

Vitamin B5 is found in loads of healthy foods. And good thing, too, because it does a lot of good for your body.

[Aka pantothenic acid](#)

# Health & Views

- [Is Itchy Skin a Sign of Cancer?](#)

FEBRUARY 2<sup>nd</sup> issue 2024

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

## World Pollution

Large swaths of India experience the worst air pollution in the world. In fact, out of the top 100 polluted districts globally, 90 of them are in India. The top 77 most polluted districts are all in India, with the first polluted district outside of India—number 78—being in Bangladesh.



In 2023 (through August 31), the average person in the U.S. has experienced about 66% more fine particle pollution from smoke than during the previous record year (2021). Oct 3, 2023

## How polluted is China?

The annual average concentration of PM2.5 (particulate matter less than 2.5 microns wide) in China is six times the World Health Organisation (WHO) guideline of five micrograms per cubic metre. Only 0.1% of China's population lives in areas where this guideline is not exceeded. Nov 14, 2023

## What is the most polluted city in Sri Lanka as of year 2022?

How polluted is Sri Lanka?

2022 Sri Lanka cleanest city

Nuwara Eliya , Central 53

2022 Sri Lanka most polluted city

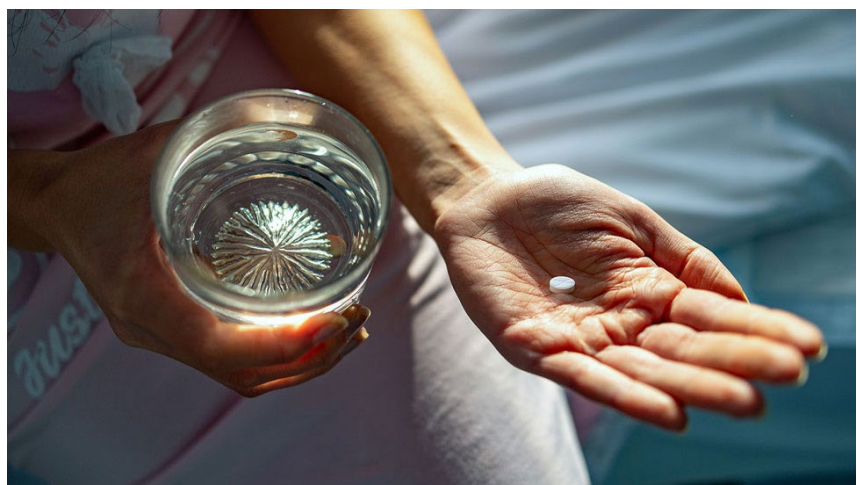
Gampaha , Western 90



## From "Immunity Debt" to "Immunity Theft"

Immunity theft indicates SARS-CoV-2 itself steals immunity

[FULL ARTICLE](#)



## Does Aspirin Lower Blood Pressure?

Have you heard rumors that aspirin can lower your blood pressure? A cardiologist explains why that's not advice worth following.

[Myth busted](#)



### Vitamin B5: Benefits and Where To Find It

Vitamin B5 is one of eight B vitamins that play important roles in several processes throughout your body. What exactly does vitamin B5 do for you, and how much do you need?

[Let's take a look](#)

## The Health Benefits of Thiamine

This lesser-known B vitamin is important for keeping your body, brain and heart healthy. Learn more about the benefits of thiamine — and how much you need.

[Aka vitamin B1](#)

Please share this newsletter with your friends.



## 13 Things Fast Food Does to Your Body

Fast food is convenient and cheap, but you pay a bigger price in the long run. Those burgers, fries, and shakes usually have more fat, calories, and highly processed carbs than your body needs in one meal.

[READ MORE](#)

### Can Vitamin B12 Reverse Premature Gray Hair?

Vitamin B12 is an important nutrient for overall health. Because vitamin B12 deficiency hampers the growth of... [Read more...](#)



## 21% of Children Exposed to Drug-Drug Interactions

Pharmacists delivered MTM reduces drug interactions [READ](#)→



### Know the Signs of Pancreatic Cancer

Learn about pancreatic cancer signs, symptoms, causes, statistics, treatment and side effects (chemotherapy, radiation... [Read more...](#)



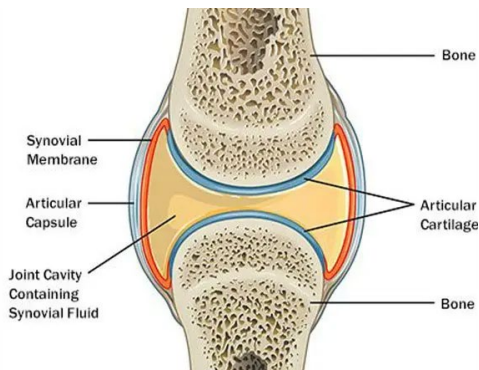
### Alcohol: How It Can Affect Your Body

Alcohol starts to alter your brain about 30 seconds after you drink it. You may feel mentally slower and have slower reflexes. You may notice... [Read more...](#)

### Migraine linked to increased risk of IBD in new study

A new study found a link between migraine and an increased risk for inflammatory bowel disease (IBD).

[READ ON](#) →



### Why Are My Joints So Stiff?

You use your joints to bend, touch, type, drive -- to do just about everything. Find out what can make your joints stiff and what you can do about it. [Read more...](#)

## Analyzing data from millions of people

Deaths related to heart disease are the [leading cause of death](#) [Trusted Source](#) among adults in the U.S., putting deaths for this reason ahead of deaths due to cancer or COVID-19.

Even with the reduction of cardiovascular disease death rates, it still claims nearly 700,000 lives per year, making it necessary for scientists to continue working on how to best reach people in terms of both prevention and public health.

Researchers at Massachusetts General Hospital did a deep dive into data provided by the CDC to analyze which populations are at a higher risk of cardiovascular-related death and the possible reasons behind that.



MNT RESOURCE

## What are the symptoms of an enlarged prostate?

An enlarged prostate may lead to increased urinary frequency and urgency alongside other symptoms. Learn more about this condition and its treatments here.

[READ ON →](#)

## Why is moringa good for you?

Written by Bethany Cadman on January 22, 2024

A look at the benefits of moringa, a plant native to India with a variety of healthful components. Learn about the benefits and how moringa is consumed.

[READ ON →](#)

## Causes and treatments for itchy feet

Written by Timothy Huzar on January 21, 2024

Itchy feet can be bothersome and stop a person from sleeping or focusing on daily activities. Learn about the causes of itchy feet and how to treat them here.

[READ ON →](#)

## Blood Cancer Signs and Symptoms

What to look for.

[6 Early Warning Signs of Blood Cancer](#)

## What are the best foods for people with diabetes, and what should be avoided?



Written by Beth Sissons on January 21, 2024

People with diabetes benefit from strategically balancing their diets. In this article, we describe some of the best foods to eat and which types to limit.

[READ ON →](#)



### Does the vaccine help with long-haul COVID?

Long-haul COVID patients who were vaccinated before contracting the virus were less likely to experience symptoms.

[Read more](#)

## 2023 in review: Sweeteners, colon cancer, and male birth control

Hosted by Dr Hilary Guite

In this wrap-up of medical research in 2023, Medical News Today's editors delve into three interesting topics: artificial sweeteners, colon cancer, and male birth control pills.

[LISTEN TO THIS EPISODE](#)

## The Green Mediterranean Diet May Be Twice As Healthy As Mediterranean Diet

"...the quality of the diet is crucial for mobilizing atherogenic adipose tissues, lowering cardiometabolic risk, and improving one's adiposity profile...."

[READ MORE](#)