

# Health & Views

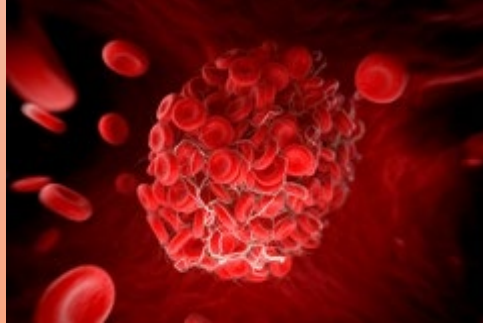
**Normal Blood  
Sugar Levels for  
Adults With  
Diabetes**

2022

Health news for the ex-pat Sri Lankans , globally

## **Can Heart Problems Cause Dangerous Blood Clots?**

Deep vein thrombosis most often happens in your legs, thigh, or pelvis -- but there also can be fallout for your heart.



[Read More](#)

## **After Breast Cancer: Lower Your Risk of a Second Cancer**

For some people, aftereffects of cancer treatment may put you at risk of developing a new, unrelated cancer. See what treatments can raise your risk and what you can do to lower it.



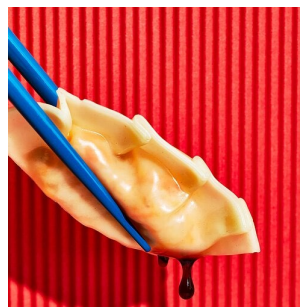
[Read More](#)

Weight Management

## **10 Foods That Help with Bloating**

Food & Nutrition

## **How to Make Homemade Dumplings with Whatever Ingredients You Have On Hand**



## **14 Reasons You're So Tired**

Often the answer is obvious: You're not getting enough sleep. But here are other possibilities -- some that are easily fixed, and some that merit a call to your doctor.



[Read More](#)

## **Eating Habits That Help Lower Your Blood Pressure**

Starting a few new food habits may help you keep your hypertension in check. Here's how.

[Read More](#)

## **Warning Signs of COVID's Heart Complications**

Some long-term heart problems may not surface for months after you recover from COVID-19. Be on the lookout for these symptoms.

[Read More](#)

## **High-Cholesterol Foods That Are Good for You**

Experts say curbing your saturated fat intake can sometimes work better than cutting all cholesterol. Here are some foods to consider.

[Read More](#)

## **How to Take ACE Inhibitors Safely**

Find out what to expect when your doctor prescribes an ACE inhibitor, a medication that helps lower your heart's workload.

[Read More](#)

## **The Truth About Fasting's Health Benefits**

Studies show that no matter what your method of fasting, you're likely to lose some weight. See what it can -- and can't -- do.

[Read More](#)

## **How to Keep Your Heart Working Right**

Whether you're already living with heart disease or you're trying to prevent it, these strategies can help keep your ticker in top shape.

[Read More](#)

## **Diabetes and Urine Tests: What You Should Know**

## **10 Insomnia Medications**

Here's what you need to know about different meds used to treat insomnia and how they work.

[Read More](#)

## **Crohn's and UC: What's the Best Treatment for You?**

Join this free, interactive webinar with gastroenterologist Adam Cheifetz, MD, to learn about the latest treatments for Crohn's disease and ulcerative colitis.

[Sign Up Now](#)

## **What to Do if You Have Yellow Semen**

Sometimes yellow semen can be normal, but it depends on how yellow your semen is and other accompanying symptoms. Here's what you need to know.

[Read More](#)

## How to Reverse Prediabetes

Making a few changes to your daily habits - even making sure you get enough sleep - can help lower your odds of developing full-blown diabetes.

[Read More](#)



## These Foods Are Surprisingly Bad for Your Cholesterol

Thai takeout, French press coffee, flour tortillas: See which of your favorite foods and drinks might be raising your LDL ("bad") cholesterol.

[Read More](#)



## How to Treat Hemorrhoids at Home

Try these solutions to soothe pain, itching, and any ongoing discomfort.

[Read More](#)

## Here's Why You're Constipated

From sugary sweets to certain medications, see what could be backing up your system and how to get regular again.

[Read More](#)

## 11 Supplements That Might Relieve Joint Pain

Find out which common supplements may help ease your pain, improve movement in your joints, and slow down collagen loss.

[Read More](#)

## Spreading the Word About Ankylosing Spondylitis

## What Is Glucose?

## Osteoarthritis: When Your Doctor Should Help

## How to Manage Morning Joint Stiffness

It's easy to blame aging, an old mattress, or a poor night's rest when you wake up feeling stiff and achy. But if it happens a lot, it might be a sign of a medical condition.

