

Health & Views

February
1st issue

2023

Health Newsletter for ex-pat Sri Lankans,
globally



[6 Things In Your Freezer You Should Throw Away](#)

 [EATINGWELL](#)



[Cranberry-Apple-Pumpkin Bundt](#)

 [SOUTHERN LIVING](#)

[Eating This Nut Will Help Your Gut and Reduce Inflammation, New Study Says](#)

This nut is tiny but mighty...and it's a crowd favorite.

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[A brief history of Sri Lankan independence](#)

Once known as Ceylon, Sri Lanka was a major economic hub and port for the British Empire, which granted it semi-independent 'dominion' status in 1948. Sri Lanka became a full republic on May 22, 1972 and is formally known as the Democratic Socialist Republic of Sri Lanka. The first Prime Minister of Sri Lanka was Don Stephen Senanayake, who is widely considered the Father of the Nation. In 1972, William Gopallawa became the first President of Sri Lanka, replacing the British Empire's Governor. Independence Day is also observed by Sri Lankan diaspora communities in other countries, including Australia, Canada, Germany, Singapore, and the United States. (Fun fact: Sri Lanka had the first female head of government in the modern world, Sirimavo Bandaranaike, who was elected in 1960 and served for three terms).

From Inspiring vacations.com

[15 Foods We Can't Stop Eating \(but Should\)](#)

Some foods are just irresistible, causing you to eat more than you need. Here's what to skip, and what to try instead.

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[The Truth About Fasting's Health Benefits](#)

Certain types of fasting may help you lose weight and improve your cholesterol, glucose levels, and other health issues. Here's what you should know before you try it.

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[Warning Signs of Diabetic Macular Edema](#)

[14 Ways to Protect Yourself From Cancer](#)

While there's no way to guarantee you won't get cancer at some point, there are lots of things you can control - like diet, exercise, and vaccinations - to help lower your odds.



[Worst Habits for Your Heart](#)

You want your heart to be strong and healthy. But if you're doing any of these things, you may be putting yourself at risk.

14 Reasons You Feel Bloating

You might assume that too-full feeling is from overeating. But that's not always the case. See what health issues could be behind it.

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How to Drink Safely With Diabetes

Most people with diabetes can enjoy some alcohol. But it's important to know how it affects your blood sugar.

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6 Modern Etiquette Tips For Every Dining Situation



[MARTHA STEWART](#)



Johnny Marzetti Casserole



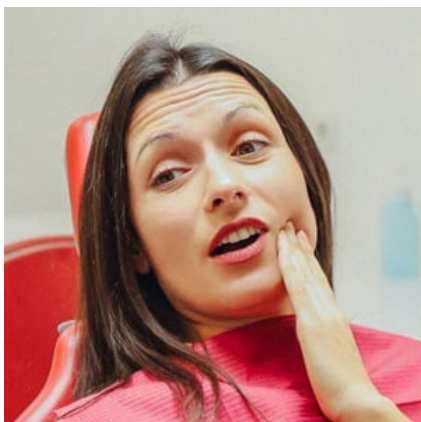
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SLIDESHOW

Ovarian Cancer Symptoms

Ovarian cancer is a malignancy of the ovaries, the female sex organs that produce eggs and make the hormones estrogen and... [Read more...](#)

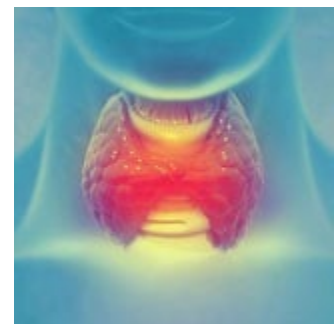


FEATURED

15 Surprising Reasons Your Teeth Hurt

Got aching teeth? Your pain may be coming from somewhere other than your choppers.

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SLIDESHOW

What Is Hyperthyroidism?

Thyroid hormones control most metabolic processes in the body. They are produced by the thyroid gland located in the front of the neck. [Read more...](#)



ARTICLE

What Are Eye Floaters?

Eye floaters may be present in only one eye or both eyes. People use this term to describe seeing spots within their vision... [Read more...](#)



ARTICLE

What Is the Best Treatment for Female Pattern Hair Loss?

If you notice that you're shedding a large amount of hair every day, you may be experiencing female pattern hair loss. [Read more...](#)

'Sticky' cholesterol and hypertension may increase heart attack, stroke risk

Hypertension plus high levels of a 'sticky' form of cholesterol are linked to more than double the risk of cardiovascular events in a large study cohort.

