

- [Can Vitamins Help Slow Macular Degeneration?](#)

# Health & Views

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

Presented by Dr Harold Gunatillake, FRCS,FISC,FIACS,AM(Sing), MBBS(Cey)



## Simple Steps to Boost Bone Health

Weak and brittle bones don't have to be part of aging. Your bones are a living tissue that rebuilds itself. You can 'borrow' from banked bone strength as you get older.

[READ MORE](#)

SLIDESHOW

## What High Blood Pressure Can Do to Your Body

Your arteries should be sturdy, springy, and smooth to move blood easily from your lungs and heart. High blood pressure... [Read more...](#)

## Want to live a longer, healthier life? Restricting calories may help



Researchers from the National Institute on Aging show that calorie restriction can improve muscle health and stimulate biological pathways important for healthy aging.

[READ ON](#) →

## 2 major statins may be equally effective at preventing stroke, heart attacks



A new study assesses the long-term safety and effectiveness of rosuvastatin and atorvastatin, two statins widely used for preventing heart attacks, strokes, and death.

[READ ON](#) →

## **Painful and Frequent Urination**

Bladder infections can be painful and often require medical treatment. Learn how UTIs are diagnosed in infants, adults, and the elderly. [Read more...](#)

## **How Can Diabetes Affect My Feet?**

Diabetes can cause serious foot complications such as nerve damage, infection, and ulcers. Find tips for... [Read more...](#)

## **Women who follow the DASH diet less likely to have cognitive decline later**



Experts say a heart healthy diet, such as the DASH diet high in fruits, vegetables, and whole grains, can lower the risk of mild cognitive impairment in women.

[READ ON →](#)

## **Some acid reflux medication may increase dementia risk**

A recent study found a link between the use of proton pump inhibitors — a type of gastric acid-blocking medication — and an increased risk for dementia.

[READ ON →](#)

## **How accurate are the claims about ashwagandha's benefits?**



In this Special Feature, we speak to experts and look at the most recent evidence on ashwagandha's benefits for mental health. Are the social media claims about the benefits of this supplement true?

[READ ON →](#)

## **14 Herbal Supplements: Uses and Safety Concerns**

It seems like these products should be harmless. But some may not be safe, especially if you have certain medical conditions or medications. Talk with your doctor before taking any supplements.

[READ MORE](#)

## **What Are Some Good Home-Cooked Meals?**

A well-balanced and healthy diet plays an important role in good health. Several good home-cooked dishes can be... [Read more...](#)



## Could this ordinary sugar be driving the obesity epidemic?

Obesity rates have skyrocketed globally, but what's behind this rapid weight gain? New research proposes that fructose, a sugar in many processed foods, [could be a key culprit](#). This sweetener may fundamentally alter metabolism in ways that spark overeating.

When we digest fructose, it suppresses cell energy production and triggers biological urges to eat more, including boosting hunger and lowering metabolism. With fructose abundant in soda, cereals, breads, sauces, and other processed items, these effects drive excess calorie intake, and this [may contribute to obesity in some people](#).

*MNT* spoke with registered dietitian Kelsey Costa, who explained, "The proposed 'fructose survival switch' potentially underlies the influence of ultra-processed foods on energy intake and weight gain. High salt content often found in these foods could further stimulate fructose production."

While fruit contains fructose too, whole fruits lack salt and offer fiber and nutrients that counter most of the adverse effects.

How else can a person reduce their risk of developing obesity?

- Limit consumption of candy, cereals, baked goods, and ready-made meals packed with added fructose.
- Stick to whole foods like fruits, vegetables, lean proteins, nuts, and seeds.
- Quench thirst with water over fructose-laden drinks.

**To learn more about the role of fructose and how it may disrupt human metabolism, jump to ["Is fructose the unifying factor of all mechanisms underlying obesity?"](#)**

**Also making headlines this week:** There may be a link between some [widely used acid reflux drugs](#) and dementia. ADHD also appears to be [more prevalent](#) in people who go on to develop dementia. Plus, researchers are working on a [complete atlas of cells in the brain](#), and we looked into claims for ashwagandha: [are they too good to be true?](#) You'll find all these stories and more health and medical news from the past week below.

