

# Health & Views

February 2<sup>nd</sup>  
issue

2023

Health newsletter to the ex-pat Sri Lankans,  
globally

## [Mediterranean diet ranked best diet 6 years in a row: Is it right for you?](#)

The science-backed Mediterranean diet came in first place in the 2023 U.S. News & World Report ranking of the best diets, followed by the DASH and Flexitarian diets.

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## [How staying properly hydrated may help you live healthier, longer](#)

Higher levels of serum sodium are an indicator of dehydration, which may contribute to chronic disease and premature death.

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## [Lecanemab: Why a new Alzheimer's drug has drawn praise and some concern](#)

A new contender for the treatment of Alzheimer's disease, lecanemab, may soon be on the market, but what does it really do, and how much promise does it hold, realistically?

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Other:

## [Essential Oils May Help Restore Sense of Smell After COVID](#)



"The Mediterranean Diet became popular in [the] 1990s after the publication of a study by Ancel Keys and colleagues, who discovered that those who follow the traditional diet of the Mediterranean region, which includes high intakes of seasonally fresh fruits and vegetables, fish, olive oil, and moderate intake of wine, had very low rates of chronic disease."

## [Is there a link between diabetes and COVID-19?](#)

Written by Zawn Villines on January 5, 2023

Diabetes and COVID-19 may affect each other. People with diabetes, especially uncontrolled diabetes, have a higher risk of COVID-19. Also, COVID-19 may increase the risk of new or worsening diabetes.

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## [Does macular degeneration cause blindness?](#)

Written by Jenna Fletcher on January 5, 2023

Macular degeneration does not usually cause complete blindness. However, it can cause blurry central vision. Learn more about the effects on vision and the treatments.

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## [How common is osteoporosis?](#)

Written by Zia Sherrell, MPH on January 5, 2023

Osteoporosis is very common in older adults, particularly in females. Here, explore statistics by sex and country and prevention tips.

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## [Secondary narcolepsy: Symptoms and treatment](#)

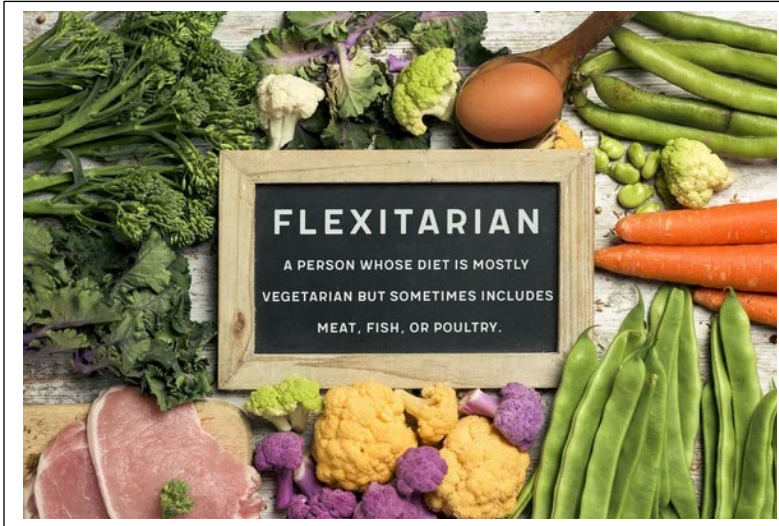
Written by Zia Sherrell, MPH on January 5, 2023

Secondary narcolepsy is a rare sleep disorder that occurs due to brain damage, such as from an injury, stroke, cancer, or other disease.

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## DASH and Flexitarian diets



The DASH diet ranked second place with an overall score of 4.4, 4.4 for weight loss, and 4.5 for healthiness. The Flexitarian diet came third, with an overall score of 4.4, a weight loss score of 4.2, and a healthiness score of 4.3.

To understand more about the diets, *MNT* spoke with [Dr. Dana Ellis Hunnes](#), Ph.D., MPH, R.D., assistant professor at the Fielding School of Public Health at the University of California, Los Angeles, and author of “[Recipe for Survival](#).” Dr. Hunnes noted that the DASH diet- which stands for ‘Dietary Approaches to Stop Hypertension Diet’- is a more plant-based version of the Mediterranean diet.

“It too focuses on whole, unprocessed foods, but it also recommends foods low/lower in sodium- such as most unprocessed foods- and higher in potassium. Americans, on average, do not eat nearly enough potassium but too much sodium. The health benefits of the DASH diet are well researched and are known to lower blood pressure sometimes as much as medication,” noted Dr. Hunnes.

“The Flexitarian diet takes it one step even further. It doesn’t have the same focus on unprocessed foods as the Mediterranean or DASH diet, but it does focus heavily on being mostly plant-based, while allowing flexibility in eating animal products. In some ways, it can be healthier than either Med or DASH- especially if someone goes unprocessed and plant-based most of the time- but it can be less healthy if they are eating more processed foods,” she added.

