Colombo 3
2. Vijitha Yapa Book shops – Thurstan Road / Flower Road / Nugegoda
3. No 22 Sulaiman Avenue, Colombo 5 – phone 0777 794 107
4. Online platforms – www.pererahusseini.com/ / <https://www.books.lk/product/the-extra-mile/>

Tune In to Your Body

[The Low Vitamin D Symptoms Everyone Should Know About](#)

[What Your Tongue Says About Your Health](#)

[This Is What Eating the *Right* Amount of Protein Every Day Actually Looks Like](#)

[Is Zinc Really That Good for You?](#)

[How Much Water Do You Actually Need to Drink Per Day?](#)

Symptoms of Age-Related Macular Degeneration

This eye disease is the leading cause of severe vision loss in people over age 60. Here are the signs to watch for.

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Strawberries, Spinach, Kale High on the 'Dirty Dozen' List



14 POSSIBLE REASONS YOUR TOOTH HURTS

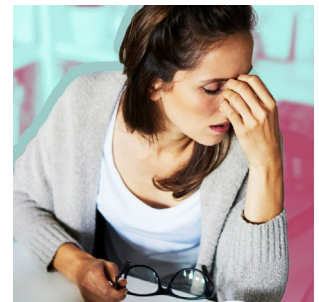
Health

Rising Blood Pressure Levels During Youth May Be Linked to Poor Brain Health Later in Life



verywell health

Is It Bad to Have 'Too Many' COVID Boosters? Here's What Experts Are Saying



9 SYMPTOMS THAT COULD BE CAUSED BY A SINUS INFECTION

Signs You Need More (or Less) Zinc

It's key to your immune system and your senses of smell and taste. See what happens if you don't get enough -- or if you get too much.



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7 WAYS TO GET RID OF DIARRHEA FAST



Surprising Signs Your Thyroid Is Acting Up

You may know the classic signs of trouble with your thyroid. But there are other, less obvious signs you need to know about.

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Is Incontinence Just a Fact of Aging?

Myths and rumors abound about urinary incontinence. What's true, what's false, and what can you do to help get the problem under control?

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Are These Foods Good for You or Not?

You've probably gotten mixed messages about many foods and beverages, including chocolate, coffee, and even your basic egg. Here's what the research says.

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Best Exercises for Arthritic Joints

Exercise can help improve pain, function, and sleep, plus it's a natural mood-booster. The key is to find moves you enjoy that won't strain your joints.

[Watch Video](#)

How Your Sex Drive Changes as You Age

Hormones, health issues, and everyday life can all affect our libido as we grow older. See what changes you can expect, and what you can do about them.

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You May Be Harming Your Liver: Here's How

Overdoing alcohol isn't the only way you can hurt this vital organ. You may be surprised by some of the things that can damage your liver.

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The 7 Products a Dermatologist Suggests to Get Rid of Razor Burn

Smooth and soothe delicate underarms with these gels, creams, and oils—recommended by a dermatologist, and loaded with natural ingredients.



Is It Bad to Drink Water That's Been Sitting Overnight—Or Longer?

We've all gulped down leftover water, often with the good intention not to waste it. Clinical professionals weigh in on whether there are concerns.

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13 Foods You Should Never Eat Past the Expiration Date

Think the sniff test can protect you from foodborne illness? Not when these items are involved.

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>

Increase your chances of maintaining a healthy brain by adding these "smart" foods and beverages to your diet.

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How to Get Fit When You're Overweight

Focusing on weight loss alone tends to cause an up-and-down weight cycle that can be dangerous. Even if you don't lose weight, exercise has important benefits. And if you also happen to lose some weight, great!

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4 Signs You Might Have a Blood Clot

An unexpected clot can lead to serious problems and even death. See what can raise your odds of getting one.

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Here's What to Do for Dry Skin

Many things can cause rough, tight, itchy skin. The most effective way to relieve it depends on what brought it on.

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12 Natural Allergy Remedies

Medication and injections aren't the only ways to find relief for your allergy symptoms. There's plenty you can do on your own.

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A Fruit With Blood Pressure Benefits

Watermelon is rich in citrulline, which may help move blood through your body and lower your blood pressure. See what else it can do for you.

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What is the timeline for alcohol withdrawal symptoms?

Written by Christine Richardson
on April 20, 2022

What is the timeline of alcohol withdrawal symptoms? Read on to learn more, such as possible symptoms and the timeline of when they are likely to occur.

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Foods That Soothe Anxiety

As much as you may want to, you can't make yourself feel better with a bowl of your favorite ice cream. But other foods may help boost your mood.

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What Are the Side Effects of Diabetes Drugs?

Low-Potassium Diet: What to Know

What Is This Thing Called Life?

You watch the seconds turn into minutes
You see minutes turn into hours
The hours into days and the days into years
But did you ever pause to give vent to your fears?

