

"This is health information intended to benefit all Sri Lankans worldwide."

'How Type 2 Diabetes Affected My Mental Health and My Emotions'

Health & Views



Does Ayurveda Really Work?

Liver Cancer: Treatment and Transplant

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MARCH 3rd issue 2024

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Prediabetes: You Can Turn It Around

This diagnosis makes you more likely to have type 2 diabetes and heart disease. But you can take steps to change that.

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Should You Try Allulose?

Limited research suggests that this sweetener doesn't affect blood sugar or insulin levels. If you're thinking of trying it, here are a few guidelines to keep in mind.

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Why You Eat When You're Not Hungry

Do you eat out of true hunger, or is there something else behind your snack sessions?

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Anyone can get constipated. But when you have diabetes, changes to your body can make constipation more likely.

Be careful cutting carbs if you have diabetes; you could miss out on important fiber.

Digestion begins the minute you take a bite of food and ends a day or two later with a trip to the bathroom. The whole process is handled by the same part of your nervous system that controls other body functions that happen automatically, like your heartbeat and breathing.

But over time, high blood sugar can damage the tiny blood vessels and nerves in your body, including your digestive system. A speed-up or slow-down of the process in your intestines could result in diarrhea or constipation. Diabetes medications, certain foods, and related illnesses can cause diarrhea, too.

When Diabetes Causes Constipation and Diarrhea

Nerve damage could be a trigger, but things like sugar-free foods and even some diabetes meds may also cause discomfort.

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See How Exercise Changes Your Brain



9 Signs You're Getting Too Much Salt

The average American gets more than twice as much sodium as their body needs. See how to tell if you're overdoing it.

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Diet Tips to Help Prevent Breast Cancer

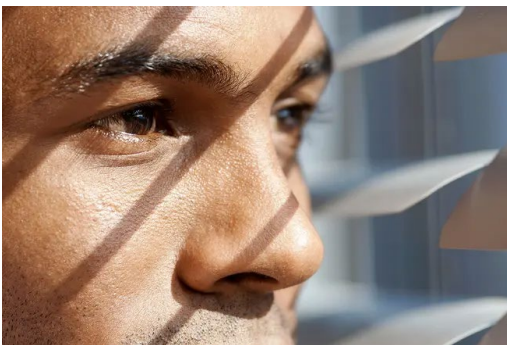
Foods That Can Be Toxic

Could a common food poison you? Find out which foods may be home to hidden toxins. [Read more...](#)



Rice & multiple Curries is a precursor to Hypertension.

Rice and multiple curries are the staple diet of all Sri Lankans; daily-added salt in each curry amounts to eating too much salt daily. One in four Sri Lankans over the age of 20 years was found to have hypertension, with a prevalence of 27.8 % in rural areas and 30.7 % in urban areas of the country, the latter being comparable with the prevalence of hypertension in developed countries. Nearly one in three adult Sri Lankans are hypertensive, requiring antihypertensive treatment. Applying the ACC/AHA 2017 definitions almost doubles the number, but many of those reclassified would require treatment under recent WHO guidelines. Study findings also suggest that design effects in HTN surveys may be higher than usually assumed. Rice and multiple curries are the staple foods of Sri Lankans, but the daily salt intake from each curry may lead to excessive salt consumption. According to a study, one out of every four Sri Lankans aged 20 years or older has high blood pressure, with a prevalence rate of 27.8% in rural areas and 30.7% in urban areas, similar to developed countries. Almost one-third of adult Sri Lankans require antihypertensive treatment, and applying the ACC/AHA 2017 definitions doubles the number of hypertensive individuals. However, many of those who were reclassified would still require treatment under recent WHO guidelines. The study also suggests that design effects in hypertension surveys may be higher than typically assumed. Rice and multiple curries are the staple foods of Sri Lankans, but the daily salt intake from each curry may lead to excessive salt consumption. According to a study, one out of every four Sri Lankans aged 20 years or older has high blood pressure, with a prevalence rate of 27.8% in rural areas and 30.7% in urban areas, similar to developed countries. Almost one-third of adult Sri Lankans require antihypertensive treatment, and applying the ACC/AHA 2017 definitions doubles the number of hypertensive individuals. However, many of those who were reclassified would still require treatment under recent WHO guidelines. The study also suggests that design effects in hypertension surveys may be higher than typically assumed. Rice and multiple curries are the staple foods of Sri Lankans, but the daily salt intake from each curry may lead to excessive salt consumption. According to a study, one out of every four Sri Lankans aged 20 years or older has high blood pressure, with a prevalence rate of 27.8% in rural areas and 30.7% in urban areas, similar to developed countries. Almost one-third of adult Sri Lankans require antihypertensive treatment, and applying the ACC/AHA 2017 definitions doubles the number of hypertensive individuals. However, many of those who were reclassified would still require treatment under recent WHO guidelines. The study also suggests that design effects in hypertension surveys may be higher than typically assumed.



