

# Health & Views

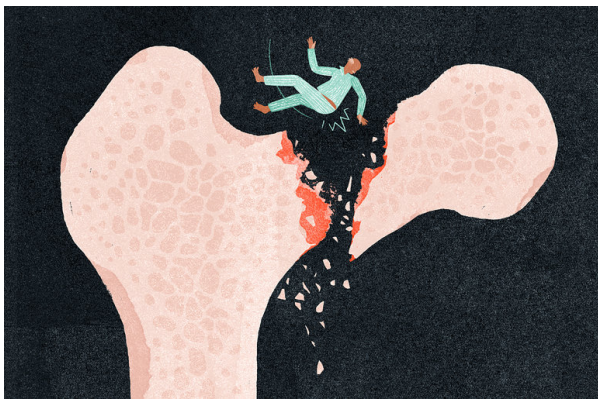
Health Newsletter for expat Sri Lankans & others, globally

June 2019  
2<sup>nd</sup> issue

## Is coffee bad for the heart or not? ↑

Reports about the effect of coffee on heart health can be contradictory, so a new study from Britain aims to shed more light on this problem.

## After a Hip Fracture, Reducing the Risk of a Recurrence ↑



Gracia Lam

By JANE E. BRODY

Following a fracture, patients should have a bone density test, evaluation of calcium and vitamin D levels and, in nearly all cases, medication to protect against further bone loss.

## Eat Less Meat, Live Longer?

Men who ate more than a half pound of red, white or organ meat daily were 23 percent more likely to die prematurely than those who ate much less.

**By Nicholas Bakalar**

A meat-rich diet could increase the risk for early death, new research suggests.

Finnish scientists gathered dietary and health data on 2,641 men ages 42 to 60, following them for an average of 22 years. Over the course of the study, 1,225 of them died.

Compared with men who ate less than 2.6 ounces, or 76 grams, of meat a day (red meat, white meat and organ meat combined), those who ate more than a half pound (251 grams) daily were 23 percent more likely to die. The [study is in the American Journal of Clinical Nutrition](#).

Higher intakes of protein were not significantly associated with an increased risk for premature death, except among those with serious disease. And consumption of the proteins in fish, eggs, dairy food and plants did not affect mortality. But, the researchers found, the higher the ratio of meat protein to plant protein, the greater the risk for early death.

The study controlled for dozens of demographic, lifestyle, health and dietary characteristics, including income, history of health problems and specific foods consumed.

“It isn’t necessary to completely stop eating meat,” said the senior author, Jyrki K. Virtanen, an associate professor of epidemiology at the University of Eastern Finland. “But keeping it in moderation is important. Some people eat meat every day, and that’s not a good idea.”

## 11 home remedies for gout ↑

Gout is a type of arthritis that causes painful symptoms. There is no cure for gout, but people can manage the condition with medication and home remedies. Learn about the best home and natural treatments here.

## What causes asthma complications? ↑

Asthma is a disease of the lungs that can lead to medical and lifestyle complications, including sleep problems, pneumonia, and respiratory failure. In severe cases, it can be life-threatening. Find out what can cause these complications and how to avoid them.

## Does celery juice have health benefits? ↑

Celery is a member of the carrot family. It contains lots of essential nutrients, and many people believe that it has a range of health benefits. Find out whether drinking celery juice can aid health and about its potential side effects.

**" Your generosity and love  
are helping us make a  
meaningful difference in the  
lives of Children with  
Disabilities and their  
families"**

Dear Friends, Family and Colleagues,

**VACD May/June 2019 Newsletter**

**We are delighted!!!**

Yasmin and I are delighted to be back after a hectic self-funded VACD tour of the USA, Toronto, London and Singapore from 1<sup>st</sup> May through to 1<sup>st</sup> June. A summary of our tour report will be shared with you shortly.

**Tax Exemption in USA!!!:** The Internal Revenue Service at the Department of Treasury Cincinnati, have granted VACD USA Tax Exemption status under section 501 (c) (3) of the Internal Revenue Code effective 28<sup>th</sup> May 2019. This is great news for those who have made donations towards our mission since VACD USA was registered on 16<sup>th</sup> May 2017 and for those who make financial donations towards our mission in the future.

