



CEREBRAL PALSY KIDS

Around The Pearl is an annual cycling challenge over 10 days of cycling covering 1400 KMS around the beautiful coastal belt of Sri Lanka from the 10th to 21st April 2019.

At the heart of this ride is a great cause. Every pedal stroke you make helps to raise funds for wheelchairs for children affected by Cerebral Palsy. A group of non-progressive disorders of movement and posture, Cerebral Palsy is one of Sri Lanka's most common permanent childhood disabilities. So far over 2200 wheelchairs have been donated with a challenging goal of reaching 10,000.

Cerebral Palsy permanently affects body movement and muscle coordination, thus wheelchairs remain an important mode of movement for the affected individuals, providing much needed freedom. Children affected by cerebral palsy usually have limited mobility or are completely bed ridden which often leads to various health complications including muscle contractures. Children who do not have wheelchairs find it difficult to live a fulfilling life as they cannot even leave their homes. They find it difficult to interact or engage with their local community due to their inability to be mobile. This project was initiated to enable the children with Cerebral Palsy to get out of their house bound situation and to encourage their maximal participation in the society.

I will be riding the full Ten days and hope to raise funds to support the purchase of 25 Wheelchairs. The cost of purchasing a Wheelchair is US\$140.00. I am reaching out to family and friends to support me to reach my goal.

To make a Donation towards purchasing a Wheelchair or to make a donation, you need to open the Website www.aroundthepearl.lk and follow prompts below.

Click on to Donate Wheelchair. A page with the Bank Details will open. Click on the button Pay on line. Fill in Name, Email & contact Number. Click on the arrow on Category and choose your choice. Once you have made your choice fill in the currency and amount.

Once all areas are filled, Hit the Submit Button and follow the Icons. O/C you will receive an email with your receipt. Any donation made is Tax deductible.

Your support is requested for a successful outcome

Kind Regards & Gods blessings.
Mike Winter

[Devoted husband to honour late wife in Wollongong art exhibition](#) ←

Wheel chair for wheel chair



Michael Winter of Melbourne is taking part in a 10day cycling challenge in Sri Lanka to raise funds to support "Wheels For Wheels" foundation (a little known charity foundation) to help buy wheelchairs for children with Cerebral Palsy

Please make your contribution to donate to purchase more wheel chairs for the foundation, to help these disabled children

AROUND THE PEARL

Around The Pearl is an annual cycling challenge over 12 days covering 1400KMS around the beautiful coastal belt of Sri Lanka.

The event will kick off on 10th of April 2019, where riders embark on a life changing bicycle journey around the coast of Sri Lanka, through perfect paved roads, sandy beach fronts, blue horizons and even wildlife.

Let the adventure begin as you set out on an exhilarating journey, riding across the serene coast of Sri Lanka! This once in a lifetime experience across the beautiful pearl of the Indian Ocean, is bound to leave you with memories of exotic sights and smiling faces to reminisce in the years to come.

Wheelchair Donations: +94 77 984 6895 (Ajani)

Why choose a geriatrician?



It's not unusual for someone to see the same doctor for decades. But as a person grows older, it's wise to consider switching to, or at least consulting with, a geriatrician. Geriatricians have expertise in dealing with the medical complexities of older patients who have many chronic conditions. They are trained to consider the needs of the whole person and focus on function and quality of life. Some geriatricians routinely make home visits to see how a patient lives and what modifications could improve safety, nutrition, function, and mobility. They recognize the importance of allowing family members and other caregivers to attend appointments and can coordinate care with specialists.

Geriatricians are also well aware of harmful effects that medications can have on older people. People over 65 often have numerous health problems, for which they are prescribed multiple medications. The more medications a person takes, the higher his or her risk of drug interactions and adverse side effects. The elderly are especially vulnerable to side effects because their bodies process drugs differently than younger people's do. Even over-the-counter medications or supplements can be problematic, and the effects can be cumulative.

Harvard Medical School



Why Do We Sleep?



Early risers 'less likely to develop mental health problems'



Credit: Shutterstock

The Greenland Ice Sheet Is Melting at Astonishing Rate

By [Yasemin Saplakoglu, Staff Write](#)
Last week, a cauldron of concerning news articles made two things very clear: The ocean is warming and Antarctica's ice is melting. Now, a new study shows how much global warming is pounding another area: Greenland. Greenland's ice sheet is not only melting, but it's melting faster than ever because the area has become more sensitive to natural climate fluctuations, particularly an atmospheric cycle, a group of scientists reported today (Jan. 21) in the journal [Proceedings of the National Academy of Sciences](#).