[Read More](#)



## The Truth About Fasting's Health Benefits

Studies show that no matter what your method of fasting, you're likely to lose some weight. See what it can -- and can't -- do.

[Read More](#)

## How to Keep Your Heart Working Right

Whether you're already living with heart disease or you're trying to prevent it, these strategies can help keep your ticker in top shape.

[Read More](#)

## Could Your Back Pain Be Sciatica?

The pain that travels down one leg may be due to a nerve problem. We explain more symptoms and what to try for relief.

[Go >](#)



## 18 Secrets to a Longer Life

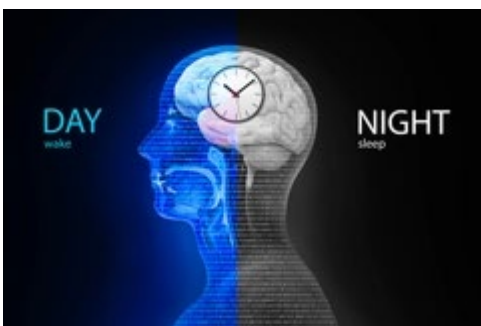
You already know that eating right and staying active are key. But some less-obvious habits may also help you live longer.

[Read More](#)

## The Truth About Melatonin

Melatonin can help you fall asleep a bit faster than you normally would, but its effects on how much and how well you sleep are still being studied. Here's what we know.

[Read More](#)



## Chemotherapy Drugs Used to Treat Arthritis

In rheumatology, chemotherapy is designed to decrease the abnormal behavior of cells, rather than kill cells. Here's how it works.

[Read More](#)

## Is It Alzheimer's or Normal Aging?

Mild memory loss can be a normal part of aging and doesn't necessarily mean you're going to have dementia. But there are signs you shouldn't ignore.

[Read More](#)

## Sticking to Your RA Medication Regimen

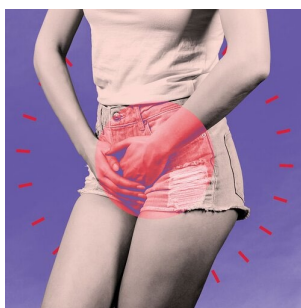
Following your rheumatoid arthritis treatment plan is the path to remission. But if you feel good, can you take less? Here's what your doctor would tell you.

[Watch Now](#)



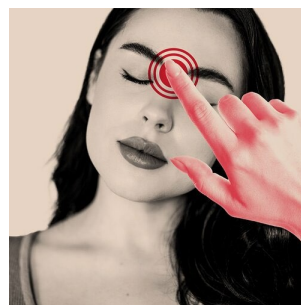
Health

## What Causes Vaginal Itching? Here Are 8 Common Reasons and How to Find Relief



Sleep

## 6 Pressure Points for Sleep That'll Calm Your Mind and Body



SLIDESHOW

### How Do You Get Rid of Heat Rash?

Do you know what heat rash looks like? Heat rash develops when the skin sweat ducts become blocked. [Read more...](#)



ARTICLE

### 19 Nail Changes That You Should Not Ignore

A change in color, texture, or shape can be innocuous, but it can be an indication of a serious medical condition. [Read more...](#)

## Leisure Activities That May Lower the Risk of Death for Older Adults

### VACD Australia Director News Updates:

Mr. Giles Gunesekera – Secretary VACD Australia & Chief Executive Officer Global Impact Initiative - [www.globalimpactinitiative.com.au/](http://www.globalimpactinitiative.com.au/)



R

## MASTERING THE POWER OF You

Empowered by Leader Insights  
Edited by LALIT JOHRI | KATHERINE CORNICH | GAY HASKINS

Giles is a dynamic, multiskilled Secretary of VACD Australia who has contributed a chapter on the “Power of Impact Investing” in a new book, “*Mastering the Power of You*” which will be released on the 21st of November. Leaders from around the world share their experiences in adapting to the changing world and the lessons they have learnt and offer advice on mastering a diverse range of leadership concepts, skills, and behaviors and how to prepare for the challenges of the 21st century in this book.

The easy-to-follow format is grouped around core concepts of Leadership, Entrepreneurship and Volunteering; Purpose and Values; Authenticity, Trust, and Presence; Strategizing, Thinking and Decision Making; Mentoring and Development; Mental Resilience; Diversity and Inclusion; Negotiating and Collaborating; and Social and Environmental Impact. Each of the thirty-two chapters takes you on an expedition of discovery to a wide range of ‘powers’ and inspires the reader to use them to pursue new opportunities in one’s life, career, and workplace.

