

[What Are the Types of Sleep Apnea?](#)

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[How Can I Cure Insomnia Fast?](#)

Health & Views

[How to Get a Good Night's Sleep](#)

[Snoring Causes, Aids, Remedies, Solutions](#)

2022

November 2nd
issue

Health newsletter for the expat Sri Lankans,
globally

Lung Cancer Awareness Month: How to get involved

Written by Jenna Fletcher on October 6, 2022

Lung Cancer Awareness Month takes place in November. Although lung cancer is prevalent, many people do not know much about it. Learn how to spread awareness.

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MAIN ARTICLES

The 8 Main Causes of Insomnia

Insomnia is a repeated difficulty with sleep initiation, quality, maintenance, or consolidation.

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[Omega-3 may provide a brain boost for people in midlife](#)

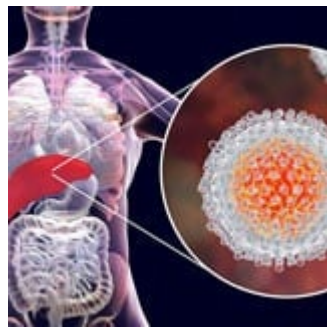
A study suggests that there may be a connection between consuming omega-3 and an increase in brain functioning for people in midlife.

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[How Do I Stop Frequent Urination at Night?](#)

[Is It True That the Older You Get, the Less Sleep You Need?](#)

[Dos and Don'ts After a Bad Night's Sleep](#)



SLIDESHOW

How Do You Get Hepatitis C?

Hepatitis C is a blood-borne illness. Learn about hepatitis C contagiousness and...

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Can Diabetes Affect My Feet?

Diabetes can cause serious foot complications such as nerve damage, infection, and ulcers. [Read more...](#)



MNT RESOURCE

Prostate cancer

Evidence-backed resources on prostate cancer, including information on the signs and symptoms, causes, screening and diagnosis, treatment, and more.

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Is alcohol a stimulant or depressant?

Written by Carolyn Farnsworth on October 7, 2022

Alcohol acts as a depressant in the body. However, it may lower a person's inhibitions and seem like a stimulant at first. Learn more here.

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• **What to know about maple syrup urine disease**

In Conversation: How to understand chronic pain

Hosted by Dr Hilary Guite with Dr. Tony L. Yaksh and Joel Nelson

In the latest installment of our In Conversation podcast, *Medical News Today* dives into the science behind chronic pain.

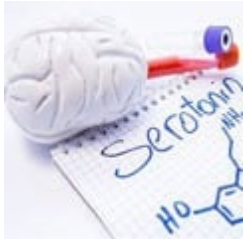
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SLIDESHOW

What Are Normal Blood Pressure Ranges by Age?

Your blood pressure reading is a measurement of the pressure your blood applies across your artery walls. [Read more...](#)



ARTICLE

Difference Between Serotonin and Dopamine

Although both serotonin and dopamine help regulate mood and concentration, they each have distinct functions. [Read more...](#)

BLOOD CANCER

9 Lymphoma Symptoms to Watch for, According to Cancer Doctors



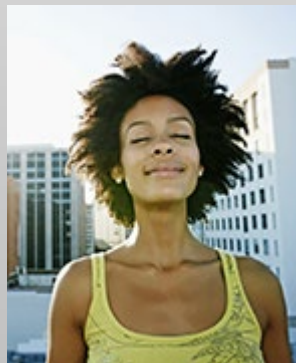
DIGESTIVE HEALTH

What Not to Eat When Your Stomach Is Upset, and What to Eat Instead



SLEEP

11 Surprising Health Benefits of Sleep



NUTRITION

Are You Eating Too Much Sugar?



Editor's picks

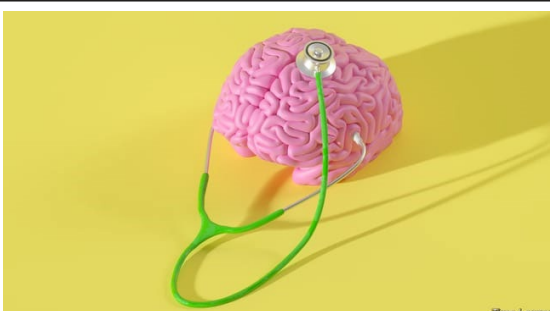
A selection of our best articles about the brain



[The brain at work](#)

How thinking hard makes the brain tired

[A neurometabolic account](#)



[Thinking outside the box](#)

How to keep the brain healthy

[Neuroscience is experiencing a renaissance. Not before time](#)

[Technology quarterly](#)

Fixing the brain

[The toolkit for tackling brain dysfunction is expanding rapidly, says Natasha Loder](#)

Anemia of chronic disease: What to know

Written by Mary West on October 23, 2022

Anemia of chronic disease can occur in people with underlying inflammatory conditions. Learn more here.

