

Hormone
Therapy for
Breast Cancer
Treatment

Health & Views

'My
Experiences With
Cortisone

May 2nd issue 2023

Compiled and presented by Dr. Harold Gunatillake FRCS, FICS, FIACS,
AM(Sing), MBBS(Cey)



10 Signs Your Allergies Are Out of Control

Have dark circles? Itchy skin? Fatigue? Allergies may be to blame. See what you can do to help manage your symptoms and find relief.

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THE ALLERGIC SALUTE



The Best Way to Remove Earwax

See what earwax does, where it comes from, and how to remove buildup at home.

[Take Quiz](#)

The Link Between Diabetes and Gout



11 Simple Habits That Help Ease Inflammation

Chronic inflammation harms your body and raises your risk of disease. These everyday lifestyle changes can help lower it.

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How to Tell Normal Aging From Alzheimer's

We all forget things sometimes - it doesn't necessarily mean you're going to have dementia. But if you notice these signs, you may want to talk to your doctor.

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[With 145 moons, Saturn pips Jupiter to get back 'Moon King' crown](#)



A team of international astronomers has recently discovered 62 new moons orbiting Saturn, bringing the ringed planet's total number of moons to over 100 and helping the gas giant get back the crown of the solar system's 'Moon King' from Jupiter.

[These Sweet Snacks Are Better for You](#)



[Yes, fresh fruit is on the list, but so are homemade versions of treats like a banana split and chocolate peanut butter cups.](#)

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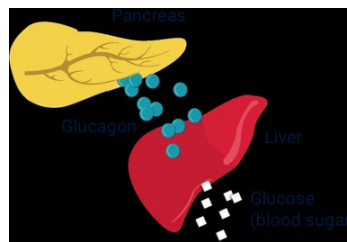
[How Diabetes Can Lead to Tendon Damage](#)



[If your diabetes isn't well controlled, and you hurt when you move, it might be due to problems with your tendons.](#)

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[Glucagon: Insulin's Helper](#)



[Insulin doesn't work alone. Your body makes another hormone, glucagon, while you sleep and after you eat to help control blood sugar.](#)

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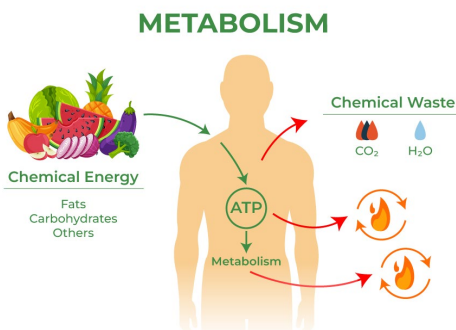
[How to Eat Meat When You Have High Cholesterol](#)



[Even if you stick to lean choices like skinless chicken or turkey breasts, pork tenderloin, and sirloin, you still need to check this on the food label.](#)

[Read More](#)

[15 Things That Slow Your Metabolism](#)



[Could some of your habits -- like setting the thermostat too high or not eating enough "good" carbs -- be causing your metabolism to drag?](#)

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[Sheet Pan Quiche Is a Game-Changer](#)

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Great News!!! - Take One!!!

Collaborative Partnership:

The trustees of MJF Charitable Foundation <https://www.mjffoundation.org/> and the VACD Australia Board <https://www.vacd.org.au/> have agreed to establish a formal collaborative partnership arrangement. The MJF Foundation is the charitable arm of the world famous Dilmah tea enterprise founded by Mr. Merrill J Fernando.

We believe that together we can achieve our aims and objectives to enrich the lives of children with disabilities in some of the poorest provinces of Sri Lanka by teaching them skills and surrounding them with facilities and infrastructure that will help them lead productive, independent, and fulfilling lives and accomplish their future ambitions, goals, and dreams.

We will mutually strive to eliminate poverty, ignorance, discrimination, social isolation, vilification, emotional, physical, and sexual abuse, and incest etc. and encourage communities to care, love, respect, assist and advocate the rights of children with disabilities and to promulgate these values within their own local neighborhoods.

