

**9 Types of Fiber and Their Benefits**

# Health & Views

**Diabetes and Low Testosterone**

October 2<sup>nd</sup> issue 2023

Compiled and presented by Dr Harold Gunatillake

IF YOU ARE A DIABETIC A MUST READ-Ed.

## **Pills vs. Insulin for Diabetes Treatment**

See how these medications work to treat diabetes, and what to ask your doctor about each one.

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## **Best Foods for Your Fridge**

Plan some meals and snacks around these nutritious refrigerated staples.

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## **Type 1 Diabetes in Adults**

Though once called "juvenile diabetes," it doesn't just affect kids. Up to a quarter of those affected aren't diagnosed until after childhood. See what you can do to help manage it.

[Read More](#)

## **The Truth About Sugar and Sweeteners**



## **Your Mouth, Your Health**

### **Can Mouth Bacteria Affect the Heart?**

Some studies show that people with gum disease are more likely have heart disease than those with healthy gums. Researchers aren't sure why that is; gum disease isn't proven to cause other diseases. But it makes sense to take care of your mouth like you do the rest of your body.-

### **Gum Disease and Diabetes**

Diabetes can reduce the body's resistance to infection. Elevated blood sugars increase the risk of developing gum disease. What's more, gum disease can make it harder to keep blood sugar levels in check. Protect your gums by keeping blood sugar levels as close to normal as possible. Brush after each meal and floss and rinse with an antiseptic mouthwash daily. See your dentist at least twice a year. Sometimes you dentists may want to see you more often.-WebMD

## [Type 1 Diabetes in Sri Lanka](#)

[Type 1 Diabetes Index](#)

<https://www.t1dindex.org/countries/sri-lanka>



Today, 1 in 80 families are impacted · In Sri Lanka, T1D is growing at **5.4% each year** compared with 4.5% for Type 2 Diabetes.

What is the prevalence of diabetes in Sri Lanka?



Total diabetes

Age-standardized prevalence was 21.8% (95% CI 20.1% to 23.5%) and 17.4% (95% CI 16.0% to 18.7%) if using FPG alone. Crude prevalence increased with age, peaking at 43% in those aged 60–69 years and was higher ( $p < 0.001$ ) in women (25.5%) than in men (20.1%).

### 15 Healthy Indulgences

Isn't it time you took care of yourself? Good food, relaxation, laughter -- we've got 15 great ideas for affordable, healthy indulgences that will recharge your batteries in no time. [Read more...](#)

## [How to Boost Your Metabolism With Exercise](#)

Follow this two-step plan to help your body burn more calories around the clock, even between workouts.

[Read More](#)



[Cold + Flu](#)



[Nutrition](#)

### SLIDESHOW

#### Foods to Watch When You Have AFib

When you have AFib, an irregular heartbeat, you need to watch what you eat. Think twice before you eat or drink these foods... [Read more...](#)

#### What Causes Loss of Smell and Taste?

If you plug your nose, nothing tastes the same. Taste and smell issues are common with age and allergies, but they could also be a sign of something more serious. [Read more...](#)



#### [The pros and cons of using low-calorie diets to reverse diabetes](#)

Evidence shows that following a low-calorie diet can place type 2 diabetes into long-term remission. But is this approach healthy for everyone with diabetes?

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### ARTICLE

#### Can You Really Shrink Your Pores?

Pore size is mostly due to genetic factors. According to the British Journal of Dermatology, they are mainly caused by... [Read more...](#)

#### How Are Antibodies Produced in the Body?

Antibodies are an integral part of your body's immune system. There are certain infections that you'll fight over and over... [Read more...](#)

#### [Daily Aspirin Linked to Increased Risk of Heart Failure](#)

[If you're already at risk for developing heart failure, taking a daily aspirin might be a bad idea. Here's what you need to know.](#)  
[Read More](#)



## Diabetes Drug Mounjaro Effective for Weight Loss

A new trial demonstrates the power of the diabetes drug Mounjaro in fighting obesity, helping folks who used the medication lose an average of...