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What is rescue breathing, and how do you perform it?

Written by Lauren Hellicar on October 23, 2022

Rescue breathing involves exhaling into the airway and lungs of a person who has stopped breathing. Learn more.

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What to know about advanced heart failure treatment

Written by Lauren Hellicar on October 24, 2022

Advanced heart failure causes severe symptoms that interfere with daily life. Learn more about treatments for advanced heart failure here.

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What is stenosis of the heart valves?

Written by Katy Wallis on October 23, 2022

Stenosis of the heart includes narrowing of the vessels and a subsequent restriction of the blood flow. Learn more.

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Is Your Back Pain Sciatica?

Sciatica is a pain that radiates from the low back down a lower extremity; it is caused by irritation of... [Read more...](#)



[The Economist explains](#)

Why the capture of a Russian T-90M tank matters

The top-of-the-range model is loaded with the latest tech. Western armies can learn from it



[The Economist explains](#)

Why did Joe Biden pardon people convicted of federal marijuana offences?

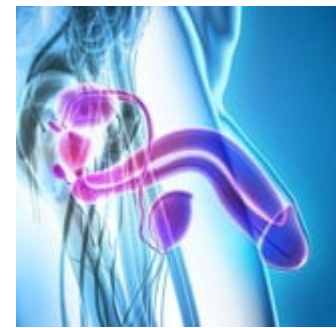
The White House wants to reclassify the drug's legal status



ARTICLE

What Are the Types of Eye Care?

Eye care products can help with dryness, itching, or excessive watering of the eye. But in some instances, what seem... [Read more...](#)



SLIDESHOW

What Causes Testicular Cancer?

Testicular cancer is one of the most common cancers for men ages 15 to 35, but it's very much treatable. [Read more...](#)

Another Reason for Seniors to Try Yoga

New research suggests that remotely offered, home-based chair yoga can be helpful for older adults with dementia.

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[The Economist explains](#)

How much legal jeopardy is Donald Trump in?

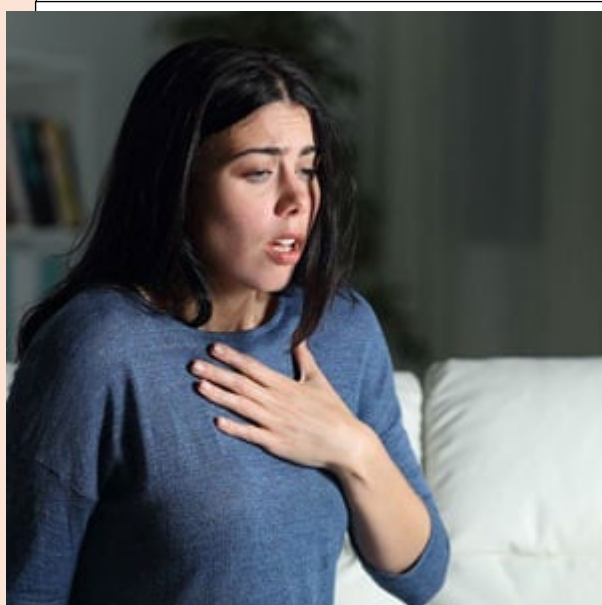
The former president is at the centre of at least four high-profile inquiries



[The Economist explains](#)

What is climate "loss and damage"?

Poor countries want compensation for the impacts of climate change. COP27, in November, may force the issue



FEATURED

15 Health Conditions That Mimic Anxiety

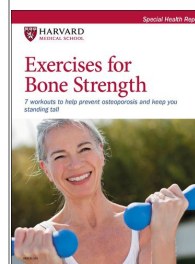
Is it anxiety or something else? Click through to learn which conditions share symptoms. Panic attacks and heart attacks in particular have similar...

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The best exercises for your bones



Certain types of exercise can increase muscle mass, which in turn enhances strength, muscle control, balance, and coordination. Good balance and coordination can mean the difference between falling—and suffering a fracture—and staying on your feet. Strong evidence shows that regular physical activity can reduce falls by nearly a third in older adults at high risk of falling.



You know exercise is good for your heart. You know exercise is good for your muscles. And exercise is good for your bones. Not only that, for strong bones, exercise is essential. In this report, Harvard doctors share seven complete workouts that will foster stronger bones, build defenses against osteoporosis, and give you greater freedom from the risk of a break or fracture.

