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## 25 Low-Calorie Snacks That Fill You Up

Thoughtless snacking is the downfall of many people who struggle to maintain a healthy weight. Luckily, there are plenty of satisfying options with less than 100 calories per serving.



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## Walking for Fitness

All you need are your two legs to help you lose body fat and improve your joint health, circulation, bone density, sleep cycle, blood pressure, and mood.

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## 10 Surprising Addictions

Shopping, smartphones, even exercise: Anything that alters your mood can become addictive. Here's how to find a healthy balance.



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## Walking for Fitness

All you need are your two legs to help you lose body fat and improve your joint health, circulation, bone density, sleep cycle, blood pressure, and mood.

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## Warning Signs of Leukemia and Other Blood Cancers

There are many types of blood cancers, and certain things can raise your chances of getting one. Here's how to recognize the most common signs.

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## 15 Surprisingly Healthy Foods

A healthy diet doesn't have to be boring. Some foods that may seem like guilty pleasures can be good for you if you make a few smart decisions.

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## The Truth About Processed Meat

Meat that's been smoked, salted, cured, or preserved is probably processed. Find out what eating these products means for your health.

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## Body Image Issues While on Steroids

Taking these powerful drugs can make you gain weight and change the way you look. See how one woman with lupus learned to accept her body.

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## Diabetes and Problems With Your Skin

Some skin conditions are common among people with diabetes. Find out why they happen, how to recognise them, and how they're diagnosed and treated.

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## What's the Link Between Diabetes and High Blood Pressure?

**India** on Sunday reported 2,593 Covid cases and 44 fatalities. The cumulative caseload is 43,057,545 (15,873 active cases) and 522,193 fatalities

**Worldwide:** Over 509.20 million cases and over 6.21 million fatalities.

**Vaccination** in India: Over 1.87 billion doses. Worldwide: Over 11.23 billion doses.

[Scientists find how Omicron sub variants escape immune system, spread rapidly](#)

## Cancer: Two drugs may target advanced tumors successfully

Two drugs that target DNA damage show promising results for treating cancer in early clinical trials.



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## That Salad Might Not Be So Healthy

They've come to be thought of as a default healthy choice, but many salads sneak in lots of extra calories, carbs, and fat. Try these better bets.

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## In Conversation: Why climate change matters for human health



Why is climate change worrying scientists, and what is its impact on health? In this In Conversation podcast, we spoke to two leading experts to find out.

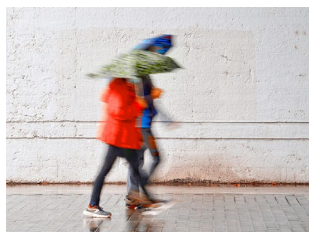
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## The Link Between Sleep and Diabetes

While what you weigh and how you eat can raise your odds of developing diabetes, studies show that your sleep habits have an impact, too.

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## Antidepressants may not boost quality of life in the long term



Antidepressants may not significantly improve individuals' quality of life in the long run, a new study suggests.

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## Living With Insulin Injections

Still getting used to daily insulin shots? These tips and tricks can help make them less of a pain.

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## Why Good Sleep Matters for Your Heart

Without quality sleep, you're more likely to develop health conditions that can take a toll on your heart.

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## 10 Ways to Relieve Tired Eyes

Lots of reading or screen time can leave your eyes tired, dry, and achy. Find out what you can do to ease eye fatigue.

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## The Truth About Sugar Substitutes

Spotting an artificial sweetener on a food label doesn't automatically mean it's safe for your blood sugar, even if it doesn't add any calories. Here's what you need to know.



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## 13 Heart Symptoms You Shouldn't Ignore

Problems like arm pain, fatigue, and nausea can be warning signs of heart trouble. Find out when you should seek immediate care.



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## These Medication Mistakes Might Be Costing You

Did you know that it may be cheaper to buy your meds without using your insurance? Or that splitting some pills could be a bad idea? Find out if you're hurting your wallet or your health.



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## Your Smartwatch Says You're in AFib. Now What?

A new generation of devices is enabling wearers to catch irregular heart rhythms earlier than ever. Is that a good thing?

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**Its 147 x 178 cms – painted in Acrylics on canvas ...Titled 'SEXTET'.....and is FOR SALE....IF anyone is interested - please direct emails/enquiries to Max <maxymail@bigpond.com>**



## What are the short and long-term effects of alcohol on the skin?

Written by Jenna Fletcher on April 22, 2022

Drinking alcohol can affect your skin and make skin conditions worse. Find out more about short and long-term effects, prevention, treatment, and support.