Extreme Weather Events Could Worsen Climate Change



Climate Change Is a Public Health Emergency



Are We Innately Immune to Cancer?



Richard Branson Expects Commercial Virgin Galactic Flights to Begin in Mid-2019

January 25, 2019 | Article
The founder of Virgin Galactic says he now expects to fly on the company's SpaceShipTwo suborbital vehicle around the middle of this year after a series of test flights starting in the next several weeks.

[Read More](#)



ANALYSIS What your diet will have to look like in the future

By Rosemary Stanton and Kris Barnden
The "Western diet" is not only wrecking our bodies but our planet too. Here's the new diet experts say could help us avoid calamity, write Rosemary Stanton and Kris Barnden.



VOLUNTEERS TO ASSIST CHILDREN WITH DISABILITIES LTD.

Visitors to the VACD Bandarawela centre in December:

It was wonderful to have friends and family visit our main centre in Bandarawela during December although being school holidays, the children were not present. Mrs. Haleen Sookoor (VACD Australia Communications & Administrative Secretary Yasmin's sister), her husband Maas and sons Mikhail and Azeem from Dallas Texas paid the centre a flying visit during their holiday, bearing gifts for our children. They met and spent time with our dynamic and energetic VACD Sri Lanka secretary – Colonel Kumarasinghe.



Photo: Azeem, Maas, Haleen and Mikhail



Photo: Haleen, Maas, Colonel Kumarasinghe, Mikhail and Azeem with gifts for our children.

Training workshop for our Young VACD

Club members:

We are delighted that Ms. Amalie Abayesundara – MSc (HRM), MBA (U.K) ACPM a volunteer trainer on career guidance and skills development for youth has offered to conduct a training workshop for our Young VACD members and suitable leadership, motivation and special skills in Bandarawela.



Amalie is a qualified and experienced professional with extensive experience in organisational development through Learning & Development. The objective of our workshop is to provide an opportunity for individual personal development, skills enhancement and generating a positive attitude to change in a world that is undergoing rapid transformation. We believe that those who are well equipped, creative and properly trained stand a better chance of being successful in a world of mounting uncertainties yet full of opportunities.

Felix Stephen

Chairman of the Board of Directors - VACD Ltd. Sydney –

Australia - <http://www.vacd.org.au/>

Member of the Advisory Board – VACD USA –

<http://www.vacdusa.org/>

Member of the Advisory Board – VACD Sri Lanka

Senior Associate – Cognoscenti Group – Sydney – Australia-

<http://www.cognoscenti.global/>

Consultant - Investment Committee - Lonsec - Sydney –

Australia - <https://www.lonsec.com.au/>

Member of Investment Committee - Arrive Wealth

Management - Brisbane – Australia -

<http://brisbane.arrivewealthmanagement.com.au/>

Consultant - Global Financial Market Investment Research & Investment Strategy

E-mail: felixswstephen@gmail.com / fstephen@bigpond.net.au



Agnes Thambynayagam, now lives in Sugar Land, Texas, had her 70th birthday recently. She is an avid reader of Health & Views' and other articles sent by the editor. We wish her the very best for the future.

Activities and Societies: Active member of the Oxford Royal Commonwealth Society; St. Antony's College Table Tennis club; Member of the Oxford University Catholic Church

Read more-

[The Gentiles, A History of Sri Lanka 1498-1833](https://misofotography.pixieset.com/g/70thbirthdayevent/)

<https://misofotography.pixieset.com/g/70thbirthdayevent/>





More Than 250,000 People May Die Each Year Due to Climate Change

January 17, 2019 | Article

In the coming decades, more than a quarter-million people may die each year as a result of climate change, according to a new review study.

[Read More](#)

Additional News from Harvard Health Publishing

[Greater fitness linked to a longer life](#)

[Is my nosebleed the result of winter air?](#)

[Heart health steps also help ward off peripheral artery disease](#)



Visit to the Fish Market in Gopallawa Mawatha, Kandy.

This is why you get the runs after drinking

The science of why excessive alcohol consumption can cause diarrhoea. [Read more](#)

Dilemma of Breast Cancer Screening

By Harold Gunatillake

The American Cancer Society recommends breast cancer screening with modifying the suggested ages for annual and biannual preferences in decision making.