When asked how the DASH and Flexitarian diets differ from the Mediterranean diet, [Michelle Routhenstein, R.D. CDE CDN](#), Heart Health Dietitian at Entirely Nourished, not involved in the ranking, told *MNT*: “The DASH diet and the Mediterranean diet are quite similar in food groups, but the Mediterranean diet emphasizes heart-healthy fats and drinking red wine in moderation.”

“The Flexitarian diet differs from the Mediterranean diet in that it focuses mainly on eating nutrient-dense plant protein, with the occasional fish and meat intake,” she added.

### SLIDESHOW

#### Get Rid of Nausea and Vomiting

Ginger has a lot going for it. It’s generally safe, and many people like the taste. But is it effective as an antiemetic? [Read more...](#)

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#### 11 Back Pain Stretches and Exercises

You feel it each time you bend over or stand up. It’s that groan-inspiring ache that shoots through your... [Read more...](#)

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#### 14 Most Common Causes of Fatigue

Lack of sleep causes fatigue, and can have a negative impact on your overall health and well-being. Being overweight, smoking... [Read more...](#)

#### Early Warning Signs of Alzheimer's

Along with memory loss, Alzheimer's can cause behavior changes. Know how to spot the possible symptoms. [Read More](#)

#### Signs You Might Have ADHD

People who were never diagnosed as kids may develop more obvious symptoms in adulthood, causing trouble on the job or in relationships. [Read More](#)

#### 11 Supplements for Joint Pain

See what's been shown to work -- and which supplements can have side effects that may outweigh the benefits. [Read More](#)

#### What Can Ginger Really Do for You?

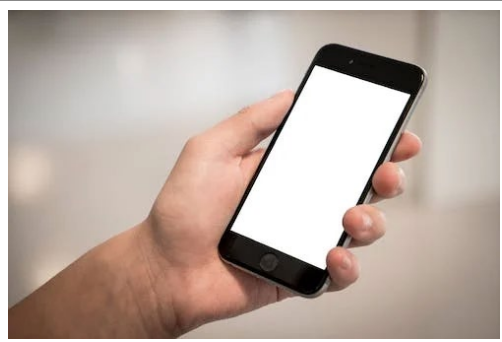
Can it really help lower blood sugar, reduce swelling, and slow the growth of some cancers? Here's what the science says. [Read More](#)



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#### Weight Loss Surgery

There are several kinds of these metabolic and bariatric surgeries. They work in one of the following ways. [Read more...](#)



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#### Is Your Cellphone Bad For Your Health?

You carry your smartphone with you wherever you go. You have it on you at school, work, and while out shopping and running errands.

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#### Early Warning Signs of Osteoporosis

Bones are dynamic body tissue structures that constantly perform biochemical functions. They store calcium and other... [Read more...](#)



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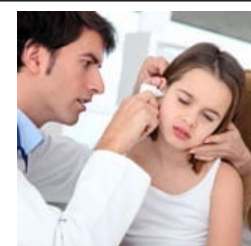
#### Top Reasons Your Child Can't Sleep

Is your kid up all night? Let us show you the top reasons children can't sleep. Blame snoring, nightmares, sleep apnea... [Read more...](#)

### ARTICLE

#### Can Ulcerative Colitis Be Healed?

Ulcerative colitis is a type of inflammatory bowel disease. While there's no known cure, there are many treatment options... [Read more...](#)



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#### Ear Infection Causes, Symptoms

There are three types of ear infections. Each type is defined according to where they occur in the ear canal. An ear infection... [Read more...](#)

#### 6 of the best home testosterone tests in 2023

Written by Suzy Davenport on January 5, 2023

A home testosterone test may be a convenient way for a person to check their testosterone levels. Learn more about 6 of the best home testosterone tests here.

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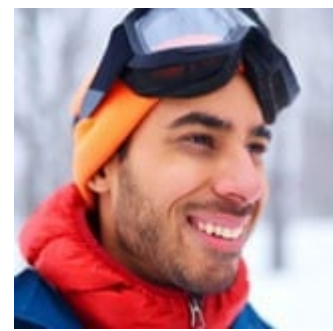


FEATURED

## 15 Gray Hair Causes and Fixes

Graying hair is a normal part of aging, but why does hair turn gray? Your risk of going gray increases 10 to 20 percent every decade after the age of 30.

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## Petroleum Jelly Health Benefits

Petroleum jelly hit the market almost 150 years ago. It's still a favorite. It can help you in ways you may not know about.

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## The Best Ways to Beat Belly Fat

There are no 'super foods' that burn off visceral fat. And you can't tone it away with crunches. Instead, look for ways to... [Read more...](#)



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## Does Your Digestive System Change With Age?

