

Health & Views

Newsletter on Health issues for the ex-pat Sri Lankans

Should You Wash This Food?

Poultry Medically Reviewed by [Kathleen M. Zelman, MPH, RD, LD](#)

We get it: Raw chicken is slimy when it comes out of the package, and you want to wash it off. **But according to the USDA, it's safer to destroy bacteria when you cook it.** A recent study looked at people who washed raw poultry for a meal. Sixty percent had bacteria in their sink



Prewashed Salads

If the bag says your greens have been pre-washed, there's no need to send it through the salad spinner. Many prepared lettuces go through a triple wash system to remove natural debris.

What's Causing That Metallic Taste in Your Mouth?

There are many reasons for a lingering metallic taste, from medication to poor toothbrushing habits. It could also be a sign of a serious health problem.

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Rheumatoid Arthritis: What Doctors Might Not Tell You

Your doctor might talk about symptoms like joint pain and medications to manage them. But RA can affect you in these unexpected ways.

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The Truth About Chicken

The average American eats more than 98 pounds of chicken every year -- that's more than any other protein. Is it as good for you as you think?

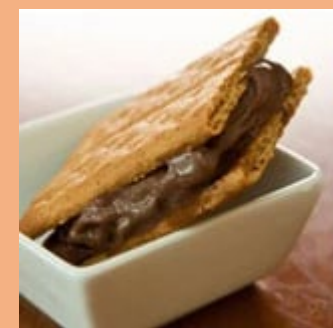
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Can Fish Oil Help Your Symptoms?

Fish oil is known for its anti-inflammatory properties. But can it help fight the inflammation ulcerative colitis causes in your gut?

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Snacks With 100 Calories or Less

The tastiest 100-calorie snacks that offer quick, satisfying solutions to hunger. Let our experts help you with... [Read more...](#)

10 Foods That Help Reduce RA Inflammation

Diet alone will not cure RA, but the right foods can help control inflammation. Here are some of your best bets.

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8 Home Remedies for Dry Eyes

RA can lead to dry eye. See which hacks, like warm compresses and wraparound sunglasses, may bring relief.

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Best Moves to Help Ease Knee Pain

Worried that exercise might add to your knee damage or pain? It's actually one of the best things you can do -- as long as you stick to the right moves.

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The Best Moves to Strengthen Your Core

A good core workout does more than just help tone your abdominal muscles for a flatter tummy -- it can also improve your balance.

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Investigates blood replacement

Written by Deep Shukla on July 21, 2022

A new study in mouse models of Alzheimer's suggests that replacing blood containing amyloid-beta with fresh, healthy blood, may have therapeutic potential.

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Written by Zia Sherrell, MPH on July 21, 2022

Although some doctors prescribe codeine for COPD pain and coughing, experts are conflicted on its pros and cons. Learn more.

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DEPRESSION

Common symptoms of depression: What to know

Written by Jennifer Berry on July 21, 2022

Depression is a common and serious mental health condition. In this article, learn about 14 of the common symptoms, which include irritability and persistent feelings of sadness.

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Best and Worst Late Night Snacks

If you're truly hungry for a bedtime snack, don't ignore your body's signals. It's hard to fall asleep when your... [Read more...](#)



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13 Low-Carb Snack Choices

We all snack. You can, even if you're on a low-carb diet. Get ideas about smart snacks that are low in carbohydrates. [Read more...](#)

How Much Physical Activity Should Adolescents Get on a Daily Basis?

Authors: News Author: Heidi Splete; CME Author: Charles P. Vega, MD [Faculty and Disclosures](#)

It is well-proven that cardiorespiratory fitness and physical activity can improve cardiometabolic risk factors, but what is the trend in these values across early adulthood? A previous study Camhi and colleagues addressed this issue, and their results were published in the June 2013 issue of *Metabolic Syndrome and Related Disorders*.^[1]

A total of 4161 adults between ages 18 and 30 years reported their levels of physical activity over the course of 20 years in this study, and they underwent a graded exercise treadmill test to assess cardiorespiratory fitness at years 7 and 20. Not surprisingly, participants in the top 10% of cardiometabolic risk factors had lower rates of physical activity compared with their peers among Black men, White women, and White men. More surprisingly, physical activity was unrelated to cardiometabolic risk among Black women.

The other main finding from this study is that physical activity declined with age, regardless of sex or race. Establishing healthy physical activity habits and maintaining them are critically important public health goals that members of the health care team can collaborate to improve cardiorespiratory fitness and health among adolescents. The current study evaluates how the intensity of physical activity relates to cardiorespiratory fitness among adolescents.

