

**How IBD Affects the Entire Body**

# Health & Views

**Meditation Program Fights Anxiety as Well as a Prescription Drug**

December 2<sup>nd</sup>  
issue

2022

Health newsletter for ex-pat Sri Lankans,  
globally

**Alcohol Abuse: Complications and Consequences**



## Garlic

Some people believe it helps with high blood pressure and can treat cold symptoms. Studies show it can lower your cholesterol a bit, too. It's safe for most people, but garlic can thin your blood. That can increase your risk of bleeding if you take blood-thinning medications for heart problems.



## Ginger

People take this to try to ease nausea brought on by surgery, chemotherapy, or motion sickness. And sometimes it's used to treat arthritis or other joint pain. But ginger may cause problems with blood clotting, heart rhythms, blood pressure, and blood sugar levels. Check with your doctor before taking this if you are on blood thinners or have diabetes.

## **10 Caffeine-Free Ways to Boost Your Energy**

It's the middle of the afternoon and your energy is flagging. Coffee at this hour might mess with your sleep tonight. Try these ideas instead.

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## **13 Ways to Lower Your Odds of Having a Stroke**

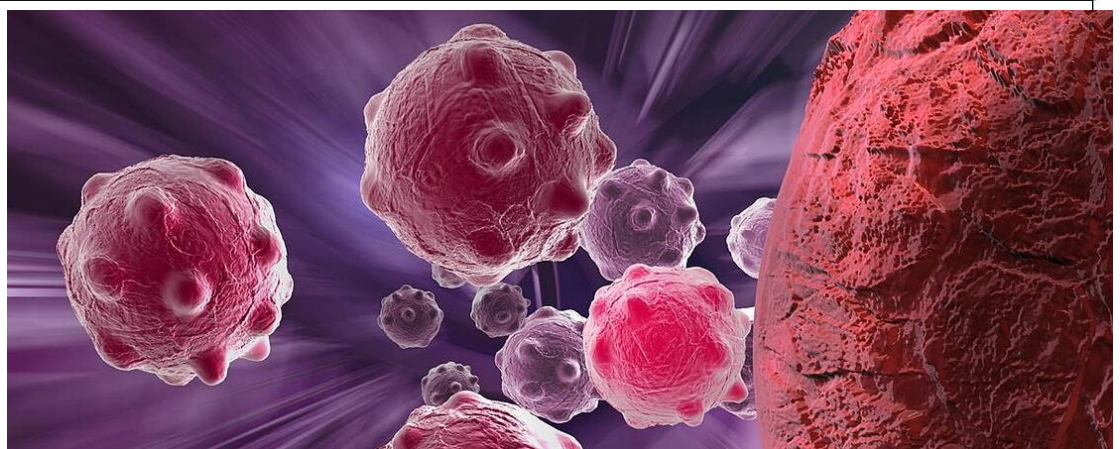
Even if your genes make your chances higher, there are things you can do to make stroke less likely. Give these a shot.

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## **When Body Odor Signals a Health Problem**

We all have, um, aromas in various parts of our bodies. Most are perfectly normal, but they can be a sign of something serious.

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## **Cancer Cells Gather Speed in Thicker Fluids**

By Holly Barker

Viscous solutions accelerate the migration of tumor cells and may enable metastasis, according to a new study.

<https://m.youtube.com/watch?v=XaKHvUE5aI>

## **Diabetic Macular Edema: Questions for Your Doctor**

## **Diabetes?**

Some studies suggest fasting could help control blood sugar and improve insulin sensitivity. Here's what you should know before giving it a try.

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## **11 Silent Signs You Have a Kidney Infection**

Some illnesses can travel to the kidneys. Here are subtle signs it's time to see a doctor.

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## **Lose Weight Without Dieting**

You can start to shed pounds without making drastic changes to the foods you eat. Here's how to do it.

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## Get Your Morning Blood Sugars Back on Track

Don't be discouraged by elevated fasting levels. These tips can help bring your numbers back in range.

