



Health newsletter for the ex-pat Sri Lankans
globally

The Extra Mile: Memories of a fulfilling experience during the civil war

<https://www.dailymirror.lk/news-features/The-Extra-Mile-Memories-of-a-fulfilling-experience-during-the-civil-war/131-242751>

Book available at
Vijitha Yapa, Barefoot, Sarasavi

The Main Causes of Leg Pain

Is it something minor, like shin splints, or something more serious, like a blood clot? Here's how to tell the difference.

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Benefits of Massage for Chronic Pain

Besides relaxing you, a massage can also provide relief from certain conditions.

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Singer, Actor Olivia Newton-John Dies

After her first breast cancer diagnosis more than a quarter-century ago, she used her celebrity status to help increase awareness of the disease.

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Can Monkeypox Spread Through Clothing?

According to the CDC, poxviruses like monkeypox can survive in linens and clothing, and live particularly well in "dark, cool and low humidity environments."

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Medications for Hypertrophic Cardiomyopathy

Which Source of Dietary Fiber Works Best?

A mission accomplished in life which money cannot



Gamini, with Col. Anton Wijendra and Col. Sarath Fonseka at the Elephant pass Army camp after the victorious "Balavegaya military operation"

14 Ways You Can Help Prevent Cancer

You know to quit smoking and to wear sunscreen. But other habits, like practicing safer sex and nixing processed meats, may also help lower your risk of various types of cancer.

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10 Health Issues That Can Look Like Depression

Is it depression or something else? Here are some things that can look like depression -- but aren't.

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8 Breathing Problems You Shouldn't Ignore

Find out how to identify symptoms that could indicate an issue with your respiratory system.

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The Link Between Migraines and Dehydration

New Omicron COVID Boosters Coming Soon: What to Know Now

New COVID-19 vaccine boosters, targeting new Omicron strains of the virus, are expected to roll out across the U.S. in September.

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Alternative RA Treatments: What Are the Risks?

As with any medical therapy, complementary and alternative treatments can have complications.

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Do You Have Relatives With Lupus?

Some post-workout soreness is normal, but when should you take a break? And why are rest days -- even when you're not in pain -- crucial?

[Take Quiz](#)



12 Yoga Poses for Beginners

No matter the style of yoga you choose, nearly all of them include a few key moves. See how to do them right.

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Should You Go Vegan?

There's growing interest in vegan eating plans for several reasons, including better health. Should you ditch all animal products to protect your heart?

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Blood Protein May Show Cancer Death and Diabetes Risks

How to Use the Glycemic Index

22 Ways to Lose Weight Without Dieting

Forget about sticking to a specific diet regimen. All you really need are these science-backed strategies.

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How to Care for Your Heart After 50

Why You Shouldn't Use Petroleum Jelly for Sex

See why it's a bad idea to use petroleum jelly when you have sex (and what you should use instead). And find out how it can help you treat some other surprising issues.



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10 Signs of Low Testosterone You May Not Expect

Testosterone affects more than just your libido. A dip in your levels can lead to mood changes, loss of muscle mass, and these other problems.

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What Does Your Gleason Score Mean?

A prostate biopsy and a Gleason score can help see how fast your cancer is growing. Here's how it works.

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Symptoms of Age-Related Macular Degeneration

You may not have symptoms in the early stages of this eye disease. But here's what you might notice.

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Loneliness Can Be a Real Heartbreaker

The American Heart Association warns social isolation and loneliness put people at a 30% higher risk of heart attack, stroke, or death. Find out which generation might be the loneliest.

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10 Ways You're Drinking Water Wrong

Sipping water throughout the day seems straightforward enough, but most of us actually make some important mistakes when it comes to hydration. Thankfully, they're easy to fix.



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10 Secrets for Brighter, Whiter Teeth

Dingy, yellow teeth can make you reluctant to let loose a big smile. Try these do-it-yourself remedies and help stop stains from coming back.

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Could You Have Metabolic Syndrome?

When you have at least three of these common issues, your chances for heart disease, diabetes, and stroke are higher than with any one of them alone.

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Diabetes and Foot Problems: What You Should Know

Here are a few ways you can prevent the foot problems diabetes can cause.

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[ALZHEIMER'S / DEMENTIA](#)

At which stage of dementia does incontinence start?

Written by Jenna Fletcher on August 09, 2022

Incontinence can occur during the mid-to-late stages of dementia. Learn more about the causes and tips for management here.