**VACD USA**

On Friday, 10<sup>th</sup> May, the VACD USA board met in Washington DC, restructured & expanded the team so that they can play a crucial role in helping our children with disabilities in Sri Lanka. VACD USA Webpage:  
<https://vacdusa.org/>

**The new VACD USA Board are:** President & Director - Mr. Frank Fendler (Pennsylvania), Secretary & Director- Mrs. Ellie Fendler (Pennsylvania), Treasurer & Director - Mr. Rasika Padmaperuma (North Carolina). Other directors: Mr. James Gruver (Chicago), Mrs. Marianne Gruver (Chicago), Mrs. Nelum Walpola (Dallas), Mrs. Shanti Willy (Houston) & Mr. Mikhail Sookoor (Dallas).

**The VACD USA Advisory board**

**members are** Mr. Daniel Farley (Boston), Prof. Benjamin Friedman (Boston), Mr. Dula Amarasinghe (New York), Mr. Desmond MacIntyre (Boston), Mr. Giles Gunsekera - Secretary VACD Australia & Director, Mrs. Yasmin Stephen - Administration & Communications Secretary VACD Australia & Mr. Felix Stephen – Chairman VACD Australia.



Left to right: Rasika Padmaperuma, Ellie Fendler, Frank Fendler, Felix Stephen, Yasmin Stephen & James Gruver at Ronald Reagan National Airport Washington DC on 10<sup>th</sup> May.

**VACD PROJECTS & PROGRAMS**

VACD's working model incorporates the participation of the local community, government departments & agencies, medical experts and most importantly families of registered children with disabilities, who together with VACD volunteers work to uplift the lives of children and their families. Our aim is to open more VACD centres close to where there is a significant concentration of disabled children. Towards this end, VACD parents are formed into 4 committees, namely Health & Nutrition, Education & Training, Sport & Culture and Finance & Budgeting to assist the leadership team in carrying out our projects and programs, as given below:

**Health & Nutrition:**

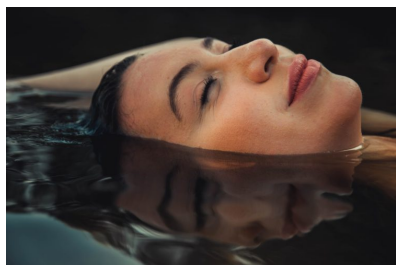
- Host Homebased Health, Therapy and Rehabilitation Clinics where a team of medical and health specialists assess and examine children, donate wheelchairs to those deemed eligible, and train parents and carers to provide therapy and general care to their children in their respective homes;
- Give financial assistance for travel, meals, accommodation and medication etc. to impoverished parents in remote areas to enable them to seek specialist medical services for their children in specialist hospitals;
- Provide nutritious meals to children attending our centres;
- Sponsor and equip paediatric clinics in local hospitals where consultant paediatricians examine and treat VACD registered children on a regular basis;
- Donate spectacles, hearing aids, walkers, wheelchairs and other medical needs to VACD registered children.

**Education & Training:**

- Grant monthly education allowances to children with disabilities with academic potential or a promising sibling under the Educational Assistance Program;
- Ensure that special education teachers impart numeracy, literacy, painting, art, cooking and life skills to children who attend our centres;
- Arrange for computer literacy skills to be taught by volunteers to children who attend our centres;
- Arrange for music and dance classes to be conducted in our centres;
- Host workshops to train parents in leadership skills;
- Provide vocational and craft instruction for parents;
- Provide vocational training for VACD children or their siblings.


**Sport & Culture:**

- Provide playground equipment and exercise equipment for our children;
- Arrange opportunities for VACD children to engage in sporting activities in neighbouring school sportsgrounds;
- Provide special training for gifted and talented children in sports and athletics;
- Encourage the observance of various festivals and cultural activities



## Floating Calmly On Water And Its Benefits For Health

It can be almost impossible to find time to be quiet and find a place to let your thoughts drift away. Floating calmly is the perfect way to do this? [Read on to find out more.](#)

**Breast cancer** is largely considered to be a disease that only affects women – an assumption that is wholly inaccurate. We spoke exclusively to some of the oncologists at the De Mûelenaere Oncology group to find out the [truth about this disease](#) – and what the best prevention plan looks like. 

## Less Sugar: Avocados



Not all fruits are loaded with the sweet stuff. A whole avocado -- yep, it's a fruit -- has only half a gram of sugar. Put it in a salad, spread it on toast, or make some guacamole. But while they're low in sugar, they're high in calories, so it might not be a good idea to make them a daily habit.

## Medical research /



Scientists create decoder to turn brain activity into speech



## Bananas has sugar



One medium banana has 14 grams sugar. If that seems like more than you bargained for, slice half of it into your morning cereal or smash a small piece in the middle of your peanut butter sandwich.

