

Health & Views

Health newsletter for ex-pat Sri Lankans & others

January
2020
1st issue

Wishing all our readers a very
Happy New Year with good
health and longevity

<https://www.elanka.com.au/>

Greetings from Sugar Land- Texas



Agnes and Michael Thambynayagam after
Christmas Mass Church service at, St Laurence
Catholic Church, Sugar land, Texas

Agnes is the author of the book, *The Gentiles,*
at [Author, The Gentiles, A History of Sri Lanka 1498-1833](#)

Studies at [St. Antony's College, University of Oxford, UK](#)

Studied South Asian History at [University of Oxford](#)
Went to [Holy Family Convent Collegiate School, Jaffna, Sri Lanka](#)

Goes to [Holy Family Convent, Jaffna](#)

Lives in [Sugar Land, Texas](#)

Michael is from [Jaffna Town, Sri Lanka](#)

- Worked at [Schlumberger](#)
- Studied at [University of Manchester, England](#)
- Went to [St. Patrick's College, Jaffna, Sri Lanka](#)
- Now lives in [Houston, Texas](#)

15 Natural Ways to Cut Your Heart Disease Risk



Einstein's twin paradox explained

By Amber Stuver, directed by Aim Creative Studios, Rui Almeida

On their 20th birthday, identical twin astronauts volunteer for an experiment. Terra will remain on Earth, while Stella will board a spaceship. Stella's ship will travel to visit a star that is 10 light-years away, then return to Earth. As they prepare to part ways, the twins wonder what will happen when they're reunited. Who will be older? Amber Stuver investigates the "Twin Paradox."

[View the animation »](#)

Onions and Garlic May Reduce Breast Cancer Risk



Please surf https://www.facebook.com/?ref=tn_tnmnmy
website

Fish Oil Supplements May Do Your Heart Good



Breast Cancer Awareness Month

The outlook for women with breast cancer is improving constantly. Due to increased awareness, opportunities for early detection, and treatment advances, survival rates continue to climb.

[READ MORE](#)

Breast Lumps in Women

Causes of breast lumps include infections, injuries, non-cancerous growths, and cancer. [Read more...](#)

Health & wellbeing / Six ways to stay healthy when
you're stressed



This is what Christmas is all about: thinking of the lesser fortunate, and less privileged brothers and sisters.

Father Dilan Perera OMI, Parish priest, Fatima Church, Colombo, distributing gifts of raw provisions for the needy.

Rev. Dilan Perera whilst being parish priest at Maggona Catholic Church, built over 80 houses for the needy people in all parts of the island, through contributions received from well-wishes from Australia, and other countries.

<mailto:perera.dilan72@gmail.com>



TV, Phone Screens May Send Off Toxins

Your phone, TV, and computer screens may be contaminating your home with...

[READ MORE](#)



Heart Failure vs. Heart Attack

The incidence of heart failure is likely to increase because risk factors are on the rise.

[TAKE THE QUIZ](#)



The 5 Things That Add Up to Metabolic Syndrome

If you have these health problems -- known together as metabolic syndrome -- you're more likely to get heart disease, diabetes, and stroke.

[Read More >](#)



Warning Signs of Blood Sugar Swings

You can experience the impact of high and low levels in different ways, from frequent urination and vision problems to nausea and fatigue. Here's what your body is trying to tell you.

[Read More >](#)



Cauliflower Black Bean Tacos

Is Your Heart Beating Properly?

Discover how many beats per minute is normal, when you need a pacemaker, what happens when you sleep, and more.

[Take Quiz >](#)

Christmas Day Lunch – Presented by the BLUE ELEPHANT – X ‘MAS LUNCH WITH HOPPERS – video by Harold Gunatillake

Christmas Day Lunch – Presented by the BLUE ELEPHANT – X ‘MAS LUNCH WITH HOPPERS – video by Harold Gunatillake Siva, master-chef and caterer organizes a Christmas lunch every year. This year it was held...

Dec 25, 2019 | [No Comments](#) On Christmas Day Lunch – Presented By The BLUE ELEPHANT – X ‘MAS LUNCH WITH HOPPERS – Video By Harold Gunatillake



Signs You're Not Drinking Enough Water

By the time you feel thirsty, you're already a little dehydrated. But thirst isn't the only warning sign. Here's how to tell that you may need more water.

[Read More >](#)

Regular Exercise Cuts Odds for 7 Major Cancers

Healthy Eating for Knee Osteoarthritis

There's no specific diet or food that treats OA, but you can get some big health benefits if you eat smart.