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Worst Foods for Constipation

Some foods and drinks can slow your digestion and cause a backup. See how to help your next trip to the bathroom go more smoothly.

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12 Surprising Benefits of Salt

Get full use out of your salt shaker: Break it out to treat bug bites, ingrown toenails, a sore throat, and these other health problems.

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Could Drinking Green Tea Help Slow Prostate Cancer?

What about eating flaxseed or taking vitamin D supplements? Research shows that certain foods and healthy practices can curb the growth of tumors in the prostate. See what shows the most promise.

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[FLU / COLD / SARS](#)

10 of the best medications for sinus pressure

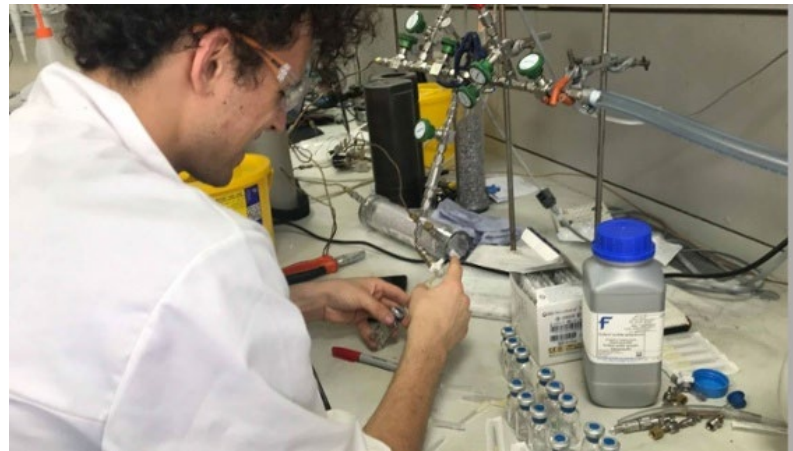
Written by Amanda Barrell on August 09, 2022

Sinus pressure can feel like a pain or tightness around the eyes, nose, and forehead. Learn more about the best medications for sinus pressure.

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The Truth About Eggs and Cholesterol

Scientists uncover ancient source of oxygen that could have fueled life on early Earth



(Jon Telling / Jordan Stone / Newcastle University)

Powerful earthquakes that shook Earth some 3.8 billion years ago split open the planet's crust and allowed chemical reactions to unfold deep within the fractured rock.

These reactions, fueled by seismic activity, water and near-boiling temperatures, may have provided oxygen to some of the world's earliest life forms, a new study suggests.

Full Story: [Live Science](#) (8/10)



HISTORY & ARCHAEOLOGY

Twin 'grumpy mouth' reliefs of Olmec contortionists discovered in Mexico



(Courtesy INAH Tabasco)

Archaeologists in Mexico have uncovered two Olmec reliefs chiseled into large circular stones that are thought to depict local rulers performing ritual contortions.

The twin pieces were found in Tenosique, a town located in the state of Tabasco, near Mexico's southern tip, and are believed to feature rulers from ancient Olmec civilization, whose name comes from the Aztec (Nahuatl) word "Ōlmēcatl," which means "rubber people." The Olmec reigned between 1200 B.C. to 400 B.C. and are considered the first elaborate pre-Hispanic civilization in Mesoamerica. Today, they're best known for their sculptures of colossal heads.

Full Story: [Live Science](#) (8/10)



Best Foods to Eat When You Have Prediabetes

A prediabetes diagnosis doesn't have to lead to diabetes. See what to add to your plate that might help stop diabetes in its tracks.

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When Diabetic Macular Edema Progresses

Eye disease is a common health problem for people with diabetes. One type, diabetic macular edema, can progress without you even knowing it.

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Healthy Foods That Are High in Cholesterol

If you have high cholesterol, you might think you have to shun all high-cholesterol foods. But some nutrition superstars make up for their high numbers with healthy perks.

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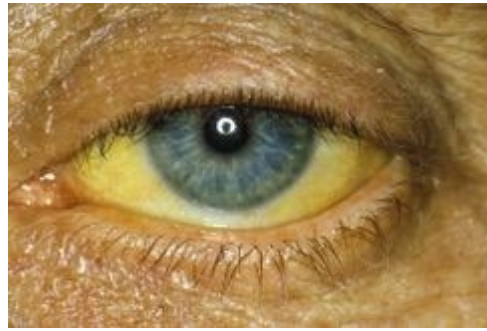
Reasons You Can't Lose Weight

If you've been exercising and watching what you eat, but can't shed the pounds, one of these things may be to blame.

