

**How Cholesterol
Plaque Attacks**

Health & Views

**11 Tips to Cut
Your
Cholesterol Fast**

**Macular Degeneration
Causes and Symptoms**

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Cardiovascular

disease is the leading cause of death for both men and women in the U.S. It is important to learn about your heart to help **prevent heart disease**. And, if you have heart disease, you can live a healthier, more active life by learning about your disease and treatments and by becoming an active participant in your care.

**How Is Heart
Disease Different in
Men?**

Just being a man makes you more likely to get heart disease at a younger age -- about 10 years earlier on average. But that's not the only way men and women differ.

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**7 Ways (Moderate) Drinking May Be Good
for You**



Alcohol in smaller amounts -- about two drinks a day for men -- might lower your risk of kidney stones, raise your testosterone levels, and even make you more active.

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**Can You Be
Overweight and
Healthy?**

Is a daily glass of wine good for you? Is microwaved food unsafe? Do cell phones cause brain cancer? We answer your top 10 health questions.

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**Are Air-Fried
Foods Better for
You?**

Air fryers promise the taste, texture, and golden-brown color of oil-fried foods without all the fat and calories. But do they deliver on that promise?

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12 Ways to Fight Fibromyalgia Symptoms

Something as simple as a daily soak in a hot bath can improve your symptoms. See what else may help.

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Plant-Based Diet May Help Lower Bad Cholesterol: Study

Written by Marlene Busko

May 30, 2023 – Compared to meat eaters, people who followed a vegan or vegetarian diet had lower levels of certain fats in their blood that can block arteries and possibly lead to heart disease and stroke, new research shows.

The findings – [published May 24](#) in the *European Heart Journal* – are from a meta-analysis (a study that grouped all the results from smaller studies) of 30 generally short, small, randomized controlled trials published between 1982 and 2022.

In the individual studies, researchers randomly assigned some people to continue eating an omnivore diet (meat, dairy, and plants), and assigned other people to either a vegan diet or a vegetarian diet – for about 7 months on average.

At the end of this time, those who ate a plant-based diet had lower levels of some blood fats than people who ate an omnivore diet.

Specifically, they had 7% lower total cholesterol, 10% lower low-density lipoprotein (LDL) cholesterol (or "bad" cholesterol), and 14% lower apolipoprotein B (apoB) levels.

ApoB is the main protein found in LDL cholesterol and can be used as another sign of cardiovascular disease.

There was no significant difference in triglycerides, another type of fat linked to heart attacks and strokes at high levels.

"Vegetarian and vegan diets were associated with a 14% reduction in all artery-clogging lipoproteins as indicated by apolipoprotein B," senior author Ruth Frikke-Schmidt, MD, PhD, with the University of Copenhagen, said in [a news release](#).

"This corresponds to a third of the effect of taking cholesterol-lowering medications such as statins," she said, "and would result in a 7% reduction in the risk of cardiovascular disease in someone who maintained a plant-based diet for five years."

Combining statins with plant-based diets would likely produce a greater (synergistic) effect, she speculated.

Importantly, the findings were similar for people of different ages, body mass index, and states of health, living in different continents.

"If people start eating vegetarian or vegan diets from an early age," Frikke-Schmidt said, "the potential for reducing the risk of cardiovascular disease caused by blocked arteries is substantial."

Healthy Foods That Are High in Cholesterol

If you have high cholesterol, you might think you have to shun all high-cholesterol foods. But some nutrition superstars make up for their high numbers with healthy perks.

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Which Cholesterol Number Is Most Important?

To help avoid heart attacks and strokes, should you be more concerned with your triglycerides, LDL, or HDL level?

[Take Quiz](#)

Telltale Signs You Have High Cholesterol

High cholesterol may not have obvious symptoms, but these conditions related to and caused by high cholesterol sure do.

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15 Berries You Should Be Eating

These little fruits offer a lot of nutrition in a small, sweet package. See which ones to pick up on your next grocery run.

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Reasons Your Knees Hurt

Your knees have lots of moving parts. Runner's knee and osteoarthritis are just two of the things that can go wrong and cause them pain.

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Is a Daily Glass of Wine Healthy?



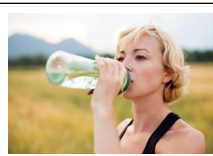
Not for everyone. Small amounts of alcohol may stave off heart disease, and lower the odds of stroke and diabetes, too. But heavy drinking ups your chances for liver and heart damage, plus breast, colon, and other cancers. If you don't drink, don't start. If you do, limit yourself to one drink a day if you're a woman, or two if you're a man.