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## How to Help a Loved One With Diabetes

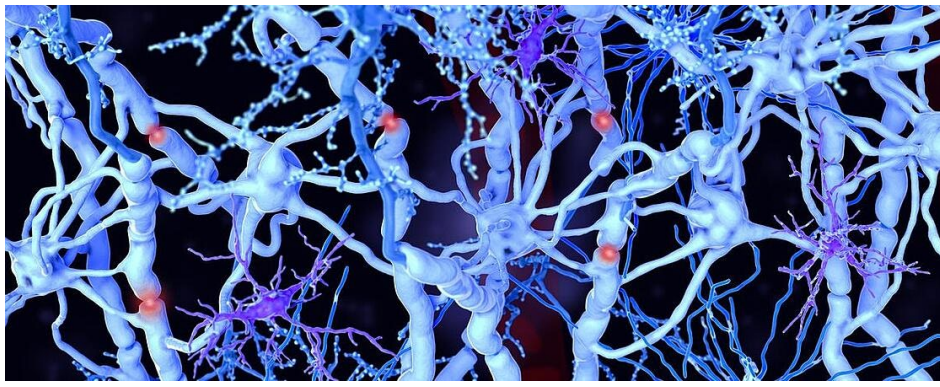
There are many ways to show care and concern without being nosy and overbearing. Here's how to strike a loving balance.

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## Is There a Diabetes Cure?

Improved treatments can lead to well-controlled blood sugar over the long term. But that's not the same as a true "cure."

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### A Gene Variant Linked to Alzheimer's May Disrupt Myelin Production

By Andy Carstens

The *APOE4* variant causes cholesterol buildup in the cells that make protective fatty sheaths for neurons, possibly helping explain its role in neurodegeneration.



- The US is facing a shortage of amoxicillin, a commonly-prescribed antibiotic.
- The shortage primarily affects amoxicillin oral powder for suspension, a liquid form of the antibiotic typically given to children.
- Unseasonal surges of flu and RSV cases may be linked to the shortage due to an increase in demand for the drug.



SEXUAL HEALTH

10 Facts About Pubic Hair Everyone Should Know



SLEEP

Best Sleeping Position for Lower Back Pain, Sleep Apnea, and More

### 13 Foods With Way More Sodium Than You Realize

Many of these foods are promoted for their health benefits—but learning the salt content might make you think twice next time.

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'I lost five stone in eight months – it's been completely life-changing'

Hormone-related anti-obesity medication can be effective, [but questions remain around its safety](#)

### These Are the Hardest Diseases to Diagnose

You might go to the doctor expecting a quick answer about what ails you, but it's not always that easy.

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### 10 Turkey Myths That Can Ruin Thanksgiving

Don't thaw your bird without the truth behind some of the most common turkey preparation myths!

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### Advances in Breast Cancer Detection and Treatment

From 3D mammograms to genomic testing, see how new detection and treatment methods are transforming breast cancer care.

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- [The UN committee against torture has found Australia still has work to do](#)

Andreea Lachs, University of Technology Sydney

The UN committee against torture is concerned about the continued overincarceration of Aboriginal and Torres Strait Islander people and their deaths in custody.



## Make the Right Choice



Think of carbs as raw material that powers your body. You need them to make sugar for energy. They come in two types: simple and complex. What's the difference? Simple carbs are like quick-burning fuels. They break down fast into sugar in your system. You want to eat less of this type. Complex carbs are usually a better choice. It takes your body longer to break them down.

- **[Can switching to a low protein diet help starve tumors?](#)**

A new study has found that a low protein diet reduced tumor growth and increased cancer cell death in mice with colon cancer.

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- **[Are beans or potatoes OK to eat if you have diabetes?](#)**

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

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- **[Can diabetes drugs like insulin, metformin affect MS risk?](#)**

A recent study suggests that taking anti-hyperglycemic medications for type 2 diabetes may increase some people's risk of developing multiple sclerosis (MS).

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### [21 Surprising Ways Stress Affects Your Body](#)

### [4 Steps You Can Take to Avoid Thyroid Problems](#)

## VACD Sri Lanka Children's Day program- October 2022



### Dear friends, colleagues, supporters, and collaborative partners,

Greetings to you, your families, loved ones, and colleagues from all of us at VACD.

