

Health & Views

[14 Risk Factors for Diabetes](#)

[Medications and Lifestyle Changes to Treat High Cholesterol](#)

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Diabetes' Impact on Your Mental Health

Around 10% to 15% of all people who have type 1 or type 2 diabetes also have depression. See what you can do about it.

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The Nutrient You're Probably Not Getting Enough Of

Watching your carbs alone isn't enough, because you might be missing out on fiber. These foods are healthy sources of both.

7 Causes of Brittle Diabetes

Your doctor may use this label if your blood sugar levels often swing very high and low. It's more common in people who take insulin. Here's what you should know.

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What Happens When You Eat Less Sugar

You don't need to overhaul your entire diet to make better choices. Start small with changes like these.

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"Simple" Carbs

Think pasta, white bread, crackers, candy, cookies, and sweets. Food made with lots of sugar or refined white flour don't have much fiber for your body to break down. This lets sugar get into your bloodstream really fast. You may get a quick burst of energy. But when your blood sugar drops back down, you may feel sluggish.

The Real Reason You're Not Motivated to Exercise

The difference between an active person and a sedentary one could come down to this unexpected, seemingly unrelated detail.

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15 Cancer Symptoms You Should Never Ignore

Indigestion, trouble swallowing, a nagging cough - you might not think of these as signs of cancer, but they can be.

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[**Does Cinnamon Help Diabetes?**](#)

How to Boost Your Mental and Kidney Health

Beware the Hidden Allergens in Nutritional Supplements



Leeks With Tomato Vinaigrette



Chocolate Tartlets With Candied Grapefruit Peel

12 Things That Happen in Your 70s

The way you grow older is specific to you, but certain changes in your 70s are more or less universal. See what you can do to help prepare for them.

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Foods That Boost Mental Wellness

Which foods can raise your spirits, ease depression, and keep you energized?

[Watch Video](#)

Nutrients That Help Type 2 Diabetes

Certain vitamins and minerals (known as micronutrients) play a significant role in glucose imbalance and insulin resistance.

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Delicious Ways to Get More Calcium

Getting enough calcium isn't a chore with options like chocolate mousse, flatbread pizza, and salmon croquettes with dill sauce.

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New clues to slow aging? Scientists use genetic rewiring to increase lifespan of cells



Researchers almost doubled the lifespan of yeast cells by genetically rewiring the circuit that controls aging in a new proof-of-concept study.

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Why Breast Cancer Screening Matters

The sooner breast cancer gets diagnosed, the better your odds of getting successful treatment. Here's what you should know about the different screening methods.

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Worst Foods in Your Fridge

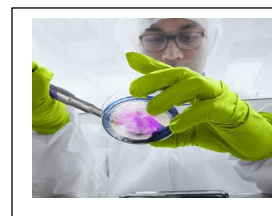
Some items that seem healthy are hiding empty calories, trans fats, and loads of sugar.

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A safer blood thinner? This novel blood clot treatment doesn't increase bleeding risk

In a new study, scientists discovered a potential blood clot treatment that is effective without increased bleeding risks.

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Alternative Treatments for High Cholesterol

Foods That Are Surprisingly Bad for Cholesterol

The Japanese diet may slow the progression of fatty liver disease

Following a Japanese diet rich in three particular foods may help slow the progression of non-alcoholic fatty liver disease, a new study suggests.



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An Unexpected Diabetes Complication

Constipation is one of the most common GI problems linked to diabetes, but there are others. See what you can do about them.

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Can low carbohydrate or low fat diets prolong life in middle-aged and older adults?



Researchers say diets low in fat can significantly improve the health of middle-aged and older adults. A healthy low carbohydrate diet can also provide benefits.

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How High Blood Sugar Hurts Your Mouth

Diabetes can damage your teeth and gums, so you might need to see the dentist more than twice a year

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What to Know About Foods Sweetened With Stevia

This carb-free natural sweetener is much sweeter than table sugar, but some forms sold online and at health food stores might not be safe.

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What Is Piriformis Syndrome?

It usually starts with pain, tingling, or numbness in the buttocks. Pain can be severe, but these therapies may help relieve symptoms.

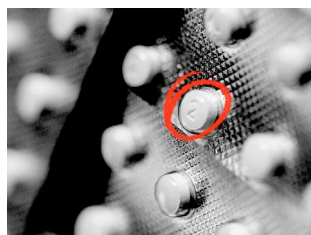
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Foot Problems Ankylosing Spondylitis Can Cause

Ankylosing spondylitis mostly affects the spine, but it can also affect your feet in several ways.

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Long-term beta-blocker use after heart attack doesn't improve heart health, study finds



Researchers say long-term use of beta-blockers does not appear to improve cardiovascular health in people after a heart attack, but some experts say there are still benefits to using the medications.

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Could a new genetic therapy help reverse Alzheimer's?

Researchers have found that silencing a particular gene can help lower the amount of toxic tau protein in the brains of people with Alzheimer's disease.

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Things That Cause Hair Loss

Did you know that a lack of iron or too much vitamin A can make your hair fall out? See what else can lead to hair loss, and what may help.

[Take Quiz](#)

What Your Nails Say About Your Health

A touch of white here, a rosy tinge there, rippling, or other defects may be a sign of disease elsewhere in your body. See what secrets your nails might reveal.

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Beyond Food: Other Causes of Heartburn

Eliminating foods that cause heartburn problems may not be enough. Many other factors can also play a role in triggering heartburn and causing GERD.

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Who Should Take Statins?

Estimates are that in addition to the people already taking them, another 15 million to 20 million people should be taking statin drugs based on their risk factors for [heart disease](#). Your doctor can do a simple [blood](#) test to determine the amount of [cholesterol](#) in your blood. If you have high levels of [LDL](#) ("bad") [cholesterol](#), you have a greater chance of [heart disease](#), especially when there are other factors that increase your risk. Based on your overall risk, your doctor may recommend you take statins to help lower your [cholesterol](#) by a certain amount.

What to Know About Diabetes and Milk

Milk is an excellent source of calcium but also has carbohydrates. Learn how drinking milk affects people with diabetes.

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Is It Heart Disease?

See some common symptoms of different kinds of heart disease and how they're treated.

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Signs You Have an Overactive Thyroid

If you have hyperthyroidism, it means your thyroid is overactive and produces too much of a hormone called thyroxine. Here are the symptoms to watch for.

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These Popular Diets Rank Low for Heart Health

See which diet is best for your ticker, according to the American Heart Association - and which popular plans score low for heart health, despite having a lot of followers.

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How to Ease Stiff, Achy Joints

As you get older, your joints may not move as freely as they used to. But aging isn't the only thing that can cause stiffness.

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Worst Foods for High Triglycerides

Beans are loaded with fiber and are an important part of a healthy diet, unless you find these two ingredients on the label.

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How Sleep Affects Your Cholesterol Levels

People who sleep too little or too much tend to have problems with their cholesterol levels. See what you can do to sleep better.

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