

Exercise, Healthy Eating Can Reduce Dementia Risk: WHO

Regular [exercise](#), eating a healthy [diet](#), watching your [blood pressure](#), avoiding tobacco and limiting alcohol intake can reduce your risk of [dementia](#), according to World Health Organization guidelines released Tuesday

The WHO also cautioned against taking dietary supplements such as Vitamins B and E in an attempt to prevent mental decline and dementia, CNN reported.

Dementia affects 50 million people worldwide and there is no effective treatment.

"While some people are unlucky and inherit a combination of genes that makes it highly likely they will develop dementia, many people have the opportunity to substantially reduce their risk by living a healthy lifestyle," Tara Spire-Jones, U.K. Dementia Research Institute program lead and deputy director of the Center for Discovery Brain Sciences at the University of Edinburgh, U.K. told the Science Media Center, CNN reported.

"The WHO has looked at the available evidence and made recommendations that some lifestyle changes, in particular increasing exercise before any cognitive symptoms are present, can reduce dementia risk," she explained.

In terms of healthy eating, the WHO said your best bet is the Mediterranean diet, which emphasizes lots of fruits and vegetables and olive oil, CNN reported.

There are 10 million new cases of dementia every year and that number could triple by 2050, according to the WHO. It said the disease "can devastate the lives of affected individuals, their carers and families," and that the cost of caring for people with dementia is expected to rise to \$2 trillion a year by 2030, CNN reported.

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Canker Sores

Rinsing your mouth with salt water can ease the pain and help you heal faster. Stir a teaspoon of salt into a half-cup or so of water. Swish and spit. Do this several times a day until your canker sores don't bother you anymore.



Ingrown Toenail

This is when the edge of your toenail curves down and gets trapped in your skin. It often affects the big toe, and it can really hurt. To ease swelling and tenderness, soak your foot in warm salt water several times a day. Follow with antibiotic ointment and a bandage. See your doctor if it doesn't improve or gets worse.

Lyme Disease Warning Signs

As the weather gets warmer, you're more likely to run into ticks that carry the bacteria that cause Lyme. Here's what you need to know.

[Read More >](#)



VACD Sri Lanka has a new Patron:

We are delighted that Mr. Sisira Ratnayake, VACD Sri Lanka Advisory Board member has accepted our invitation to be the next Patron of VACD Sri Lanka



Mr. Ratnayake pictured above, is an Attorney-at-Law and holds a master's degree (LLM) in Commercial Law from the University of Aberdeen in Scotland. He is a former High Court Judge, former Secretary, Judicial Service Commission, former Additional Secretary to the Ministry of Justice, former President of the High Court Judges Association and former President of the Judicial Service Association of Sri Lanka. He has represented Sri Lanka at International Judicial colloquiums, has excelled in his chosen profession for over 25 years and is from the township of Bandarawela in Sri Lanka.

VACD July 2019 Newsletter

Thank you and our best wishes remain with you dear Mr. Nanda Matthew:

We wish to place on record our deep appreciation and profound thanks to former Governor of the



Uva Province, Hon. Nanda Matthew for his stewardship, counselling, guidance and assistance to establish VACD on 27th December 2011 in Bandarawela and for being the Patron of our Sri Lanka mission while he was the Governor Uva province and since his retirement in 2015. He has decided to relinquish his post as Patron VACD Sri Lanka to focus on personal matters. We wish him and his family well.

Brown bread is always whole grain.



Molasses or other things can give bread a brown color. Read the ingredient list.

The word "whole" should always appear before the name of the grain, such as whole wheat, whole oats, or whole rye. And it should be the first thing on the ingredient list.

Don't be misled by labels that say "multi-grain," "stone-ground," "100% wheat," "cracked wheat," or "seven-grain." These usually aren't whole grain.

[Read More >](#)

What Is Tinnitus?