12 Ways to Relieve Constipation and Stay Regular

The pain and discomfort that comes with constipation can interfere with daily life. These lifestyle changes and home remedies can help.
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Water

"Drink eight glasses of water a day" isn't the whole story.



The amount of *total fluids* you need (not just water you drink) depends on things like your health and where you live. You're probably fine if you don't feel thirsty and your pee is clear or pale yellow. Instead of counting, drink a glass of water with each meal and also between them. Drink water before, during, and after exercise, too.

What Is PAD?

PAD stands for peripheral artery disease. It's when arteries that carry blood from your heart to distant parts of your body become narrow because of a buildup of plaque inside the vessels.



This can slow down blood flow to your limbs. PAD most commonly affects your legs.

PAD Symptom: Leg Pain

The most common symptom is leg pain or cramps when you walk. This is called claudication. Your legs may feel heavy, numb, weak, or tired. The pain usually eases once you rest. You may have no symptoms, or very mild ones, until your arteries are more than halfway narrowed by plaque.



Advanced PAD Symptoms

As the condition gets worse, you may feel burning or pain in your feet even at rest. The skin on your feet may feel cool, look shiny, or change colors. Your leg hair may stop growing. You may develop sores on your feet or toes that don't heal. Men with PAD may develop erectile dysfunction (ED).



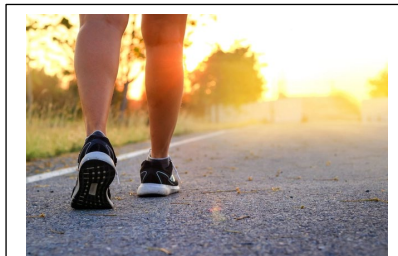
Daily Multivitamin Could Help Your Memory

Older people who took a daily multivitamin for 1 year staved off the equivalent of 3 years of age-related decline in a new study.
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Best Exercises to Help You Lose Weight

Weight loss happens by not only changing your eating habits, but also stepping up your exercise routine. See which moves can help.

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What to Eat to Prevent Constipation

What you eat can have a major impact on how smoothly your digestive system runs -- especially how much fiber you get.
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This Test May Show How to Manage Obesity

Researchers are working on saliva tests that may help figure out the type of obesity a person has and the best course of action to treat it.
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Why Playing Golf May Be Extra Good for Your Heart



Walking 18 holes might be just as good (and possibly better) for your heart health as going for a brisk walk. Here's why.

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Is It Aging or Alzheimer's?

Learn the difference between memory problems that can happen to all of us as we get older and real warning signs of dementia.

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Why Do Some Men Go Bald?

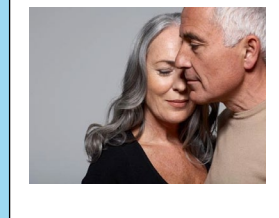
What's causing your thinning hair? And is your mother's side of the family to blame?

[Watch Video](#)

Reasons Why Your Ulcerative Colitis Might Be Getting Worse

Low Testosterone and Sex

A drop in testosterone doesn't always interfere with sex, but it can make it more difficult for your brain and body to get aroused. Some men may notice a drop in libido, while others may lose interest in sex completely. Low testosterone can also make it tougher to get or keep an erection.



12 GI Symptoms You Should Never Ignore

Could your stomach or bathroom issues be a sign of something serious? See which pains, pangs, and other symptoms require medical attention.

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Type 2 Diabetes and Kidney Disease

Symptoms of Diabetic Retinopathy

Which Immune Disorders Cause Dry Eye?

How do doctors test for osteoporosis?

Written by Harry Webster on June 1, 2023

This article discusses bone density scans and other tests for osteoporosis. It also looks at what to expect and when a doctor may recommend them.

What is rectal cancer, and how is it different from colorectal cancer?

Written by Mathieu Rees on June 1, 2023

Rectal cancer is a type of cancer that begins in the rectum. Learn more about its symptoms, treatment options, and outlook here.

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What to know about nocturnal high blood pressure

Written by Caitlin Geng on June 1, 2023

A person with nocturnal high blood pressure may have no symptoms. However, management is vital to avoid potential complications, such as heart disease.

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