

Health & Views

May 2nd issue-
2022

Health issues for ex-pat Sri Lankans,
world-wide

Prostate Cancer Warning Signs

Prostate cancer is the second most common cancer men get. Here are the symptoms you should know, and the things that may put you at risk.

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What Is Autonomic Neuropathy?

Find out more about this collection of symptoms -- like dizziness, sweating, and constipation -- caused by nerve damage. Learn which conditions can lead to them and how they're treated.

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Crohn's disease and disordered eating: What to know

Written by Heather Grey on May 08, 2022

Research suggests that people with Crohn's disease have an increased risk of certain eating disorders and vice versa. Learn about how to manage both conditions.

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5 Major Signs of a Stroke

A stroke is a medical emergency and the sooner you get help, the less likely you are to die or have permanent brain damage. Here's what you should know.

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Reasons Your Hands Are Shaking

See some of the possible causes of tremors in your hands, such as Parkinson's, multiple sclerosis, and an overactive thyroid -- and what you can do about it.

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What Your Cholesterol Levels Mean

Diabetes and high cholesterol often go together. Make sure you know what can impact your numbers.

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15 Delicious, Protein-Packed Breakfasts

Your morning meal should have plenty of filling protein. Try these easy options, some of which can even be made the night before.

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Surprising Reasons Your Breath Stinks

Poor oral hygiene isn't the only explanation for bad breath. Here are 10 other things you might not realize can cause halitosis.

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Easy Ways to Start Exercising With Type 2 Diabetes

Diabetes and Homeopathic Remedies: What You Should Know

Skin Changes Caused by Diabetes

If your blood sugar isn't well controlled, you might notice these unsightly and uncomfortable skin changes.

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Diabetes and Your Heart Disease Risk

Your risk of stroke or heart attack is double that of someone without diabetes. Take these steps to protect your health.

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Don't Skip Your A1c Test

One-time blood sugar checks don't tell the whole story. This test shows how well you're managing your blood sugar over time.

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Reasons Your Face Looks Swollen

Certain medications, allergies, and conditions can cause your face to swell. See which of these culprits might be to blame.

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Top Causes of Frequent Urination

If it feels like you've been going to the bathroom more often lately, it might be no big deal. But it could also be a sign of something serious.

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Tips to Use Yoga for Stress Management

Yoga not only increases your strength and balance, it can decrease your stress and tension. And it's not too late to get started.

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13 Alternative Treatments for Headaches

Medicines can ease migraines and other types of headaches, but you may also get relief with these nontraditional techniques.

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Fat-Fighting Foods

It seems like a miracle: Some foods really do rev up your metabolism so you burn more calories.

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Worst Foods for High Blood Pressure

Whether you're trying to lower your blood pressure or keep your numbers from ever getting too high, stay away from these 12 foods and drinks -- or at least use these tips to make them healthier.

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12 Foods That Make You Age Faster

Just as some foods can help keep you youthful, others could be adding years to your body, inside and out. See how grilled meats, agave, coffee, and other foods and drink can age you prematurely.

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Ways to Tell When Fruit Is Ripe

It's so disappointing to cut into a melon, expecting fragrant sweetness, only to find dull, cottony flesh. Here's how to tell when fruit is ready.

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How Too Much Sugar Affects Your Body

Too much sweet stuff can negatively affect your body in many ways.

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'Broken Heart Syndrome' Also Linked to Happy Hearts

Warning Signs of a Toxic Person

They inflame emotions and create conflict. They love stirring the pot to see what happens. See the signs you're dealing with a toxic person -- and when it may be time to cut them out of your life.

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Why Women Lose Interest in Sex

Loss of sexual desire happens for countless reasons. But it's not always the problem you may think it is. Here's what you need to know.

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What Causes Gallbladder Pain?

Your gallbladder is a small, pear-shaped organ that's tucked below your liver. You probably don't think much about it -- until it hurts.