A ringing, swishing, or other noise in the ears or head when no external sound is present is called tinnitus. [Read more...](#)

Signs of Eye Trouble

Learn about your eye care needs and fashion wishes. See which eye problems require a doctor. [Read more...](#)

Your Bottom Blood Pressure Number Matters, Too



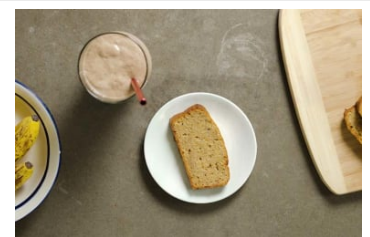
Are You Damaging Your Liver Without Knowing It?

You probably know that too much alcohol can harm your liver, but what about these other surprising culprits?

[Read More >](#)



The Dangers of Eating Ultra-Processed Foods



How to Use an Overripe Banana



Keys to Good Health

You hear lots of advice about what it takes to live well. We break it all down into a few simple, easy-to-remember ways to stay on a healthy path.

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Diabetes Raises Heart Failure Risk More in Women



Commonly prescribed drugs could increase the risk of dementia, says a new study

UNIVERSITY OF NOTTINGHAM

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The study, carried out by experts from the University of Nottingham and funded by the NIHR School for Primary Care Research, found that there was nearly a 50% increased risk of dementia among patients aged 55 and over who had used strong anticholinergic medication daily for three years or more.

Anticholinergic drugs help to contract and relax muscles. They work by blocking acetylcholine, a chemical that transmits messages in the nervous system.

Doctors prescribe the drugs to treat a variety of conditions, including chronic obstructive pulmonary disease, bladder conditions, allergies, gastrointestinal disorders and symptoms of Parkinson's disease.

These medicines can have short-term side effects, including confusion and memory loss, but it is less certain whether long-term use increases the risk of dementia.

The research, published in the *JAMA Internal Medicine* journal and led by Professor Carol Coupland from the University's Division of Primary Care, looked at the medical records of 58,769 patients with a diagnosis of dementia and 225,574 patients without a diagnosis of dementia, all aged 55 and over and registered with UK GPs contributing data to the QResearch database, between 1 January 2004 and 31 January 2016.

[Read more](#)

Commonly prescribed drugs could increase the risk of dementia, says a new study



Barefoot Walking Gives You Calluses That Are Even Better for Your Feet Than Shoes, Study Suggests

June 26, 2019 | [Article](#)

Foot calluses have evolved to protect the feet and provide comfort in perhaps ways that shoes can't match, a new study says.

[Read More](#)



NARAWELPITA DIVISIONAL HOSPITAL HAKMANA MATARA

VISHWA is the son of a patient we have known for awhile. He was admitted to this new ward for observation of a fever. The new paediatric ward was a donation made by a local businessman. Dr. Chinthaka Rangodage is the Medical officer-in-charge. VISHWA is now back at home playing cricket with his family. We hope to provide him with some cricket gear – a kind donation from Saxon Sports.

DR Quintus de Zylva

Dried Plant Tincture Recipe



For most plants, fresh is preferred, but dried will do. However, a few plants are actually best tinctured when dried. Elderberry, elderflower, cherry bark, and alder bark have mild toxins and/or nauseating properties that are eliminated in the drying process. Many adaptogenic roots, such as ashwagandha, are traditionally dried first to enhance potency.

[Read More...](#)



Peanut Butter and Banana Oats Recipe



Patient Trolley Donation to Accident Service, General Hospital, Colombo, Sri Lanka



Donation initiated by
Tissa Jayaweera PhD Managing Partner
TJ Associates
Level 6, East Low Block
World Trade Center
Colombo 00100
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Tel : +94 72 224 3468
EEmail : tissaj2009@yahoo.com
<http://www.tjassociates.org>

Could coffee fight obesity? Yes and even diabetes



A recent study has found that drinking a cup of coffee can stimulate 'brown fat', the body's own fat-fighting defences, which can fight against obesity and diabetes. The study is one of the first to be carried out in humans to discover components that can have a direct effect on 'brown fat' functions, which plays a key role in how fast calories can be burnt into energy.

Osteopenia Prevention and Treatment

It's not inevitable. Diet, exercise, and sometimes medication can help keep bones dense and strong for decades.

[Read More >](#)

Diagnosing Thyroid Cancer

Thyroid nodules, or lumps, are very common. A biopsy can tell if it's cancer or not.

[Read More >](#)

What Does Testosterone Do?