13 Habits for Better Mental Health

Ever feel miles away from a happy place? Try these science-proven tips to improve your mood, cut stress, and put some spring back in your step. [Read More](#)

The overall prevalence (40.3%) of mental health problems among adolescents in Sri Lanka is higher than the reported global average estimate of the prevalence of 10%–20% in the adolescent and children population.

How common is depression in Sri Lanka?

Prevalence. Lifetime depressive episodes ('DSM') were experienced by 4.8% of men and 8.1% of women; of these participants, 18.9% had had more than one episode. 1.6% were currently experiencing a DSM episode, and 2.7% had experienced such an episode over the past year.

Which country suffers the most from mental health?

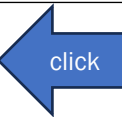
The United States, Colombia, the Netherlands and Ukraine tended to have higher prevalence estimates across most classes of disorder, while Nigeria, Shanghai and Italy were consistently low, and prevalence was lower in Asian countries in general.

What are the statistics of mental health in the world? Mental health in general

The World Health Organization (WHO) estimates that globally 1 out of every 4 people will be impacted by mental illness at some point in their lives. 350 million people worldwide suffer from depression.

[Sri Lanka struggles with mental health burden](#)

[The Lancet](#)
<https://www.thelancet.com › lancet › article › full text>



By N Siva · 2010 · Cited by 32 — Mental health has been a cause for concern in Sri Lanka for some time. The country has one of the highest suicide rates in the world, with ...

Epidemiology of adolescent mental health disorders



- Epidemiology Unit
https://www.epid.gov.lk › vol_49_no_34-english_2



[PDF](#)
Aug 26, 2022 — The situation in Sri Lanka. It has been estimated that 2% of the total population is suffering from mental health disorders in Sri Lanka.

Migraine Dos and Don'ts

Too much of this, too little of that -- it can be tricky to avoid migraine triggers. See what you can do to help prevent migraine pain.

[Read More](#)



What Are 5 Signs of a Weak Immune System?

If your immune system is weak, it cannot protect your body from foreign invaders like bacteria or viruses. This can make you prone to infections and diseases. The following causes can weaken your immune system...

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Can Erectile Dysfunction Become Permanent?

Sometimes, you may get erectile dysfunction if you drink too much alcohol or experience anxiety, stress, or tiredness. [Read more...](#)



Health Benefits of Mangos

Mangos are high in vitamin C, full of fiber and deliciously versatile, no matter how you slice them. [Read more...](#)

[8-hour time-restricted eating linked to a 91% higher risk of cardiovascular death](#)

[How diabetes drug metformin can suppress hunger and help with weight loss](#)



Happiness can be learned but it may take practicing 7 habits

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MARCH 18, 2024

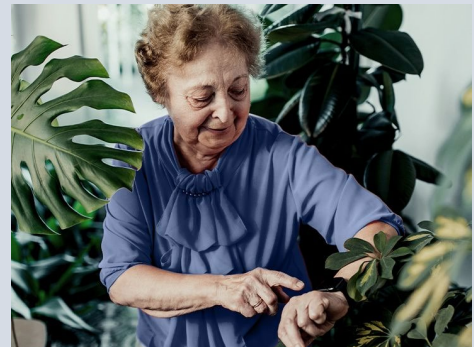
Can herbs and spices influence the health of the gut microbiome?

Adding herbs and spices to food may help boost gut health through polyphenols, and help increase probiotic bacteria in the gut, a new study suggests.

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Who is likely to develop severe Crohn's disease?

How a wrist-worn device may pick up on early signs of Alzheimer's disease



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Does nutrition affect Alzheimer's disease progression?

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