Eating a wholesome breakfast is the key to increasing muscle mass, getting stronger and improving your overall fitness. [Here's how.](#)

## A risky combination: Healthy weight but unhealthy activity level

Many people think the only reason for regular exercise is that it helps you maintain a healthy weight. Not true. A sedentary lifestyle can cancel the potential heart benefits of weight control, according to a recent study published online by the *American Journal of Cardiology*

## Can I prevent diverticulitis?



## Ask the doctors

Published: April, 2019

**Q.** *I recently had diverticulitis. I'd like to avoid a recurrence. Is there anything I can do to prevent this painful condition in the future?*

**A.** As people age, small pouches often form in the wall of the large intestine, a condition called diverticulosis. If food or bacteria become trapped in these pouches, they can become inflamed or infected, which is known as diverticulitis.

**Can I prevent diverticulitis?** 

## Keto or intermittent fasting?



That's a good question and as we've said before there is no true answer because it needs to work best for you. However, celebrities like Vanessa Hudgens enjoy testing out different diets.

**Moderate drinking may raise the risk of atrial fibrillation**





## Low levels of 'bad cholesterol' may actually increase stroke risk

Published Saturday 13 April 2019

By [Maria Cohut](#)

[Fact checked](#) by Isabel Godfrey

A recent study warns that women with low levels of low-density lipoprotein cholesterol, sometimes called "bad cholesterol," may face an increased risk of bleeding stroke.

Women with low LDL cholesterol levels may be more at risk of bleeding stroke, new research finds.

According to the latest [guidelines](#) from the American College of Cardiology and the American Heart Association, a person's levels of low-density lipoprotein (LDL) [cholesterol](#) should remain under 100 milligrams per deciliter (mg/dl) to maintain health.

That is because, generally, specialists have considered LDL to be "bad" cholesterol. LDL carries cholesterol to the cells that need to make use of it, but if its levels are too high, it can stick to the arteries, leading to all manner of cardiovascular problems. However, new research from the Brigham and Women's Hospital and Harvard Medical School in Boston, MA, has found that women with LDL levels below 100 mg/dl may actually be more at risk of hemorrhagic (bleeding) [stroke](#). This type of stroke, though less common than an ischemic stroke, is harder to treat and thus more dangerous to the person experiencing it.

"Strategies to lower cholesterol and triglyceride levels, like modifying diet or taking statins, are widely used to prevent cardiovascular disease," explains study author Pamela Rist, from Brigham and Women's Hospital.

["But, our large study shows that in women, very low levels may also carry some risks. Women already have a higher risk of stroke than men, in part because they live longer, so clearly defining ways to reduce their risk is important."](#)

Pamela Rist

The new study's findings now appear online ahead of print in the journal [Neurology](#).

Read more

[Low levels of 'bad cholesterol' may actually increase stroke risk](#)

## Alternative therapies for cancer: Do they do more harm than good?

Published Tuesday 16 April 2019

By [Ana Sandoiu](#)

[Fact checked](#) by Gianna D'Emilio

New research finds that one-third of people living with cancer use complementary and alternative therapies. Medical professionals raise concerns about the safety of these practices, suggesting that they may interfere with conventional cancer treatment.



New research suggests that yoga may be one of the few nonconventional therapies that may help people living with cancer. In 2018, the National Cancer Institute estimated that [1,735,350](#) people in the United States would receive a diagnosis of [cancer](#) by the end of that year and that 609,640 people would die from the condition.

Coping with the distressing news of a cancer diagnosis can be challenging.

As Dany Bell, a specialist advisor on cancer treatment and recovery at Macmillan Cancer Support in the United Kingdom, [put it](#), "Being diagnosed with cancer can be a big shock, even if you already suspected you might have it."

Once they receive a diagnosis, many people turn to complementary and alternative therapies in search of a cure.

But new research cautions that such an approach may be misguided. Dr. Nina Sanford, from the University of Texas Southwestern Medical Center, in Dallas, led an analysis of data from a comprehensive national survey to find out exactly how many people living with cancer also use complementary and alternative medicines.

Dr. Sanford — an assistant professor of radiation oncology — and colleagues published their findings in the journal [JAMA Oncology](#).

Read more


[Alternative therapies for cancer: Do they do more harm than good?](#)

## Cook With Turmeric for longevity

Lovers of spicy food are more than familiar with the curry spice that is turmeric. However, there's another reason why it is so popular and that's thanks to the compound that it contains: curcumin.



According to a 2006 animal [study](#), curcumin was revealed to extend the lifespan of flies. Although studies have yet to prove that it can do this in humans, they have highlighted its ability to decrease inflammation. As inflammation is at the core of many chronic diseases, it is possible that curcumin can help to decrease one's mortality risk ([2](#)).

