

The latest thinking on dry eye treatments

December 1<sup>st</sup> issue

# Health & Views

How well do colonoscopies prevent colorectal cancer? What you need to know

2022

Health newsletter for the Sri Lankans, globally



WELLNESS

[How 2 Minutes of Walking After a Meal Can Help Control Blood Sugar Levels](#)

## **Brain Foods to Help You Concentrate**

Certain foods can help improve your brain function. Find out what you can eat to help keep your mind sharp and focused.

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## **11 Surprising Causes of Heart Disease**

You probably know the usual suspects: too many pounds, lack of exercise, poor diet. But some unexpected things can also increase your risk.

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## **Telltale Signs of Breast Cancer**

A lump isn't the only red flag. See what breast changes may mean, how often you need a mammogram, and the truth about self-exams.

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## **10 Tricks to Control Your Eating**

Researchers have discovered a lot about what prompts us to eat when we're not hungry. Use these tips to avoid common pitfalls.

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## **Flu Has Started Early and With a Punch**

Flu season has struck the United States hard and early, burdening hospitals that are also coping with a surge in other respiratory viruses, including RSV and COVID-19.

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## **These Are the Statin Side Effects You Should Know About**

Statins are one of the most widely prescribed—and effective—types of cholesterol-lowering medication. They also have a few potential side effects.

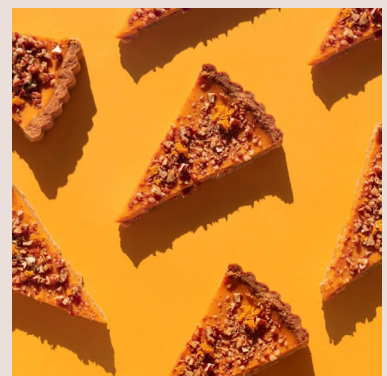
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## **Gastro Doctors Say These 6 Thanksgiving Dishes Are 'Low in Gas Production'**

Keep your tummy happily comfy this holiday with these taste-tempting recipes.

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[Research Shows This Popular Wellness Supplement Has Been Linked to Liver Injury in Rare Cases](#)

From Health

## **Why Your Treatment for Type 2 Could Change**

If your current regimen doesn't keep your levels in a healthy range, your doctor might suggest these alternatives.

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NUTRITION

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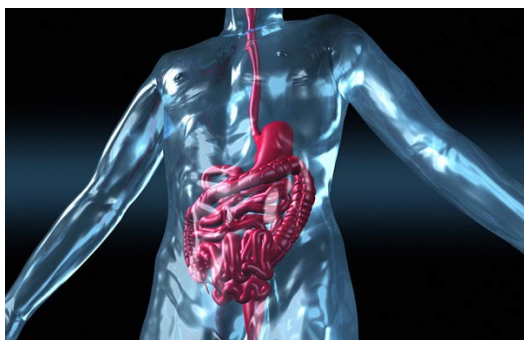


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[Is Vitamin D Overrated? Another Study Casts Doubt on Benefits](#)

HARVARD HEALTH BLOG

## Inflammatory bowel disease: Issues outside the gut



Inflammatory bowel disease (IBD) is a type of chronic inflammation of the gastrointestinal tract. Ulcerative colitis, marked by continuous inflammation of the large intestine, and Crohn’s disease, which causes patches of inflammation and can occur anywhere in the gastrointestinal tract, are both types of IBD. Patients with IBD can experience a variety of gastrointestinal symptoms such as abdominal pain, diarrhea, blood in their stool, bloating, and weight loss.

IBD symptoms can occur both inside and outside the gastrointestinal tract. The latter are known as extraintestinal manifestations (EIMs) of IBD. These conditions occur in nearly half of all people with IBD, and can be present before and/or after someone’s IBD is diagnosed. EIMs are more frequent in people who receive their diagnosis at an earlier age, and generally also occur earlier in the course of IBD. In fact, approximately 24% of EIM symptoms are present prior to receiving a diagnosis of IBD. The causes of EIMs are poorly understood but, similar to IBD, may be due to a combination of genetic risk factors, immune reactions, and lifestyle factors such as cigarette smoking.

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### The 9 Best Habits to Make Your Lungs Stronger, from Doctors

COVID-19 made us all more aware of how important healthy lungs are. Since lung function also lessens with age, here are smart and simple tips to help you breathe easy for life.

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### Are Blueberries Good for You? Their Nutrition, Calories, and Benefits

These little berries aren't just delicious—they're also loaded with essential nutrients that make them one of the healthiest foods you can eat.

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### Tips to Ease Dry Mouth

When your mouth makes little or no saliva, it affects more than just your thirst. See what might be causing your dry mouth and what you can do about it.

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### 6 Health Reasons You Need to Be Drinking Pickle Juice

Science suggests if you're pouring your leftover pickle juice down the drain, you could be missing out on the brine's healthy benefits.