Vigorous physical activity for 20 minutes a day was enough to maximize cardiorespiratory benefits in adolescents, based on data from more than 300 individuals.

Current recommendations for physical activity in children and adolescents from the World Health Organization call for moderate to vigorous physical activity (MVPA) for an average of 60 minutes a day for physical and mental health; however, guidance on how much physical activity teenagers need to maximize cardiorespiratory fitness (CRF) has not been determined, Samuel Joseph Burden, BMedSci, from John Radcliffe Hospital Oxford (England), and colleagues write.

"Although data in young people are limited, adult studies have shown that regular, brief VPA is highly effective at improving health markers, including CRF, which is also an important marker of health in youth," the researchers write.

In a study published in *Pediatrics*, the researchers examined the associations between physical activity intensity and maximal CRF.^[2] The study population included 339 adolescents aged 13 to 14 years who were evaluated during the 2018 to 2019 and 2019 to 2020 school years. Participants wore wrist accelerometers to measure the intensity of physical activity and participated in 20-meter shuttle runs to demonstrate CRF. The researchers used partial multivariable linear regression to assess variables at different intensities, including moderate physical activity (MPA), light physical activity (LPA), and sedentary time, as well as VPA.

The wrist monitors measured the intensities of physical activity based on the bandpass-filtered followed by Euclidean norm metric, a validated metric. "Previously validated thresholds for [bandpass-filtered followed by Euclidean norm] were used to determine the average duration of daily [physical activity] at each intensity: 0.1 g for [LPA], 0.314 g for MPA, and 0.998 g for VPA," the researchers write. "[Physical activity] below the threshold for LPA was categorized as sedentary time."



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14 Healthiest Sweet Snacks

Eating too much sugar from sweets can harm your heart and health. Click through these 14 ideas to satisfy cravings without risking your health.

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The Best Coffee You Can Drink

Mushroom coffee, turmeric lattes -- lots of new brews on the scene claim to be extra good for you. But are they? [Read More](#)

Toothbrushing Mistakes You're Probably Making

It's time to break out the stopwatch and be honest with yourself about your current oral hygiene routine. [Read More](#)

11 Foods to Eat for Better Circulation

Blood carries nutrients and oxygen to every part of your body, from your heart and brain to your muscles and skin. These foods can give that process a boost.



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10 Delicious Ways to Serve Tomatoes

Farms and gardens are overflowing with this seasonal staple, which deserves to be the star in fresh and flavorful salads, sandwiches, soups, and sauces.



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What to Know Before You 'Go Keto'

There are four types of this low-carb, high-protein diet, which is used for weight loss as well as managing medical conditions like seizures, autism, and type 2 diabetes.

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Surprising Signs of Thyroid Problems

Not all thyroid trouble presents with the typical symptoms like weight loss or gain, or sensitivity to heat or cold. These other changes can also signal a problem.

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10 Foods That Fight Pain

There's no specific diet to treat pain, but what you eat could make you feel better. See what may help lessen inflammation and ease aches.

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Health Benefits of Fermented Foods

They can help balance your gut microbiome, especially after you've taken antibiotics -- and you might already be eating them regularly without realizing it.

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How Your Blood Type Can Affect Your Health

Does your blood type play a role in your risk for disease? Find out how it fares in the face of certain conditions.

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Is Turkey Bacon a Healthier Choice?

It has less saturated fat than the pork variety, but in most other ways, it's pretty comparable to the real thing.

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Healthy Vegan Lunch Ideas



ARTICLE

Can Thyroid Problems Cause Extreme Fatigue?

When your thyroid is out of balance and produces too much or too little hormones, it can disrupt functions in your body and... [Read more...](#)



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Who Can Get Inflammatory Bowel Disease (IBD)?

Inflammatory bowel disease (IBD) refers to two different chronic conditions or diseases that may be related... [Read more...](#)

14 Surprising Signs You're Not Moving Enough

Staying active does more for your body than you realize. When you're too sedentary, these are some of the ways your body might let you know.

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Are You a Helicopter Parent?

Your daughter comes home in tears after an argument with a friend. What do you do? [Read](#)

20 Quick Tips for Better Sleep

Insomnia is exhausting, but there are ways to ease this sleep disorder. Learn how to get a good night's sleep. [Read more...](#)

ANXIETY

What Exactly Is Stimming and Why People Do It



MIND & BODY

13 Foods That Fight Inflammation



EYE HEALTH

This Type of Glaucoma Can Be a Medical Emergency—Here's What to Know



Is a Manual Blood Pressure More Accurate?

