

**Weight Loss  
Drugs Might  
Help People  
With Obesity  
Fight Cancer**

For the health education of ex-pat Sri Lankans,  
globally

**Diabetic  
Retinopathy:  
Causes and  
Treatments**

# Health & Views

May 3rd 2023

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

**Women more than twice  
as likely than men to die  
after heart attack, study  
finds**



A study found that following a heart attack, women are two to three times more likely to have adverse outcomes such as death than men both in the short and long term.

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**Ultra-processed foods may increase depression risk,  
long-term study shows**

A long-term study offers new evidence in support of the link between a diet high in ultra-processed foods and an increased risk of depression.

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ARTICLE

**Can Thyroid Problems Cause Extreme Fatigue?**

When your thyroid is out of balance and produces too much or too little hormones, it can disrupt functions in your... [Read more...](#)

- **Cold exposure for fat loss: Does time of day matter?**

Brown fat that increases one's metabolism may become more activated when men are exposed to cold in the morning rather than in the evening, according to new research.

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## Why am I being referred to a hematologist for anemia?

Written by Helen Millar on May 21, 2023

This article discusses the role of hematologists in diagnosing and treating anemia and why a doctor may refer a person to a hematologist.

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## Can surgery help with glaucoma?

Written by Anna Smith Haghghi on May 21, 2023

Are surgical options effective for helping to treat glaucoma? Read on to learn more about the effectiveness of the different surgical options available.

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## Does cottage cheese cause constipation?

Written by Oladimeji Ewumi on May 21, 2023

Eating cottage cheese can lead to constipation in some people. Learn the reasons behind this and more here.

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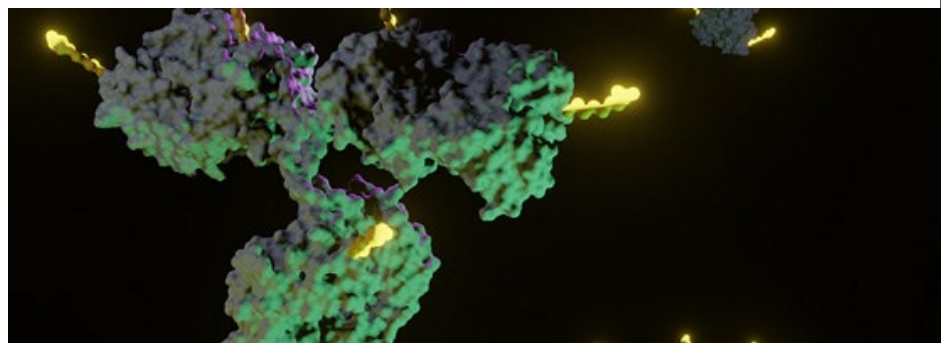
### ARTICLE

#### **How Can I Heal My Teeth Naturally?**

Brushing and flossing your teeth regularly are the best ways to keep your teeth healthy. Along with these, you can try some... [Read more...](#)

#### **How Blood Sugar Affects Your Body**

High blood sugar can be a sign of diabetes or prediabetes. Your kidneys may have to work hard... [Read more...](#)



## App Note: The Next Generation of Cancer Immunotherapy

By Sino Biological

Antibody-drug conjugates deliver highly targeted killing power to tumor cells. Learn more about this emerging cancer therapy in this article from Sino Biological.

## Liver Cancer Warning Signs



Most people don't notice any red flags early on, but liver cancer can eventually cause stomach problems, pain, and other issues.

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## Advances in IBD Treatment

There have been several recent breakthroughs and cutting-edge treatments for IBD. Here are a few to get excited about.

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## How to Get a Boost Without Caffeine

Drinking yet another cup of joe might give you a quick burst of energy, but it could also make it hard to sleep later. See how to get a little extra energy without it.

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## **13 Sex Drive Killers**



You want to want sex, but you just don't. Find out what might be causing your problem -- and what you can do about it.

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## **Causes of High Morning Blood Sugar**

Not all of these factors are within your control, but there are a few things you can do to improve your morning numbers.

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## **Here's What Happens to Your Body When You Laugh**

Doctors explain how a good giggle can elevate your health, strengthen muscles, and even extend your lifespan.

[No Joke! >](#)

## **12 Things That Happen to Your Body When You Take Melatonin**

There are major reasons medical professionals often prefer melatonin over prescription drugs to treat sleeping issues.

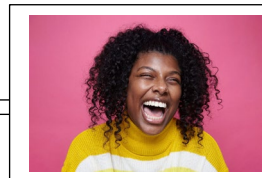
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## **I Ate Ice Cream Every Day for a Week—Here's What Happened**

Sure, it's a warm-weather treat—but is it really a good idea to eat ice cream every day? Here's what came of a nutritionist's experiment.

[Here's the Scoop >](#)



## **Is There a Cure for Dry Eyes?**

The daily toll can feel chronic to a dry-eyes sufferer. Here's a list of fixes worth trying.

[What Doctors Say >](#)



## **Can Essential Oils Treat Diabetic Nerve Pain?**

A few studies suggest they can offer some relief. Here's what you should know.

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## **Famous Faces With Diabetes**

These celebrities are proof that a diabetes diagnosis doesn't have to keep you from living an active, rewarding life.

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## **Good Carbs vs. Bad Carbs**

Maybe you don't have to deny yourself that slice of whole-grain bread. See how to choose healthy carbohydrates.

[Watch Video](#)

## **Foods That Help Fight Depression**

Switching to a diet full of healthy nuts, leafy greens, smart carbs, and these other foods may help lift your spirits.

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## **10 Ways to Boost Your Metabolism**

Exercise is a big one, but not all of these tips require breaking a sweat. See what you can do to burn more calories and lose weight faster.

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## **Sandwiches That May Ruin Your Day**

At many popular sandwich chains, you can unwittingly gobble up a diet disaster, unless you know how to order.

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## Surprising Ways You Can Hurt Your Kidneys

Did you know that too much red meat and salty foods can cause problems for your kidneys? Here's what else you should watch out for.

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## Knee Pain Dos and Don'ts

Your daily routine could be killing your knees. See how your shoes, sleep habits, and these other factors can make knee pain worse.

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## Exercise may provide some protection against Parkinson's disease

A new study conducted by researchers from France has found an association between regular exercise and a lower incidence of Parkinson's disease in women.

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### HARVARD HEALTH BLOG

## Does running cause arthritis?



When I took up running in college, a friend of mine scoffed at the idea. He hated running and was convinced runners were "wearing out" their joints.

He liked to say he was saving his knees for his old age. So, was he onto something? Does running really ruin your joints, as many people believe?

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## 6 Ways to Strengthen Your Bones as You Age

Your bone mass reaches its peak between your mid-20s and mid-30s. Find out how to "borrow" from that banked strength as you get older.

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## Which gut bacteria are associated with a higher risk of

## Alzheimer's disease?

A new study pinpoints which gut bacteria are tied to a lower risk of Alzheimer's disease, and which to a higher risk.

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[20 Next-Level Cheeseburgers to Try](#)

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[8 of the Best Cheeses for Burgers](#)

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## 9 Positive Health Benefits for Drinking Coffee

People have scrutinized coffee's health benefits for decades. Despite the problems that too much caffeine can cause... [Read more...](#)

## Is Walking Barefoot Bad For Your Feet?



Do you remember the barefoot running craze? There's a reason it didn't last long.

[What to Know](#) >