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15 Tips to Help You Eat Less Sugar

How Vitamin D Helps Your Bones

5 Best Leg Exercises for Men

Leg workouts improve your overall strength, reduce your chance of injury, and help you maintain a healthy weight. Start with one or more of these five exercises -- they're scientifically proven to bring results.

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Top 10 Foods for Healthier Eyes

See how eggs help protect your retinas, why red peppers may lower your risk of cataracts, and what salmon provides to head off dry eyes.

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Is It ED or Poor Sex Drive?

You might have a healthy sex drive, but a body that won't respond. Get to know the symptoms of erectile dysfunction, and find out which treatments may help.

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Signs of Premenopausal Osteoporosis

You can have osteoporosis at any age and not even know it. For many women, the first sign that they have the condition is a broken bone. Here's what you need to know.

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Anxiety in Men Tied to Heart Disease, Diabetes

Research shows that anxiety in midlife is linked to two factors that increase your risk for developing heart disease and diabetes in later life. Here's what you need to know.

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Which Osteoporosis Medication Is Right for You?

Lifestyle changes aren't always enough to improve bone mineral density and prevent fractures. With osteoporosis meds, you have a lot of options.

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Best Foods for Strong Bones

See which foods are richest in the nutrients you need to build healthy bones and reduce your risk for osteoporosis.

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10 Ways Sleep Loss Is Hurting Your Health

Mood issues, higher blood pressure, less interest in sex: See how insomnia can lead to health problems and diminish your quality of life.

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Herniated Disks: What You Need to Know

Find out what can make a disk break open, who's more likely to get one, and how to avoid trouble.

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What ADHD Looks Like in Women

ADHD always starts in childhood, but many females don't find out they have it until they're adults, if they find out at all.

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15 Ways to Be Happier

Sometimes you can feel a cloud descending, a sign that you're slipping into a bout with the blues. Use one or more of these simple tricks to lift your spirits and make more room for happiness.

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11 Daily Habits to Ease Inflammation

Too much inflammation for too long can push your immune system to attack healthy organs and tissues. Luckily, there are ways to keep the flames at bay.

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Remedies That May Make a Migraine Worse

Which home remedies are good or bad for migraine headaches? Some can go either way.

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**The End of Alzheimer's?
What's on the Horizon**

Natural Asthma Remedies

Managing asthma isn't only about medication. See what else can help you breathe as freely and easily as possible.

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What Your Heart Rate Reveals About You

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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Diverticulitis Warning Signs

This intestinal disease can cause bloating, pain, fever, and other symptoms. Here's how to spot them -- and when you should see a doctor.



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The Truth About Dietary Supplements

Here's what the research shows about which ones work and which might be a waste of money.

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Black Seed Oil: Good for RA?

Many people take this oil to tamp down inflammation -- and there's evidence it may lessen joint swelling and stiffness.

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Your Ulcerative Colitis Questions Answered

Is ulcerative colitis the same as Crohn's disease? How do your food choices, alcohol use, and exercise affect your UC? Get answers to these and other common questions about this condition.



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Can Beer Help You Steer Clear of RA?

And if you have the disease, could it make your symptoms less severe? Here's what to know before you declare happy hour.

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The Link Between Stress and Ulcerative Colitis

Stress doesn't cause ulcerative colitis, but it can make it worse. Experts haven't found an exact link. But they have some theories about the connection between the two.

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Warning Signs of Ulcerative Colitis

UC causes long-term inflammation of the cells that line your large intestine. Learn to spot the early signs, so you can get treatment before it messes with your digestion.

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16 Ways to Manage RA Pain

Have you tried a paraffin bath or TENS unit? See how these and other techniques might bring you relief.

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Everyday Ways to Bust the Blues

Here are some simple steps you can take to build a "happiness habit" that may help get you through a tough spell.

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How to Reverse Prediabetes

Elevated blood sugars make you more likely to have type 2 diabetes and heart disease. But you can take steps to change that.

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What Causes Ulcerative Colitis?

Ulcerative colitis happens when your body's immune system doesn't work the way it should. No one knows the exact cause, but experts think one of three things may trigger it.