Testosterone peaks during early adulthood. Once you reach age 30, testosterone levels decline by approximately 1% a year. [Read more...](#)

33 Dengue deaths and nearly 23,000 patients in six months



A total of 33 dengue deaths and 22283

dengue cases had

been reported from all over the country within this year by June 21st (last Friday), the Epidemiology Unit sources said. According to the sources, the highest number of dengue cases, 4790 had been reported from the Colombo district while the second highest number, 2909 had been reported from the Gampaha district.

The third highest number of dengue cases, 1928 had been reported from the Jaffna district. The Colombo Municipal Council (CMC) reported a total of 952 dengue cases during the same period. The other parts of the Colombo district recorded a total of 3838 dengue cases. The total number of dengue cases reported from the Western Province is 9285.

A total of 5576 dengue patients had been reported from the country in January. A total of 4120 dengue patients reported from all parts of the country in May and 2111 in this month up to 21st, the epidemiologists said.



What Is CBD?

June 27, 2019 | Reference

If you know someone who enjoys cannabis, you've probably heard the letters 'CBD' thrown around lately. Short for cannabidiol, CBD is the focus of a new area of cannabis research.

[Read More](#)

Glucosamine Tied to Heart Benefits

A dietary supplement widely used for arthritic pain may reduce the risk for cardiovascular disease, researchers report.



By Nicholas Bakalar

May 14, 2019

Glucosamine, the dietary supplement widely used for arthritic pain, may reduce the risk for cardiovascular disease, researchers report.

Scientists looked at 466,039 British men and women, ages 40 to 69, who were free of cardiovascular disease at the start of the study. Participants completed detailed health questionnaires that included information on the use of dietary supplements. Nearly 90,000 of them, or 19 percent, reported regular use of glucosamine. The [study, in BMJ](#), tracked the participants' health for an average of seven years.

Compared with those who did not use the supplement, glucosamine users had an 18 percent lower risk of coronary heart disease, and a 15 percent lower risk of any cardiovascular event. There was a weak association with a lowered risk for stroke.

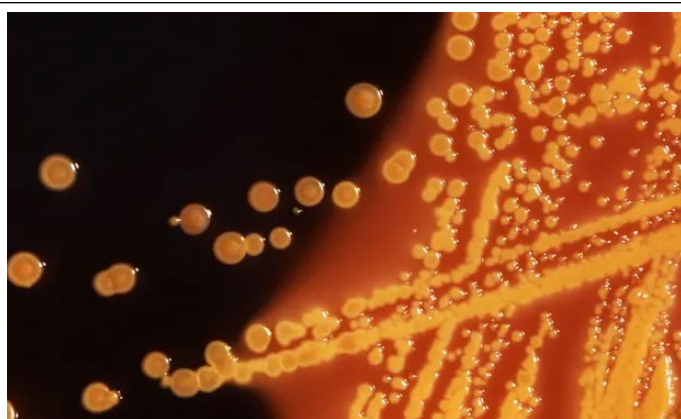
The study controlled for diet, physical activity, smoking, disease history and other characteristics.

Read more

Glucosamine Tied to Heart Benefits

Cambridge scientists create world's first living organism with fully redesigned DNA

Researchers create altered synthetic genome, in move with potential medical benefits



Scientists have created the world's first living organism that has a fully synthetic and radically altered DNA code.

The lab-made microbe, a strain of bacteria that is normally found in soil and the human gut, is similar to its natural cousins but survives on a smaller set of genetic instructions.

The bug's existence proves life can exist with a restricted genetic code and paves the way for organisms whose biological machinery is commandeered to make drugs and useful materials, or to add new features such as virus resistance.

In a two-year effort, researchers at the laboratory of molecular biology, at Cambridge University, read and redesigned the DNA of the bacterium *Escherichia coli* (*E coli*), before creating cells with a synthetic version of the altered genome.