We place on record our heartfelt thanks and deep appreciation to Mr. Maithri Panagoda - AM (Partner) and Ms. Dianne Retief (Senior Associate) at Carroll & O'Dea Lawyers <https://www.codea.com.au/> for the pro bono work done by them to prepare the collaborative partnership agreement. Thank you, dear Maithri & Dianne.

Great News!!! – Take Two!!!

Our new VACD Ambagasdowa Centre:

After many years and series of attempts, our new VACD centre “**Teardrop CARE Centre for Children with Disabilities**” in Ambagasdowa sponsored by Teardrop Hotels <https://www.teardrop-hotels.com> will be operational from Thursday, 1st June 2023. This centre located at Lunuwaththa Road, New Town, Ambagasdowa will serve as a provisional VACD centre leading up to a relocation to an already chosen permanent site in the same township later this year or in early 2024.

Ambagasdowa is located between Welimada and Uva Paranagama in the Badulla District of the Uva Province. As per available census data, the Divisional Secretariats of Welimada and Uva Paranagama have the highest concentration of children with congenital disabilities in the Badulla administrative district of the Uva Province. The base hospital in Welimada and the district hospital in Uva Paranagama will provide our VACD children with regular care, checkups, treatment, and rehabilitation services.

We are presently in the process of sourcing essential office equipment, computers, cookers, fridge etc. for this centre and would deeply appreciate any donations in kind or funds to purchase these and many other requirements for the new center. Please reach out to me at: fstephen@bigpond.net.au if you are in a position to lend us a much needed helping hand. – Thank you

Great News!!! – Take Three!!!

Save the date: Sunday, 8th October 2023

The inauguration of the VACD Melbourne chapter will take place over a luncheon session on Sunday, 8th October 2023 at the main Clayton Community Centre Hall located at 264 Clayton Road, Clayton Victoria 3168. Please save this date in your diaries. More news on this inauguration program will follow via our regular newsletters and local media.

Multiple donation options to support our mission - Thank you:

The following hyperlink will enable you to find all donation options that are available to you on our webpage:

<https://www.vacd.org.au/donate/>

Multicurrency Benevity Causes Portal for International Donations:

International donors who wish to support our mission can do so through the Benevity Causes portal via the hyperlink below for all your multi-currency donation options:

<https://mygoodness.benevity.org/community/search?query=vacd&country=036>

A big “Thank You” to all of you...

Our journey is bound to be long and challenging. The official and unofficial number of children and families who need our love, support, compassion, and care are sizeable. We look forward to your continued generosity, active support for our undertaking and you being partners with us in this most fulfilling and worthwhile 10+ year journey that we traverse together.

Please visit us at: <https://www.vacd.org.au/> and reach out to us at: fstephen@bigpond.net.au should you choose to support our mission. Please also do share this newsletter with your family, friends, loved ones and work colleagues. Together, we certainly can make a difference in the lives of children with disabilities, one by one!!!

Many thanks, best wishes, and warmest regards.... Felix

Felix Stephen

Chairman of the Board of Directors - VACD Ltd. Sydney – Australia – <https://www.vacd.org.au/>

Member of the Advisory Board – VACD Sri Lanka

Member of the Advisory Board – Two leaves Foundation Sri Lanka

Senior Associate – Cognoscenti Group – Sydney – Australia- <http://www.cognoscenti.global/>

Member of Investment Committee - Arrive Wealth Management - Brisbane – Australia –

<https://www.arrivewealthmanagement.com.au/>



Health Problems That Can Lead to Insomnia



There are lots of causes of insomnia, both emotional and physical. An expert shares some conditions that may make it hard to get to sleep.

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12 Tips to Help Prevent Diabetes Complications

Small steps like choosing better carbs and managing your stress can help protect you from diabetes-related damage.

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Eggs



Eggs have lots of protein and other good-for-you nutrients. But what about all that cholesterol? A single egg has about 200 milligrams. Even so, there's little evidence that eating eggs ups your risk for heart disease or stroke. One egg a day is probably OK. Just pay attention to the amount of saturated and trans fats you eat. That's what raises cholesterol.