We'll return with our regular daily newsletter tomorrow. We love to hear from you, so please get in touch [by email](#) if you have any feedback, comments, or questions about this week's Sunday Supplement.

Stay informed and stay healthy!

Tim Snaithe  
Newsletter Editor, *Medical News Today*

**[How Oral Diabetes Medications Work](#)**



[Women's Health](#)



[Men's Health](#)



## Researchers discover new therapy for treatment-resistant prostate cancer



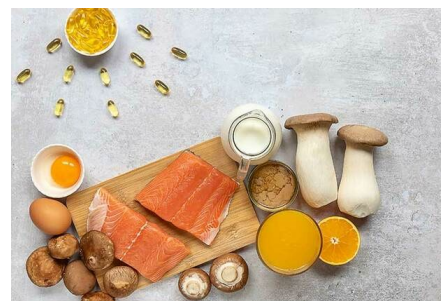
Researchers have discovered a new therapy that could reverse treatment resistance in metastatic castration-resistant prostate cancer.

[READ ON →](#)

## 11 Ways To Get Your Fill of Beta-Carotene

Your mind might jump straight to carrots and eye health, but there's more to beta-carotene than that.

[Yummy and beneficial](#)



## Vitamin D's Link To Breast Cancer

Vitamin D doesn't protect you against breast cancer, but it can make a difference if you've been diagnosed.

[Know how much you need](#)

## This Is the No. 1 Happiest State in America

Happiness may be a state of mind—but according to a new report, it's also abundant in one highly elevated state.

[Says New Report >](#)

## How to Reverse Prediabetes

Making a few changes to your daily habits -- even making sure you get enough sleep -- can help lower your odds of having full-blown diabetes.

[Read More](#)

## 15 Surprisingly Healthy Foods

Think red meat, chocolate, and French brie are guilty pleasures? We've got good news that will make you give these eats and others a second chance.

[Read More](#)

## 15 Cancer Symptoms You Shouldn't Ignore

## The Leading Cause of Age-Related Blindness Can Be Prevented with These 6 Vitamins

A couple common minerals can help, too.

[Take a Look](#)

>

## How Sleep Affects Your Blood Sugar

Over time, poor sleep habits -- even getting too much shut-eye -- can affect how well your body responds to insulin.

[Read More](#)

## 13 Things Fast Food Does to Your Body

Fast food is convenient and cheap, but it can leave you tired and moody. And if you eat it too often, your health will pay a bigger price in the long run.

[Read More](#)

## Here's How Much Fat Is in an Egg

## Can Prunes Relieve Constipation?

## Who Should Be Tested for Diabetes?

If you have any of the risk factors on this list, ask your doctor about getting checked.

[Read More](#)

## Watch Out for These Weight Loss Myths

Should you steer clear of carbs? Do smaller, frequent meals keep the pounds off? What's the secret to shedding pounds?

[Watch Now](#)

## **VACD Melbourne Chapter Launch:**

The VACD Australia Board of Directors agreed on a long-term sustainability and expansion strategy for our mission that also included both a medium and long-term leadership succession program. The formation of the VACD Melbourne chapter was one such initiative.



In order to implement our medium to long-term plans, we were delighted to enlist and assign key responsibilities to Ms Adrika Sri Bawan – Head of Marketing (extreme left), Ms Netaisha Harvey – Head of Inclusive Education & Partnerships (extreme right) and Ms Farrah Carim – Head of Finance (second from right) from Melbourne so that they could liaise closely with our VACD Australia Melbourne Director, Ms Gabriella Vascotto (second from left) on our wide-ranging programs and strategies. This group worked efficiently and tirelessly to establish our first ever VACD chapter in Melbourne, Victoria, Australia's second most populous state.

## **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 support 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 12+ years journey that we traverse together.