**Healthy Foods To Fit Your Every Mood:** While food nourishes and keeps us alive, it can also serve to accommodate us as we go through different mood-swings. [We list some mood-changing foods.](#) 



## Arthritis: What Are The Best Available Treatments?

Arthritis is a disease which causes painful inflammation and stiffness in the joints. It is an incurable condition of the joints but it can be effectively controlled using certain medications. [Read on.](#)

**PCOS** frustration (polycystic ovarian syndrome) is common amongst many women worldwide. Luckily there are some exercises and dietary changes that help to reduce its symptoms. [Keep reading.](#)

**Running** is one of the most vigorous exercises that will definitely get your heart rate going. It is a great way to burn calories, consequently resulting in weight loss. But it has to be done right to achieve a goal such as [weight loss](#).

**Ladies fatigue** is no joke. It happens to women of all ages and is generally due to an energy deficit problem. If you're healthy and you're experiencing a lot of fatigue, then [you can deal with it](#) without seeking the help of medication or sleeping aids.

## Science Shows Us 16 Great Ways To Live Longer

While our genetics can influence our longevity, our daily habits will have a much bigger impact. So which lifestyle habits should we adopt if we want to live longer? [Read on to find out what science says.](#)



# Chili Peppers Can Help Protect Against Lung Cancer



If you're looking to boost your well-being and live a long and healthy life, then embracing the spicy life by eating more chili peppers may be the best way to go. Various studies have highlighted the health-boosting properties of the compound capsaicin, which is found in chili peppers and a new study has revealed that it may even help to protect against lung cancer.

## The Study

Researchers from Marshall University's Joan C. Edwards School of Medicine set out to examine the effects that chili peppers could have on lung cancer cells. According to the American Cancer Society, lung cancer is the leading cause of cancer death in both men and women (1). Aside from this, the researchers of the study chose to focus on lung cancer because it is incredibly difficult to detect in its early stages and once symptoms start to show, the cancer will have already spread to other parts of the body, including the brain. This process is known as a *metastatic process*.

If you're looking to boost your well-being and live a long and healthy life, then embracing the spicy life by eating more [chili peppers](#) may be the best way to go.



## Cold Cuts

Hunks of beef, ham, and turkey are preserved with various amounts of salt, seasonings, sugar, and sometimes chemicals and sliced for sandwiches or snacks. Check the ingredients – some cold cuts may not be as bad for you as others. Be aware of these foods-avoid





## Keto Diet Or Fasting? Vanessa Hudgens Likes To Switch

Keto or intermittent fasting? That's a good question and as we've said before there is no true answer because it needs to work best for you. However, celebrities like Vanessa Hudgens enjoy testing out different diets – not that yo-yo dieting is recommended. But, trying different eating patterns can help

## Make Happiness Abundant In Life With Self-Love

Make happiness abundant in your life rather than the energy that comes and goes. It seems impossible at times, but with learning to love yourself and focus your energy – it can be. Our cliched images of hippie-dippie self-love need to disappear because it's a psychological fact. Studies prove that

## BPH Symptoms: Frequent Urination

The most common symptom of BPH includes having to urinate more, often at night. The reason is that the enlarged prostate gland presses on the urethra, which carries urine out of the body. Because of this pressure, the bladder muscles have to work harder to excrete urine. The bladder eventually may start to contract even when only a small amount of urine is present, creating the urge to urinate more often.

## Enlarged Prostate Meds May Increase Diabetes Risk

Men who took either of two widely prescribed [drugs](#) to treat an [enlarged prostate](#) were found to be at increased risk for [type 2 diabetes](#), a new study says.

Researchers looked at 39,000 men who took either [finasteride](#) ([Proscar](#)) and [dutasteride](#) ([Avodart](#)). They were compared to a control group of 16,000 men who took [tamsulosin](#) ([Flomax](#)), a different type of drug for enlarge prostate, *The New York Times* reported.

Over 11 years, the risk of developing [diabetes](#) was 32 percent higher among men who took Avodart and 26 percent higher among those who took Proscar, compared to those who took [Flomax](#).

The study was published in the *BMJ*.

The increased risk of [diabetes](#) among men taking Avodart and Proscar is slight -- about an extra 16 cases for every 1,000 men treated over 10 years -- but it still a significant public health issue, according to study lead author Li Wei, associate professor, School of Pharmacy, University College London, U.K., *The Times* reported.

"We don't want anyone to suddenly change their drug," she said. "But you need to discuss it with a physician, especially if you are already at high risk for [diabetes](#). You have to look at the overall picture of your condition in order to make a decision" about the best course of treatment."