There are two types of blood pressure monitors, manual and digital. A study has shown that automated blood pressure... [Read more...](#)



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What to Expect With a Colonoscopy

It's a good idea to have a colonoscopy if you're 45 or older to check for colon cancer. [Read more...](#)

Monkeypox cases around the world

Around 65 countries in which monkeypox is not endemic have reported outbreaks of the viral disease as confirmed cases cross 15,600.



What is monkeypox? The global health emergency with cases in Australia



Pope Francis meets with Indigenous leaders in Canada on 'trip of penance'



Early peanut exposure embraced by Aussie parents

AUSTRALIAN parents have embraced evidence-based guidance to introduce their infants to dietary allergens such as egg and peanut in the first year of life, but the impact on peanut allergy prevalence to....

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The 7 Pains You Should Never Ignore

Ignoring those aches and pains? These are seven pains you shouldn't ignore, especially if they are too intense or have been going on for days.

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High Triglyceride Foods to Avoid

The type and amount of carbohydrates you eat have a direct effect on your triglyceride levels. [Read more...](#)



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12 Reasons to Love the Mediterranean Diet

You won't need to roam the frozen food aisle or hit a fast-food drive-thru. The focus is on seasonal food that's made in... [Read more...](#)

[WHO declares global health emergency over monkeypox outbreak](#)

The rapidly spreading monkeypox outbreak represents a global health emergency, the World Health Organization's highest level of alert, WHO Director-General Tedros Adhanom Ghebreyesus said.



Monkeypox could move into high-risk groups: WHO

[China reports 982 new COVID cases for July 23 vs 817 a day earlier](#)

Mainland China reported 982 new coronavirus cases for July 23, of which 129 were symptomatic and 853 were asymptomatic, the National Health Commission said on Sunday.

[WHO experts split on monkeypox emergency ahead of decision - sources](#)

Members of a World Health Organization (WHO) expert group are split over whether the monkeypox outbreak represents a global health emergency, but the agency's director-general may still issue the maximum alert on Saturday, two sources close to the decision told Reuters.

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[MNT's Sunday Supplement: Sunshine may be able to directly impact hunger levels](#)

Sunshine has been linked to increased happiness, reduced blood pressure, risk of skin cancer, and other health factors. Now, new research suggests that sunlight may also impact hunger levels.

[A new study](#) led by Dr. Carmit Levy discovered a connection between the sun's UVB rays and increased hunger in men. This is due to higher levels of the hunger hormone "ghrelin," which boosts appetite, food intake, and fat storage, that was produced in response to sun exposure.

More specifically, the research suggests that sun-induced DNA damage to skin cells is what triggers the release of ghrelin and increases food-seeking behaviors.

Interestingly, this effect was recorded in male study participants, but not females. In fact, sunlight can actually reduce women's hunger levels. This may be attributed to higher levels of estrogen, which has been found to block the release of ghrelin along the p53 transcriptional pathway.

More research is needed to better understand how sunshine impacts health and well-being, but Dr. Levy believes the study's findings can support "therapeutic opportunities for sex-based treatments of endocrine-related diseases." As more research emerges, people should wear sunscreen regularly to protect their skin, hormones, and metabolism.

To learn more about the relationship between sun exposure and hunger, read the full article "[Can Sunlight Make You Hungrier?](#)"

This week, we also covered new research on [vitamin B6 for anxiety](#), [processed food's impact on cognitive performance](#), and [migraine drugs for obesity](#). We also reported on [a VR app that can reduce symptoms of phobias](#), [why people distrust science](#), and [how you can't exercise away a poor diet](#). Find links to these stories and more below.

We will return with our regular daily newsletter tomorrow. Please get in touch [by email](#) if you have any feedback, comments, or questions about this week's Sunday Supplement.

Morgan Mandriota
 Newsletter Editor, *Medical News Today*



[High Blood Pressure Doubles COVID Hospitalization](#)

Avoiding infection is extremely important — even when the circulating viral variant is presumed to cause mild disease. As per the study, many people who were hospitalized with COVID had...

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[11 Reasons Why You're Gassy](#)

Gas is normal. It's part of your digestion, and everybody has it. Most people pass gas 5 to 15 times... [Read more...](#)