[Genetics](#) / [Cambridge scientists create world's first living organism with fully redesigned DNA](#)



[Climate change](#) / [Tax carbon, not people: UN chief issues climate plea from Pacific 'frontline'](#) ←

Trying to quit bacon? Here are some tasty alternatives ↑

Eat walnuts to lower blood pressure, new study suggests

Published Monday 13 May 2019

By David McNamee

[Fact checked](#) by Jasmin Collier

A new study suggests that eating walnuts might help people at risk of cardiovascular disease to lower their blood pressure — that is, if they consume them as part of a diet low in saturated fats.



Can eating walnuts reduce cardiovascular risk?

The scientists, at Pennsylvania State University in State College, explain that their study is one of the first to investigate how the properties of walnuts may affect heart health. The results of the research, which the California Walnut Commission part funded, now appear in the [Journal of the American Heart Association](#).

Walnuts contain a plant-based [omega-3](#) called alpha-linolenic acid (ALA), which scientists believe has beneficial effects on [blood pressure](#).

The researchers wanted to find out if the ALA content of walnuts contributes to improvements in heart health or if some other components of walnuts, such as polyphenols, might help control blood pressure among people at risk of cardiovascular disease.

Read more

[Eat walnuts to lower blood pressure, new study suggests](#)

200 bottles of wine and 10,000 blueberries: the reality of a superfood diet



Can drinking mineral-rich water prevent hypertension?

Published Thursday 9 May 2019

By [Catharine Paddock PhD](#)

[Fact checked](#) by Paula Field

Could adding calcium and magnesium to drinking water be a practical way to lower high blood pressure in people who live in areas where drinking water is deficient in these minerals?



Could drinking higher-salinity water help lower blood pressure?

A recent study has linked drinking water of higher salinity to lower [blood pressure](#) in people living in a coastal region of Bangladesh. Sources of drinking water in the region can vary in salinity due to the influx of seawater.

While water of higher salinity contains more sodium, which can raise blood pressure, it also has more [calcium](#) and [magnesium](#). The researchers explain this in a [Journal of the American Heart Association](#) paper about the study.

"Calcium and magnesium are protective; they decrease blood pressure," says lead study author **Abu Mohammed Naser, who is a postdoctoral fellow in the Rollins School of Public Health at Emory University in Atlanta, GA.**

He and his co-authors attribute the study's findings to the benefits of magnesium and calcium outweighing the harms of sodium. Read more

[Can drinking mineral-rich water prevent hypertension?](#)

Did you know that the mental health benefits of owning a cat and a dog have been scientifically proven by Dr. Alan Beck, a psychologist at Purdue University? [We look at 8 surprising ways pets help with depression.](#)



What to know about simple and complex carbs

Last reviewed Tue 14 May 2019

By Aaron Kandola

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

1. [Which is better?](#)
2. [Simple carbohydrates](#)
3. [Complex carbohydrates](#)
4. [Summary](#)

Complex carbohydrates take longer to digest and are a more stable source of energy than simple carbohydrates. Complex carbohydrates are present in foods such as bread and pasta. Simple carbohydrates are in foods such as table sugar and syrups.

Complex [carbohydrates](#) contain longer chains of sugar molecules than simple carbohydrates. The body converts these sugar molecules into glucose, which it uses for energy. As complex carbohydrates have longer chains, they take longer to break down and provide more lasting energy in the body than simple carbohydrates. Both types of carbohydrate are often present in many foods. In addition to providing energy via glucose, these foods have many other properties that are important for health.

This article will discuss the differences between simple and complex carbohydrates, and if one is better.

Read more

[What to know about simple and complex carbs](#)

Heartburn



Baking soda is a type of salt, and it's also a natural antacid. Stir about a teaspoon into a glass of cold water after a meal. If you get heartburn a lot, don't keep treating it yourself. See a doctor to make sure there's nothing else going on. And keep in mind that baking soda has sodium in it. If you're on a low-salt diet, your doctor might want you to try a different type of antacid instead.

[Tempted to stock up on vitamins as cold and flu season hits? Read this before you do](#)

When you're in the grip of a phlegm-fuelled misery fest, you might start to feel a little desperate for any sort of relief. We explain what "cold-busting" treatments are more likely to help.