Every woman must have a screening check every three years if there is no history of breast cancer in the family. With a history on both sides of the parents a six monthly screening is advised, after the age of 40.

The dilemma here is that approximately 85 % of breast cancers are detected on

...

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What's Making You Burp?

Soda and beer aren't the only culprits. Hot drinks, sugar-free candy, and citrus fruits could also be to blame.

[Read More >](#)

[A life-saving device that detects silent heart attacks](#)



Ocean is getting hotter

After 2018 and 2017, the third warmest year for ocean temperatures was 2015, followed by 2016 and finally 2014. And, not surprisingly, this is all our fault. [\[8 Ways Global Warming Is Already Changing the World\]](#)

The change in ocean temperatures is a good way to gauge the effect that human activity is having on our planet, because the vast majority of heat trapped by greenhouse gases in the atmosphere gets absorbed by the oceans, the paper said.

Warming oceans can have far-reaching effects. As water warms, temperature and moisture levels in the air also rise, which can lead to increased intensity and duration of storms and heavy rains, according to the paper.

Increased ocean temperatures can also accelerate the melting of sea ice, leading to sea level rise and increased coastal flooding. In the water, higher temperatures can reduce oxygen levels, leading to so-called dead zones, where plants and animals can't survive. And if the surface of the ocean warms by 2 degrees Celsius (3.6 degrees Fahrenheit) this century, 99 percent of the world's coral reefs will be bleached, leaving them more vulnerable to disease, the paper said.

The new data, together with a rich body of literature, serve as an additional warning to both the government and the general public that we are experiencing inevitable global warming," study lead author Lijing Cheng, an associate professor at the Institute of Atmospheric Physics of the Chinese Academy of Sciences, said in the statement. The warming is already causing damage and losses to economy and society, he added.

The Ocean Is Hotter Than It's Ever Been

January 16, 2019 | Article

Ocean temperatures reached their highest point since accurate measurements first began in the 1950s.

[Read More](#)

Today's Health Topic

7 things you can do to prevent a stroke



What can you do to prevent stroke? Age makes us more susceptible to having a stroke, as does having a mother, father, or other close relative who has had a stroke. You can't reverse the years or change your family history, but there are many other stroke risk factors that you can control — provided that you're aware of them. "Knowledge is power," says Dr. Natalia Rost, associate professor of neurology at Harvard Medical School and associate director of the Acute Stroke Service at Massachusetts General Hospital. "If you know that a particular risk factor is sabotaging your health and predisposing you to a higher risk of stroke, you can take steps to alleviate the effects of that risk." Here are seven ways to start reining in your risks today to avoid stroke, before a stroke has the chance to strike.

[Read more »](#)

How Probiotics Can *Supercharge* Your Health

How probiotics can give your health a major boost. The latest research shows that probiotics may offer benefits against a range of health conditions, including allergies, arthritis, asthma, cancer, depression, heart disease, and gastrointestinal (GI) problems. Probiotics may even help with weight loss and cognitive function! The guide covers all of the ways probiotics are linked to good health.

The different kinds of probiotics and their benefits. As *The Benefits of Probiotics* explains, there are different strains of probiotics offering different health benefits. For example, *L. acidophilus* has been shown to support healthy digestion and immune function, while *B. longum* blocks unfriendly bacteria and yeast. With the report you'll know which probiotics are right for your health needs.

An overview of foods rich in probiotics. *The Benefits of Probiotics* includes a helpful list of foods naturally loaded with probiotics — for example, yogurt, kombucha, tempeh, miso, and sauerkraut — with tips on how to serve them. (As you might have noticed, these are all fermented foods — it's the fermentation process that creates probiotics.)

[READ MORE](#)



Menopause: What Every Woman Can Expect

Explore facts about menopause. Learn about symptoms, causes, treatments, risks, types, and more.

[READ MORE](#)

Testing for Caffeine Could Help Foil Fake Urine Scam

The absence of substances originating from coffee, chocolate, nicotine and blood in pee could indicate foul play

In a disturbing trend, scam artists are using commercially sold fake urine to fool doctors into prescribing pain medications such as hydrocodone—which can then be consumed or illegally sold. The synthetic pee lets patients pass tests intended to ensure they are not already taking opioid medications or drugs of abuse. Patrick Kyle, director of clinical chemistry and toxicology at the University of Mississippi Medical Center, says that “packaging materials and containers for some of these products are being left in the restrooms” at his hospital.