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How to Spot Pancreatic Cancer

Because it's rarely diagnosed in its early stages, it's one of the most deadly cancers. See what you can do to protect yourself.



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10 Signs Your Blood Sugar Is Out of Control

If you feel more thirsty or tired, or start noticing these other changes, check your levels as soon as possible.



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Which Source of Dietary Fiber Works Best?

Why Isn't Everyone on This Diet?

This top-rated plan may help lower your blood pressure and cholesterol levels. Plus, it can help you lose weight. Here's how to get started.

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12 Vegetables You Should Be Eating

How AFib May Affect Your Blood Pressure

An irregular heartbeat can impact how well your heart pumps, triggering low blood pressure.

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Real Ways Grief Could Harm Your Heart

Losing a loved one raises your chances of having a heart attack and can take a toll on your overall health.

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Why High Cholesterol Is So Dangerous

High cholesterol affects your likelihood of having a heart attack, stroke, and possibly even Alzheimer's. Here's what you can do to lower your numbers.



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Ways to Keep Your Heart Healthy After 50

Steven has a family history of heart and cholesterol problems and has had quintuple bypass surgery. Here's what he does every day to keep his heart in good shape.

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Common Causes of Sciatica Flares

These habits can trigger a sciatica flare, which affects the longest nerve in your body.



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What Swollen Fingers May Be Telling You

While a salty meal is a common culprit, swollen fingers can signal an underlying health problem that needs attention.

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What Do You Really Know About Semen?

Does it make a good moisturizer -- or glow in the dark? And how long can sperm live after leaving a man's body?

[Take Quiz](#)

What Is Nonsurgical Spinal Decompression?

This motorized traction gently stretches the spine to provide relief from back pain. It may be used to treat neck pain and other problems.

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Spicy Foods Can't Harm You, Can They?

Experts say munching red hot peppers might trigger some gastrointestinal distress, but also provide longer-term health perks.

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11 Mistakes That Speed Up Aging

Certain habits -- like squinting and keeping to yourself too much -- can cause your skin and body to appear older than they are. See how you might be accelerating the aging process.



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Actor, Breast Cancer Advocate Olivia Newton-John Dies at 73

The *Xanadu* and *Grease* star was first diagnosed with breast cancer in 1992, but the cancer returned in 2013.

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How to Live Your Best With Inoperable Lung Cancer

Advocates, survivors, and medical experts offer advice to help you live a better, less stressful, and more hopeful life.



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Coming to Terms With Metastatic Small-Cell Lung Cancer

It's normal for a diagnosis of MSCLC to lead to overwhelming emotions, ranging from sadness to guilt to fear. See what you can do to manage your feelings.

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Top Cancer-Fighting Foods

No single food can prevent cancer, but the right combination might help. See which foods to enjoy -- and which ones to steer clear of.

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These Symptoms May Signal Kidney Cancer

This kind of cancer is one of the 10 most common in men and women. Here's what to watch for.

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Cancer Symptoms You Might Not Know

Indigestion, trouble swallowing, a consistent fever -- these don't always stand out as signs of cancer, but they can be.

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How to Stop Wasting Time

Try these smart strategies to organize your day and better manage your time.

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Top Sources of Food Poisoning

Thanks to the way they're processed and packaged, some foods are more likely to harbor dangerous bacteria.

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What Happens When You Get a Cortisone Shot

Here's what to expect, including possible risks to be aware of.

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Rheumatologists: What They Do, and What to Expect

Best Treatments for Your Particular Psoriatic Arthritis

With psoriatic arthritis, each person's symptoms and situation are unique. See how your doctor will work to tailor your treatment plan to your specific needs.



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Doctors often recommend aspirin for people who are more likely to have a [heart attack](#) or [stroke](#), because it can prevent [blood clots](#). But since it can cause bleeding, taking aspirin every day also raises the odds of one kind of [stroke](#) that involves [bleeding in the brain](#).

What Is a Microalbumin Urine Test?

A microalbumin urine test can detect kidney disease early on and help you prevent more serious problems. Learn when you need one, how it works, and what the results mean.

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Summer's Most Fattening Foods

Just because these seasonal favorites are grilled and not fried, have "salad" in the name, or are made with fruit doesn't make them good for you.

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