

Health & Views

March 1st Issue 2023

Compiled and presented by Dr Harold Gunatillake



SLIDESHOW

Ways to Ease Hip Pain

It makes sense to rest your hip until the pain eases up. Once it does, prescribe yourself a daily dose of exercise to build... [Read more...](#)



FEATURED

11 Worst Foods for Your Brain

Learn about foods that might raise your risk for mood or memory problems, especially as you get older. Find out which potentially problematic items should make fewer appearances on your plate (or disappear altogether).

[READ MORE](#)

The Link Between Fibromyalgia and RA

Your joints are swollen and stiff -- and your muscles also ache. You may have RA along with fibromyalgia.

[Read More](#)



SLIDESHOW

Myths and Facts About Shingles

When you have chickenpox, the virus that caused it sticks around, even after you get better. Later on, that virus can... [Read more...](#)



ARTICLE

8 Strongest and Most Powerful Aphrodisiacs

Have you ever wondered if there is a natural way to increase your libido and enjoy sex more? [Read more...](#)



SLIDESHOW

How Your Diet Can Affect Colorectal Cancer

Colorectal cancer is the third most commonly diagnosed cancer in men and women. Diet and adequate nutrition may... [Read more...](#)



ARTICLE

What Are the 7 Stages of Dementia?

The scale most often used divides dementia into seven stages based on a person's cognitive decline or loss of thinking skills. [Read more...](#)



SLIDESHOW

Exercise to Lower Blood Pressure

Blood pressure increases the risk of heart disease and stroke. Keys to the treatment are exercise, weight management, and diet. [Read more...](#)

Antidepressants for pain? Not the right answer, experts conclude

A large meta-analysis of several reviews of the literature has concluded that, in most cases, antidepressants are ineffective in the treatment of chronic pain.

[READ ON](#) →

Healthy lifestyle linked to slower memory decline, regardless of genetic risk

A study found a link between healthy lifestyles, especially a healthy diet, and slower memory decline in older adults, regardless of the genetic risk of Alzheimer's disease.

[READ ON](#) →



MNT RESOURCE

Cardiovascular health

Science-backed resources on heart disease, blood pressure, stroke, heart attack, diet and fitness for heart health, and more.

[READ ON](#) →

What does stool look like with bile duct cancer?

Written by Carly Werner on February 3, 2023

People with bile duct cancer may have pale or clay-colored stools that are oily and float in water. Learn more.

[READ ON](#) →

What are some bone cancer symptoms?

Written by Hana Ames on February 2, 2023

Common bone cancer symptoms include pain, swelling, fractures, fatigue, and more. Learn about the symptoms of bone cancer here.

[READ ON](#) →

Causes and treatment of gingivitis

Written by Tim Newman on February 4, 2023

Gingivitis is an inflammation of the gums due to bacterial buildup. Learn about its symptoms and treatments here.

[READ ON](#) →

How High Blood Pressure Can Wreck Your Health

High blood pressure raises your chances of a number of other conditions. Here's what to watch for.

[Read More](#)

Insomnia May Raise Heart Attack Risk



FEATURED

17 Things That Can Go Wrong With Your Feet As You Age

What can go wrong with your feet as you age? Surprisingly, much. Here's what you can expect, and what to do about it.

[READ MORE](#)



SLIDESHOW

The Worst Foods for Your Brain

You've been loading up on berries, nuts, and salmon if your goal is better brain health. But what about foods that might... [Read more...](#)

Getting the Numbers Right When You Take Insulin

If your blood sugar goes a little high or low, you might have to adjust your usual dosage and do some math to make sure you're getting what you need.

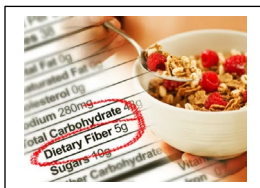
[Read More](#)

Signs of Chronic Inflammation You May Not Expect

Inflammation can cause sore joints. But it's also linked to less obvious issues like balance problems, memory problems, rashes, and fatigue.

[Read More](#)

Start Your Day With Whole Grains



Fiber can help lower cholesterol, prevent constipation, and improve digestion. And many Americans don't eat enough of it. On average, we get less than half of what we need. Most whole grains are great sources of fiber. Start with breakfast: Look for whole-grain cereal or oatmeal with 3 or more grams of fiber per serving. Add fruit, and you'll be on your way to the daily goal of 38 grams for men under 50 and 25 grams for women under 50.

Alzheimer's: Vitamin B supplementation could slow aging of neurons

Researchers looked at the effect of supplementing a group of adults with a form of vitamin B3 and how it may improve energy metabolism in the brain.

