

On health issues for the ex-pat Sri Lankans, world-wide

Low-grade chronic inflammation, *which silently simmers for years without our knowledge*, can affect almost anyone — and contribute to cardiovascular disease, cancer, type 2 diabetes and other conditions. Shockingly, three out of five people around the world die from a disease that has been linked to inflammation.

Reading these pages may help you to minimize such chronic low-grade inflammation

What Causes Heart Palpitations?

Your heart pounds, flutters, or seems to skip beats. Knowing what causes it can help you not panic when it happens and know when to call your doctor.

[Read More](#)

Effectiveness of Antiviral Drugs Against Monkeypox Uncertain

How to Choose the Right Pain Reliever

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

[Read More](#)

Reasons Your Stomach Hurts

Everyone's stomach gets a bit out of sorts from time to time. But in some cases, depending on your symptoms, you may need to see your doctor.

[Read More](#)

How to Stop a Panic Attack

You don't have to be in a scary situation to have a panic attack. Once you learn to spot one coming on, you can find ways to stop it.

Mind & Body

The Gross Reason Why You Shouldn't Sleep Naked



Healthy Eating

10 Low-Calorie Lunches That'll Fill You Up *Just* the Right Amount



Surprising Signs You May Have Lung Cancer

Lung cancer often causes coughing, wheezing, and chest pain. But other, lesser-known effects can show up, too, in places you may not expect.

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Foods and Drinks to Help You Concentrate

A diet high in whole grains, nuts, blueberries, and these other foods can help fire up your brain cells and lessen cognitive decline as you age.

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Australia's new climate minister has vowed to quickly cut taxes on electric vehicles and meet with state counterparts to address a "real vacuum of national leadership" on energy but says [new climate legislation will be limited](#).

MIGRAINE

What the Location of Your Headache Can Actually Tell You



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

UROLOGICAL CONDITIONS

[Peeing Too Much Can Be a Sign of Something More Serious—Here's What to Know](#)



What to know about ADHD, mindfulness, and meditation

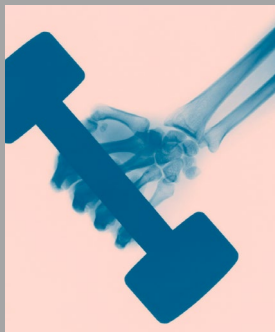
Written by Lauren Hellicar on May 30, 2022

Mindfulness and meditation may help reduce symptoms of ADHD, according to early research. Learn more here.

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OSTEOPOROSIS

[6 Ways to Keep Your Bones and Body Healthy as You Age](#)



[ALCOHOL / ADDICTION / ILLEGAL DRUGS](#)

How do drugs and sex affect each other?

Written by Zawn Villines on May 30, 2022

Drugs can affect libido and sexual response, and may even increase sexual risk-taking. Learn more.

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RHEUMATIC CONDITIONS

[9 Factors That Can Increase Your Rheumatoid Arthritis Risk](#)



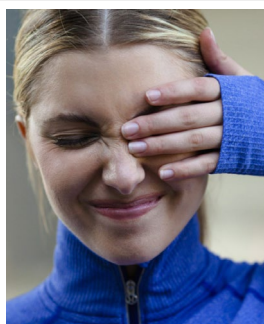
DEPRESSION

[10 Foods to Help Fight Depression](#)



EYE HEALTH

[Here's Why Your Eye Is Twitching—and How to Make It Go Away](#)



[BACK PAIN](#)

7 of the best lumbar support pillows

Written by Adam Rowden on May 30, 2022

Lumbar support pillows provide the lumbar region with adequate support during sleep, which might help a person sleep better. Learn more.

[READ ON →](#)

ASTHMA

Occupational asthma: What to know

Written by Suchandrima Bhowmik on May 30, 2022

Adults exposed to certain triggering substances at work can develop occupational asthma. Learn more about the symptoms, causes, diagnosis, and treatment.

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Food Distribution at the Sir Robert Clark Centre - Bandarawela:



Food Distribution at the Dora Jeanne



Food Distribution in Welimada/Uva Paranagama:



New Parents' Committees at VACD and VACD Org Chart:

New Parents' Education & Training, Health & Nutrition, Sports & Culture and Family Budgeting & Finance committees were formed at our Bandarawela and Badulla centres and will be introduced at our Welimada centre once established. The VACD Org Chart below illustrates the important role our VACD parents play in the administration and operational aspects of our voluntary organisation.

