

How Does Caffeine Affect Your Blood Sugar?

How to Make Walking a Workout

Best Yoga Poses for Beginners 🖨️

Health & Views

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10 Foods With More Protein Than an Egg

Celebrate Sensibly This New Year

Parties where food and drink are the focus can be challenging when you have diabetes. Resist temptation with these tips.
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Health Problems Related to Obesity

In addition to diabetes, carrying excess weight is linked to a long list of conditions, including fatty liver disease, sleep apnea, arthritis, and even cancer.
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Diabetes and Your Pancreas



Colorectal Cancer: Healthy Plant-Based Diet May Decrease Risk By Up to 22%

A plant-based diet could have a significant impact on preventing colorectal cancer. Those are the findings from a study published in BMC Medicine that...
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When Diabetes Has a Genetic Link

Your genes definitely play a role in type 1 diabetes, but they're not the whole story.
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How Sugar Affects Diabetes

Our bodies use glucose as fuel, but if they don't make or use insulin as well as they should, sugar can become slow-acting poison instead.
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Diabetes and Alcohol Consumption: Dos and Don'ts

How to Stop Prediabetes in Its Tracks

The Link Between Diabetes and Gout

Eating More Tomatoes Might Help Prevent and Manage High Blood Pressure, Study Suggests

From Health



glaucoma

Diabetes

and glaucoma: Having diabetes doubles your odds of glaucoma, a condition that puts added pressure in your eye. This extra pressure can damage the retina and the optic nerve, the main eye nerve for sight. You likely won't have symptoms early on. Some people slowly lose vision or see bright [halos](#) or colored rings around lights. Glaucoma is treated with prescription eyedrops to lower eye pressure. In some cases, you may need laser treatment or surgery.



What does glaucoma eye look like?

The clear cornea will become hazy, and the colored iris will bulge forward. It may cause redness in the eye. People with angle-closure glaucoma may also report eye pain, headache, and nausea. Children born with congenital glaucoma often have a cloudy or hazy cornea.

What is the best treatment for glaucoma?
Prescription eye drops are the most common treatment. They lower the pressure in your eye and prevent damage to your optic nerve. Laser treatment. To lower your eye pressure, doctors can use lasers to help the fluid drain out of your eye



12 Items You Should Never Store in Your Pantry

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12 Drinking Myths You Can Stop Believing



Top Tips to Prevent Heartburn

When you have heartburn, every holiday can be hard. Try these tips to help lower your chances of heartburn crashing your celebration. [Read More](#)



Alcohol is often associated with social gatherings. It can be present on occasions such as tailgates before a big game, holiday parties, champagne toasts at weddings, and mimosas at brunch with friends. However, there can be many reasons why someone might choose not to drink, temporarily or permanently. For example, they may be pregnant or have other health reasons that prevent them from drinking. They may be the designated driver, or they may not enjoy the effects of alcohol on their body.

Best Exercises for Your Knees

When your knees hurt, you may be tempted to stop working out - but the right moves can actually help. Here's how to do them safely. [Read More](#)

Alone Time vs. Loneliness: What's a Good Balance?

VACD News

Delightful News:

The 2023 United Nations International Day of Persons with Disabilities was observed at our VACD centres in the most delightful way, thanks to the Department of Social Services team from the Uva Provincial Council. This team visited our Bandarawela centre on Wednesday, 13th December, the Ambagasdowa centre on Thursday, 14th December and the Badulla centre on Saturday, 16th December. The team spent quality time with our children using basic toys and games to coach, encourage and help our children develop their motor skills, competitiveness, focus and concentration. Morning tea and lunch were provided for our children and staff by the Department of Social services at all VACD centres.



Our strongly held view since inception has been that support, assistance, and guidance from all segments of the local community and state and private institutions are of critical importance if our mission is to be successful. We firmly believe that we will be able to make a meaningful

Felix Stephen

Chairman of the Board of Directors - VACD Ltd. Sydney – Australia – <https://www.vacd.org.au/>

Member of the Advisory Board – VACD Sri Lanka

Member of the Advisory Board – Two Leaves Foundation Sri Lanka

Senior Associate – Cognoscenti Group – Sydney – Australia- <http://www.cognoscenti.global/>

Member of Investment Committee - Arrive Wealth Management - Brisbane – Australia –

<https://www.arrivewealthmanagement.com.au/>



"Why Is My Immune System So Weak?" Expert Doctors Share 8 Major Causes

10 Ways to Boost Your Metabolism

A few changes to what and how you eat and drink can help you burn calories and lose weight a little faster.

