

Health & Views

March 2nd issue 2023

Compiled & produced by Dr Harold Gunatillake
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Best Exercises for Your Knees

When your knees hurt, you may be tempted to stop working out -- but the right moves can actually help. Here's how to do them safely.

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Everybody knows that being healthy requires effort. We should exercise regularly and maintain a balanced diet. However, the reward is worth it. A healthy lifestyle prevents chronic illnesses and leads to better body performance. Besides, if you improve your physical well-being, your mental health will strengthen as well!

Why You Can't Lose Weight

If you're exercising and watching what you eat but you can't shed the pounds, one (or more) of these things may be to blame.

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SLIDESHOW

15 Delicious Calcium-Rich Dishes

Tender stuffed chicken, Spanish cheese, and almond cake top this slideshow of delicious foods packed with calcium. [Read more...](#)



SLIDESHOW

Benefits of Omega-3 Fatty Acids

Omega-3 fatty acids may have significant benefits in lowering the risk of heart disease, the nation's top killer. [Read more...](#)

Is Wine Really Good for You?

In moderation, wine can help lower your blood pressure, manage blood sugar, and reduce inflammation, among other benefits. But do the risks outweigh the rewards?

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Magnesium: Basics, Benefits, and Sources

Magnesium is a critical mineral that the body uses for hundreds of important body processes. It is necessary for more than 300 biochemical reactions in the body.

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Can taking vitamin D supplements help prevent dementia?

Those taking vitamin D supplements may be less likely to develop dementia later on in life, in particular women, a new study suggests.

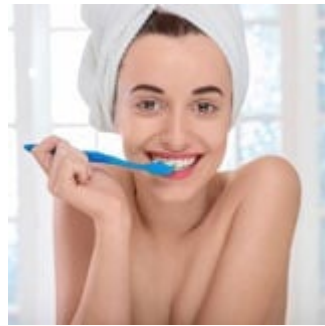
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SLIDESHOW

Bad Foods Good for Weight Loss

We reveal which tempting foods can actually help you lose weight and keep it off. Studies in people eating... [Read more...](#)



SLIDESHOW

Want Brighter, Whiter Teeth?

Brushing up on these tips can help keep your teeth white. These ideas will make your teeth shine their brightest and avoid future stains. [Read more...](#)

Gamini's Inaugural address



<https://drgamini.org/2023/02/28/inaugural-address-to-the-new-entrants-of-the-faculty-of-medicine/>

Diet Tips to Help Prevent Breast Cancer

What you eat affects your weight, and obesity raises your odds for [breast cancer](#). If you've already had the disease, extra pounds can also make it more likely to return. If you choose a healthy diet -- one rich in vegetables, whole grains, chicken, and fish -- you may boost your chances of living longer after breast cancer. Researchers aren't sure exactly why that's true, but the long-term benefits aren't in doubt.

Type 2 diabetes: High-quality low-carb diet linked with lower death risk

New research suggests that a high-quality low-carbohydrate diet is associated with a lower risk of all-cause mortality in type 2 diabetes.

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Heart-healthy lifestyle linked to longer life free of diseases such as type 2 diabetes, cancer

A study found that healthy habits outlined in the American Heart Association's Life's Essential 8 are associated with a longer lifespan free of chronic conditions such as type 2 diabetes and cancer.

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Soy Foods do not raise breast cancer.

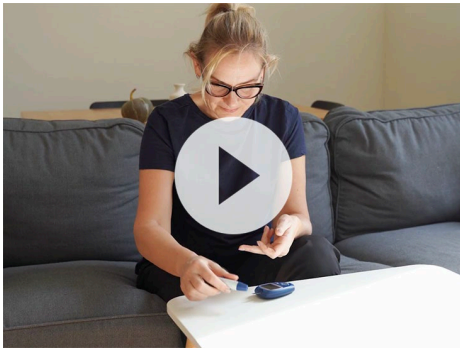


Soy-based foods -- such as tofu, soy milk, and edamame -- have chemicals called phytoestrogens, similar to estrogen. That once raised fears that they spelt trouble for women with breast cancer that uses estrogen as fuel to grow. But the latest studies show soy doesn't raise cancer risk -- it may even lower the odds that the disease will return. Be wary of soy supplements, though. Scientists haven't studied their effects as much.

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[MNT VIDEO](#)

Explain It To Me: Type 2 Diabetes

Facts, resources, and insights on Type 2 Diabetes for those living with it.

[WATCH NOW](#) →

Asthma, emphysema, and bronchitis: Comparison

Written by Suchandrima Bhowmik on March 6, 2023

Asthma, emphysema, and bronchitis are all diseases of the lungs' airways. All three conditions affect breathing but can differ in their transmission, severity, causes, and treatment.

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Reversing heart disease: Diet, exercise, and medication

Written by Joy Emeh on March 5, 2023

It may be possible to reverse some of the effects of certain types of heart disease, such as coronary heart disease. Learn how.

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SLIDESHOW

Know the Signs of Pancreatic Cancer

Learn about pancreatic cancer causes, symptoms, and treatments of malignant tumors of the pancreas. [Read more...](#)

What can a person take to treat heartburn?

Written by Hana Ames on March 6, 2023

A person can take over-the-counter medications to treat heartburn and also try home remedies. Learn more here.

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ARTICLE

Can Vitamin B12 Reverse Premature Gray Hair?

Vitamin B12 is an important nutrient for overall health. Because vitamin B12 deficiency hampers the growth of... [Read more...](#)

In Conversation: Can keto help chronic pain in autoimmune conditions?

Hosted by Dr Hilary Guite

In this episode of our podcast, *Medical News Today* explores the potential benefits and drawbacks of being on a ketogenic diet for the management of chronic pain and inflammation arising from autoimmune conditions.

[LISTEN TO THIS EPISODE](#)



FEATURED

13 Things Fast Food Does to Your Body

Fast food is convenient and cheap, but you pay a bigger price in the long run. Those burgers, fries, and shakes usually have more fat, calories, and highly processed carbs than your body needs in one meal.

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