[More](#) ➤

Psoriasis and Eczema



Mineral-rich salt water is in places like the Dead Sea in the Middle East and the Blue Lagoon in Iceland. Soaking in water like this helps moisturize the skin and ease redness. And if you have psoriasis or eczema, it can relieve the scaly patches and inflammation. To do this at home, add Dead Sea salts or Epsom salts to your tub and soak for about 15 minutes. Even a cup of plain table salt in your bath water can ease eczema symptoms.

Circadian Rhythm Disruption Promotes Tumour Growth

Interference with natural circadian rhythms has been found to promote tumour growth and to suppress effects of tumour fighting drugs, suggesting the need for chronotherapy which is the delivery of cancer drugs timed to the internal circadian rhythm.

[Read the full story](#)

Alternative Treatment For Convulsive Status Epilepticus

Alder Hey Children's Hospital Trust and the University of Liverpool have identified a user friendly treatment for one of the most common life threatening neurological emergencies in children, epileptic seizures, as published in The Lancet.

[Read the full story](#)

Repairing Heart Attack Damage

A cure to heart failure may be available in the future as scientists from King's College London have figured out how to regenerate specialised cells in the muscle. Animal studies suggest injecting a gene that drives cell growth during infancy could help to restore tissue that has become damaged during a heart attack.

[Read the full story](#)

A community of human 'sea otters'

For evolutionary genomicist Melissa Ilardo, the notion that the evolutionary process has been halted is a "first-world" perspective.

Her recent research for the University of California, Berkley, has focused on the Bajau people of Indonesia.



The Bajau live in a small coastal community and practice a traditional marine hunter-gatherer lifestyle, living on houseboats and spending much of their time in the ocean. Thousands of years of experience has given the Bajau exceptional diving skills, but they also have a unique ability to hold their breath for long periods of time.

An examination of their physiology, Dr Ilardo says, shows community members have unusually large spleens.

"The spleen is kind of a weird organ," she says.

"When you dive, when you hold your breath, one of the things that happens as a part of what's called the mammalian dive reflex is that your spleen contracts. This is important because your spleen is holding red blood cells that are carrying oxygen.

"When it contracts, it pushes those red blood cells into your system and gives you an oxygen boost.

"So, through natural selection, over thousands of years what happens is that the people who had larger spleens were either less likely to die during dives, because breath-hold diving can actually be quite dangerous."

By contrast, she says, analysis of people in neighbouring communities with a long tradition of farming, rather than diving, found no evidence of spleen enlargement.

And given the Bajau show no sign of giving up their sea-going ways anytime soon, there's nothing to suggest that further adaptations won't continue to occur, Dr Ilardo says.

Read more

Make no mistake, humans are still evolving. But what will the future hold?

[When It Comes To Your Health, What's Your Poison?](#)



Conventional agriculture exists only because of the widespread use of herbicides, pesticides, larvacides, nematicides, grubicides and insecticides. All those poisons (the suffix -cide is the Latin for death) end up in our food. [Keep reading...](#)

[You Don't Have To Be Old, Male Or Overweight To Have Sleep Apnoea](#)

You're probably like thousands of others who think that only older, overweight or sick men suffer from sleep apnoea. If this is the case, you're wrong. [Learn More.](#)

[Foods To Eat For Painful Muscle Cramps And Spasms:](#) If you're somebody who exercises a lot or you just struggle with regular muscle cramps then take a look at this list of foods (other than bananas) that can help.

Everyone wants to look young and fresh. A healthy look is what makes a person look attractive. However, with time passing by, it becomes difficult for the natural glow to stay intact. In this article, we share [5 valuable tips to staying younger for longer.](#)



How much cardio should you do?

The Physical Activity Guidelines issued by the U.S. Department of Health and Human Services recommend at least 150 minutes per week of moderate-intensity physical activity—think of it as 30 minutes, five days a week—for all adults, even the elderly and disabled. However, you don't have to do all 30 minutes in a single daily session. In fact, the newest guidelines allow you to count all moderate intensity physical exertion throughout the day, even if it's just a few minutes at a time.

You can also reach your goal by performing chunks of exercise in 10- or 15-minute blocks throughout the day. For example, do 10 minutes before breakfast, 10 minutes during your lunch break, and another 10 minutes after dinner. Or do 15 minutes in the morning and 15 minutes in the afternoon. If you're just starting out, gradually build up to 150 minutes a week.