Men with an [enlarged prostate](#) -- benign prostate hypertrophy ([BPH](#)) - can have [difficulty urinating](#) or increased frequency and urgency of urination.

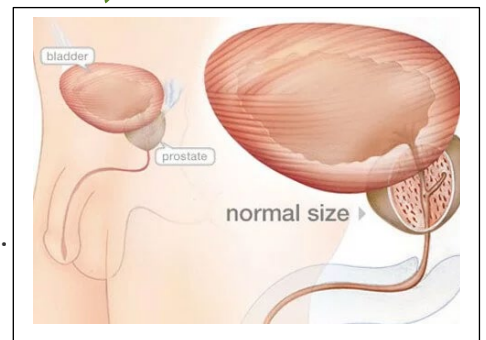
HealthDay

## What Is an Enlarged Prostate (BPH)?

The prostate gland is located below the bladder in men and produces fluid components of semen.

Over half of men ages 60 and above have enlargement of the

prostate gland. This condition is sometimes called benign prostatic hyperplasia or benign prostatic hypertrophy (BPH). It is not known exactly why this enlargement occurs. However, BPH is not cancer and does not cause cancer. Some men have BPH symptoms while others do not.





# New Evidence That Veggies Beat Steak for Heart Health

(HealthDay News) -- Your heart will thank you if you replace red meat with healthy plant proteins. Doing so will lower your odds for [heart disease](#), according to a new study.

Researchers analyzed data from 36 trials involving more than 1,800 people to learn how different diets affected [heart disease](#) risk factors such as [blood pressure](#), [cholesterol](#), [triglycerides](#) and lipoproteins. They found no significant differences in total cholesterol, lipoproteins or blood pressure between diets with red meat and all other eating regimens. But diets higher in red meat were associated with higher levels of [triglycerides](#).

Researchers also noted that people whose [diet](#) included more high-quality plant proteins such as legumes, [soy](#) and nuts had lower levels of both total and LDL ("bad") cholesterol.

"Asking 'Is red meat good or bad?' is useless," said senior author Dr. Meir Stampfer, a professor of epidemiology and nutrition at Harvard T.H. Chan School of Public Health in Boston.

"It has to be 'Compared to what?' If you replace burgers with cookies or fries, you don't get healthier. But if you replace red meat with healthy plant protein sources, like nuts and beans, you get a health benefit," Stampfer explained in a school news release.

ting the effects of red meat on heart disease risk have been inconsistent, the new study offers clear guidance.

Researchers recommend following healthy vegetarian and Mediterranean-style diets.

The study was recently published in the journal *Circulation*.

-- Robert Preidt

MedicalNews

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SOURCE: Harvard T.H. Chan School of Public

Health, news release, April 9, 2019

# What Is Magnesium?

Magnesium is a critical mineral that the body uses for hundreds of important body processes. It is necessary for more than 300 biochemical reactions in the body. Along with calcium, we need



magnesium for the proper function of muscles and nerves. Sufficient levels of magnesium are necessary to maintain a healthy heart, bones, and to regulate blood sugar and blood pressure levels. Your body needs magnesium to generate energy. The mineral is present in a variety of foods and beverages, but many people may still fall short of optimum levels. In these cases, your doctor may recommend that you take magnesium supplements.

## How much magnesium do you need?

The Recommended Daily Allowance (RDA) represents the amount of a nutrient that healthy people need to meet their daily requirements. Adult women between the ages of 19 and 30 years old should aim to get approximately 310 milligrams of magnesium per day and 320 milligrams per day at the age of 31 and older. Adult men between the ages of 19 and 30 should aim to get 400 milligrams of magnesium per day and 420 milligrams per day at the age of 31 and older. The RDA for children ranges from 30 to 240 milligrams per day, depending on the child's age. Ask your doctor or child's pediatrician how much magnesium you and your family members should be getting per day.

Approximately half of people in the U.S. do not get enough magnesium in their daily diets. Chronic suboptimal intake of magnesium increases the risk of a variety of health issues including migraines, cardiovascular disease, high blood pressure, and type 2 diabetes. People who have Crohn's disease, celiac disease, alcoholism, and type 2 diabetes are at risk for having inadequate magnesium levels. These conditions either impair nutrient absorption, increase magnesium requirements of the body, or deplete mineral stores, resulting in low magnesium levels. Older people are more likely to suffer from low magnesium levels as well because magnesium absorption decreases with age and our kidneys excrete more of the mineral as we get older. Older adults are also more likely to have medical conditions or take medications that decrease levels of this mineral.