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### 7 Tips to Feel Better All Day

## What should my blood glucose level be?

Written by Adam Felman on April 22, 2022

Diabetes can happen when healthy sugar levels are not maintained. Learn what levels should be and the symptoms of high and low blood sugar.

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### Symptoms of Pulmonary Arterial Hypertension

## 14 Surprising Causes of Lung Damage

Cockroaches, candles, and humidifiers are some of the unexpected things that can hurt your lungs. Find out what you can do to help prevent breathing problems from these and other culprits.



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## What to Expect in Your 70s

These changes happen in everyone who lives long enough. You can't avoid them, but you can prepare if you know what to expect.



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## How to Get Rid of Age Spots

These small, dark areas on your skin won't hurt you, so you don't have to treat them. But if you don't like how they look, there are things you can do to make them less noticeable or even make them disappear.



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## The Truth About Aging and Exercise

You probably have plenty of reasons you're not moving your body. But around 3.2 million people die each year because of physical inactivity. See how to can the excuses and just get moving.



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## Coping with irritable bowel syndrome

Written by Hannah Nichols and Lia Tabackman on April 22, 2022

The symptoms of irritable bowel syndrome (IBS) can affect a person's quality of life. Learn about five ways to manage the symptoms and reduce discomfort.

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## Gluten-free diet for ulcerative colitis (UC): What to know

Written by Rachel Ann Tee-Melegrito on April 22, 2022

A gluten-free diet may improve the symptoms of people with UC. Read on for the impact of gluten-free on UC, benefits, risks, how to go gluten-free, and more.

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### Beware of These Statin Side Effects

Most people who take statin drugs tolerate them very well. But some people have side effects like these.

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## How Much Do Cholesterol Medications Cost?

Medications, lab tests, doctor's appointments, and special foods can really add up -- even with insurance. Here's a breakdown of the average costs you can expect to pay for medication, tests, supplements, and lifestyle changes.

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## High-Fiber Foods You Should Be Eating

Fiber helps lower cholesterol and improves digestion, and many Americans get less than half of what they need. Try these delicious sources.

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## Homeopathic Remedies for Diabetes

These treatments are said to help blood sugar, ease nerve pain, treat infections, and even help kidney function -- but do they actually work? Here's what the science says.

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## These Snacks Could Lower Your Cholesterol

A new study shows that when people were asked to eat tasty, ready-made snacks with ingredients that lower cholesterol, nearly all of them did.

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## How Basal Insulin Works in Your Body

This long-acting type of insulin isn't given to correct blood sugar levels in the short term. Find out how it works in the background.

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## The Best Time to Take Your Vitamins

Which vitamins and supplements work best with food, and which should be taken on an empty stomach? Here's how to time them for maximum effectiveness.

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## How Alcohol Affects Your Cholesterol

It's true that alcohol has some heart-healthy benefits. But before you raise a glass, know that the news about alcohol isn't entirely positive.

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## VCD Sri Lanka AGM & Board of Directors – 2022 to 2024:

The VACD Sri Lanka Annual General Meeting was held at the Sir Robert Clark Centre for Children with Disabilities on Saturday, 9<sup>th</sup> April 2022 (as per photos below). We are delighted to have distinguished, respected, and enthusiastic local community personalities join our VACD Sri Lanka, the leadership team.



- Patron:** Mr. Sisira Ratnayake – Retired High Court judge and Secretary to the Judicial Services Commission  
**Chairman:** Mr J S L Fernando – Businessman, Rotarian & Church Worker  
**Deputy Chairman:** Deshamanya Mr N.G.R.D. Kumarawansa - Managing Director K.Y.S. Security Service & Enterprise  
**Deputy Chairman:** Mr A.S. De Alwis – Businessman & Social Worker  
**Secretary:** Col. R M Kumarasinghe (Retd.) – Retired Army Officer and Retired Banker – Bank of Ceylon  
**Assistant Secretary:** Mr Sujeewa Abeynayake – Senior Government School English Teacher  
**Treasurer:** Mr R.M. Abeyasinghe Bandara - Retired Divisional Assistant Engineer  
**Assistant Treasurer:** Mr Padmasiri Weraniyagoda – Retired Bank Manager – Bank of Ceylon  
**Director:** Mr Athula Ratnayake - Retired Accountant Sri Lanka Transport Board  
**Director:** Mr R.M. Dayarathna - Retired District Export Agriculture Officer  
**Director:** Dr. Ranjith Amarakoon – Medical Superintendent – Base Hospital Diyatalawa  
**Director:** Mr. L.M.P. Lankadikara – Retired Deputy Chief Secretary and Provincial Secretary Uva Province  
**Director:** Mr J.M. Kapila Jayasekara – Retired Secretary State Ministry of National Policies and Economic Affairs  
**Director:** Mrs Chandra Abeyasinghe - Retired Assistant Labour Commissioner.