If you're already exercising and fit, you can cut your exercise time in half—to just 75 minutes a week—by doing vigorous exercise instead of moderate. Generally, that would amount to 25 minutes, three days a week. Or, you can perform an equivalent combination of the two intensities, with each minute of vigorous-intensity activity equivalent to two minutes of moderate-intensity activity.

If you're able to do more, that's even better. The Physical Activity Guidelines specify that you can derive more health benefits by boosting your workout time from 150 minutes a week to 300. But the most important thing is that you do *something*.

To learn more about the benefits of cardio exercise as well as many options for taking part in cardio, read [Cardio Exercise](#) from Harvard Medical School.

Why does prolonged sitting have such harmful health consequences?

One explanation is that it relaxes your largest muscles. When muscles relax, they take up very little sugar (glucose) from the blood, raising your risk of type 2 diabetes. In addition, the enzymes that break down blood fats (triglycerides) plummet, causing levels of the "good" cholesterol, HDL, to fall, too. The result is a higher risk of heart disease.

By contrast, everyday movement not only reduces your risk of major ailments, but also helps you burn more calories. Dr. James Levine at the Mayo Clinic coined the term "non-exercise activity thermogenesis," or NEAT, to refer to the energy you burn through ordinary activity that you don't think of as exercise, such as fidgeting, carrying the laundry upstairs, dancing around the house to your favorite tune, or even standing while you talk on the phone. In one study, he measured NEAT in lean and obese people, all of whom had similar jobs and were forbidden to exercise during the course of the study. There was one key difference between the two groups. The obese people sat more than their lean counterparts, by an average of two-and-a-half hours more per day. Changing that behavior could result in burning up to 350 more calories a day.

New Mammogram Guidelines Are Here

Issued by breast surgeons, the advice says women should begin mammograms at age 40, earlier than other guidelines. Here's why.

[Read More >](#)

Habits That Lower Your Breast Cancer Risk

Here are two: Limit your alcohol intake to one drink a day, and talk with your doctor about your birth control. Read about others.

[Read More >](#)

Symptoms of Non-Hodgkin's Lymphoma

It's not always easy to spot, but great strides in finding and treating it mean the outlook now is better than ever.

[Read More >](#)

The Right Way to Brush Your Dog's Teeth

You brush your own teeth twice a day - why shouldn't your four-legged family member have good oral hygiene, too?

[Read More >](#)

Tips for Managing Fibromyalgia

This condition can interfere with your quality of life. Find out what you can do to help ease your symptoms.

[Read More >](#)

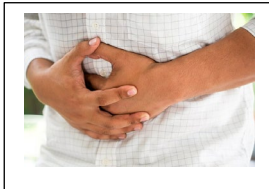
[Coffee Might Be Your Go-to Brew for Weight Loss](#)



Why Are You Bloating?

It's that too-full feeling you get in the belly after you eat a bit too much. Or it might be the type of food you ate, or how fast you ate it, or too much salt, fat, or sugar, that causes gas, weight gain, constipation, or water retention.

Certain medical conditions like celiac disease, Crohn's disease, irritable bowel syndrome, or ulcerative colitis might also make it more likely.



Gassy Foods

Beans are a great source of fiber and protein. They also have a substance called raffinose that bacteria need to break down. That can produce gas and lead to bloat. It's not bad for you, and how gassy you get varies from person to person and by types of beans. Broccoli, cabbage, and Brussels sprouts also have raffinose. Your body will likely adjust. Over-the-counter meds may help you digest these foods more easily.



Find the FODMAPs

These are a group of carbs that are hard to digest for some people. They can cause bloating from gas and fluid buildup. FODMAPs include lactose in dairy, fructose in fruit and honey, and many others. Keep notes on how your body handles different foods. Share that info with your doctor to help figure out whether FODMAPs might be to blame, so you know if you need to drop them from your diet.

Slow Down!

The faster you eat, the more air you swallow. Your stomach can swell when it traps the air, which sometimes passes on to your intestines. Plus, you down more food when you eat quickly. That's in part because it can take as much as 30 minutes for your stomach to tell your brain that you're full. You might overdo it before your brain gets the message -- and that can also make you feel bloated.