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/>

Food Aid Relief for our VACD

Families:

In response to an urgent appeal from our VACD Sri colleagues for food aid relief for our VACD families, we facilitated donations of approximately 15 kilograms of food items in two packs that included 5-kilos of rice and other essential dry and fresh food to each family that had a child attending our Sir Robert Clark Centre for Children with Disabilities in Bandarawela, Dora Jeanne Centre for children with Disabilities in Badulla and families of children registered with us living in the Welimada/Uva Paranagama area.

Our Sri Lanka leadership team are now arranging for this program to be extended to a considerable number of families who have children with disabilities registered with VACD but do not attend our centres regularly because they live in remote areas of the Uva province or are unable to attend our centres due to poor health or severe physical infirmities.

VACD's Projects & Programs for 2022/23

Please visit our VACD Webpage to find features of our projects and programs for 2022/23 via the hyperlink:

<https://www.vacd.org.au/ongoing-projects/>

This information is also available on the Good Company donation webpage via the hyperlink:

[https://www.goodcompany.com.au/au/charities?if\[0\]=charitygifts-v2&q=vacd](https://www.goodcompany.com.au/au/charities?if[0]=charitygifts-v2&q=vacd), (type VACD in the search bar) and

the Benevity Causes Donation Portal:

<https://mygoodness.benevity.org/community/search?q=vacd&country=036>

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

Our journey is bound to be long and challenging. The official and unofficial number of children and families who need our love, support, compassion, and care are sizeable. We look forward to your continued generosity, active support for our undertaking and you being partners with us in this most fulfilling and noble 10+ year 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 choose to support our mission. Please also do share this newsletter with your family, friends, loved ones and work colleagues. We can make a difference in the lives of children with disabilities, one by one!!!

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



44 Diabetic-Friendly Summer Potluck Salads

If you're headed to a barbecue and bringing a dish to pass, make one of these potluck salads that most anyone can enjoy, even people with diabetes.

[See Recipes](#)

How to increase platelet count naturally: Foods to eat and avoid

Written by Jayne Leonard on May 30, 2022

Platelets are an essential component of the blood that helps with clotting. Learn how to increase platelet count naturally with foods and supplements.

[READ ON →](#)

What are the signs of breast cancer in men?

Written by Zawn Villines on May 30, 2022

A lump in the breast tissue, changes to the nipple, and changes to the lymph nodes are some of the signs of breast cancer in males. Learn more.

[READ ON →](#)

What are the branches of the right coronary artery?

Written by Mathieu Rees on May 30, 2022

Each of the right coronary artery branches has a different role to play, from helping keep the heart beating to pumping blood to the lungs. Learn more.

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What to know about chemical peels for freckles

Written by Jenna Fletcher on May 30, 2022

A chemical peel is a solution of chemicals that a dermatologist applies to a person's skin. This treatment may help reduce the appearance of freckles. Learn more here.

[READ ON →](#)

Everything to know about a TCA peel

Written by Jenna Fletcher on May 30, 2022

A trichloroacetic (TCA) peel exfoliates the skin on the face by using acid to remove a uniform layer of dead skin cells. Learn more here.

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Everything to know about lip blushing

Written by Beth Sissons on May 30, 2022

Learn here about lip blushing, a permanent makeup procedure involving tattooing pigment into the lips to enhance their appearance.

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Is an itchy scalp linked with hair loss?

Written by Jennifer Berry and Hayley Osborne on May 30, 2022

An itchy scalp links to hair loss in several ways. In this article, we look at the causes of each of these issues, the links between them, and more.

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Best Weight Loss Plans for Diabetes

You need to make sure you're staying on track with your diabetes care when trying to slim down, and not all diets are good for blood sugar.

[Read More](#)

The similarities and differences of colitis and IBS

Written by Sarah Charmley on May 30, 2022

Colitis and IBS both affect the gut, but they have some key differences, as well as similarities. Read on to learn more.

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Is hypertension genetic?