Magnesium supplements come in a variety of forms including magnesium glycinate, magnesium orotate, magnesium threonate, magnesium amino acid chelate, magnesium citrate, magnesium chloride, magnesium lactate, magnesium sulfate, magnesium gluconate, and magnesium carbonate. Ask your doctor or pharmacist which type of magnesium supplementation is right for you.

Medicine.net

## Inflammation Fighter

Inflammation is a normal response in the body that facilitates healing, but it can be harmful when it occurs in excess or at inappropriate times. Chronic inflammation has been linked to conditions like arthritis, heart disease, and diabetes. Results of studies suggest that low magnesium levels are associated with higher levels of inflammation. Getting adequate magnesium is one way to decrease inflammation and help reduce the risk of chronic conditions.

## Plant-based diet cuts heart failure risk by over 40 percent

By [Ana Sandoiu](#)

[Fact checked](#) by Paula Field

New research finds that sticking to a diet rich in fruits, vegetables, and fish can slash heart failure risk by 41 percent. By contrast, a diet rich in fats, fried foods, processed meat, and sugary drinks can raise the risk of this condition.



Adding more vegetables to our plate could keep heart failure at bay.

[Heart failure](#) occurs when the heart cannot supply enough blood and oxygen to the main organs in the body.

The condition affects about [5.7 million](#) people in the United States and approximately [26 million](#) people worldwide. [Read more](#)

[Plant-based diet cuts heart failure risk by over 40 percent](#)

## Ecological study identifies potential association between antimicrobial resistance and climate change

EUROPEAN SOCIETY OF CLINICAL MICROBIOLOGY AND INFECTIOUS DISEASES

New research presented at this week's 29th European Congress of Clinical Microbiology & Infectious Diseases (ECCMID) in Amsterdam, Netherlands (13 - 16 April 2019), identifies a novel association between antibiotic resistance and climate change. The study was conducted at the Institute of Infection Control and Infectious Diseases, University Medical Center Göttingen (UMG), Germany, in collaboration with the Hannover Medical School (MHH), Germany. The lead author is Professor Simone Scheithauer of UMG.

Antimicrobial resistance (AMR) is a threat across Europe with burdens mainly peaking around the Mediterranean Basin [1]. Recently, the association of AMR with climate gained increased attention, since resistance increased with increasing local temperatures in the USA [2].

This new research investigated whether the explanatory strength of climate variables holds true in a region with diverse healthcare systems and societies and whether a climate change dimension can be identified, using Europe as a case region.

The researchers conducted a 30-country observational study across Europe (see below for list of countries). The six-year prevalence of carbapenem resistant *Pseudomonas aeruginosa* (CRPA), *Klebsiella pneumoniae* (CRKP), multiresistant *Escherichia coli* (MREC), and Methicillin resistant *Staphylococcus aureus* (MRSA) was determined based on data published by the European Centre for Disease Prevention and Control (ECDC) [3].

Statistical analysis and computer modelling were performed to identify associations between AMR and seasonal temperature [4], including potential socioeconomic and health system related confounders. The team found significant associations of CRKP, MREC and MRSA with the warm-season mean temperature, which had a higher contribution to MRSA variance than outpatient antimicrobial drug use.

Furthermore, CRPA was significantly associated with the warm-season change in temperature. The authors also used their models to estimate AMR in four other countries, not included in the database used (Belarus, Serbia, Switzerland and Turkey). The results displayed varying degrees of accuracy compared to empirical data [5], with comparatively good matches for CRPA in all countries except Belarus.

The authors conclude: "Our study identified a novel association between AMR and climatic factors in Europe. These results reveal two aspects: climatic factors significantly contribute to the prediction of AMR in different types of healthcare systems and societies, while climate change might increase AMR transmission, in particular carbapenem resistance."

They add: "While these results remain hypothetical as it is unknown if any causal association exists, future analysis of AMR and climatic developments is necessary to determine whether potential climate change effects on AMR become stronger."