[Read More >](#)

The science behind sun protection

We debunk common sun protection myths. [Read more](#)



Function organised by the Consul General for Sri Lanka in Sydney – video by Harold Gunatillake

Function organised by the Consul General for Sri Lanka in Sydney – video by Harold Gunatillake The Consul General for Sri Lanka in Sydney invited Sri Lankan groups including the Presidents of various associations for...

Dec 21, 2019 | [No Comments](#) On Function Organised By The Consul General For Sri Lanka In Sydney – Video By Harold Gunatillake



Sri Lanka's HC to Australia appointed as a Distinguished Visiting Fellow at Griffith University

Sri Lanka's HC to Australia appointed as a Distinguished Visiting Fellow at Griffith University Source:-Colombo Page Dec 24, Colombo: Sri Lanka's High Commissioner to Australia, President's Counsel J C Weliamuna has been appointed as...

Dec 25, 2019 | [No Comments](#) On Sri Lanka's HC To Australia Appointed As A Distinguished Visiting Fellow At Griffith University



Ketones and Keto diet

KEEP YOUR ALCOHOL BUDGET AT OR BELOW 200 CALORIES

Pick these lower calorie alcohol alternatives:

- Red or white wine: 5 ounces | Calories: 125, Carbohydrate: 4g
- Light beer: 12 ounces | Calories: 100; Carbohydrate: 5g
- Champagne: 5 ounces | Calories: 100; Carbohydrate: 1g
- Vodka, whiskey, rum or gin: 1.5 ounces | Calories: 96; Carbohydrate: 0g



Experts Debate: Should You Focus on Net Carbs?



6 Walking Resolutions to Make Now



Quick and Easy Green Chicken Enchiladas



Veggie "Pizza" Omelet



Roasted Quail Recipes

Quail are small, but delicious mouthfuls. Here are two recipes for Roasted Quail from "Culinary Birds" by John Ash.

[Read More](#)



Processing Quail for Meat

Quail have been typically served in fancy restaurants as a delicacy. These days, folks like to know what's in their food, and one of the best ways to do this is to raise your own meat. As homesteading and quail farming have become both more popular and economical, people are raising their own birds, and need to know how to process them.

[Read More](#)



CHERRY RIPE RUM BALLS

- 100g dried cherries
- 100g pitted dates
- ½ cup desiccated coconut
- 2 tbs cocoa powder
- 1 tbs coconut oil
- 1 tbs dark rum

1 tbs honey

Just whack everything in a food processor, roll the mixture into balls, and roll the balls in extra cocoa powder or coconut to finish. Keep chilled until serving time

Pharmacists Are Caught in the Middle of the Opioid Epidemic

Optimizing the Pharmacist's Role in the Management of Dry Eye Disease

Good health in your 60s and beyond

Make the most of retirement by staying fit and healthy.
[Read more](#)

['It's so petty,' the woman says, but then the phone rings. It's him and he's still angry](#)

Gangs and drugs get the headlines, but a different crime takes up far more police time than any other: family violence. We spend a Sunday night with Jackie and David, two cops on the frontline of this hidden emergency.



[How using Buddha's teachings can put you on the path to marital bliss](#)

Eng-Kong Tan uses mindfulness to counsel couples — and says even the most severe marital problems can be solved if one "fundamental ingredient" is present.



[Hacking bacteria to fight cancer](#)

By Tal Danino, directed by Chris Bishop

In 1884, an unlucky patient who had a rapidly growing cancer in his neck came down with an unrelated bacterial skin infection. As he recovered from the infection, the cancer surprisingly began to recede. The infection had stimulated the patient's immune system. Today, synthetic biologists program bacteria to safely deliver drugs directly to tumors. How is this possible? Tal Danino investigates.

[View the animation »](#)



[38 Amish Recipes for the Holidays »](#)



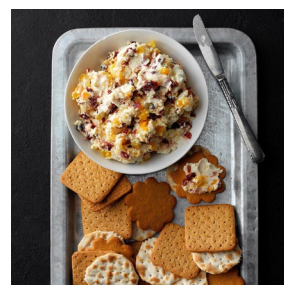
Can Weighted Blankets Reduce Stress and Improve...
[savingmoneyweekly.com](#)



[40 Christmas Eve Recipes for After Church »](#)

[COPD vs. Emphysema: Lung Condition Differences and Similarities Explained](#)

COPD (chronic obstructive pulmonary disease) is the term doctors and other healthcare professionals use to describe a group of serious, progressive (worsens over time), chronic lung...
[Read more ...](#)



[The Best 15-Minute Holiday Recipes of All Time »](#)



[Our 50 Favorite Recipes of 2019 »](#)

[ALCOHOL IS THE SECOND MOST POTENT SOURCE OF CALORIES](#)

Partying with alcohol is fun because we like feeling intoxicated, but this intoxication comes with a caloric price tag. One gram of alcohol is 7 calories, which is more than one gram of carbohydrate (4 calories) and protein (4 calories) but less than one gram of fat (9 calories).