[Read more](#)

[Testing for Caffeine Could Help Foil Fake Urine Scam](#)



Mediterranean Edges Out DASH for Best Diet of 2019

By [Kathleen Doheny](#)



Jan. 2, 2019 -- The [Mediterranean diet](#) has earned the top spot as the best overall [diet](#) in the 2019 *U.S. News & World Report* annual diet rankings. Last year, the perennial favorite tied for top place with the DASH (Dietary Approaches to Stop Hypertension) diet, but this year, it bumped DASH to second.

Both diets emphasize fruits, vegetables, and [whole grains](#).

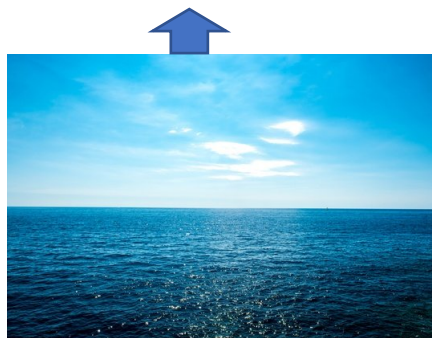
"This is the first year that the Mediterranean diet ranked first all by itself," says Angela Haupt, assistant managing editor of health at *U.S. News*. The publication's panel of experts ranked 41 [diet plans](#), including a newcomer to the list that's gotten a lot of buzz: the Nordic diet.

This Is the Best Diet of 2019

Last year's best diet dropped to second place. See the new No. 1 and what experts think of the new Nordic diet.

[Read More](#) >

Oceans Are Warming Faster Than Predicted



/// [Australia could hit 100% renewables sooner than most people think](#)

Nicky Ison



Water -super food

Water is a keeping-weight-off superfood because it's a great alternative to other, calorie-containing beverages.

When you drink beverages that have high calories (say, fancy coffee drinks or sodas), you are not likely to compensate by eating less food. Research suggests that people who drink liquid carbohydrates (such as soda) are more likely to consume more calories than their bodies need, compared with people who ate the same amount of solid carbohydrate.
Medicine.net

Alcohol

There is some evidence that moderate consumption of alcohol reduces the risk for cognitive decline and dementia. A study in *JAMA*, for example, found that people over age 65 who drank up to one alcoholic beverage a day had about half the risk as non-drinkers over five to seven years. Another study reported that resveratrol, a compound in red wine, broke down beta-amyloid (abnormal deposits of protein associated with Alzheimer's disease) in laboratory experiments, suggesting that red wine in particular may be protective, but further study is needed. In the meantime, experts do not recommend drinking alcohol to fend off Alzheimer's disease or cognitive decline.

However, experts do not recommend drinking alcohol to prevent cognitive decline. If you enjoy an occasional alcoholic beverage, you should limit your consumption to no more than two drinks a day if you are a man or one drink if you are a woman.

In the *JAMA* study, heavy drinkers—defined as more than four drinks per day or 14 per week for men and more than three drinks per day or seven per week for women—had a 22% higher Alzheimer's risk than the non-drinkers.

The Stent Scam – nobody needs one

<http://raymondfrancisauthor.com/the-stent-scam/>

Good advice by Dr. Harold

An article (link revealed above) written by a Registered Nurse (RNC), in the US. Raymond Francis supposed to be a 'brilliant advanced thinker' has written on the above caption and is been circulated by a non-medico de Sayrah (Sydney) in an email, on January 7, 2019

How shocking and dismay it would be for the millions of people in the US and other countries having had this procedure done by qualified and skilled interventional cardiologists saving lives.

The term used for the procedure of inserting stents to block coronary arteries is PCI—meaning *Percutaneous Coronary Intervention*. The other term of definition is "Angioplasty and Stents" to treat blocked main coronary arteries.

In the UK, the use of Percutaneous Coronary Intervention (PCI) continues to grow, but at a slower rate than previous years due to better understanding and preventing risk factors that leads to heart disease.

Coronary heart disease accounts for about one in five deaths in men and one in six deaths in women in the UK. In addition, the British Heart Foundation estimates that there are over 1 million men living in the UK who have or have had angina (heart -related chest pain) and over 840,000 women.

