

# Health & Views

**Healthy Foods  
That Are High in  
Cholesterol**

**Aspirin Warning for  
Older Adults**

JULY 1<sup>st</sup> issue 2023

Compiled and presented by Dr Harold Gunatillake

## Shrimp have high cholesterol



You've probably heard seafood is a good choice when you're watching cholesterol. That's true, but shrimp is an exception. One serving, even if you cook it without fat, has about 190 milligrams of cholesterol. The American Heart Association recommends limiting cholesterol to 300 milligrams per day, or 200 milligrams per day if you have heart disease or high cholesterol. Try the scallops instead. They have less than a quarter of the cholesterol of shrimp.

Webmd.com

## Foods That Are Surprisingly Bad for Your Cholesterol



### Foods Labeled 'Low Cholesterol'

When you're shopping and you see an item that says it's low in cholesterol, you still need to check the nutrition label. If it's high in saturated fat, it can raise your LDL ("bad") cholesterol. Also check the serving size. It might be smaller than you think, and if you eat too much, you'll get more cholesterol than you realized.

**Coffee** Your morning cup of joe just might give your cholesterol level an unwanted jolt. French press or Turkish coffee lets through cafestol, which raises levels of LDL, or "bad," cholesterol. Espresso does too, but serving sizes are small, so there's less to worry about. If you drink drip coffee, you're in the clear. The filter catches cafestol, so stick to drip.

### Thai Takeout

Thai food is spicy and delicious, but it can raise your cholesterol if you don't choose carefully. The secret ingredient? Coconut milk. It makes curries smooth, and it's high in saturated fat. Scan the menu instead for stir fries or noodle dishes, and ask to have your dinner steamed or made with vegetable oil. Choose chicken rather than beef, throw in some extra veggies, and enjoy your takeout guilt-free.

Webmd.com

## **Borderline Cholesterol: 6 Steps to Keep It in Check**

Opt for lean cuts of beef, exercise moderately for this long each week, and take these other steps to help you avoid high cholesterol.

[Read More](#)

## Organ meats



“Nose-to-tail” eating may be trendy in the restaurant world, but it could leave your cholesterol trending up. Organ meats such as liver, kidneys, and sweetbreads are higher in cholesterol than other cuts of meat. Beef liver is high in iron, though there are other foods that aren't organs that give you iron. Enjoying a 3-ounce portion once a month is OK.

Webmd.com

## 13 Foods That Lower 'Bad' Cholesterol

Certain foods can help lower cholesterol, helping you avoid a dangerous buildup of plaque in your arteries. Great news: Many of them are surprisingly delicious.

[Read More](#)

## Ways Alcohol Affects Cholesterol

## Why You Should Eat More Cottage Cheese

Move over, yogurt. This versatile, protein-packed staple also deserves a spot in a well-stocked fridge.

## How Diabetes Can Affect Your Gut

Uncontrolled blood sugar damages your nerves, and that includes the nerves in your stomach and intestines.

[Read More](#)

## Heart Disease Risk May Raise Odds of Muscle Problems

New evidence suggests that people at high risk of heart disease are much more likely to get muscle and joint disorders.

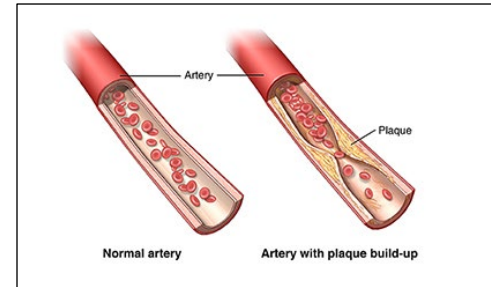
[Read More](#)

## 'Bad' Foods That Help You Lose Weight

See which tempting treats can actually help you take weight off and keep it off.

[Read More](#)

### • How plaques are formed



**Damaged endothelium.** The smooth, delicate lining of blood vessels is called the endothelium. High cholesterol, [smoking](#), [high blood pressure](#), or [diabetes](#) can damage the endothelium, creating a place for cholesterol to enter the artery's wall.

**Cholesterol invasion.** "Bad" cholesterol ([LDL cholesterol](#)) circulating in the [blood](#) crosses the damaged endothelium. LDL cholesterol starts to gather in the wall of the artery.

**Plaque formation.** White blood cells stream in to digest the LDL cholesterol. Over years, the toxic mess of cholesterol and cells becomes a cholesterol plaque in the wall of the artery.

