

Health & Views

2 Ways Diabetes Can Affect Your Driving

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Red Wine Benefits

- Blood pressure control. The antioxidants in red wine could lower blood pressure. ...
- Heart health. Although more research is needed, some studies show that red wine is good for heart health because it helps reduce the risk of plaque buildup in the arteries.
- Cancer risk reduction. ...
- Reduced risk of Alzheimer's.

How is red wine heart-healthy?

Antioxidants in red wine called polyphenols may help protect the lining of blood vessels in the heart. A polyphenol called resveratrol is one part of red wine that's been noticed as being healthy.

Resveratrol in red wine

Resveratrol might help prevent damage to blood vessels, lower low-density lipoprotein (LDL) cholesterol, also called the "bad" cholesterol, and prevent blood clots.

However, study results on resveratrol are mixed. Some research shows that resveratrol could be linked to a lower risk of swelling and irritation, called inflammation, and blood clotting. Both can lower the risk of heart disease.

However, other studies have found that resveratrol does not protect against heart disease. More research is needed.

How much red wine per day is healthy?

However, if you are already drinking red wine, then there's no need to stop (unless you're drinking too much). As long as you don't drink more than 1–2 glasses per day, then it should be doing you good, as long as you are consuming it with a balanced diet such as the Mediterranean diet.

Can I drink red wine every night?

"What is certain about wine and other types of alcohol is that drinking beyond moderation has clear impacts on a person's health," warns Dr. Septimus. "Regularly drinking more wine than recommended increases a person's risk of developing cancer, liver disease, chronic pancreatitis, sleep disorders and more."



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Not getting enough deep sleep may increase the risk of developing dementia.

A new study provides more proof of how a lack of sleep—profound sleep—may increase the risk of developing dementia.

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Insulin can be stored at room temperature for months without losing potency, study finds

A new review indicates that insulin—used to manage diabetes—can be kept at room temperature for months without losing its potency.

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Do you need to walk 10,000 steps to see health benefits?

A large new meta-study has found that walking just 2,500 steps a day delivers health benefits, and more steps produce more significant reductions in mortality and cardiovascular disease.

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BMI, not red meat may directly contribute to inflammation, study finds

New evidence suggests that eating red meat alone does not directly contribute to inflammation in the body.

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What's the Least You Can Do to Be Healthy?

If you're overwhelmed by tips and information on how to live better, start with simple basics like these.

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How to Prevent Diabetes-Related Eye Damage

A few changes to your daily routine can help protect you from problems like diabetic macular edema, cataracts, and glaucoma.

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The Truth About Leftovers

They're tasty, easy, and budget-friendly. But are you storing and heating them the right way?

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Cocoa is one of the [Sources](#) of dietary [polyphenols](#), constituting about 10% of a whole cocoa bean's dry weight. The most abundant flavonoids in cocoa are catechins (37%), anthocyanidins (4%), and proanthocyanins (58%).

Polyphenols are plant compounds that play a vital role in human health due to their antioxidant capacity.

Although research into the short and long-term benefits of polyphenols is ongoing, evidence suggests that polyphenols [may help with](#) [Trusted Source](#):

- chronic disease
- metabolism
- cell proliferation

One [2021 study by Trusted Source](#) suggests that darker, more bitter chocolate bars with a higher percentage of cocoa mass have a higher content of phenolic compounds.

Cocoa May reduce blood pressure.

According to a 2017 review, cocoa may help to reduce blood pressure. Scientists believe this is because cocoa affects nitric oxide and dilates blood vessels, reducing pressure in blood vessels.

The review authors note that animal and laboratory studies show that cocoa inhibits angiotensin-converting enzyme (ACE), relaxing the veins.

Cocoa decreases the risk of heart disease.

Cocoa products may have beneficial effects on cardiovascular disease (CVD). There is even a link between chocolate consumption and a 37% lower risk of CVD and a 29% lower risk of stroke.

Because overeating chocolate can translate to increased sugar consumption, it is a good idea to limit chocolate consumption overall.

How green tea affects blood sugar and gut health



The recent study published in *Current Developments in Nutrition* acted as a follow-up to a 2019 study that associated green tea consumption with lower obesity, health risks, and [improved gut health](#) when tested on rats. In the new study, researchers evaluated the gut health of 40 participants (half with metabolic syndrome, half reported as healthy) after consuming the tea extracts for 28 days. After the 28 days, the participants then took a placebo in order to evaluate the differences. During the month of green tea consumption, researchers reported [lower blood sugar levels](#) for all participants, as well as decreased gut inflammation. They came to this conclusion after finding a reduction of pro-inflammatory proteins in fecal samples and a reduction of sugar ratios in urine.

[What's Brewing >](#)



[24 Cheeses That These Chefs Will Always Have in Their Fridges](#)

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14 Ways to Lower Triglycerides

High triglycerides can lead to clogged arteries and even a heart attack or stroke. But there are things you can do to help bring your levels down. [Read More](#)

Best Exercises for Arthritis

See what you can do to stay active without putting unnecessary wear and tear on your joints. [Read More](#)

Ginger



People take this to try to ease nausea brought on by surgery, chemotherapy, or motion sickness. And sometimes it's used to treat arthritis or other joint pain. But ginger may cause problems with blood clotting, heart rhythms, blood pressure, and blood sugar levels. Check with your doctor before taking this if you are on blood thinners or have diabetes.

St. John's Wort



This popular supplement is often taken for depression, anxiety, and sleep problems. But it can cause side effects like headache, nausea, dizziness, and dry mouth. And it may make you more likely to get sunburned. It also can cause problems if you take certain drugs -- from heart medicines to antidepressants and even birth control pills. And it can make some chemotherapy less effective.

Ginseng



Some people take this because they hope it will slow ageing. Others take it for diabetes, to boost immunity, or to help with sex. However, it may lead to a drop in blood sugar, so it can cause issues for people with diabetes. You also shouldn't take it if you take blood thinners.

How insoluble fiber can lower your risk of type 2 diabetes and cancer

A new study finds that bioactives from plant-based fiber may support health in different ways, besides promoting bowel regularity and gut health.

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Just 20-25 minutes of daily exercise may offset death risk from prolonged sitting

22 ways to relieve a nighttime cough

Written by MaryAnn De Pietro, CRT on November 1, 2023

Having a persistent cough that occurs at night can be irritating and prevent restful sleep. Discover various ways to help relieve nighttime coughing.

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