Make healthy food choices

Our diets play an important role in chronic inflammation because our digestive bacteria release chemicals that may spur or suppress inflammation. The types of bacteria that populate our gut and their chemical byproducts vary according to the foods we eat. Some foods encourage the growth of populations of bacteria that stimulate inflammation, while others promote the growth of bacteria that suppress it.

Fortunately, you are probably already enjoying many of the foods and beverages that have been linked to reductions in inflammation and chronic disease. As long as you are not allergic to any of these foods or beverages, they include the following:

- *Fruits and vegetables.* Most fruits and brightly colored vegetables naturally contain high levels of antioxidants and polyphenols — potentially protective compounds found in plants.
- *Nuts and seeds.* Studies have found that consuming nuts and seeds is associated with reduced markers of inflammation and a lower risk of cardiovascular disease and diabetes.
- *Beverages.* The polyphenols in coffee and the flavonols in cocoa are thought to have anti-inflammatory properties. Green tea is also rich in both polyphenols and antioxidants.

For additional advice about ways to reduce inflammation, read [Understanding Inflammation](#), an online guide from Harvard Medical School.

ALCOHOL MAKES YOUR BLOOD SUGAR DROP, MAKING YOU WANT TO REACH FOR THE CARBS

The liver helps keep our blood sugar steady, but a liver busy at work metabolizing alcohol can't do this effectively, causing your blood sugar to drop and stay low until the alcohol is metabolized. This explains why you crave carbs and wake up the next day with a headache.

AVOID HIGHER CALORIE MIXED DRINKS

Forgo eggnog, margaritas, mudslides and other sugary mixed drinks — or have one and consider it dessert.



Tips to Unzip Your Sex Life

Find out new ways to spice up your sex life. Get tips on better communication, scheduling sex, and more.

[READ MORE](#)

YOUR LIVER DOES THE DIRTY WORK

Because alcohol is seen as a toxin, the liver prioritizes metabolizing alcohol first (get in line, fat...it's not your turn!) which means you won't be burning calories from other sources while that happens. The liver is only able to clear alcohol at a rate of around one ounce liquor per hour, which is why consuming more than this will leave you feeling tipsy.

ALCOHOL CALORIES THAT AREN'T BURNED WILL BE STORED AS FAT

This is true for all extra calories eaten no matter the source, but what makes alcohol calories worse is that they are stored in your liver first. It takes time for the liver to ship out the alcohol-induced fat for proper storage in your fat cells. If the liver doesn't do this fast enough (or if you drink too much, too often) the fat stays stuck in your liver and around your abdomen giving you what we refer to jovially as a "beer belly."

[Dymista \(azelastine hydrochloride and fluticasone propionate\)](#)

What is Dymista? How does it work (mechanism of action)? Dymista is a prescription nasal spray used to treat symptoms of seasonal allergic rhinitis (inflammation of the lining of the nose) such...

Our best balance boosters



Many older adults focus on exercise and diet to stay healthy. But one of the worst offenders to health — poor balance — is often an afterthought. Unfortunately, imbalance is a common cause of falls, which send millions of people in the United States to emergency departments each year with broken hips and head injuries. But there are many things you can do to improve your balance.

Discover top strategies for improving your balance »



Is Coconut Oil As Healthy As Marketed?

According to some human nutrition experts coconut oil does not live up to all the hype of the health halo it has been adorned with, not that it is not better than some choices such as highly processed vegetable oils, but others may be better like olive oil.

Coconut oil enjoys being touted as a healthy fat and it can be found in grocery stores and health food stores across the nation as well as most of the world being billed as the healthy alternative to other oils, which is misleading but not entirely untruthful.

However, coconut oil is made up almost entirely of saturated fat, a 14 gram tablespoon is over 90% saturated fats; this is close to double the amount in the same volume as butter, 2.5 times as much as lard, and well over 6 times the amount of saturated fat in olive oil.

[Read the full story](#)

Does toothpaste work on pimples?

Many people have tried using toothpaste on pimples, but this alternative treatment method is one to avoid. Learn why this is and what remedies to try instead.

How to treat female hair loss

Female hair loss happens for many reasons, including natural aging. We cover treatments for hair loss, tips for hair growth, and ways to cope with hair loss.

Brushing your teeth may keep your heart healthy

New research that followed a large group of people over an extended period suggests that regular toothbrushing staves off arrhythmia and heart failure.