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### The day NASA discovered life on Earth

Thirty years ago, astronomer Carl Sagan convinced NASA to turn the Galileo spacecraft's eyes towards Earth on its journey to Jupiter. His groundbreaking idea: [to search for life on the only planet where we're certain it's there](#) — and thereby to learn how to look for signs of life on other worlds. “While the answer was known, it profoundly changed our way of thinking about the answer,” says astrobiologist Lisa Kaltenegger.

[Nature](#) | 8 min read

Reference: [Nature paper](#) (from 1993)

## Symptoms of Strep Throat

Strep throat is an infection of your throat, and sometimes tonsils, that's caused by bacteria. Here's what you should know to get better, quicker.

[Read More](#)

## Expert Advice on How to Thrive With Type 2 Diabetes

## Neanderthals hunted cave lions

A spear mark on the 48,000-year-old skeleton of a cave lion (*Panthera spelaea*) is the [oldest evidence of Neanderthals hunting the ice-age predators](#). The puncture crater on the big cat's rib, initially thought to be a bite mark made by another animal, is probably the result of a fatal stab with a wooden spear. And Neanderthal hunters were probably after more than just meat: a set of cave-lion bones from about 190,000 years ago shows that care had been taken to preserve the cat's paws and claws as part of the pelt.

[Science](#) | 5 min read

Reference: [Scientific Reports paper](#)

## How our brain steers us toward fatty foods

A [brain area helps to guide eating behaviour by responding to the smooth texture of fatty foods](#). Researchers evaluated the smoothness of milkshakes with varying sugar and fat contents by placing samples between pig tongues and measuring the friction generated while sliding the tongues across each other. Volunteers then tasted the shakes and were asked how much they would pay for a glass of each. Brain scans revealed that activity patterns in an area involved in reward processing reflected the drinks' texture and the value that participants placed on them.

[Nature](#) | 5 min read

Reference: [The Journal of Neuroscience paper](#)

## Surprising Symptoms of IBD

These chronic conditions can cause serious digestive problems -- and you can have symptoms all over your body, not just your digestive tract.

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## Why Do Your Hands and Feet Always Itch?

**Enjoy a lasting difference  
— in less time than you  
thought!**



These are routines designed for results. They are total-body programs that work all the major and minor muscle groups...from arms to legs...back to front...quads to core...and more!

Within weeks of starting strength and power training you'll look toned and feel younger and more vital. You'll know you have the muscle strength and power to stay active and independent.

## **10 Healthy Uses for Baking Soda**

If the baking soda only emerges from your pantry when it's time to bake cookies, you're missing out on major benefits.

[\*\*Find Out >\*\*](#)

## **Stomach virus vs. influenza:**

### **What is the difference?**

Written by Beth Sissons on November 29, 2021

Both a stomach virus and flu can cause digestive symptoms, such as diarrhea or vomiting. Learn more about the differences and similarities.

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## **Here's How Much Fiber You Really Need in a Day**

Research shows almost 94% of Americans aren't getting enough fiber every day.

[\*\*Digest This >\*\*](#)

## **6 Causes of Yellow Toenails and Treatments That Help**

From toenail fungus to certain types of nail polish, these are the reasons for discolored toenails.

[\*\*Read More >\*\*](#)

## **What to know about intravenous insulin therapy**

Written by Anna Smith on November 29, 2021

Click here to learn all about IV insulin therapy and its possible complications.

[READ ON →](#)

## **What is ocular hypertension?**

Written by Zia Sherrell, MPH on November 29, 2021

Ocular hypertension refers to increased pressure in the eye due to an imbalance in fluid levels. Learn about the link with glaucoma and more here.

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## **What are the health benefits of purple foods?**

Written by Emily Cronkleton on November 29, 2021

Purple fruits and vegetables offer a wealth of benefits and can be high in polyphenols and antioxidants. Learn more.

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