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Unexpected Causes of Heart Disease

Unhealthy foods, lack of exercise, and smoking often lead to heart disease. But these other risk factors might surprise you.

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What Low Testosterone Looks Like

See the symptoms of low testosterone and discover things you can do to help boost your levels.

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Mixing Ibuprofen, BP Meds May Damage Your Kidneys

Taking certain blood pressure drugs with painkillers may increase the risk of injuring your kidneys, a new study suggests.



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Surprising Reasons to Fill Up on Fruits and Veggies

Potassium-rich potatoes can help control blood pressure. Here are some other health benefits you may not know about.

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The Perfect Amount of Sleep for People Over 40

Too little -- or too much -- sleep may contribute to mental decline as you age. So what's the ideal amount to help you optimize your brain performance and overall mental well-being?



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How to Pick a Home Blood Pressure Monitor

Here's what you need to know about where to buy one and which type is most accurate.

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3 Bad-News Foods for Blood Pressure

To avoid high blood pressure and protect your heart, cut back on these foods -- and try these alternatives instead.

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Working From Home May Raise Your Blood Clot Risk

Long periods of inactivity can increase your risk of deep vein thrombosis. Here's how to protect yourself.

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Best and Worst Foods for RA

Some foods, like cherries, help lower the pain and inflammation of rheumatoid arthritis. Others, including fried foods, can trigger it.

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5 Major Signs of 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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6 Common Causes of Low Back Pain

Is it your workout, your posture, or one of these chronic conditions? See what could be making your lower back hurt -- and what may bring you relief.



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6 Hazards of a Sexless Marriage

A therapist shares the ways that a lack of physical intimacy can damage a relationship.

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Signs Your Body Is Aging Faster Than It Should Be

See when these hallmarks of aging, like weaker hands and problems climbing stairs, typically begin to creep up -- and what you can do to help slow the changes.



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10 Tips to Cut Back on Alcohol

Keep the positives of less alcohol in mind -- like clearer skin and better moods -- and take these other steps to help scale back or stop drinking altogether.

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How to Protect Your Heart With Diabetes

High blood sugar can lead to heart failure and heart attack, among other problems. Take these steps to help manage diabetes and keep your heart healthy.

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Tips to Relieve Tired Eyes

Whether you've been staring at a screen for hours, driving long distances, or straining to see in dim light, try these simple fixes to help ease eye strain.

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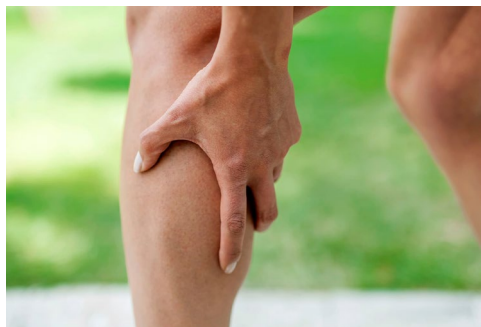
Is It Heartburn or Something More?

Heartburn can have similar symptoms to other conditions, some of which are quite serious. Here's how to spot signs of real trouble.

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Why Does My Calf Muscle Hurt?

There's a group of muscles on the back of each lower leg that doctors call "calf muscles." They play a key role in helping you walk and run. Learn the things that can make them hurt, from a minor sprain to more serious problems like deep vein thrombosis.



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Side Effects of Popular Painkillers

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

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What to know about the 12-step program

Written by Mary West on May 11, 2022

The 12-step program aims to help people recover from alcohol use disorder and other substance use disorders. It is a step-by-step program that Alcoholics Anonymous first developed. Learn more.

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Study shows Mediterranean Diet Helps Young Men With Depression

Higher levels of antioxidants may reduce dementia risk

Written by Eleanor Bird M.S. on May 11, 2022

Higher levels of three antioxidants are linked to a lower risk of dementia, including Alzheimer's disease, a study found.

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How do doctors test for macular degeneration?