What to know about swollen cervical lymph nodes

The cervical lymph nodes are tiny glands located in the sides and back of the neck. These glands can become swollen. In this article, learn why this is and how to treat it.

The pH of water: What to know

There are important things to understand about pH and how it relates to water. Some people believe that drinking alkaline water provides health benefits. Learn more about the pH of water here.

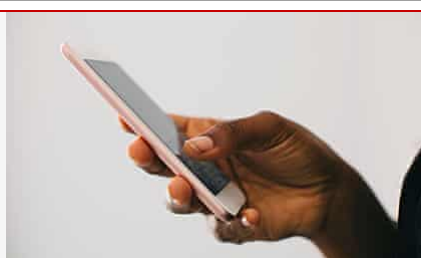


4 Yoga Poses for Mental Health



How to Manage Occasional

'I woke up with a black eye' / Readers on their mobile phone injuries



Additional News from Harvard Health Publishing

Why dog owners seem to have healthy hearts
Flu shot may lower risk of early death in people with high blood pressure
High risk for breast cancer? You might benefit from preventive medication

The importance of exercise when you have diabetes

For people who have diabetes—or almost any other disease, for that matter—the benefits of exercise can't be overstated. Exercise helps control weight, lower blood pressure, lower harmful LDL cholesterol and triglycerides, raise healthy HDL cholesterol, strengthen muscles and bones, reduce anxiety, and improve your general well-being. There are added benefits for people with diabetes: exercise lowers blood glucose levels and boosts your body's sensitivity to insulin, countering insulin resistance.

Many studies underscore these and other benefits from exercise. Following are some highlights of those results:

- Exercise lowered HbA1c values by 0.7 percentage point in people of different ethnic groups with diabetes who were taking different medications and following a variety of diets—and this improvement occurred even though they didn't lose any weight.
- All forms of exercise—aerobic, resistance, or doing both (combined training)—were equally good at lowering HbA1c values in people with diabetes.
- Resistance training and aerobic exercise both helped to lower insulin resistance in previously sedentary older adults with abdominal obesity at risk for diabetes. Combining the two types of exercise proved more beneficial than doing either one alone.
- People with diabetes who walked at least two hours a week were less likely to die of heart disease than their sedentary counterparts, and those who exercised three to four hours a week cut their risk even more.
- Women with diabetes who spent at least four hours a week doing moderate exercise (including walking) or vigorous exercise had a 40% lower risk of developing heart disease than those who didn't exercise. These benefits persisted even after researchers adjusted for confounding factors, including BMI, smoking, and other heart disease risk factors.

In general, the best time to exercise is one to three hours after eating, when your blood sugar level is likely to be higher. If you use insulin, it's important to test your blood sugar before exercising. If the level before exercise is below 100 mg/dL, eating a piece of fruit or having a small snack will boost it and help you avoid hypoglycemia. Testing again 30 minutes later will show whether your blood sugar level is stable. It's also a good idea to check your blood sugar after any particularly grueling workout or activity. If you're taking insulin, your risk of developing hypoglycemia may be highest six to 12 hours after exercising. Experts also caution against exercising if your blood sugar is too high (over 250), because exercise can sometimes raise blood sugar even higher.

Because of the dangers associated with diabetes, always wear a medical alert bracelet indicating that you have diabetes and whether you take insulin. Also keep hard candy or glucose tablets with you while exercising in case your blood sugar drops precipitously.

Harvard Medical School



12 Heart Attack Warning Signs

Heart attack symptoms vary for men and women. Learn about the warning signs of a heart attack and know which symptoms to look out for.

[READ MORE](#)

Resveratrol & Quercetin Metabolites Anti-Obesity Effects

In vivo and in vitro experiments resveratrol and quercetin have displayed a fat reducing effect, but their rapid metabolism means only a fraction of the functional compounds will reach organs and tissue. A recent thesis experiment leading to 5 published scientific papers suggests this should not be regarded as a limitation in the use of resveratrol in pre-adipocytes nor in the use of quercetin in mature adipocytes.

[Read the full story](#)

Daily Exercise may prevent, and treatment made easier with Cancer.

Cancer is a dreaded disease on the increase globally, a disease we do not want to have, even our enemies.

Did you know that one in three people in Denmark develop cancer? In 2014, around 267,500 Danes lived with cancer diagnosis.

The WHO age standardized incidence of breast cancer in Sri Lanka was observed to have increased from 9.2 per 100,000 in 2001

IN a population of 20 million people, 23,530 new cases of breast cancer, and 14,013 cases have died, in a survey done in 2018.