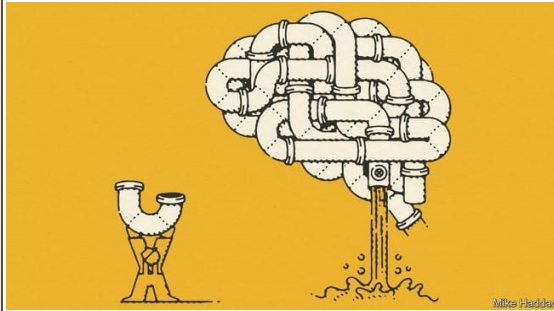
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Music and the mind

Playing an instrument is linked to better cognition

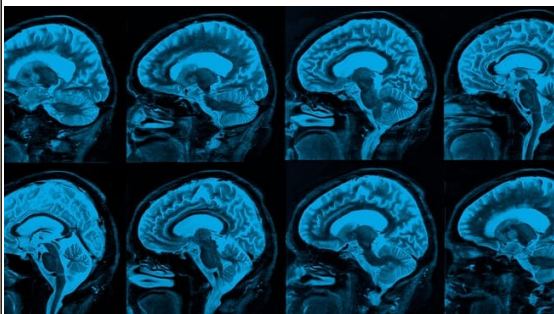
Another of the many benefits of a musical education



The lymphatic system and dementia

Alzheimer's researchers are studying the brain's plumbing

Tweaking it may delay development of the disease



Podcasts

How will technology improve the diagnosis of dementia?

Testing for dementia is improving but treatments are few. Can the healthcare system cope with this silent epidemic?



SLIDESHOW

The Cost of Salt in Your Diet

How dangerous is sodium, and is the amount you're eating too much? Here are a few things that... [Read more...](#)

Supplements for Joint Pain

[Colorectal Cancer: Prevention, Diagnosis, and Therapeutic Options](#)

[Could Vitamin C Help Reduce Gout?](#)

A UCLA Heart Doctor Says the Change in Seasons Can Affect Your Cholesterol

A leading cardiologist says chillier weather commonly causes an interesting health shift. The explanation makes so much sense.

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Easy Ways to Prevent Overeating

A handful of clever tips can help you stop when you're satisfied, and not go back for more.

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6 Easy Ways to Eat a High-Protein Lunch

Add these protein-packed toppers and fillings, like beans and eggs, to increase energy and boost weight loss.

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Have Fun, Play Sports, Burn Calories

Want to torch calories without setting foot inside a gym? Each of these activities is fun while also providing a good workout.

[Watch Video](#)

Click the link below:

<https://drgamini.org/2022/10/05/the-extra-mile-memories-of-a-fulfilling-experience-during-the-civil-war/>

'The Extra Mile: Memories of a fulfilling experience during the civil war', sharing an article which is published in the daily mirror.



10 Things That Look Like Depression but Aren't

Health issues like vitamin D deficiency, anemia, or an undiagnosed condition such as autism can look a lot like depression.

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What Your Poop Is Trying to Tell You

The type and color of your poop can tell you a lot about your health. Here's how to interpret what you see.

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Worst Habits for Your Back

Back pain can make it hard to enjoy everyday life. Make sure you're not sleeping, eating, or moving in ways that can cause trouble.

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The Meat of the Future May Be Grown in a Lab

Cultivated meat - real beef, chicken, pork, or seafood grown in a lab from animal cells - promises cruelty-free and environmentally friendly protein. But is it really all that?



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NUTRITION

5 Signs You're Not Eating Enough Protein



DIGESTIVE HEALTH

What Exactly Are Digestive Enzymes—and Do You Need One?



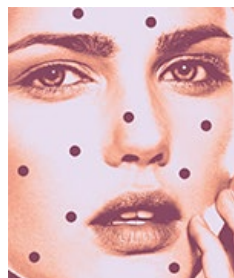
HEART HEALTH

What Causes Heart Palpitations?



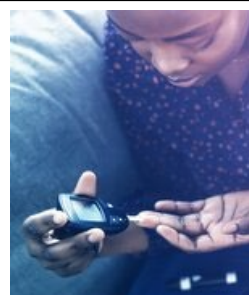
ACNE

The 3 Most Common Types of Acne, and How to Treat Each



ENDOCRINE CONDITIONS

The Differences (and Similarities) Between Type 1 and Type 2 Diabetes



FEATURED

10 Natural Ways to Stay Awake

Learn how diet, exercise, and other natural remedies can help with daytime sleepiness. If you have narcolepsy, there may be ways besides medications to stay more alert during the day.

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Brain Tumor Symptoms You Shouldn't Ignore

Even a small, slow-growing brain tumor can affect how you talk or think. See the common warning signs of brain cancer and what can raise your risk.

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Menopause: Low fat, plant-based diet may improve hot flash symptoms by 88%

A new study suggests that a low fat, plant-based diet rich in soy may help reduce hot flash symptoms and promote weight loss.

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Atrial fibrillation: Cannabis and other drugs linked to increased AFib risk

A study found a link between methamphetamine, cocaine, opiates, and cannabis use and developing atrial fibrillation (AFib).

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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.