

Countries can now be compensated for climate damage, but some say it's 'barely enough'

Health newsletter for the Sri Lankans, globally

Please share this newsletter with your other Sri Lankan friends. Thanks Dr Harold

Health & Views

Research Supports Healthy Promise of More Plant-Based Eating

Eating for heart health

Researchers Take On Mystery of Red Wine Headaches

DECEMBER 2nd issue 2023

Compiled by Dr. Harold Gunatillake FRCS, FIACS, FICS, AM(Sing), MBBS(Cey)

What are the issues with pot belly?



Common profile among Sri Lankans

Visceral fat is the main component of a 'pot belly' found deep within your abdominal cavity. It surrounds important organs, including your stomach, liver, and intestines. It differs from subcutaneous fat, which is just below your skin. Visceral fat is actually more dangerous to your health.

Key facts

Visceral fat, also known as toxic fat, is hidden inside your body on and around your vital organs.

Visceral fat can cause health issues such as high blood pressure, heart disease, diabetes and some cancers.

Visceral fat is caused by eating more calories than you burn and not moving enough.

A waist circumference of 80cm or more for females and 94 cm or more for males could mean that you have too much visceral fat.

To prevent visceral fat, focus on maintaining a healthy, balanced diet and keeping physically active.

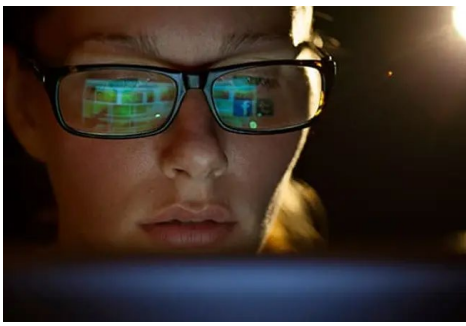
Visceral body

fat, also known as "toxic" fat, is stored deep inside your body, around your internal organs such as your liver, heart, and intestines. Unlike subcutaneous fat, which is stored beneath the skin and is visible and palpable, visceral fat produces more chemicals and hormones that can be harmful to your body. This makes it more dangerous to your health and increases the risk of various health problems.

If you want to reduce visceral fat, losing weight (if you are above a healthy weight range) and maintaining a healthy diet is the best way. Regular exercise is highly effective in reducing visceral fat and preventing it from coming back.

How can I reduce visceral fat?

The best way to reduce visceral fat is through losing weight (if you are above a healthy weight range) and maintaining a healthy diet. Regular exercise is especially effective in reducing visceral fat and preventing it from coming back.



12 Reasons You Can't Concentrate

Nagging thoughts, boredom, and even trying to multitask: See what's killing your concentration and keeping you from getting more done during the day.

[Read More](#)



10 Ways Aging Takes a Toll on Your Heart

As you get older, your risk of high blood pressure, heart attack, and other issues increases. See other reasons your heart risks grow as the years pile up.

[Read More](#)



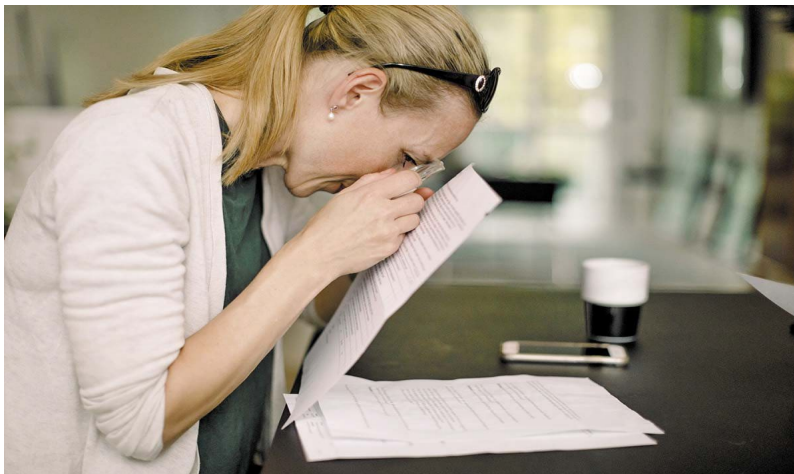
How to Travel in Comfort With Back Pain

Don't let back or other pain ruin your holiday travel. Try these tips to ease discomfort during your next flight or road trip.