The incidence of cancer seems to be high in Sri Lanka due to the poor lifestyles, consuming processed foods much cheaper and tastier on the taste buds, than un-processed foods.

The incidence of colorectal cancer seems to be very high in Sri Lanka, too.

When your doctor tells you., you have cancer the degree of shock and self-devastation is self-implicit and further description is not required. You think of your self and your loved once you leave very soon, in most situations.

The treatment, including surgery, chemotherapy, radiotherapy and immunotherapy that your doctor plans is not an absolute cure, it is all temporizing regimes to prolong your agony of extended living. This opens the avenues for the charlatans to boast of cancer cures and extract money from the distressed victims.

There is one avenue to prevent and make therapy easier, and that would be daily exercise.

Flexibility exercises (stretching), resistance training (lifting weights or isometric exercise), which builds muscles, or just walking daily 20,000 steps (with smart health watch in your wrist) is all that you need to do. The smart-health watch is an encouragement and impetus for your daily walks.

A new study shows that exercise is an effective way to prevent cancer. Adrenalin released during intensive training prevents the spread and development of metastases elsewhere in the body. This not only restricts the spread of cancer but also makes it easier to treat.

Exercise lowers blood estrogen, it helps lower a woman's breast-cancer risk. Exercise also reduces your insulin secretion from your pancreas, being a cancer growth factor, reduces its resistance. Even old women after attaining menopause do produce estrogen in their fat cells. So, staying slim reduces fat (triglycerides) in your fat cells and your risk of cancer is lowered.

There are other factors we do not know, but analysis showed that an "exercise-dependent induction of adrenaline accounts for all the beneficial molecular mechanisms.

Red meat and cancer risk

Beef, lamb, and pork are all red meat. Pork looks white, but it is red meat. Researchers do not know yet how red meat can cause cancer of the breast colorectal and pancreatic cancer.

One known factor is that red meat has no fibre, and high fibre diets seems to lower the risk of cancer, diabetes and heart disease, among others. Gut microbes play an important role by fermenting fibre to produce short chain fatty acids and butyric acid that prevents damage to the inner lining of the gut that may be a factor in cancer development. Eating high fibre diets consuming less red meat reduces the risk of Colorectal cancer.

Bottom line:

Do some form of exercise daily, find the time for it, focus on a vegetarian diet and be a winner in life.

Dr. Harold Gunatillake

Blood test for deadly eye melanoma

University of Queensland scientists have discovered markers in the blood that can differentiate between a benign mole and a melanoma, while also identifying if the cancer has spread to other areas of the body. The study is a progression of earlier research where a panel of biomarkers was first developed and used to detect melanoma on the skin. In this study, blood samples were collected from people with either benign naevi or melanoma in the back of their eye, in addition to a small number of metastasised cases. The samples were then tested against the panel of microRNA biomarkers to distinguish the stage of disease. The researchers wrote that, after further development, the blood test had the potential to be used as a monitoring tool in conjunction with optometrists, GPs, and specialists. "If someone went to their optometrist for a regular check-up and a mole was found, you could have this blood test at each routine visit to help monitor mole changes. If the biomarker in the blood had increased, it might be an early warning sign of melanoma." The research was [published in Translational Vision Science and Technology](#).

12 Worst Foods for High Triglycerides

Did you know that too much fruit can raise your levels of this blood fat? So can coconut, starchy vegetables, and these other foods.

[Read More](#) >



12 Conditions That Change Your Brain

The brain doesn't always stay the same. Mental disorders, health issues, and lifestyle habits can alter the way it looks and works.

[READ MORE](#)

Nodule on Your Thyroid?

Thyroid cancer may not cause any symptoms early on. The first sign is a 'small bump.'

[VIEW SLIDESHOW](#)

Potatoes Are No Longer Off-Limits

Two major weight loss plans have recently taken spuds off the "avoid" list. See why our expert dietitian is glad to see potatoes getting a reprieve.

[Read More >](#)



4 stretches to keep your shoulders in shape

The shoulder is the body's most complicated joint. It's where the ends of the collarbone, upper arm bone, and shoulder blade meet. And it's prone to arthritis (a wearing away of the cartilage between the bones), as well as tears or tendinitis (inflammation) in the rotator cuff — the group of tendons that helps you raise and rotate your arm. Shoulder pain can keep you from being able to raise your arms to get dressed, or reach up to a cupboard or out to a door.

But an easy way to stave off shoulder problems is to regularly stretch the muscles that support the joints. The muscles need to be long and flexible to stay healthy. You're more vulnerable to injury when your shoulder muscles are tight and restricted.