## 6 Problems to Watch For as You Age

Certain diabetes-related problems are more common after you turn 60. Here's how to protect your health.

[Read More](#)

## Eat More of These Whole Grains

## When Diabetes Affects Your Relationship

## How to Prevent Deep Vein Thrombosis

About 350,000 Americans are diagnosed with potentially life-threatening blood clots each year. Take these steps to help protect yourself.

[Read More](#)

## Can Sauna Time Help Your Heart?

An expert in exercise physiology weighs in on how body temperature affects blood flow.

[Watch Video](#)

## Home Remedies for a Stiff Neck

About 10% of the population has a stiff neck at any given time. These remedies can usually help you feel better, but you should know when to call your doctor.

[Read More](#)

## What Causes Fibromyalgia?

The basic cause of fibro is still unknown. Here are four possible causes, plus three known risk factors.

[Read More](#)

## When to See a Doctor About Numbness, Tingling, and Weakness

## Signs You Have Ulcerative Colitis

Diarrhea with blood or pus is the most common symptom of this painful digestive disorder. Here's what else to watch for.

[Read More](#)

## 10 Foods That Fight Pain

While healthy eating won't cure you, certain foods may help to ease your discomfort.

[Read More](#)

## Is Soy Safe?

Soy-based foods -- such as tofu, soy milk, and edamame -- have chemicals called phytoestrogens, which are similar to estrogen. That once raised fears that they spelled 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 the disease will return. Be wary of soy supplements, though. Scientists haven't studied their effects as much.

## The Big Picture

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.

## 12 Brain-Boosting Beverages

Choosing the right beverage might improve your energy level, cut down on brain fog, and help you concentrate.

[Read More](#)

## The Truth About Gray Hair

Sooner or later, everyone's hair will start to go gray. But why does it happen to some people earlier than others?

[Read More](#)

## Signs of an Eating Disorder

It can be hard to spot the symptoms of an eating disorder, especially early on. Here's what to watch for.

[Read More](#)

## WHO to Declare Common Sweetener as Possible Carcinogen

## 8 Reasons You Could Have a Rash on Your Penis

A rash ... down there? It can happen. Find out why, and when you should see a doctor.

[Read More](#)

## Aging: What's Normal, What's Not

Weaker muscles, a lagging libido, a fussy bladder -- they're a natural part of getting older. Or are they?

[Read More](#)

## 8 Ways to Feel (and Look) Younger

You can't avoid getting older, but you can do a few things to help keep yourself youthful. Try these simple tips to help you outsmart Father Time.

[Read More](#)

## Alkaline Diets to control cancer

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

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 loss.

## Herbal Remedies to cure cancer

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.

## How Climate Change Is Increasing Rates of Lung Cancer

From particles breathed in after wildfires to chemicals spread during floods, climate change is contributing to lung cancer around the world.

[Read More](#)

## Colon Cancer on the Rise in People Under 45

"We've never seen more colorectal cancer happening in such young people," says one expert. See who's more at risk and the new recommended age for a colonoscopy.

[Read More](#)

## Conditions That Can Harm Your Kidneys

When health problems affect your kidneys, they can cause permanent damage that may get worse over time. Here's what to watch for.

[Read More](#)

## Diabetic Macular Oedema

By the time you have trouble seeing, you've probably had diabetic macular edema (DME) for a while. Catching and treating it early can help stop it from getting worse and may reverse it.

People with DME tend to have other eye problems, too, and could end up having a hard time seeing.

## Diabetic Retinopathy

The same sort of thing that's happening in your macula is also happening in the rest of your retina. Damaged tiny blood vessels swell and leak. They may close up, so no blood can get through. When you have more advanced retinopathy, additional fragile blood vessels grow on the surface of the retina.

All of these can cause problems with your sight. You might see floating spots or more blurriness around the sides of your vision. You could lose your sight because of a detached retina.

## Sex After Prostate Cancer

Find out what sexual issues are common after prostate cancer treatment and what you can do to address them.

[Read More](#)

DME is the main reason people with diabetes lose part or all of their sight, especially looking straight ahead. It usually takes many years for vision loss to happen with DME, but it can be much sooner when the very center of your macula is damaged. If you've already lost some vision, talk to your eye doctor about aids that can help you see better. Also, ask about places that offer low-vision services, like a nearby medical school or community agency.