Such high mortality figures from death from coronary artery blockage has been reduced by this rapidly evolving technique used to treat patients whose coronary arteries—which supply the heart with blood—are narrowed or blocked.

There is a low percentage of patients that die during or after this procedure. The risk of dying when presenting with coronary disease is largely dependent on the clinical scenario. Some patients have a very high risk of dying from the disease (whether a PCI is performed). However, PCI has offered a big reduction in the mortality rates.

The linked article in question says in the first para that, "Stents make a lot of money for doctors, but they are a scam you should avoid. The truth is coronary artery disease is both preventable and reversible. You can clean out your arteries with a better diet, a high-quality supplement program, and an exercise regimen—far better choices than surgery".

It is true with better diet, better healthy lifestyles and regular exercise the numbers may drop. High quality supplement program is a joke.

Today majority of the people in most countries are very health conscious. They do their daily routine walks, some visit the gyms regularly for a work out, careful not to eat processed foods, and most of them visit their doctors regularly for blood tests and professional guidance. The sales of statin drugs to lower blood cholesterol levels have increased.

Despite people being more health conscious, more and more private hospitals are opened in most countries with coronary care units, and the waiting list for public patients for elective cardiac procedures extend for years. More and more patients visit emergency section in hospital with angina pectoris needing immediate PCI treatment for blocked coronary arteries.

Most of these people when questioned have been health conscious, having their blood cholesterol levels checked annually and are within the normal ranges, walking daily, and eating low fat balanced meals. It is not understood why this health writer should make the statement that, "Stents make a lot of money for doctors".

These interventional cardiologists performing these procedures are dedicated and spend most of their leisure time performing these procedures to save lives. Every cardiologist is not trained for cardiac interventions, but only a few have the expertise to perform these procedures.

Further this writer (RF) states, "Research has proven that patients with stents are no better off than patients who didn't get stents. Stents don't work! Studies show that people with stents suffered heart attacks, heart failure, and death at the same rates as those without stents".

[The best cancer-fighting foods](#)



Cancer-fighting foods include apples, berries, and fatty fish. These foods may help prevent cancer and promote general health. Learn more about the best cancer-fighting foods here.

Stents-continued

This is a deliberate misleading statement. Millions and millions of people all over the world have undergone PCI for coronary artery blockage and their lives have been saved.

It must be understood that clearing the blockage of the blocked arteries with stents does not cure the disease, but only opens the vessels to feed the muscle that is been starved of oxygen and nutrients.

The risk factors are still in existence and people should reduce such risk factors to prevent further episodes.

The main risk factors are:

Obesity with protuberant bellies with stocks of visceral fat increases your risk of heart disease. This fat is stored around some very vital organs-liver, pancreas, kidneys and the intestines.

Belly fat generates inflammation and cause heart attacks. Further it can lead to insulin resistance and diabetes type 2, raise blood pressure, stroke and cancer.

Even with these high-risk factors' patients are brought to the emergency unit, for immediate PCI, the recovery is not a cure, because the patient goes home with all the risk factors for another episode.

Diet: Eat veggies, whole grains, fruit, nuts and seeds every day. Choose healthier fats and oils.

Exercise daily: Engage in a routine exercise program. 10,000 steps a day would be ideal for those idling types who do not like or have time for other recreational sports activities. Visit your doctor at least once a year for a heart check. Your doctor may prescribe a statin to lower your blood cholesterol and triglycerides if you cannot control with diet.

Bottomline

If you get angina with blocked coronary arteries do consent for PCI and insertion of stents to clear the blockage. Discipline your self for a healthy lifestyle to prevent chronic diseases, including heart disease.

It is the stents that give you a new leaf of life. Do not think it is created for doctors and the big pharma to make big bucks. That would be wrong interpretation



CONSERVATION

Solar Farms Shine a Ray of Hope on Bees and Butterflies



Smoking marijuana just once can change the teenage brain



Getting high on weed just once may change the structure and volume of the teenage brain, although it's not clear what affect this may have on behaviour, according to a new study.



Blood Sugar: How Much Do You Know?

Can you feel your levels dropping? What's the medical term for high blood sugar? Brush up on the facts.

[Read More >](#)

Diabetes and Vision Damage

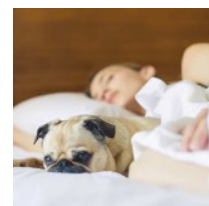
High blood sugar can cause eye problems like diabetic macular edema, cataracts, and glaucoma. Here's how to protect your eyesight.