[Read more »](#)



[Some herbs have therapeutic properties in dealing with kidney ailments: Experts](#)

At the India International Science Festival, experts from various streams of traditional systems of medicine such as unani, ayurveda, yoga and panchkarma deliberated on how herbs can be effective in prevention and management of kidney ailments.

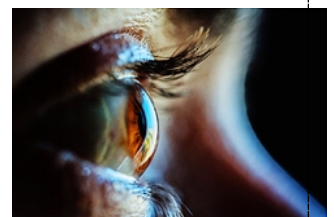
[Coffee drinking linked to lower liver cancer risk: Study](#)

Researchers from Queen's University Belfast in Northern Ireland noted that coffee is one of the most commonly consumed beverages worldwide. Previous research has shown there are many health benefits of drinking coffee, which may be due to its high levels of antioxidants, they said.

14 Causes of Blurred Vision -- Some Might Surprise You

Blurry vision may mean that you need a new pair of glasses, but it could also be a sign of a serious illness or medical emergency. See what might be causing it, and what you can do about it.

[Read More >](#)



Overweight? Low-Dose Aspirin May Cut Cancer Risk

Daily low-dose aspirin might make you less likely to die from cancer, particularly if you've packed on a few extra pounds.

[Read More >](#)



SLIDESHOW

Dangers of Raw Food

Raw or undercooked foods can have bacteria and parasites lurking. Here are some that can make you sick. [Read more...](#)



SLIDESHOW

13 Alzheimer's Myths

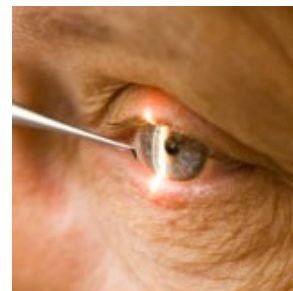
Find out the truth about Alzheimer's disease and its related causes, symptoms, treatments, and prognosis. [Read more...](#)

Diabetes and Inflammation: What's the Link?

With diseases like diabetes, you might not even feel the inflammation that's hurting your body from the inside out. Here's what we know about the connection, plus other ways inflammation can harm your health.

[Read More >](#)

Medications for High Blood Pressure



SLIDESHOW

Common Eye Conditions

Eye diseases can cause damage and blindness if not treated soon. Almost 30 percent of people surveyed... [Read more...](#)

Can Yoga Ease Your Depression?

New evidence bolsters the belief that yoga can offer real and lasting relief to people with depression. See how often a new study recommends.

[Read More >](#)



7 Ways Water Benefits the Body

Drinking water benefits the body in a variety of ways. Sipping cold water increases your metabolism and aids in weight loss. [Read more...](#)

4 Easy Yoga Moves for Better Sleep

Researchers Discover Why Beta Blockers Lead to Inflammation

The Truth About Cheese

Is the cheese board your best friend at parties? We've got great news: Eating cheese isn't as unhealthy as you might think.

[Take Quiz >](#)



FEATURED

What's Inside Your Drinking Water?

It's important to know what's in your drinking water. Learn about potential health hazards and safe treatments that can ensure you are getting the best quality water.

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The Truth About Apple Cider Vinegar



What Foods to Buy Frozen, Not Fresh

When it comes to buying food, fresh is always best. Or is it? Find out which meats and produce may actually be better bought frozen.

[READ MORE](#)



Concussion Signs, Treatments, Prognosis

Concussion describes a brain injury where, after an injury, there are functional changes that... [Read more...](#)

Additional News from Harvard Health Publishing
The trouble with watching too much TV
Counting daily steps can make you more active
Cutting 300 daily calories improves several health markers



Carnivores' Comeback: Review Supports Red Meat in Diet



There's a lurking dread in the back of the minds of many people who love steak, burgers and bacon -- the fear that what they enjoy eating might not be doing their health any favors. But a major new review argues that folks can set those fears aside. Cutting back on consumption of red meat or processed meat will not significantly reduce a person's risk of [heart disease](#) or [cancer](#), the evidence review concluded.

"Based on the research, we cannot say with any certainty that eating red meat or processed meat causes [cancer](#), [diabetes](#) or [heart disease](#)," said senior researcher Bradley Johnston. He's an associate professor of community health and epidemiology at Dalhousie University in Halifax, Nova Scotia, Canada. As you can imagine, leading [cancer](#) and heart associations didn't warm to the new findings.

The study's conclusions were reached in part because the researchers considered people's values and preferences as they crafted their recommendations, said Marji McCullough, a nutritional epidemiologist at the American Cancer Society.