As time goes on, so do your years
As time passes so do your experiences
So, do we learn from our happiness and sadness?
Expectations have always influenced our lives

In happiness and sadness
There are always questions that needs answers
In life it is a cycle of events
Looking up at the heavens we oft seek solace

Selfishness has always been the bane of our lives
Just pause awhile, reminisce and think of the instances
When ambition and greed did momentarily overcome our lives
Perhaps, the aftermath, causing you pain and regrets

Life is just one of those passing fancies
Dictated by wants and needs
But little does one want to remember or give any thoughts
That when you go - everything goes:
Earth-to-earth; dust-to-dust and ashes-to-ashes

Noor R. Rahim
September 2009



These Skin Care Products Are a Waste of Money

We're all looking for products to help our skin, but they don't all do what they promise -- and some can even cause new problems.

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Please click on the link to open the video presentation on the current Sri Lanka crisis.
With the compliments of Dr Harold.

https://mcusercontent.com/3bea046bd8680837e8404fbad/files/b48bb7d6-e2ba-b702-daa0-edcfd688125/Sri_Lanka_News_transcript_and_video.pdf

12 Clues You Might Have Heart Disease

Rashes, dizziness, pitted nails, and these other unexpected symptoms could signal heart trouble.

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'Good' cholesterol may decrease your risk of Alzheimer's disease

Written by Jessica Norris on April 20, 2022

Higher levels of high-density lipoprotein (HDL), or good cholesterol, may be linked to a lower risk of Alzheimer's disease, according to a recent study.

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Foods to eat and avoid with ankylosing spondylitis

Written by Jayne Leonard and Hana Ames on April 20, 2022

Ankylosing spondylitis is a type of arthritis that causes pain and stiffness in the back and joints. Certain foods may relieve symptoms, though the evidence is limited.

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6 Ways to Strengthen Your Bones as You Age

Weak and brittle bones don't have to be part of aging. Here's how to keep your bones dense at any age.

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10 Things Caffeine Does to Your Body

Caffeine boosts your energy and mood and makes you more alert. But more is not always better.

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Symptoms of Macular Degeneration

It's the leading cause of vision loss. Early signs include blurred vision and trouble seeing color and fine details.

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Conditions That Affect Your Lungs

See what certain health conditions -- like COVID-19, allergies, and even heart disease -- actually do to your lungs.

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Is Incontinence Just a Fact of Aging?

Myths and rumors abound about urinary incontinence. What's true, what's false, and what can you do to help get the problem under control?

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Famous Faces of Schizophrenia

See how schizophrenia has affected rock stars, a football player, and these other notables, and what you need to know about this disorder.

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Heart Failure Warning Signs

The name doesn't mean your heart stops; it just doesn't work as well as it should. The heart can compensate for a while, but eventually you'll need to get treated. Here are the symptoms to watch for.



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Signs You Need More (or Less) Zinc

It's key to your immune system and senses of smell and taste. See what happens if you don't get enough [or](#) get too much.



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Vascular Dementia: What Raises Your Risk?

This form of dementia occurs when part of the brain doesn't get enough blood carrying the oxygen and nutrients it needs. Here's what you should know.

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Worst Foods for Your Eyes

What you eat affects your heart, and that can have a lasting impact on your vision. See what to cut down on to help keep your eyes and your cardiovascular system in top form.



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9 Ways Age Affects Your Penis

It can lose its spring and even change color. See what might happen below the belt when you have more years under your belt.

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12 Surprising Reasons You May Be Angry

Feeling irritated or angry and don't know why? The underlying issue could be a medication or one of these health conditions.

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The No. 2 Cause of Lung Cancer

Tobacco is the biggest risk factor, but not the only one. See what else can raise your odds of getting the disease.

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Warning Signs of Kidney Problems

If something's going on with your kidneys, you might notice fatigue, low appetite, or some of these other issues.

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10 Unexpected Things That Can Affect Your Erections

A long list of common drugs can cause ED. So can stress and anxiety. See which other culprits might be adding to your bedroom woes.

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5 Ways You're Raising Your Risk for High Cholesterol

High cholesterol makes heart attacks, strokes, and other health issues more likely. See if you might be on the path to having it, and how your testosterone levels may affect your "good" and "bad" cholesterol.



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4 Diet Changes That May Fight Prostate Cancer

Eat more of these foods that are high in lycopene, and make these other simple adjustments to help lower your risk.

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How does breast cancer relate to the axillary lymph nodes?

Written by Rachel Nall, MSN, CRNA and Anna Smith on April 19, 2022

Breast cancer is common, and researchers are investigating its onset and development. Lymph nodes may have a link to breast cancer and its ability to spread. Read on to learn more.

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What is the difference between cardiac arrest and heart attack?

Written by Hana Ames on April 19, 2022

Heart attack and cardiac arrest are not the same, but both can lead to serious complications and be fatal. Learn about their causes and symptoms and the emergency care necessary.

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