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### 16 Protein-Powered Lunches

Want to beat the afternoon slump? Eat protein at lunch. It helps keep your blood sugar steady, so you won't have an energy spike and crash.

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### Buyer Beware: The Truth About Online Pharmacies

While some pharmacy websites operate legally and can offer convenience and lower costs, others may be selling counterfeit and unsafe medications.

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### 14 Hacks to Get Your Best Sleep Ever

Quality sleep starts with the basics. Here's how to choose the right mattress, pillows, sheets, and pajamas to set yourself up for some dreamy rest.

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### Skin Care Tips Based on Skin Tone

See which issues you're more likely to have depending on your skin tone, and try these tips from dermatologists to deal with your particular needs.

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MAIN ARTICLES

## 9 Tips to Improve Kidney Health

Several conditions can put you at risk of kidney diseases. Nine tips to protect your kidneys...

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[How Long Does It Take to Pass a Kidney Stone?](#)

[What Foods Help Repair Kidneys?](#)

[How Do You Know If a UTI Has Spread to Your Kidneys?](#)

[What Are 3 Diseases That Affect the Kidneys?](#)

[What Should You Not Eat With Kidney Stones?](#)

## What's the Link Between Salt and Diabetes?

Here are some tips for lowering the amount of salt in your diet.



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## What Your Body Language Says About You

Sometimes, your expressions and gestures reveal feelings you'd rather keep hidden - or that you're not aware of.

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## Symptoms of Ovarian Cancer

In its early stages, ovarian cancer may not cause symptoms you would notice because its common symptoms can also be caused by many other things.

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## The Best Time to Exercise for Your Heart

For women in their 40s and above, which delivers more benefits: a morning or evening workout? New research suggests an answer.



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## 10 Tricks to Relieve Your Tired Eyes

"Palm" your peepers, use a humidifier, and try these other hacks to soothe dry, fatigued eyes.

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## 9 Ways to Improve Your Digestion

Stomach issues can disrupt plans and make life less fun. Try these tips to help prevent symptoms like bloating, belching, and heartburn.

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## Signs You're Low on Vitamin C

Medically Reviewed by [Melinda Ratini, DO, MS](#) on December 20, 2020



### How Much Do You Need?

If you eat a balanced diet, it's pretty easy to get enough. Adult women (who aren't pregnant or breastfeeding) need 75 milligrams of vitamin C per day; men, 90 milligrams. A mere 1/2 cup of raw red bell pepper or 3/4 cup of orange juice will do it, while 1/2 cup cooked broccoli gets you at least halfway there. Your body doesn't make or store vitamin C, so you have to eat it every day.

## What Color Revs Up Your Libido?

There's a certain color that can heat things up in the bedroom. But it's not the same one that helps you feel less tired after exercising. See how different hues can affect you.

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## Don't Be Sidelined by Diabetic Nerve Pain

It can start as tingling, burning, or even numbness, and managing your blood sugar is the best way to prevent it.

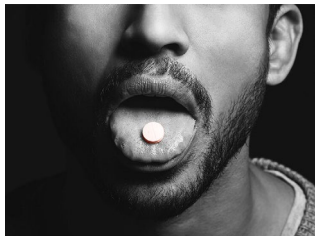
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## Foods for a Healthier Holiday

Navigating holiday meals and parties when you're watching what you eat can be tricky. Here's what to keep in mind.

[Take Quiz](#)

## New oral drug may become alternative to statins to lower cholesterol



Scientists have found a new small-molecule oral drug that lowered LDL or “bad” cholesterol by 70% in mice.

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## Can diabetes drugs such as insulin, metformin affect MS risk?



A recent study suggests that taking antihyperglycemic medications to treat type 2 diabetes may increase some people's risk of developing multiple sclerosis (MS).

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## High blood pressure: Study finds ‘causal effect’ on neurotic personality traits



A new study shows that diastolic blood pressure may lead to neuroticism, which is associated with anxiety and mood disorders.

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## How phthalates accelerate the growth of uterine fibroids



A new study shows that phthalates, a common chemical, stimulate the growth of uterine fibroids, benign tumors that can affect female health.

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## Insulin resistance diet: Are beans or potatoes OK to eat if you have diabetes?



A new study has found that potatoes do not negatively affect blood glucose levels and may promote weight loss in people with type 2 diabetes.

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## High amounts of salty, processed foods could double stress levels, study finds



A recent European study showed that excess salt consumption doubled the peak stress response in mice.

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## Skills to Master for Diabetes and Heart Health

Taking steps to keep your blood sugar under control has another benefit: It's good for your heart health, too.

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## Natural Ways to Prevent Sugar Spikes

Medication and diet work together to control your levels after a meal, but they're not the only things that can help.

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