Foods to Eat, Foods to Avoid

There's no cure for PsA, but changing your diet may help ease painful symptoms. Find out which popular diets might help, plus what to stay away from.

[Read More](#)

Natural Ways to Whiten Your Teeth

Some natural, at-home remedies are safe and can whiten your teeth. Others aren't and may harm your teeth or gums. Here's what works and what to avoid.

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Best Foods to Prevent Colon Cancer

Colon cancer is the third most common type of cancer for both men and women. But these smart food choices may help you lower your chances of getting it.

[Read More](#)

6 Symptoms of Acetaminophen Poisoning



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Acetaminophen, the active ingredient in Tylenol, can cause life-threatening illness if you take too much. Here's when you should call a doctor.

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4 Warning Signs of a Blood Clot

Swelling and breathing troubles are two of the major symptoms. See where blood clots happen and what to do if you think you have one.

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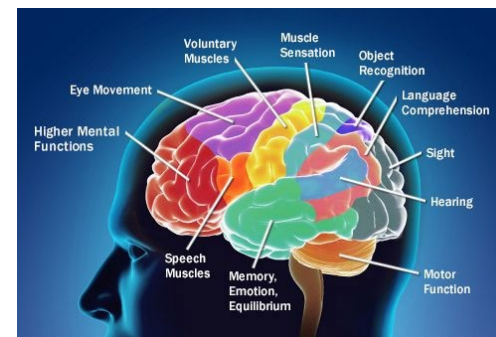
How to Make Your Hair Grow Faster and Stronger



Some of the things you do every day could be weakening or breaking your hair. See what to do to nurture your hair and help it grow.

[Read More](#)

Complications of Brain Cancer



As brain cancer grows, it can affect your vision, balance, and memory, and cause fatigue, headaches, nausea, and these other problems.

[Read More](#)

Coffee

Many people like to jumpstart the day with a fresh cup of coffee. It doesn't raise your risk of cancer or heart disease (but research shows unfiltered, or French press, coffee may raise cholesterol). It might even have benefits, like curbing your appetite and lowering the risk of certain conditions, including Parkinson's disease and gallstones. Up to five cups of coffee a day is OK if the caffeine doesn't bother you, you're not pregnant, and you're not loading it with cream, sugar, or syrups.

Eat Healthy



A good rule of thumb is to fill half your plate with non-starchy vegetables (asparagus, Brussels sprouts, and carrots, among many others). One quarter should have starchy foods (like potatoes, corn, or peas). The remaining quarter should be protein -- chicken, fish, or beans are best. Be extra careful with carbs like baked goods or pasta -- they can raise your blood sugar.

How to Reverse Prediabetes

Prediabetes doesn't have to mean you'll get type 2 diabetes or heart disease. Take these steps to help turn it around.

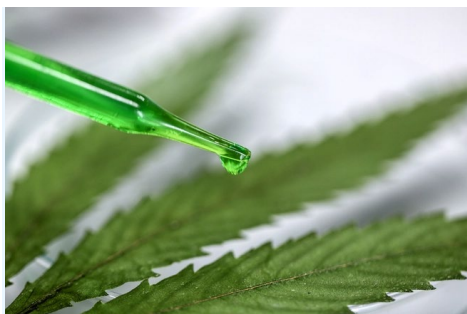
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Cancer Cells cannot thrive on Alkaline Diets



This is based on lab studies that show cancer cells can't survive in a low-acid, or alkaline, environment. The theory is that eating certain foods and staying away from others will lower your body's acid level and keep cancer cells from growing. But what you eat doesn't affect how acidic your blood is. Your body controls that balance.

Cannabis Oil- can it shrink Cancer cells?



Made from marijuana plants, this is also called hemp or marijuana oil. Some think it can kill or shrink cancerous tumors, but no science backs that up. And while cannabis may ease the side effects of some cancer treatments, like nausea and loss of appetite, talk to your doctor before you try it. Some compounds in cannabis may affect how certain cancer drugs work. They also cause side effects like memory and attention lo

15 Health Conditions Linked to Psoriatic Arthritis

These diseases and health issues can go hand-in-hand with PsA. See which symptoms to watch for, and what you can do to limit your chances of getting them.