**Felix Stephen**

Chairman of the Board of Directors,  
**Volunteers to Assist Children with Disabilities Limited. Australia,**  
& Member of the Advisory Boards of VACD USA & VACD Sri Lanka  
ACN: 605 017 016 / ABN: 80 605 017 016 & ACNC Registered  
Cherrybrook, NSW 2126, Australia

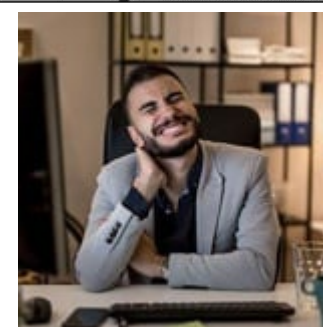
+61 409 601 808 / +61 2 9484 5128



FEATURED

## 11 Dieting Myths and Facts

Can't tell fact from fiction about weight loss and healthy eating? Discover the truth behind some of the most common dieting and weight loss myths.

[READ MORE](#)


SLIDESHOW

## What a Pain in the Neck!

You use your neck more than you think. Some of the most common causes of neck pain are... [Read more...](#)



SLIDESHOW

## The Truth About Carbs

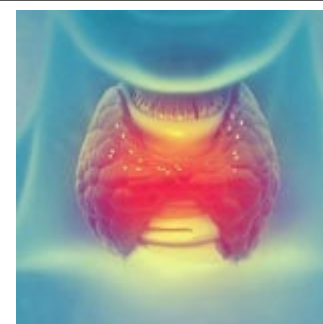
Carbohydrates are a common source of energy for our bodies. Find out what they do for you and the best ways to get them. [Read more...](#)

## Almost half of cancer deaths are preventable

Nearly 50% of cancer deaths worldwide are caused by preventable risk factors. The largest study yet of the link between cancer burden and risk factors used estimates of cases and deaths from more than 200 countries. [Smoking, alcohol use and a high body-mass index — which can be indicative of obesity — were the biggest contributors](#) to cancer. The study did not include some other known risk factors, including exposure to ultraviolet radiation and certain infections — such as HPV, which can cause cervical cancer.

[Nature](#) | 4 min read

Reference: [The Lancet paper](#)



SLIDESHOW

## Keep Your Thyroid in Check

Hyperthyroidism occurs when an overactive thyroid gland produces an excessive amount of thyroid... [Read more...](#)

## Genomics reveals medieval mass burial

Genomic analysis suggests that [remains recovered from a medieval well in Norwich, UK, were probably those of Jews murdered in the twelfth century](#). Radiocarbon dating established that the bodies of 6 adults and 11 children had been deposited between 1161 and 1216 — a time frame encompassing a historically documented antisemitic massacre in Norwich in 1190. The DNA of six of the individuals hinted that they were more closely related to today's Ashkenazi Jewish populations than to modern non-Jewish ones in England. And they were predisposed to some genetic conditions, such as primary ciliary dyskinesia, that are prevalent in modern Ashkenazi Jews. The finding sheds light on both the events of medieval Norwich and the genetic history of Ashkenazi people.

[Nature](#) | 5 min read

Reference: [Current Biology paper](#)

## How Safe Is Microwave Popcorn?

Munching handfuls of microwave popcorn might be perfect for movie night, but your snack could be loading your body with potentially harmful 'forever chemicals'. These chemicals...

[READ MORE](#)


**Compiled, edited & published by**  
**Dr Harold Gunatillake** Compiled edited  
 & published by  
**Dr Harold Gunatillake OAM**  
 To unsubscribe email:  
[haroldgunatillake1@gmail.com](mailto:haroldgunatillake1@gmail.com)

Dr Harold Gunatillake, Health Editor, is a Member of the Academy of Medicine, Singapore. Member of the Australian Association of Cosmetic Surgery. Fellow of the Royal College of Surgeons (UK), Corresponding Fellow of the American Academy of Cosmetic Surgery. Member of the International Societies of Cosmetic Surgery, Fellow of the International College of Surgery (US). Australian diplomat for the International Society of Plastic, Aesthetic & Reconstructive Surgery. Board Member of the International Society of Aesthetic Surgery. Member of the American Academy of Aesthetic & Restorative Surgery. Life Member of the College of Surgeons, Sri Lanka. Bachelor of Medicine & Bachelor of Surgery (Cey). Government scholar for higher studies in the UK.