[Read More >](#)

Is having pets in your bed healthy?



Snuggling up with your doggo or pussycat in bed provides a sense of comfort and security — but is it a health or behavioural risk? We asked the experts.



Is Lactobacillus acidophilus good for health?



Lactobacillus acidophilus is a common probiotic that is available as a dietary supplement and is an ingredient in yogurts and other fermented foods. Research suggests that consuming this probiotic can support digestion and prevent or treat a number of conditions. Learn more here.



13 Proven Health Benefits Of Pomegranate: All Hail The Ruby Red Seeds

A fruit a day can do you a world of good, and it doesn't always have to be an apple. Pomegranate has a lot going for it as well. It can offer you benefits for almost every body part, from the heart and the liver to the joints and the brain...

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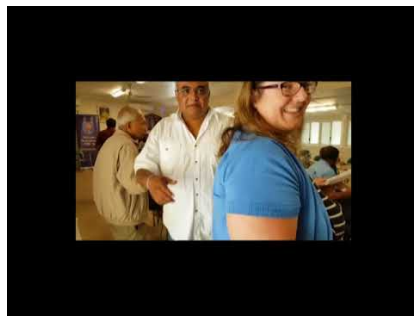
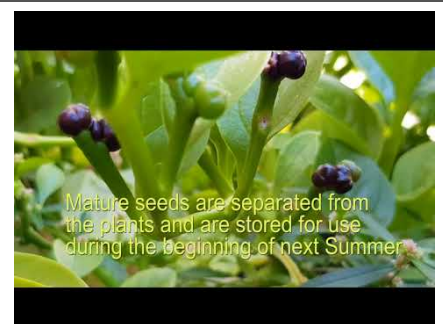
10 Vegetables Rich In Vitamin K: Go Green With A Vengeance!

It's no secret that your body needs vitamin K, but how do you go about getting it from vegetarian sources? As it turns out, there's some great news for you. Vegetables are actually among some of the richest sources of the clotting vitamin that your body needs to prevent excessive bleeding and maintain bone health...

[READ MORE](#)

What are the benefits of golden milk?

Golden milk is heated milk with turmeric and other spices. It can be a healthful addition to any balanced diet and may have a variety of benefits. Learn more about golden milk here.



Mountain of Evidence Confirms: Climate Change Is Really, Really Bad for Human Health and Well-Being

By [Laura Geggel, Senior Writer](#)

It's now beyond official: Greenhouse gases, such as carbon dioxide, pose a danger to public health and welfare, according to an exhaustive review that looked at 275 scientific studies published over the past nine years.

Researchers did the report to investigate whether the Environmental Protection Agency's (EPA) 2009 Endangerment Finding, which found that greenhouse gases pose a risk to human health, still held up. The new study showed that there is now even more evidence that [greenhouse gases](#) are harming human health and welfare. The investigation also found an additional four areas, not listed in the original report, in which greenhouse gases threaten people. "There's absolutely no scientific basis for questioning the Endangerment Finding," review lead researcher Philip Duffy, president and executive director of the Woods Hole Research Center in Falmouth, Massachusetts, told Live Science. "The case for endangerment is stronger than ever." [[6 Unexpected Effects of Climate Change](#)]

[Read more](#)

How can humans limit catastrophic climate change? We can phase out fossil-fuel emitters — such as coal-burning power plants, jet-fuel-slurping planes and gas-thirsty automobiles — once they reach their retirement age, a new study finds.

[Read More](#)



Credit: Shutterstock

[Could pomegranates offer the key to new IBD treatments?](#)

A compound derived from pomegranates and berries can have a protective role in inflammatory bowel disease. New research reveals the mechanism it accesses.

[Do You Have Hand Weakness?](#)



Avoid These Foods For A Healthy Gallbladder

Gallbladder trouble is quite common in developed nations and affects anywhere from 10 to 15 percent of the adult population. If you have gallstones, they often go undetected. It's when there's an inflammation that you might experience pain in the upper right abdomen, vomiting, nausea, bloating, fever, and chills, and realize something is up...