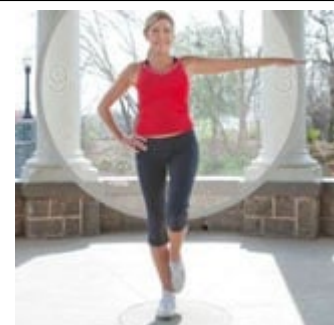
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How High Blood Sugar Hurts Your Eyes

Our Best Bread Recipes

Fantastic recipes for homemade breads and biscuits include savory rosemary-potato focaccia rolls, sweet cinnamon banana bread, and more.

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SLIDESHOW

The Off-Balance Workout

Looking for a toned stomach or a better tennis game? These are two good reasons to turn your workout into a balancing act. [Read more...](#)

[Type 2 diabetes: How intermittent fasting could help reverse the condition](#)

A recent study shows that 3 months of intermittent fasting reversed type 2 diabetes in nearly half of the participants.

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[Type 2 diabetes: Low carb, high fat diet may help manage weight loss, glucose](#)

A study found that a low carb, high fat diet can help people with type 2 diabetes lose weight and control glucose levels better than a high carb, low fat diet.

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[9 of the best CBD products for inflammation in 2023: Gummies, oils, and more](#)

Written by Veronica Zambon and Lois Neville on December 14, 2022

Cannabidiol (CBD) may be beneficial in treating pain and inflammation. CBD is a compound from the cannabis plant. Learn more about it here.

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[6 Pies Every Home Baker Should Know](#)

[How to Make](#)

Master these classic pie recipes with tips from pastry pros.

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[Understanding aneurysms](#)



With the recent loss of Grant Wahl, an esteemed American Journalist, it's time to shine a light on the stealth of these types of conditions.

Each year, tens of thousands of people discover they have a bulging blood vessel in their brain, chest, or abdomen. Known as aneurysms, these bulges or balloon-like pouches form at a weak spot along an artery. The most common – and most dangerous – are in the brain or along the body's largest blood vessel, the aorta.

Because aneurysms are uncommon, doctors don't screen for them routinely. Most are found by accident during tests such as an ultrasound or MRI scan done for other reasons. Of course, some aren't discovered until they leak or burst, often without any warning signs. The potentially fatal consequences of that bleeding explain why most people associate aneurysms with a sense of dread. However, understanding the underlying causes can help you prevent them and know whether you should undergo any screening tests.

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[15 Numbers That Matter as Much as Your Weight](#)

If you've been relying on the scale to know if you're doing a good job taking care of yourself, you may be missing some important things.

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[What causes the bottom of the feet to peel without itching?](#)

Written by Zia Sherrell, MPH on December 14, 2022

There are many conditions that could make the bottom of the feet peel but not itch. Learn their symptoms, treatments, and home remedies.

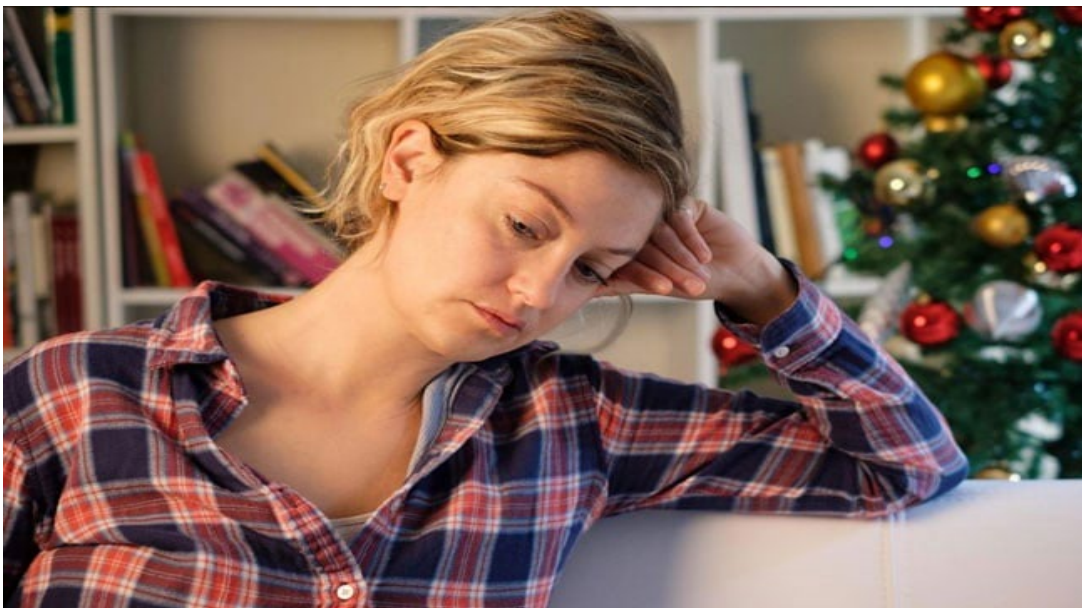
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HEALTH CONDITIONS

[10 Foods That May Trigger a Migraine](#)

other.