### Anonymous Donation:

A donation by cheque was made to our Australian Dollar bank account on Friday, 1<sup>st</sup> April with the description "Branch LAKE HAVEN". We sincerely appreciate this donation and request the donor to contact us via email at [fstephen@bigpond.net.au](mailto:fstephen@bigpond.net.au) so that we can issue a tax-deductible receipt in keeping with our audit and compliance obligations. Thank you.

## How to Reverse Prediabetes

The elevated blood sugar of prediabetes makes you more likely to have type 2 diabetes and heart disease, but you can take steps to change that.

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## Reasons You're So Gassy

If you feel like you've got more gas than other people or more than you used to, finding out what's causing it is important -- especially if there's pain or discomfort.

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## How Diabetes Can Lead to Tendon Damage

**The Science Behind an 'Artificial Pancreas'**

# Can tea prevent cancer and improve overall health?

Written by Deep Shukla on May 03, 2022

During a recent symposium organized by a tea industry body, researchers collated evidence that shows how tea can boost the immune system, improve cognition, and possibly ward off cancer.

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## What are the benefits of drinking lime water?

Written by Dylan Bailey, MS, RD, FAND and Jenna Fletcher on May 03, 2022

Proper hydration is essential to overall health. Drinking lime water is an effective way to keep hydrated, but it may also help with digestion, improving the skin, and promoting weight loss. Find out more and how to make lime water here.

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## Is rice bad for cholesterol?

Written by Louisa Richards on May 03, 2022

Some studies suggest that eating excess amounts of white rice can contribute to high cholesterol levels. But whole grain rice can be a more nutritious alternative. Learn more.

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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. What's a good resting heart rate? How do you check it? And how can you lower it if it's too high? Here's what you should know.



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## 9 Exercises for Better Sex

Physical activity in general can help heat up your sex life. But these moves can increase your blood flow, boost endurance, and improve flexibility.

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## What Happens When You Eat Less Sugar

You don't need to overhaul your entire diet to make better choices. Start small with changes like checking food labels and cutting back on sweetened drinks.



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## Blurred Vision Can't Wait

When you have diabetes and notice a change like this in your eyesight, mention it to your doctor right away -- it could be a sign of a serious eye problem.

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## Struggling to Control Your Blood Sugar?

Stress, certain over-the-counter meds, and illness are a few of the nonfood factors that can make levels swing.

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## Find Your Ideal Cholesterol Ratio

Striking the right balance between your "good" and "bad" cholesterol can help reduce your risk of cardiovascular disease. Here's how to find yours, and how to tell what it should be.

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## Experts Change Guidance on Daily Aspirin for Heart

People 60 or older should not begin taking daily aspirin to prevent a first heart attack or stroke, says a government task force. The announcement marks a major shift in official recommendations.



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## Fatty Foods That Are Good for You

Good news if you like fish, fruit, and nuts: See which nutritious foods have the "good" fats you need to help keep your heart healthy.

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## Conditions That Can Come Along With DVT

After having deep vein thrombosis, some people develop post-thrombotic syndrome, which can be a lifelong condition. See what can lower your odds.

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## Tips for Doing Cardio at Home

It's important to remain active even if you don't have a gym membership. Here are a few ways to stay healthy indoors.

[Watch Video](#)

## How Alcohol Affects Your Cholesterol

Alcohol does have some heart-healthy benefits. But before you raise a glass, know that the news about alcohol isn't entirely positive.

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## How to Fight Arthritis Fatigue

Fatigue is a common problem that comes with arthritis and other conditions -- and it can be a side effect of your treatments, too. These strategies can help.



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## Prehypertension: Who's at Risk?

Almost half of all adults have prehypertension or hypertension. Find out what you can do to get your blood pressure in check.

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## Essential Tips for Pain-Free Joints

It's the golden rule of joint health: The more active you are, the less stiffness you'll have. Try these stay-in-motion strategies to help you stay (or get) active.

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## Worst Habits for Your Back

Smoking, overeating, and even doing too much yoga can make back pain more likely.

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## 11 Health Benefits of Ginger

Fresh ginger helps ease pain, keeps your mouth healthy, and provides these other perks.

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## 12 Ways to Reduce Your Stress

We may not be able to control stress, but we can manage it. Try these strategies to feel a little bit better each day.

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## Benefits of Going Vegan After 50

This eating plan requires you to avoid animal products in favor of plant-based alternatives -- but going vegan doesn't guarantee good health.

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