[READ MORE](#)

The smart way to start exercising



Dr. Howard LeWine, chief medical editor of Harvard Health Publishing, recommends that men who haven't exercised in a while begin at the beginning. Just take a walk. Any kind of activity will aim you in the right direction and you can build from there.



Why you should care about your core

Whether you refer to it as a spare tire, a muffin top, or love handles, having a roll of fat around your waist is pretty common. But even if you're not overweight, a bulging midriff may raise your risk of heart disease.



Savory Herb Oatmeal



Sheet Pan Sausage Choucroute Garnie

Treating prostate cancer with combined hormonal-radiation therapy

Androgens, the family of male sex hormones that includes testosterone, function as a fuel for growth in normal development. However, in some men they can also drive the progression of prostate cancer. Hormonal therapy treats prostate cancer by dramatically reducing levels of testosterone and other androgens.

Hormonal therapy is sometimes given in conjunction with external beam radiation to boost the effectiveness of treatment. Hormonal therapy may also be used to shrink the size of large prostate glands (typically defined as those weighing more than 50 grams) before brachytherapy takes place, to enable proper placement of the radioactive seeds.

Combination hormonal/radiation therapy is now a standard option for men with cancer that has extended beyond the prostate (stage T3 or T4) or whose cancer is considered high-risk based on other clinical findings, with studies showing that it reduces the risk of dying from prostate cancer and other causes more than with either treatment given alone. A study in 2014 found that long-term hormonal treatment (28 months) is better than short-term (four months) for patients in the high-risk category who are also treated with high-dose radiation.

More recently, scientists announced results from an ongoing study showing that patients who have locally advanced prostate cancer should receive hormonal therapy for at least two years after radiotherapy. The study launched in 1992 and enrolled approximately 1,500 men with cancer confined to both lobes of the prostate, or cancer that had spread into nearby tissues, such as the bladder. The data show that after 20 years, men who got the long-term treatment had a 40% lower risk of the cancer spreading and a 33% lower risk of dying from prostate cancer than the men who were given hormonal therapy for just four months. Then in 2017, scientists reported that hormonal therapy and radiation given together were more effective than radiation by itself at treating recurring prostate cancer after radical prostatectomy.

Dr. Marc Garnick, editor in chief of the [Annual](#), believes that combination therapy is also preferable for patients in the intermediate-risk category. Whether men with low-risk prostate cancer would benefit from a hormonal therapy–radiation combination is uncertain. In one important study, 62% of men with early-stage prostate cancer who were assigned to combination therapy were still alive 10 years after treatment, compared with 57% of those assigned to radiation alone.

Combined treatment is more likely than radiation alone to cause erectile dysfunction—and some research suggests that the problem may be less responsive to intervention to improve erectile function after treatment. The research is conflicting about whether any of these side effects persist in the long term. Until more is known, be aware that side effects do occur with combined therapy and that it's important to discuss this issue with your doctor.

To learn more about this procedure and other treatment options, read the [Annual Report on Prostate Disease](#) from Harvard Medical School

ARTICLE

19 Bad Dental Habits to Avoid

You brush and floss your teeth and see your dentist regularly, but did you know everyday habits may be harming your teeth? [Read more...](#)

<https://doctorharold.us13.list-manage.com/track/click...>

[Many Baby Foods Contain Brain-Harming Heavy Metals: Study](#)

Another reason to get cataract surgery: It can make you 48% safer on the road

American Academy of Ophthalmology



Irregular Periods, Shorter Life Span?



FEATURED NEWS

Is That Statin Doing You Any Good?

Many people who take cholesterol-lowering statins may not benefit from them.

[READ MORE](#)

[Scientists discover protein that appears to play an important role in obesity, metabolic disease](#)



FEATURED QUIZ

Are All Ovarian Cysts Cancerous?

Women should talk to their doctors if there are changes in periods, or pelvic area pain.

[TAKE THE QUIZ](#)



5 Things to do Every Night to Fuel Weight Loss



Restorative Turmeric

Incorporate the mood-boosting, memory-improving, and anti-inflammatory benefits of turmeric into your lifestyle.

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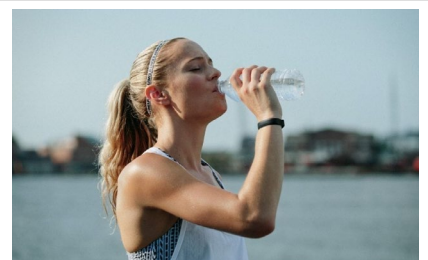
10 Reasons You're Not Losing Weight, According to RDs



21 Ayurvedic Practices for Transitioning into Autumn

Breast milk has compound that fights harmful bacteria: Study

Human breast milk has more than 200 times the amount of glycerol monolaurate (GML) than is found in cow milk. GML is inexpensive to manufacture. Future research will determine if GML could be a beneficial additive to cow's milk and infant formula.