#### **Delightful News!!!:**

A leadership succession plan spanning over the next two to three years was initiated by us following a VACD Australia Board decision. We are delighted to share with you that the following have since joined our mission:

#### **Ms. Adrika Sri Bavan – Head of Marketing**

Adrika is a lawyer and banker who graduated from the University of Sydney with a Juris Doctor. She is passionate and committed to uplifting and empowering marginalized people from low socioeconomic backgrounds.

#### **Ms. Farrah Carim – Head of Finance**

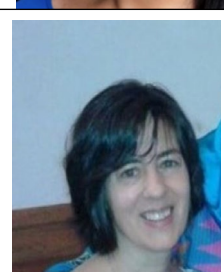
Farrah is a diploma holder in accounting, has worked in accounting and customer care roles in commercial organisations in Australia, has been an active committee member in local community organisations in Sydney and Melbourne and a long-term supporter of VACD.

#### **Ms. Netaisha Harvey – Head of Inclusive Education & Partnerships**

Netaisha is graduate from the University of Ballarat and a special needs teacher attached to the Department of Education at Endeavor Hills (Melbourne) Specialist school. She has a deep understanding of diverse learning requirements for children with intellectual disabilities and is a passionate and dedicated teacher.

Our VACD Director, Ms. Gabriela Anne Vascotto (Gabi) - Visiting Consultant to VACD schools in Sri Lanka, Learning Consultant Autism/Behaviour and Supported Playgroup Project Consultant for Catholic Education Melbourne has volunteered to coach and mentor these young ladies as we groom and equip them to eventually assume key leadership roles in our mission.

### From-VACD Australia November 2022 Newsletter



### **VACD's Projects & Programs successfully implemented in 2022**

1. Purchase of custom designed furniture for all our VACD centres
2. Education Assistance Program
3. Financial Assistance Program
4. Nutrition program.
5. Dry Food distribution Program
6. Recruitment and training of specialist assistant teachers

### **Felix Stephen**

Chairman of the Board of Directors - VACD Ltd. Sydney – Australia – <https://www.vacd.org.au/>

Member of the Advisory Board – VACD Sri Lanka

Member of the Advisory Board – Two leaves Foundation Sri Lanka

Senior Associate – Cognoscenti Group – Sydney – Australia- <http://www.cognoscenti.global/>

Member of Investment Committee - Arrive Wealth Management - Brisbane –

Australia – <https://www.arrivewealthmanagement.com.au/>

Clockwise from top left: Adrika, Farrah, Netaisha and Gabi





[MNT RESOURCE](#)

### ADHD

In-depth resources on ADHD, including information on the signs, symptoms, causes, risk factors, diagnosis, management and treatment of the condition.

[READ ON](#) →

## What to know about cinnamon and cholesterol

Written by Anna Smith on November 23, 2022

Some studies suggest that taking cinnamon can lower LDL (bad) cholesterol levels in a person's blood. More research is needed to prove whether it is truly effective.

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### 6 of the best personalized vitamin subscriptions in 2023

Written by Mary West and Suzy Davenport on November 23, 2022

Companies offering personalized vitamins claim to assess a person's health needs and tailor vitamins to them. Read on to learn whether such vitamins work.

[READ ON](#) →

### What to know about arthritis after knee replacement

Written by Helen Millar on November 23, 2022

Knee replacement surgery can restore movement in the knee and offer pain relief. However, it is not a cure for arthritis. Learn more here about the surgery and more.

[READ ON](#) →

### 11 Ways Alcohol Ages You Faster Than Normal

Drinking can have a direct effect on parts of your body and on your mental health as you get older. And it can have some unhealthy indirect effects as well.



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### Best Foods to Eat Before Sex

The right foods can ramp up your sex life. Here's what to put on your plate to rev up your libido and enhance the romance.

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### Alzheimer's disease: Urine biomarker may provide early detection, study shows

A recent study suggests that higher levels of urinary formic acid may be a biomarker for Alzheimer's-related dementia.

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### Heart Attack Signs You Need to Know

Chest pain isn't the only warning sign. Get medical help right away if you have any of these other common symptoms.