**When it comes to learning, what's better: The carrot or the stick?**

Université de Genève

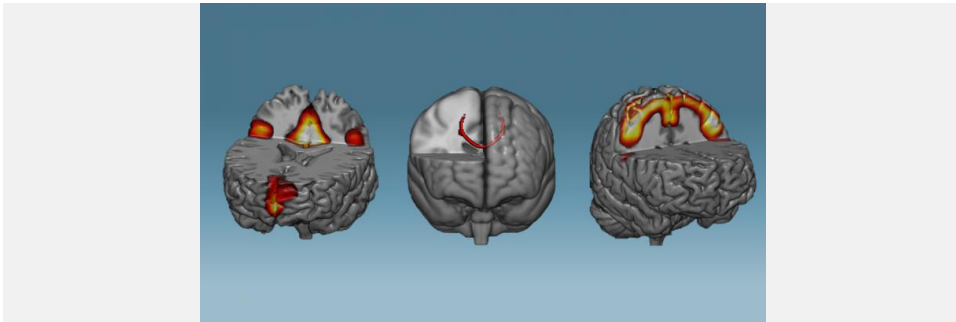




## Train your brain, change your brain

*Scientists developed a technique for brain training capable to induce changes of neural networks in less than one hour.*

D'OR INSTITUTE FOR RESEARCH AND EDUCATION



**IMAGE:** THE NEURAL NETWORKS THAT SHOWED INCREASES CONNECTIVITY AFTER ONE HOUR OF NEUROFEEDBACK: DEFAULT-MODE NETWORK (LEFT), CORPUS CALLOSUM (MIDDLE) AND SENSORIMOTOR NETWORKS (RIGHT). [view more](#)

CREDIT: D'OR INSTITUTE FOR RESEARCH AND EDUCATION (IDOR)

Less than one hour of brain training with neurofeedback leads to a strengthening of neural connections and communication among brain areas. This is the main finding of a new study conducted at D'Or Institute for Research and Education (IDOR), published today in *Neuroimage*. According to the authors, the study may pave the way for the optimization and development of therapeutic approaches against stroke and Parkinson's, for example.

"We knew that the brain has an amazing ability to adapt itself, but we were not sure that we could observe these changes so quickly. Understanding of how we can impact on brain wiring and functioning is the key to treat neurological disorders", says Theo Marins, a biomedical scientist from IDOR and the Ph.D. responsible for the study.

Neurofeedback has been considered a promising way to regulate dysfunctional brain areas associated with disorders, such as chronic pain and depression, for example. With this technique, the magnetic resonance equipment helps individuals to have access to their own brain activity in real time and quickly gain control over it.

Thirty-six healthy subjects participated in the study in which the goal was to increase the activity of brain regions involved in hand movements. However, instead of actually move their hand, participants were asked to only imagine the movement, in total rest. Nineteen of them received the real brain training and the remaining seventeen were trained with placebo neurofeedback, for comparisons purposes. Immediately before and after the brain training, which lasted around 30 minutes, their neural networks were scanned in order to investigate the impact of the neurofeedback (or placebo) on brain wiring and communication, also known as structural and functional connectivity, respectively.

The results show that the corpus callosum - the major cerebral bridge that connects the right and left hemispheres - exhibited increased integrity, and the neural network controlling the movements of the body became strengthened. It seems that the whole system became more robust. Likewise, the training also had a positive impact on the default mode network, a brain network which is impaired after stroke, Parkinson's and depression, for example. These changes were not observed in the control group.

**Train your brain, change your brain**



## What Is Processed Meat?



There's no clear definition -- it's more of a description -- but if you smoke it, salt it, cure it, or add preservatives to it, it's probably processed. People who eat a lot of these kinds of meats are more likely to get heart disease, diabetes, and even certain kinds of cancer, thanks to all the salt, fat, and chemical preservatives.

## Bacon



The fat in bacon is no secret -- it splatters away right there in the pan when you cook it. But not all bacon is the same. Look for brands lower in salt and nitrates -- some use none at all -- and go with leaner cuts.

**Is this chest pain from GERD or a heart attack?**



Both heartburn and heart attacks can cause pain in the center of the chest. Heartburn is a symptom of acid reflux and gastroesophageal reflux disease (GERD). As a heart attack is a medical emergency, being able to tell the difference between heartburn and cardiac chest pain is crucial. Learn more here.

# Housework could keep brain young, research suggests

Even light exertions can slow down ageing of the brain, activity-tracker data indicates

Nicola Davis



The team found that every extra hour of light physical activity per day was linked to 0.22% greater brain volume. Photograph: Petri Oeschger/Getty Images

Even light activity such as household chores might help to keep the brain young, researchers say, adding to a growing body of evidence that, when it comes to exercise, every little helps.

The findings mirror [upcoming guidance](#) from the UK chief medical officers, and [existing US guidelines](#), which say light activity or very short bouts of exercise are beneficial to health – even if it is just a minute or two at a time – countering the previous view that there was a threshold that must be reached before there were significant benefits.

“Our study results don’t discount moderate or vigorous physical activity as being important for healthy ageing. We are just adding to the science, suggesting that light-intensity physical activity might be important too, especially for the brain,” said Dr Nicole Spartano, first author of the study from Boston University, adding that light activity might include a gentle walk or household chores.