Your digestive system works by moving food along the digestive tract through a series of muscle contractions. With age, this... [Read more](#)

## 13 of the best CBD oils in 2023

Written by Jayne Leonard, Suzy Davenport and Anne deLeeuw on January 5, 2023

High-quality oils to fit a wide range of needs.

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## 15 Healthy Foods to Eat After a Binge

Don't let that binge throw you off track. Check out this slideshow to see 15 healthy foods to eat after bingeing to help get your mind and body back on the right path.

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## Causes of Tendinitis

If your tendons get irritated and swollen, you might have tendinitis. Learn the symptoms and find out how you can prevent and treat the condition. [Read more...](#)

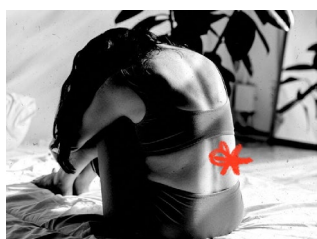


SLIDESHOW

## What Does It Mean When Your Whole Body Aches?

An aching body makes every activity more difficult, from getting through your daily grind to going to sleep at night. [Read more...](#)

## How are poor sleep and lower back pain related?



Recent research suggests that poor-quality sleep could cause lower back pain, and vice versa. Some experts, however, question the strength of the findings.

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## Blood Oxygen Levels Chart

What should your oxygen saturation be? What are normal and safe oxygen levels? How does a finger pulse oximeter work? [Read more...](#)



## Atrial fibrillation (A-fib): Ablation surgery may be more effective than drugs



Compared to antiarrhythmic drugs, the use of cryoballoon ablation, a type of catheter ablation, was linked to lower rates of progression of A-fib in a randomized clinical trial.

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## 7 Benefits of Strength Training

You don't need to be a bodybuilder to benefit from strength training. Here are the top reasons you should use weights in your fitness routine.

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## Mistakes You Can Make With an Air Fryer

Did Santa leave one of these gadgets under the tree? It's fantastic for making food crunchy without frying, if you use it right.

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## 6 Essentials for Your Pantry

It's hard to maintain a healthy diet when the cupboards are filled with heavily processed foods. Keep these on hand for nutritious, delicious snacks and meals.

[Watch Video](#)

Sleep

## How Much Sleep Do You Actually Need?



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Food & Nutrition

## 20 Crunchy Air Fryer Recipes That Are Almost Too Good to Be True



## Exercise Motivation Might Come From Your Gut

Could your gut microbiome be behind your motivation -- or lack thereof -- to exercise?

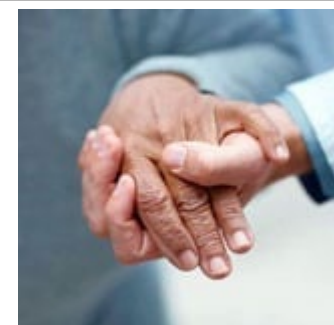
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## This Is the Top Diet of 2023

If you're like millions of Americans, you vowed that this year, you'll drop those unwanted pounds for good. And just in time comes guidance to pick the best plan. Find out which one is rated tops.



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## What Is Rheumatoid Arthritis?

Rheumatoid arthritis (RA) is an autoimmune disease in which the body attacks the lining tissue of joints. [Read more...](#)



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## The Truth Behind Hangover Cures and Remedies

Heavy drinking rocks the central nervous system. It tinkers with brain chemicals -- leading to headache and nausea -- and sends you running to the bathroom so often you become dehydrated.

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## Drinking too much coffee may double mortality risk

Drinking 2 or more cups of coffee daily may increase mortality rates in people with severe hypertension, researchers say.

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## What Are the 8 Secrets of a Happy Family?

'Family' is an interesting word simply because of how flexible it has become. Your family might look entirely different... [Read more...](#)



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## Signs You're Low on Vitamin B12

Your body needs vitamin B12 to keep blood cells healthy and to make your nerves work right. But what happens when you run low?

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## Diet for Kids With Ulcerative Colitis

UC symptoms and the way it changes the large intestine can make good nutrition a challenge for kids with the condition.

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## How to Keep Your Skin Beautiful

The choices you make every day -- what you eat, where you go, how you feel -- affect how your skin looks. [Read more...](#)



ARTICLE

## Brain Aneurysm Warning Signs

Though most aneurysms do not rupture, the warning symptoms of unruptured aneurysms must be taken seriously. [Read more...](#)

## [Breast cancer: New trial to assess benefits of proton beam therapy](#)

A new clinical trial just starting in the United Kingdom will assess whether proton beam therapy for breast cancer poses fewer risks to heart health than standard radiotherapy.

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## [Can smoking cause a stroke?](#)

Written by Zia Sherrell, MPH on January 5, 2023

Smoking is one of the most common risk factors for stroke. Learn more about whether smoking causes stroke and how to lower the risk.

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