Written by Zia Sherrell, MPH on May 30, 2022

People with a family history of hypertension are more likely to develop the condition. However, many other factors also contribute to this risk, including lifestyle, age, race, and other health conditions. Learn more here.

[READ ON →](#)

What to know about brewer's yeast

Written by Kristina Iavarone on May 30, 2022

Learn here about brewer's yeast — a type of yeast that people use to brew beer and bake bread, which some take as a nutritional supplement.

[READ ON →](#)

Tasty Ways to Stay Hydrated

Tired of plain water? Try these homemade low-sugar drinks to quench your thirst instead.

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DIABETES

Could vitamin D supplements prevent type 2 diabetes?

Written by Hannah Flynn on May 30, 2022

Taking vitamin D supplements do not seem to prevent type 2 diabetes in people who are already at a high risk of developing the condition, a new study suggests.

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LUNG CANCER

Early palliative care for metastatic non-small cell lung cancer: What to know

Written by Joanne Lewsley on May 30, 2022

Palliative care relies on extending life and relieving symptom discomfort from illnesses, such as non-small cell lung cancer. There are many early palliative care options.

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HYPERTENSION

What to know about pulmonary hypertension in newborns

Written by Rachel Ann Tee-Melegrito on May 30, 2022

PPHN occurs when the newborn fails to breathe through their lungs after birth. Read on for symptoms, causes, risk factors, diagnosis, treatment, and more.

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NUTRITION / DIET

What to know about potassium benzoate

Written by Jennifer Huizen on May 30, 2022

Learn what potassium benzoate is, which foods and drinks contain it, and its potential side effects.

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[That Morning Cup of Coffee May Extend Your Life](#)

Why do some common painkillers have unexpected effects?

Written by Jessica Norris on May 30, 2022

Researchers have discovered a new mode of action for the anti-inflammatory effects of NSAIDs which could explain why they produce different outcomes in different diseases.

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What to know about self-hypnosis

Written by Mathieu Rees on May 30, 2022

Self-hypnosis is a process that involves entering a highly relaxed and focused state. Some research suggests that it can promote sleep and reduce pain. Learn more.

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SLIDESHOW

Find Your Allergy Triggers

The best way to reduce allergies is to avoid your allergens. So, what could you be allergic to? [Read more...](#)



FEATURED

9 Ways Sleep Repairs Your Body

All night long, your body and brain do quite a bit of work that's key for your health. There are two main types of sleep that we cycle in and out of when we rest.

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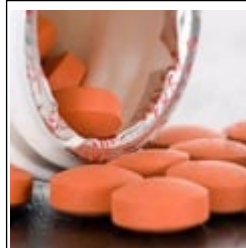


SLIDESHOW

15 Healthy Foods to Eat After a Binge

Don't let that binge throw you off track. Check out this slideshow to see 15 healthy foods to eat after bingeing... [Read more...](#)

[New Hope for Relief From Peanut Allergy in Kids](#)



ARTICLE

What Are the Side Effects of Ibuprofen?

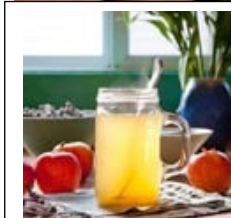
Ibuprofen is generally used for relieving pain and fever. Its typical side effects may include... [Read more...](#)



SLIDESHOW

Are You Eating These Foods Wrong?

Find out what you can do to get the most nutritional value from what you put in your mouth. [Read more...](#)



ARTICLE

20 Benefits of Drinking Apple Cider Vinegar

Apple cider vinegar (ACV) comes from fermented juice obtained from crushed apples. Here are 20 uses for... [Read more...](#)



SLIDESHOW

Tips to Unzip Your Sex Life

Learn sex tips such as better communication, focusing on pleasurable sensations, and scheduling... [Read more...](#)

4 Ways to Treat Diabetic Macular Edema

The type of medication or procedure your doctor recommends will depend on the type of DME you have. Find out how each one works.

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Prevent Diabetes Complications

Russian academics rebel

Some researchers in Russia are moving to block academics from [joining the prestigious Russian Academy of Sciences](#) if they have supported the invasion of Ukraine. The academy, which elects new members every three years, has a poll coming up this week. Researchers are reported to be circulating names of candidates who have backed Russia's invasion through pro-war letters or statements.