Written by Mathieu Rees on May 11, 2022

Early diagnoses of macular degeneration are vital to preserving vision. The Amsler grid may help detect certain symptoms. Read more about the tests and more.

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How can saffron help macular degeneration?

Written by Beth Sissons on May 11, 2022

Macular degeneration is a loss of central vision. Saffron supplements may help slow disease progression and improve vision. Read about dosage, side effects, and more.

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New model may inform 'how aggressively a lung cancer should be treated'

Written by Corrie Pelc on May 11, 2022

A new imaging model "could potentially inform how aggressively a lung cancer should or should not be treated," say the authors of the research.

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Cannabis, heart disease, and a soy-derived supplement that may help

Written by Jessica Norris on May 11, 2022

Researchers found that people who use cannabis have an increased risk of heart disease and heart attack but that this risk could be mitigated by a supplement.

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Causes and how to relieve gas in a baby

Written by Zawn Villines on May 11, 2022

Gas is a natural part of a baby's life, but it can be painful for them. In this article, we look at what makes a baby gassy and how to help relieve their gas pains.

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How can a rheumatologist help with psoriatic arthritis?

Written by Sarah Charmley on May 11, 2022

Rheumatologists diagnose and treat conditions including psoriatic arthritis (PsA). Read about when to contact a rheumatologist, how they diagnose and treat PsA, and more.

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Habits That 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.

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The Truth About Back Pain

Sooner or later, 8 out of 10 of us will have back pain. And back pain myths are almost as common. Here's what you should know.

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The Mystery of Unexplained Nerve Pain

Nerve pain can be caused by a number of conditions, or it may have mysterious origins. Learn more about treating it.

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DMARDs vs Biologics: Different Treatments for RA

These effective prescriptions in treating rheumatoid arthritis both involve your immune system. But what are the differences between the two?

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11 Daily Habits to Ease Inflammation

Your body needs some inflammation to fight infection and speed healing, but too much can cause some real problems. See what you can do to help ease the pain.

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These Houseplants Are Good for Your Health

Houseplants can help remove allergens from the air, speed healing, and boost your mood -- and that's not all. See what household greenery can do for you.



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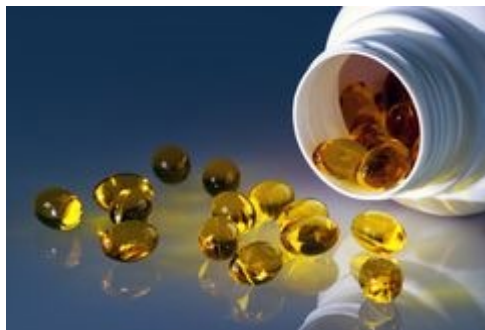
Signs You're Low on Vitamin C

If you're among the 7% of Americans who aren't getting enough, you'll notice symptoms like these within 3 months.

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11 Supplements for Joint Pain

When it hurts to move, you may be tempted to try a supplement recommended by a friend or loved one. See what may really make a difference, and what might actually make things worse.



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12 Foods That Leave You Hungry

Some foods -- even a few that are considered healthy -- just don't fill you up or satisfy you for very long. See which favorites can leave you feeling empty.

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16 Ways to Lower Your Cholesterol

Small adjustments in your lifestyle and diet can have a big effect on your cholesterol and overall health.

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Sex, Turmeric, and Other Home Remedies: What Works?

Can sex really help ease headache pain? Can turmeric help treat your arthritis? See what the science says about these and 12 other common home remedies.



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Foods That Reduce Inflammation

Changing your diet might reduce your pain by squashing inflammation. See what to eat -- and what to avoid.

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13 Tasty Foods That Lower 'Bad' Cholesterol

Just because you need to curb your cholesterol doesn't mean you have to forgo flavor. Indulge in a little dark chocolate, sip on green tea, and add these other foods to your plate.



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10 Ways to Burn More Calories

Boosting metabolism is the holy grail of weight watchers. See how eating spicy foods, upping your water intake, and these other habits can help.

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