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9 Signs of Disease That Are Written All Over Your Face

How to Lower Your A1c

In addition to taking the meds your doctor prescribes, make sure you're choosing the right carbs and taking these other steps to get and stay in a healthy range.

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Using Your Cell Phone This Many Times Each Day Can Seriously Harm Fertility



How to Prepare for a Diabetes Emergency

What to Expect for Your Sex Life

Many women have problems with sex during or after breast cancer treatment. Find out what causes them, and what you can do about them.

Breast Cancer Symptoms You May Not Know

The most well-known sign of breast cancer is a lump, but there are other, less-common symptoms you should know to stay on top of your health.

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Crunchy Mango and Avocado Salad

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TRAVEL

5 Things to Know Before Ordering Food and Drinks on the Plane

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Diet Tips to Help Prevent Breast Cancer

12 Surprising Causes of High Cholesterol

You may link high cholesterol levels to fatty foods and smoking. But things like coffee or certain medications can also be to blame.

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The Truth About Mammograms

Mammograms help detect breast cancer sooner, but there's a lot of misinformation about this screening that keeps women from getting one.

[Watch Video](#)

The Benefits of Exercise During Early-Stage Cancer

Exercise is one of the best things you can do for your body. See how it can help during early-stage breast cancer.

[Watch Video](#)

Questions to Ask Your Cancer Doctors

If you or a loved one has recently been diagnosed, asking the right questions can help you feel prepared for what's to come.

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10 Tips to Cut Back on Your Drinking

If you think you may be drinking too much, these simple suggestions can help you dial it down or quit drinking altogether.

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Most Common Sources of Food Poisoning

Every year, 1 in 6 people in the U.S. get a foodborne illness. See which foods sicken the highest number of Americans, and how.

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15 Morning Habits to Help You Lose Weight

Whether it's a pre-breakfast workout or a dash of hot sauce on your eggs, these habits can help you get to a healthy weight.

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[New Year's Resolutions To Improve Your Heart Health](#)

Heart Attack vs. Heartburn

This comparison of differences between heartburn and heart attack is not specific and only serves to help you differentiate the... [Read more...](#)

Before, During, and After a Stroke

The F.A.S.T. test was designed in 1998 to help ambulance staff quickly assess stroke. [Read more...](#)

6 Easy Ways to Eat Eggs-(click)



Eggs are protein-packed, delicious, and endlessly versatile -- and they're not just for breakfast. Try these tips for delicious dishes any time of day.

Simple Ways to Relieve Tired Eyes

Lots of reading or screen time can leave your eyes tired, dry, and achy. Find out what you can do to ease eye fatigue. [Read More](#)

The Health Benefits of Nuts

Enjoying an assortment of nuts can have some serious heart-healthy benefits. [Go nuts](#)

What Causes Heart Palpitations?

Your heart pounds, flutters, or seems to skip beats. Knowing what makes your heart race can help you not panic when it happens and know when to call your doctor.

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10 Food Swaps for Heart-Wise Dining

Cream cheese, sausage, even muffins can be heart-healthy. See what to buy and how to cook. [Read more...](#)

The Truth About Insulin

True or false? It comes in pill form, some people's bodies can't make it at all, and you can't drink alcohol if you take it. [Take Quiz](#)

Ways Diabetes Can Damage Your Skin



Controlling your blood sugar is the best way to prevent unpleasant -- and even dangerous -- skin problems like these. [Read More](#)

Baked Cinnamon-Thyme Chicken



Cinnamon gives this chicken dish a sweet, nutty flavor. Combined with tasty thyme, it also makes for a healthy, herb-friendly entrée filled plenty of nutrients. [Get the recipe](#)

High Blood Pressure: How High Is Too High?

An elevated blood pressure means that the heart must work harder to pump blood. High blood pressure can also damage... [Read more...](#)

Arrhythmias (Abnormal Heart Rhythms)

When the heart's electrical system malfunctions, the normal rhythm of the heart can be affected. Depending upon the... [Read more...](#)

Can You Prevent Type 2 Diabetes?

A prediabetes diagnosis doesn't necessarily mean you'll develop diabetes down the line. See what you can do. [Read More](#)

10 Ways Your Mind Can Help Your Body

The mind-body connection is stronger than you think. See how you can harness the power of your mind to help ease pain, improve sleep, and reap these other benefits. [Read More](#)