[READ MORE](#)

[Health benefits of mung beans](#)



Mung beans are a healthful source of protein, fiber, vitamins, and minerals. Some research also suggests that they may have a range of other health benefits. [Learn more here.](#)

[What are the benefits of quercetin?](#)



Quercetin is a flavonoid present in many fruits and vegetables. Due to its antioxidant and other properties, it has a variety of health benefits. [Learn about them here.](#)

[A good night's sleep could lower cardiovascular risk](#)



In a new study, researchers aim to determine the impact of sleep duration and sleep quality on a person's risk of developing cardiovascular problems.

[Side effects of apple cider vinegar](#)



Apple cider vinegar is a popular natural remedy for a variety of health issues. However, regularly consuming undiluted vinegar or applying it directly to the skin can cause side effects in some people. [Learn more here.](#)

[If you see these weird dots or cobwebs in your eye, they are probably eye floaters](#)



[How do recent claims about pill testing stack up against the evidence?](#)

The pill testing debate seems louder than ever. We look at recent claims from politicians, commentators and experts — and put them to the test.

[More](#) >



[Should you let your pets sleep in bed with you?](#)

The quick, cuddly truth is there are several benefits to sleeping with your doggo or pussycat — but depending on the circumstances, there are risks you might like to consider and mitigate.

[More](#) >

Top Causes of Liver Damage

[Lots of medical conditions \(and bad habits\) can harm your liver. Luckily, you can often slow, stop, or even reverse the damage.](#)

[Read More](#) >



The Truth About Cheese

[Can eating cheese actually be good for you?](#)

[Read More](#) >

Unexpected Causes of Heart Disease

[Unhealthy foods, lack of exercise, smoking, and birth defects aren't the only things that can cause trouble.](#)

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[Genetics](#) / 'Living medicine' helps make breakthrough on tackling toxic ammonia



YOU ASKED



When to Start With a Gynecologist?



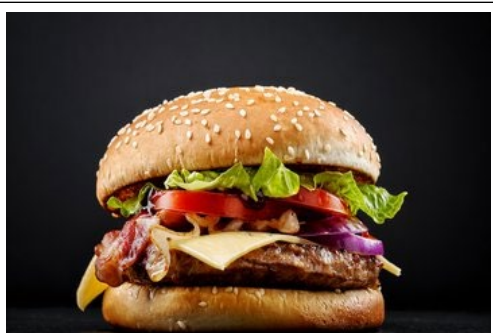
By **JEN GUNTER**

Cervical cancer screening starts at age 21. But there are reasons to start seeing a gynecologist earlier.

Eating Red Meat Is Wreaking Havoc on Earth. So, Stop It!

By [Laura Geggel, Senior Writer](#)

There's a new diet in town, and it offers a two-for-one special: People can help the planet and even live longer ... so long as they stop devouring so many burgers, a new report by an international commission finds.



The diet, known as the planetary health diet, is essentially a strategy to help people, especially Westerners, [eat healthier meals](#), with fewer unhealthy foods (red meat, for instance) that are linked to climate change, freshwater pollution and the devastation of wildlife, the commission said.

The new diet could make a real difference, too. If practiced by people the world over, as many as 11.6 million fewer people would die every year from illnesses such as coronary heart disease and stroke, the commission said in the report, published online yesterday (Jan. 16) in the journal [The Lancet](#).

Eating Red Meat Is Wreaking Havoc on Earth. So, Stop It!

January 17, 2019 | Article

There's a new diet in town, and it offers a two-for-one special: People can help the planet and even live longer ... so long as they stop devouring so many burgers, a new report by an international commission finds.

[Read More](#)

New Study Reveals Alarming Antarctic Ice Melt

Posted By: [Audra Lon](#): January 17, 2019In



A new study led by Eric Rignot from the University of California, Irvine, shares details of Antarctica's ice sheet which has been melting at an alarming rate for the past 39 years, according to [CNN](#).

The research also revealed that ice loss in Antarctica has increased from one billion tons per year from 1979 to 1990 with a 6-fold increase from 2009-2017. "Antarctica is melting away," said Rignot when referring to the find from the study. Rignot went on to describe how different parts of Antarctica were melting away, especially in areas where warm, salty water intrudes on edges of the ice sheets.

This process is currently reducing the glaciers that supposedly stop gaps between the ice sheet and the ocean, according to the study. "This finding is significant because melting is taking place in the most vulnerable parts of Antarctica," Rignot told [CNN](#).

Experts who have reviewed these findings are now saying that this proves the need to reduce our greenhouse gas emissions.

**Compiled, edited published by
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RELAX, READ, SHARE WITH FAMILY & COLLEAGUES