Please visit us at: <https://www.vacd.org.au/> and reach out to us at: [fstephen@bigpond.net.au](mailto:fstephen@bigpond.net.au) should you choose to support our mission. Please share this newsletter with your network! 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

## **The VACD Melbourne Chapter Function:**

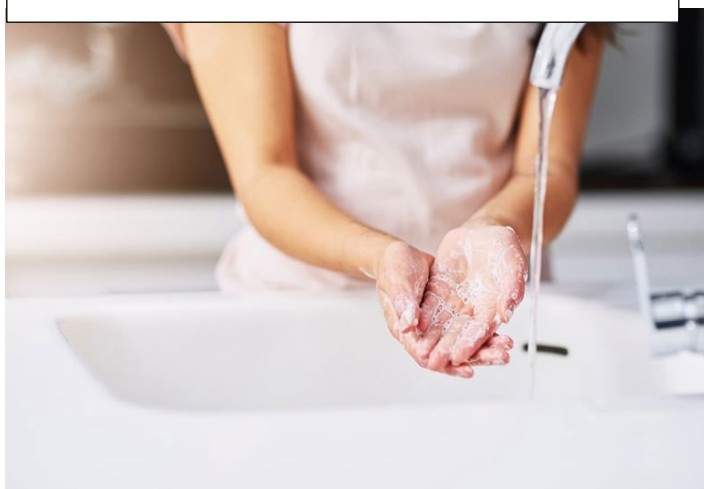
On Sunday 8<sup>th</sup> October, VACD's newly established Melbourne based team hosted the Melbourne Chapter Launch & Lunch. A good number of guests attended this event and enjoyed a delicious chicken biriyani lunch, music, and dancing. This certainly will be the first of many such events to be held in Melbourne to generate local support and sponsorship to facilitate VACD's numerous ongoing and future projects and programs to uplift children with congenital and developmental disabilities in Sri Lanka.



We thank Ms Laniza from Pillawoos Catering (Phone: +61 424 700 417) for the delicious food served at the function and Ms Nilmini and her team from Sapphire Creations (Event planners, party supplies and hire, Email:

[creationsbysapphire@gmail.com](mailto:creationsbysapphire@gmail.com) & Facebook: Sapphire Creations) for the lovely table décor. We deeply appreciate, thank, acknowledge, and wish to place on record that both Ms Laniza and Ms Nilmini offered special discounts to VACD for their services in order to support our mission for children with disabilities in Sri Lanka.

## The Truth About Medical Marijuana



## Why To Wash Your Hands After Using the Bathroom

Before the COVID-19 pandemic, only about 5% of us washed our hands properly. Let's review the "why" and "how" of hand hygiene.

[Every. Single. Time.](#)

## How to lower uric acid levels naturally and manage gout

Written by Jenna Fletcher on October 26, 2023

Uric acid buildup can sometimes lead to gout, which causes very painful symptoms. Learn about natural ways to lower uric acid levels.

[READ ON](#) →

## 9 Fatty Liver Symptoms You Need to Watch Out For

National statistics suggest 25% of Americans have fatty liver disease. If you have pain in one particular spot, it's time to call the doctor.

[What to Know](#) >

## Everyday Habits to Lower Breast Cancer Risk

Concerned about your breast cancer risk? Here are everyday health habits you can adopt to improve your odds... [Read more...](#)

## Prediabetes: You Can Turn It Around

Prediabetes can be a wake-up call. It's when your blood sugar is higher than normal, but not high enough to be called diabetes. [Read more...](#)

## Deep Vein Thrombosis Symptoms

A painful, swollen leg may be one sign of a dangerous clot. This slideshow explains the symptoms, treatments, and... [Read more...](#)

## Intermittent fasting is safe, effective for people with type 2 diabetes

Researchers say study participants with type 2 diabetes who followed a time-restricted dieting plan were able to lose weight and control blood sugar levels as well as people who reduced their calorie intake by 25%

[READ ON](#) →

## Keto diet may benefit people with breast cancer, study finds

A new review researchers in Italy suggests that following a keto diet may have health benefits for people with breast cancer.

[READ ON](#) →

Recent research carried out in a cohort of male participants suggests that adding a little sugar to coffee or tea has no significant association with heightened risks for diabetes or early death.

[READ ON](#) →