[READ ON →](#)

Lose Weight -- No Dieting Required

A few easy changes like setting a timer, switching to smaller plates, and even chewing gum could help you eat less.

[Read More](#)

Wild dreams warn of Parkinson's disease

Acting out vivid dreams — for example by flailing, kicking or jumping out of bed — [can be a harbinger of neurodegenerative diseases](#). REM sleep behaviour disorder (RBD), which occurs during the rapid eye movement (REM) sleep phase, seems to be linked to conditions in which the protein α -synuclein forms toxic clumps in the brain. Actor and science-communication advocate Alan Alda, who starred in the television series *M*A*S*H*, was diagnosed with Parkinson's disease after reading about the link and noticing the symptom in himself. RBD is a useful early sign, and raises a tantalizing possibility for therapy: people with motor problems when awake can still move or shout when they are sleeping. [Scientific American | 13 min read](#)

Health & Views

March 1st 2023

Compiled and presented by Dr harold Gunatillake

The connection between pancreatic and liver cancer

Written by Ashley Carucci on February 2, 2023

Liver cancer and pancreatic cancer are two different types of cancer. However, pancreatic cancer can often spread to the liver. Learn more here.

[READ ON](#) →

Surprising Things That Can Damage Your Liver

You probably know that too much alcohol can harm your liver, but what about painkillers, soft drinks, or even pastries?

[Read More](#)

Basal Insulin: Types, Benefits, Dosage, and Side Effects

How to Lower Heart Risks in Diabetes

A mix of lifestyle changes and medication can help you better manage blood sugar and heart health:

- Lose weight. When you shed even a few extra pounds, you can lower blood pressure and blood sugar levels.
- Commit to a heart-healthy diet that also fights inflammation. Get plenty of vegetables and other sources of fiber every day. Cut sugars, saturated fat, trans fat, and salt.
- Get active. Build up to at least 30 minutes of aerobic exercise on 5 days of the week. Fun activities count, too, like gardening and going for a walk. And don't forget to work your muscles -- do strengthening exercises at least 2 days per week. Before you try a new activity, though, ask your doctor if it's safe for you.
- Stop smoking, and cut back on alcohol. Women who drink should have less than one serving a day, and men should have less than two per day, unless your doctor advises even less.
- Control high blood pressure and high cholesterol. You can do this with a combination of healthy habits and medication.

Top Causes of Fainting and When to Worry

Dehydration, low blood pressure, arrhythmia, and these other issues can make you feel woozy and even faint.

[Read More](#)

Ways to Make Sex After Menopause More Comfortable

Several things can cause uncomfortable sex after menopause, including vaginal dryness. Here's what you can do about them.

[Read More](#)

Cardiovascular disease: Taking 500 more steps each day may help lower risk

Walking an additional 500 steps each day—roughly equal to a quarter of a mile—may help decrease cardiovascular risk for older adults, according to new research.

[READ ON](#) →

What to know about aggressive non-Hodgkin lymphoma

Written by Caitlin Geng on March 1, 2023

Doctors categorize non-Hodgkin lymphoma as aggressive if it grows and spreads quickly. Read about types of NHL, symptoms, risk factors, and more here.

[READ ON](#) →

How High Blood Pressure Can Wreck Your Health

High blood pressure raises your chances of a number of other conditions. Here's what to watch for.

[Read More](#)

Surprising Things That Can Damage Your Liver

You probably know that too much alcohol can harm your liver, but what about painkillers, soft drinks, or even pastries?

[Read More](#)

Top Causes of Fainting and When to Worry

Dehydration, low blood pressure, arrhythmia, and these other issues can make you feel woozy and even faint.

[Read More](#)

Never Put These Things on Your Face

People apply some pretty strange things to their face in pursuit of clear, supple skin. Many can backfire, and some can even cause damage.

[Read More](#)

Antibiotics use in animals is underestimated

The amount of antibiotics used in animal farming is underestimated in official reports. Researchers collated figures from sources such as farm surveys and drug sales, because “the majority of data on antibiotic use in the world is unusable”, according to epidemiologist Thomas Van Boeckel. Calculations of antibiotic usage in 229 countries suggest that Africa’s use is probably twice what the World Organization for Animal Health reports, and use in Asia is 50% higher than reported. [Globally, antibiotics use in farmed animals is projected to grow 8% between 2020 and 2030.](#) There are efforts to curtail agricultural antibiotics use, which could drive drug-resistant infections in humans.

[Nature](#) | 4 min read

Reference: [PLoS Global Public Health paper](#)