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### Green vs traditional Mediterranean diet: Which is best for losing visceral fat?

A modified Mediterranean diet, called the green Mediterranean diet, which does not include red meat, appears to be the best option for reducing the harmful fat that forms around organs.

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### Ways to Help Your Hair Grow Faster and Stronger

Some of the things you do every day could be weakening or breaking your hair. See what to do to nurture your hair and help it grow.

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### Type 2 diabetes: Artificial intelligence model predicts onset within 12 hours

Researchers recently created an AI model that predicts diabetes onset with 12 hours of data collected from a wearable device.

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### 10 'Good' Habits: Are They Really Healthy?

Are these practices really good for you, or are they urban legends? See what's helpful and what's hype.

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## Ways to lose weight with hypothyroidism

Written by Jenna Fletcher on December 1, 2022

Hypothyroidism can cause some weight gain and make it more difficult to lose weight. Lifestyle changes and treatment can help maintain a moderate weight. Learn more here.

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## How to avoid and treat ear pain during flights

Written by Jenna Fletcher on December 2, 2022

Preventing ear pain on flights may involve chewing gum, taking decongestants, not sleeping during take-off and landings, and other remedies. Learn more here.

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## In Conversation: How Viagra became a new ‘tool’ for young men

Hosted by Dr Hilary Guite

In this episode, we discuss how erectile dysfunction pills like Viagra became a weekend drug and new “tool” for young males, and the many reasons behind this behavior.

## 12 Tips for Coping With Fibromyalgia

Something as simple as a daily soak in a hot bath can help improve your symptoms. See what else may help.

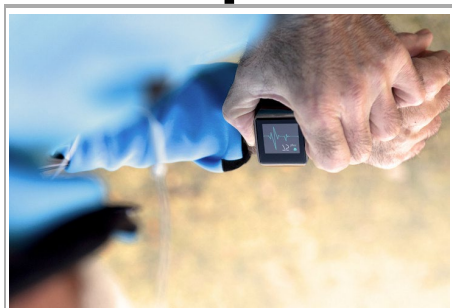
[Read More](#)

## The Right Way to Treat a Burn

It's not only heat from a flame that can burn your skin. How you handle a burn depends on how you got it and how serious it is.

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## Self-help for atrial fibrillation



Diet, exercise, and other lifestyle factors are known to affect your risk of heart disease. The major risk factors for heart disease, as well as the condition itself, are all closely linked to the risk of developing atrial fibrillation. Can a heart-healthy lifestyle prevent atrial fibrillation? Can it reduce symptoms?

There's preliminary evidence that managing the risk factors for heart and blood vessel disease may improve the long-term outlook for people with atrial fibrillation. On a practical level, that could mean fewer episodes of a-fib and improvements in symptoms—in short, a better quality of life for you.

### Focus on heart health

The ability of lifestyle change to reduce the burden of atrial fibrillation remains an active area of research. In the meantime, take steps to live a healthy and active lifestyle, in addition to medication and other standard a-fib treatments:

- If you smoke, quit.
- Control high blood pressure.
- Get treatment for sleep apnea if you have it.
- Maintain a healthy weight.
- Don't drink alcohol, or consume only in moderation.
- Keep your cholesterol and triglycerides within a healthy range.
- Get regular exercise.
- Get recommended vaccinations for the flu and pneumonia, especially if you have heart disease.

Make sure to also ask your doctor or pharmacist about any new medications, including over-the-counter remedies and herbal supplements. Sometimes these can interact in a harmful way with warfarin, direct oral anticoagulants, or rhythm-controlling drugs.

Although your ability to prevent or treat atrial fibrillation with a healthy lifestyle has limits, most people are able to control bothersome symptoms long-term with medication, procedures, or both. That said, some people run out of safe or effective options, in which case the a-fib will become permanent. But with proper anticoagulation, you can still minimize your risk of stroke, the most dangerous complication of this abnormal heart rhythm.

For more information on reducing the burden of atrial fibrillation, read [Managing Atrial Fibrillation](#), a Special Health Report from Harvard Medical School.

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