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Herbal Remedies to cure Cancers

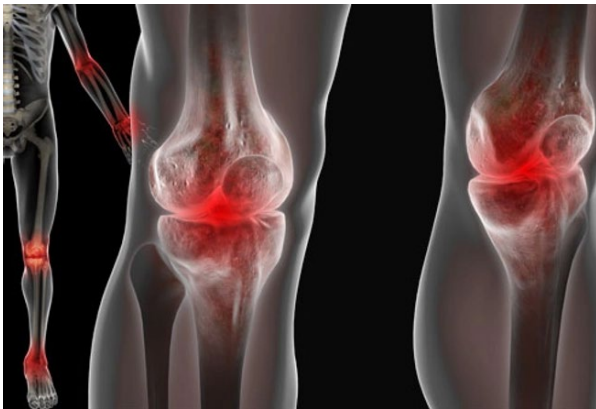


No herbal products have been shown to treat or prevent cancer -- but they may keep chemotherapy and radiation therapy from working as well as they should. Research does suggest that some herbs can help ease side effects, though. For example, ginger may ease vomiting and nausea.

Megadoses of Vitamin C

The idea that very high doses of vitamin C can treat cancer started in the 1970s. It was based on research that suggested the nutrient is toxic to cancer cells. But studies show that taking megadoses of vitamin C by mouth doesn't do anything for people with cancer. And it can affect how certain chemotherapy drugs work. Researchers are now looking at whether shots of vitamin C can help.

Lupus Symptom: Joint Pain



Joint and muscle pain is often the first sign of lupus. This pain tends to occur on both sides of the body at the same time, particularly in the [joints](#) of the wrists, hands, fingers, and knees. The joints may look inflamed and feel warm to the touch. But unlike rheumatoid arthritis, lupus usually does not cause permanent joint damage.

Mixed dementia: What to know

Written by Zawn Villines on May 15, 2023

Mixed dementia means that more than one form of dementia causes a person's symptoms. Learn more here.

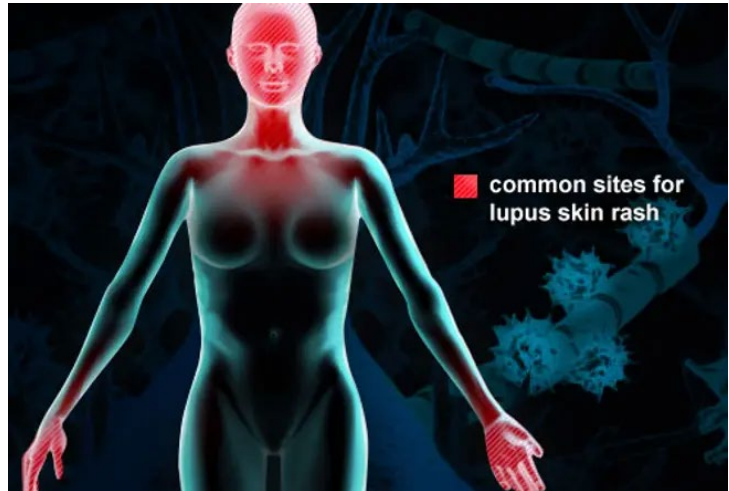
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13 Foods That Lower 'Bad' Cholesterol

The list includes some surprisingly delicious options. How about dark chocolate, avocado, and salmon, just to name a few?

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This Is What Lupus Looks Like



Symptoms may be limited to the skin at first, but lupus also causes internal problems such as joint pain and damage to vital organs, such as your heart.

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Taking vitamin D daily may reduce cancer mortality by 12%

Taking vitamin D daily could reduce cancer mortality in the population by 12%, a new review suggests.

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6 of the best supplements for arthritis

Supplements may help relieve pain and stiffness in the areas of the body in which arthritis has developed. Here are some of the best.

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6 Warning Signs of Cataracts

Blurry vision, at any distance, is the most common symptom. And while cataracts are painless, ignoring them can lead to complications.

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