[New York Times | 4 min read](#)

QUOTE OF THE DAY

[“Science is not a threat or a conspiracy but rather a crucially important endeavour, worthy of our support and essential to understand and teach to younger generations. In this instance, you can also dance to it.”](#)

Ryan Reid, the digital art editor at *Scientific American*, reviews the self-titled debut album *The Sound of Science*. ([Scientific American | 3 min read](#) and [listen on Bandcamp](#))

Childhood cancer's deadly calculus

It's a cruel conundrum that few companies are willing to invest the millions of dollars required to develop drugs for rare childhood cancers, despite the devastating impact of these diseases. “How on Earth are you going to make money treating 300 kids a year with rhabdomyosarcoma?” asks Charles Keller, scientific director of the Children's Cancer Therapy Development Institute (cc-TDI) in Oregon. But [cc-TDI is trying to change that calculus](#) and move therapies for rhabdomyosarcoma and other childhood cancers closer to clinical trials.

[Nature | 9 min read](#)

Can You Reverse Type 2 Diabetes?

Through diet changes and weight loss, you may be able to reach and hold normal blood sugar levels without medication. Here's what you need to know.

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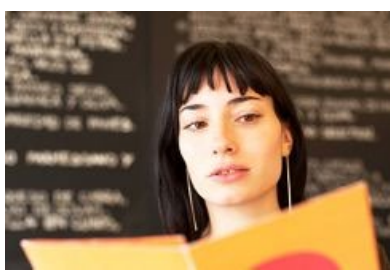
Weight Loss Pills and Supplements: Do They Work?

When your body weight is over the healthy limit, several health conditions such as diabetes, heart disease, and... [Read more...](#)

What to Get When You Dine Out (or Order In)

Even healthy-sounding dishes might be loaded with carbs and calories. Look for these diabetes-friendly menu keywords to help you make the best choice.

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[Mixing BP Meds With NSAID May Be 'Triple Whammy' for Kidneys](#)

[10 Foods That Help Digestion](#)

[6 Symptoms of Cataracts](#)

[Why Blood Oxygen Saturation Matters](#)

What Is Fournier's Gangrene?

Diabetes is linked to a higher risk of developing this rare but serious -- and very painful -- genital infection.

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Diabetes and Breastfeeding

Medications, low blood sugar, and even changes in routine can make this natural process more challenging. Here's where to turn for support.

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FEATURED SLIDESHOW

15 Ways to Cut Heart Disease Risk

You don't have to take medicine to lower your heart disease risk.

[VIEW SLIDESHOW](#)

Fight Inflammation

[15 Best Anti-Inflammatory Foods You Should Be Eating Regularly](#)

[This Anti-Inflammatory Meal Plan Will Help Your Body Run More Efficiently](#)

[Everything You Need to Know About Omega-3s and Omega-6s](#)

['Inflammaging' Could Be the Sneaky Reason Your Skin Looks Older Than It Should](#)

[How Much Fat Should You Really Eat Every Day?](#)



58 Perfect Italian Recipes

Unlike carb-heavy pasta dishes and casseroles, these Italian (and Italian-inspired) dishes are perfect for your healthy, balanced lifestyle. We've even included dessert, too!

[See Recipes](#)



20 High-Protein Breakfast Ideas (That Aren't Eggs)

[Knowing How the Brain Reacts to Smells May Help Fight Disease](#)

8 Vitamin Secrets Doctors Tell Their Friends

[The advice can differ from the medical standards you hear out there.](#)

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I Traded Coffee for Green Tea for a Week—Here's What Happened

[Challenge accepted \(reluctantly\).](#)

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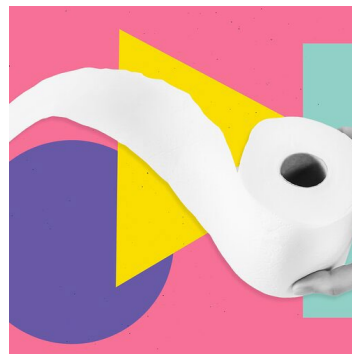
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[Heavy Antibiotic Use Tied to Development of Crohn's, Colitis](#)

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Here's What Your Poop Can Tell You About Your Digestive Health