How Water Weight Affects Weight Loss



Pink Pasta Recipe

Drinking less often may be important to protect against atrial fibrillation: Study

Dr Jong-Il Choi, the study author from Korea University College, said: "Recommendations about alcohol consumption have focused on reducing the absolute amount rather than the frequency. Our study suggests that drinking less often may also be important to protect against atrial fibrillation."



8 Foods That Are Surprisingly Good For Weight Loss

How Much Water You Need to Drink



Medically reviewed by Daniel Murrell, MD

[We've always been told we should drink eight 8-ounce glasses of water each day to stay healthy. But how much water you should actually drink is more...](#)

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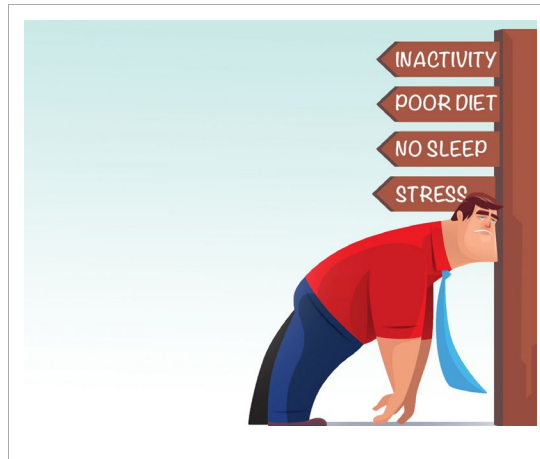


[Mushroom Wellington Recipe](#)



[Sweet Chili Tofu Recipe](#)

Losing steam? Avoid these energy zappers



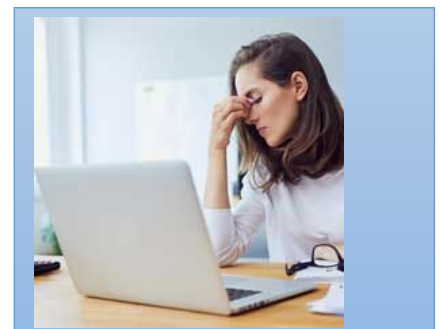
Let's face it: we all get more fatigued as we get older. It's part of the aging process: we lose mitochondria (energy-producing engines in the cells) and we produce less adenosine triphosphate (ATP) — the molecule that delivers energy to cells throughout our body. Other causes of fatigue, such as medication 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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[Natural Treatments for Chronic Fatigue Syndrome](#)

Chronic fatigue syndrome, also known as myalgic encephalomyelitis (ME), is a condition characterized by exhaustion that doesn't improve with rest. Its cause is unclear but it is thought that it may be a combination of genetics, viral infection, and inflammation from oxidative stress. For this reason, it often requires more than one healing approach.

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How to Stop Gas Pain

It's normal to have some gas. Each day, most people make 1 to 3 pints of gas. It escapes 14 to 23 times a day, one way or the other. But if the gas can't easily get out, you may feel uncomfortable and bloated.

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What's your t-score? Bone density scans for osteoporosis



Several technologies can assess bone density, but the most common is known as dual energy x-ray absorptiometry (DEXA). For this procedure, a machine sends x-rays through bones in order to calculate bone density. The process is quick, taking only five minutes. And it's simple: you lie on a table while a scanner passes over your body. While this technology can measure bone density at any spot in the body, it is usually used to measure it at the lumbar spine (in the lower back), hip (a specific site in the hip near the hip joint), and femoral neck (the top of the thighbone, or femur). DEXA accomplishes this with only one-tenth of the radiation exposure of a standard chest x-ray and is considered the gold standard for osteoporosis screening—though ultrasound, which uses sound waves to measure bone mineral density at the heel, shin, or finger, is also used at health fairs and in some medical offices.

What Is Binge Eating Disorder?

Plenty of people eat too much once in a while. Who hasn't had a stomachache after a huge dinner? Find out when overeating becomes a disorder.

[Read More >](#)

Sneak Fitness Into Your Holiday Schedule

Whether you're at home or on the go, a little creativity can keep you active -- no need to find time for sessions at the gym.

[Watch Video >](#)

How to Live a More Daring Life

Pantry Pests: Check Your Food for These Bugs

Beetles in your flour, long trails of ants, so many worms, and more bugs that love to feast on stored food: Learn what you can do to get rid of common pests -- and stop them from coming back.

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Popular Diabetes Drug May Contain a Carcinogen

Cardiac Arrest: What You Should Know

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