[Read More](#)

WEEK IN REVIEW

Older adults with vision problems face higher dementia risks



Older adults with vision problems face significantly higher risks of dementia, a new analysis suggests. The study, published online July 13, 2023, by *JAMA Ophthalmology*, built on earlier data from a nationally representative survey of older adults conducted in 2021.

Researchers performed vision and cognitive tests on nearly 3,000 adults 71 and older (average age 77, 55% women). They assessed participants' up-close and distance vision on a digital tablet and administered tests of memory and thinking ability.

[Continue reading »](#)

[How to Protect Yourself From Colds and Flu](#)

Does Drinking Alcohol Make You Gain Weight?



PSORIATIC ARTHRITIS

10 Psoriatic Arthritis Symptoms and Signs



15 Surprisingly Healthy Foods

Have you been skipping foods like pasta, red meat, eggs, and peanut butter? You might want to add them back (in moderation).

[Read More](#)

Who Should Be Screened for Type 2?

Because diabetes may not have symptoms at first, regular testing is important -- especially for people in these groups.

[Read More](#)



10 Ways to Calm That Nighttime Cough

Coughs that nag you all day long are bad enough. But when they keep you awake all night, you can feel downright awful. See what can help.

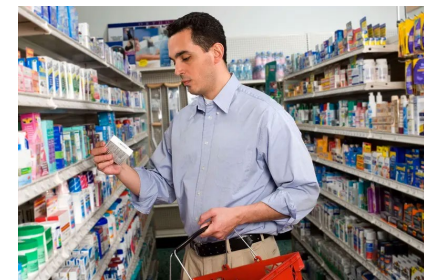
[Read More](#)



9 Things to Do When You Have the Flu

Try these simple tips to ease your symptoms and get back on your feet quickly.

[Read More](#)



Should You Take a Decongestant or an Antihistamine?

There's no single right way to treat a cold or the flu. But here are some questions you can ask your pharmacist to get the correct over-the-counter medication for you.

[Read More](#)

Diabetes tends to run in families, but lifestyle factors like these may also increase your odds of getting the disease.

[Read More](#)

Is Your Insulin Dose No Longer Working?

If your blood sugar stays high even after you give yourself insulin, your doctor might switch you to a different type or "prescribe" some lifestyle changes.

[Read More](#)



Potatoes au Gratin

[READ MORE](#)



DRINKS

24 Festive Holiday Drinks to Sip All Season Long

[READ MORE](#)

Will Vitamin C Cure Your Cold?

Sorry, no. See what you can do to feel better when you have a cold -- and what won't work.

[Watch Now](#)



'Hell on earth' returns to Gaza as truce between Hamas and Israel ends



A fund for climate loss and damage has been launched at COP28. Here's what we know

Regular coffee consumption may help prevent IBS, but it's not for everyone

Drinking coffee may help protect against the development of irritable bowel syndrome or relieve its symptoms for some people, according to a new meta-analysis that included data from eight studies.

[READ ON](#) →



Why 'the nature of the violence' changed in Gaza during the seven-day ceasefire



Henry Kissinger, former US secretary of state, dies aged 100



I was one of the first to be diagnosed with HIV. Forty years on, here's what I've learned

REQUEST

I am now 85 years old. I left Sri Lanka with my family in 1977 and was therefore aware of the socio-political currents that prevailed from the 1950s onwards. Some of these developments and currents motivated several Western-educated personnel of middle-class status to migrate. Some of my relatives were among those who moved out to the UK, Canada and Australia.

That was THEN. But these personnel are presently in the Now ...unless they have departed from life on earth. All the survivors will have grey hair or none at all. These features mark the wisdom of age and reflection.

That is what I request you to do now. Look backwards analytically and

A: indicate WHEN you (and your family?) or your parents decided to depart from Ceylon and WHY you/they reached this decision.

B: indicating which nation-state you headed for and WHY that specific choice was made

C: Specify which big city you chose for your destination within that nation-state and why.

I will collect many responses to these questions to marshal a potpourri of data.

MICHAEL ROBERTS in ADELAIDE mrobr137@gmail.com