Put Boundaries on Bubble

Limit fizzy drinks. The gas that you swallow when you drink soda and other bubbly drinks -- beer, champagne, seltzer -- can fill up your digestive system. You burp some of it away, and some remains and moves through your digestive system until it "passes" out the other end. That's why it's called "passing gas."

Be Carb-Smart

Your body taps into this fuel more quickly than protein or fat, which take longer to digest. After your body uses the carbs it needs for energy, it stores the rest: first as glycogen, which makes your body retain water, and then in fat cells. Both can make you feel bloated. It can help to avoid "simple" carbs, like white bread and pastries, in favor of "complex" carbs, like whole grains and vegetables that take longer to digest.

WebMD

What to know about calories and body fat

Last reviewed Tue 14 May 2019

By Jon Johnson

Reviewed by [Natalie Butler, RD, LD](#)

In relation to food and the body, calories are units of energy that allow the body to work. Food provides this energy, some of which the body stores and some of which it uses. As the body breaks down food, it releases calories as energy.

Max Wishnofsky first propagated the concept that there are approximately [3,500 calories](#) in a pound (lb) of body fat.

Put simply, to lose 1 lb of body fat per week, people will need to have a deficit of around [500 calories](#) per day. They can achieve this by consuming roughly [500 calories](#) fewer than they are currently, by burning an extra 500 calories per day with exercise, or a combination of the two.

If the body takes in too many calories or burns too few, weight gain occurs. This is because the body stores calories it does not use as body fat. Organs including the brain, heart, lungs, liver, and kidneys account for roughly [80%](#) of total daily energy use.

[Recent research](#) calls this rule into question, concluding that it overestimates someone's weight loss potential. The rule does not take into account dynamic changes in metabolism, hunger, and satiety levels as weight loss occurs.

The National Institutes of Health (NIH) have developed a new, [more accurate](#) rule-of-thumb: Every 10 calorie decrease per day leads to an eventual 1 lb loss. Only time will tell how long that weight loss takes, so patience and consistency is key.

Read more

[What to know about calories and body fat](#)

Too much dietary fat in the brain may impact mental health

Published Monday 13 May 2019

By [Maria Cohut](#)

[Fact checked](#) by Carolyn Robertson

People with obesity are often likely to develop depression as well, but the mechanisms at play are still unclear. New research in mice may now explain what happens in the brains of individuals who have a high-fat diet.



How might a high-fat diet impact mental health?

Many studies — including [one](#) that *Medical News Today* covered in November last year — have found that people with [obesity](#) are at increased risk of [depression](#).

So far, though, it has remained unclear exactly why this is the case, and what biological mechanisms might drive obesity-related depression.

A team of researchers from the University of Glasgow in the United Kingdom and the Gladstone Institutes, in San Francisco, CA, has recently studied how eating a diet high in saturated fats might make depression more likely, using mouse models to do so.

The investigators — led by Prof. George Baillie, from the University of Glasgow — note that this is a particularly important research topic, as obesity-related depression seems to happen via different mechanisms from depression in otherwise healthy individuals. In its study paper, which appears in the journal *Translational Psychiatry*, the research team explains that many people with obesity and depression, who doctors treat with regular [antidepressants](#), do not see any benefits from the treatment.

Read more

[Too much dietary fat in the brain may impact mental health](#)

[Cancer therapy may up heart disease, diabetes risk in men: Study](#)



A cancer therapy — considered to be gold-standard treatment — is causing men to lose muscle mass and gain fat, putting them at increased risk of other disorders like cardiovascular disease, diabetes and osteoporosis, a study has found. The study said side-effects from the intense cancer treatment regimen were becoming an increasing concern.

[How to Get Energy When You're Too Tired to Workout Infographic](#)



[How to Stay Active in Cold Weather](#)



What is Metabolism

Metabolism is defined as chemical reactions that take place in all living organisms in which molecules are broken down to produce energy, and also where energy is used to build substances needed by the cells. In the body, it's what helps us convert the foods we eat into energy.

Compiled, edited published by Dr Harold Gunatillake

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