Holidays Got You Stressed? Try These Calming Tips

This season of celebrating also comes with lots of stress. Whether its finding a 'perfect' gift for someone or social obligations, to maintain a healthy mind, the first thing you can do is...

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REPRODUCTIVE HEALTH

[When Does Menopause Start—and How Long Does It Last?](#)

Reasons Your Knees Hurt

Knees have many moving parts, and you use them a lot, so plenty of things can go wrong. What you do next depends on the problem.

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Surprising Ways You Can Hurt Your Kidneys

Your kidneys do a lot for you. But you could be damaging them without even knowing it.

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NEWS

Your Blood Type May Influence Your Stroke Risk, Study Shows

From Health



Best Injection Sites for Insulin

The process can be intimidating when you're first getting started with insulin. These tips can make it easier.

[Watch Video](#)

Methylation Sequencing in Cancer Detection

Download the eBook

Changes in DNA methylation patterns occur early during oncogenesis, and each type of cancer has its own methylomic signature. Technological advances in methylation sequencing, or methyl-seq, allow researchers to quickly characterize methylation patterns in specific regions of interest and identify potential biomarkers for cancer screening.

[Download this ebook](#) from *The Scientist's Creative Services Team* and *Twist Bioscience* to explore

- The effects of methylation and epigenetics in cancer
- How methyl-seq works
- A standard methyl-seq workflow
- How methyl-seq can be used in the clinic

Why Blood Sugar Checks Matter

Keeping tabs on your levels daily helps prevent diabetes-related problems that develop over time and can damage every part of your body.

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Getting Past the Guilt of Type 2

Even if you wish you'd tackled your health before getting diagnosed with diabetes, it's never too late to shift your mindset and make healthy changes.

[Watch Video](#)

14 Benefits of Walking for Just 15 Minutes

Just this little window of time can make such a big impact on your health.

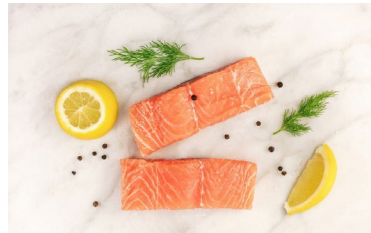
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14 Secrets from Countries with the Lowest Heart Disease Rates

Add years to your life with these heart-healthy habits from Europe, Asia, and more.

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The Surprisingly Simple Secret to a Sizzling Sex Life, According to a Sex Expert

Oddly enough, it has nothing to do with your body.

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15 Breakfast Foods You Probably Should Try to Avoid

A healthy breakfast is important. Consider these not-so-healthy breakfast foods an occasional treat, rather than diet staples.

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It's Not Them, It's You: Why Potatoes Don't Deserve Their Bad Reputation

Though spuds may not have all of the same benefits as other veggies, they can still be part of a healthy diet - so long as they're prepared the right way.

With low or no-carbohydrate diets rising in popularity in recent times, the humble potato is now regularly overlooked in favor of other vegetables.

In fact, the research literature has previously indicated potatoes may have a detrimental effect on health, such as possibly increasing the likelihood of developing Type 2 diabetes.

However, new Edith Cowan University (ECU) [research](#) has shown while spuds may not have all the same benefits as some other vegetables -- such as lowering the risk of Type 2 diabetes -- health issues associated with potatoes may actually be due to how people are preparing them and what they're eating them with.

[Read the full story](#)

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Deteriorating Neurons Are Source Of Human Brain Inflammation In Alzheimer's Disease

Image: Neurons (green) derived from a patient with Alzheimer's disease. The nuclei (blue) of the neurons are also shown. Credit: Salk Institute

Despite decades of research, Alzheimer's disease remains a debilitating and eventually fatal dementia with no effective treatment options. More than 95 percent of Alzheimer's disease cases have no known origin. Now, [scientists from the Salk Institute have found](#) that neurons from people with Alzheimer's disease show deterioration and undergo a late-life stress process called senescence. These neurons have a loss of functional activity, impaired metabolism, and increased brain inflammation.

[Read the full story](#)

Healthy Weight Control: Balancing Eating And Exercise

Keeping off weight during the holiday season can be tough. But there are many reasons to maintain a healthy weight all year round. A healthy weight lowers your risk for chronic diseases, like diabetes, heart disease, and certain cancers. It can also help you stay more mobile as you age.

Excess weight comes from taking in more energy, or calories, than your body needs. Some extra energy may be stored as fat. Many factors influence your risk for weight gain. These include poor diet, lack of sleep, and not getting enough physical activity. Genes can also play a role. Certain medications affect weight gain, too.

[Read the full story](#)

11 Habits for Healthier Eyes

From wearing the right kind of sunglasses to following the 20/20/20 computer rule, try these practices to help protect your vision.

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