Read more

[Study](#) / Housework could keep brain young

## Updated Drug Recall Alert: Losartan Tablets

Torrent Pharmaceuticals Limited has expanded the voluntary Nationwide recall of its Losartan Potassium Tablets, USP and Losartan Potassium/Hydrochlorothiazide Tablets, USP due to consumer level detection of trace amounts of an unexpected impurity found in an active pharmaceutical ingredient manufactured by Hetero Labs Limited.

[Read the full story](#)

## What are the nutritional benefits of peanuts?

Last reviewed Thu 18 April 2019

By Lana Burgess

Reviewed by [Katherine Marengo LDN, RD](#)

1. [Nutrition](#)
2. [Protein](#)
3. [Fats](#)
4. [Fiber](#)
5. [Best types](#)
6. [Health benefits](#)
7. [Risks](#)
8. [Summary](#)

Peanuts have a strong nutritional profile. They are an excellent source of plant-based protein, fiber, and many key vitamins and minerals.

Peanuts come in many forms, including roasted, salted, chocolate-coated, and as peanut butter. Different types have different nutritional profiles and various health benefits.

Along with their healthful nutritional profile, peanuts are a calorie-rich food, so they are most healthful when enjoyed in moderation.

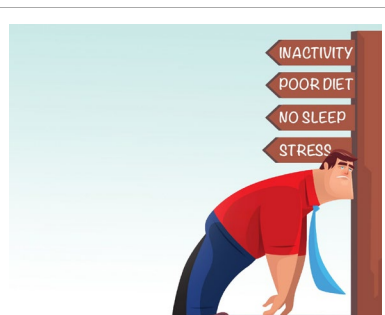
In this article, we provide the nutritional profile of peanuts, their health benefits, and how different types compare.

Read more

[What are the nutritional benefits of peanuts?](#)

## Today's Health Topic

### Losing steam? Avoid these energy zappers



Let's face it: we all get more fatigued as we get older. It's part of the aging process: we lose mitochondria (energy-producing engines in the cells) and we produce less adenosine triphosphate (ATP) — the molecule that delivers energy to cells throughout our body. Other causes of fatigue, such as medication side effects or chronic illness like depression or heart disease, can increase the feeling of tiredness or sluggishness. But age- and disease-related factors aren't the only drains on your energy.

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# Replace Red Meat With Plant Protein for Heart Health

By Robert Preidt

HealthDay Reporter

WEDNESDAY, April 17, 2019 (HealthDay News) -- Your [heart](#) will thank you if you replace red meat with healthy plant [proteins](#).

Doing so will lower your odds for [heart disease](#), according to a new study.

Researchers analyzed data from 36 trials involving more than 1,800 people to learn how different diets affected heart disease risk factors such as [blood pressure](#), [cholesterol](#), [triglycerides](#) and lipoproteins.

They found no significant differences in [total cholesterol](#), lipoproteins or blood pressure between diets with red meat and all other eating regimens. But [diets](#) higher in red meat were associated with higher levels of [triglycerides](#).

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## Can Walnuts Help Prevent Inflammation And Brain Decline?

Walnuts are a tasty snack, welcome salad addition, and may help to protect from disease, in particular help to fight inflammation and prevent brain decline according to Tufts University research published in the journal Nutrition Research.

[Read the full story](#)

## Mangoes



Fruit is good for you! It has fiber and other nutrients you need. But it also has natural sugar, and some have more than others. For example, one mango has a whopping 45 grams of sugar -- not your best choice if you're trying to watch your weight or how much sugar you eat. Maybe enjoy a couple of slices and save the rest for later.

## Watermelon



A medium wedge of this summer treat has 17 grams of sugar. As its name suggests, it's loaded with water, and it has special minerals called electrolytes that are just what your body needs to recharge after some time in the sun. Just keep it to a slice or two.

## Cherries



They're sweet, and they have the sugar to show for it: A cup of them has 18 grams. If you fill up a large bowl with them, you can lose track of how many you eat. Measure your snack beforehand so you know exactly how much sugar you'll get.

## Grapes



A cup of these has about 23 grams sugar. That's a lot for something that's so easy to pop in your mouth. You might eat them more slowly if you slice them in half and freeze them. They'll be waiting for you as a refreshing summer treat that takes a bit longer to eat.

## Pears



One medium pear has 17 grams of sugar. If you're trying to cut back, don't eat the whole thing -- just put a few slices in some yogurt or on top of a salad.

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