

Health & Views

Health Newsletter for Sri Lankans and others globally

January
2020

2nd issue

[Can the keto diet treat epilepsy?](#)

The keto diet is a high-fat, low-carbohydrate diet. Here, learn how the keto diet could help reduce the frequency of epileptic seizures.



Why Do Smells Trigger Strong Memories?

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'Diabetes Burnout', Here's How to Cope

Living with diabetes is a never-ending job that can be life-threatening if done wrong.

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15 Early Signs of Cancer



Most of the time, each of these can be explained by something less worrisome. Learn how to tell when it's time to pay attention.

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What Are Cataracts?

The aging process is the most common cause of a protein buildup that leads to cataracts. Other causes of cataracts include... [Read more...](#)

Homemade Medicinal Tea Blends

Few things soothe winter chills better than a piping hot cup of tea. Mix up one of these medicinal tea blends to give your friends and family this season.

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[Tea Time: 10 Herbal Teas for Health](#)

When Bad Breath Is a Symptom

If your breath smells weird, it's probably something you ate -- but it could be a sign of something more serious.

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Signs of an Underactive Thyroid

From constipation to weight changes, symptoms of a slow thyroid differ from person to person.

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Carcinoid Syndrome Warning Signs

These slow-growing tumors can occur in a number of places, but most appear in the gastrointestinal tract. These are the symptoms to know.

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How to Take Blood Pressure Meds the Right Way

Many people use medications to lower their blood pressure. Here's why you should take them exactly as prescribed.

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Colorectal Cancer: The Basics

This form of cancer is highly curable if the disease is diagnosed and treated early. Here's what to look out for.

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Cancer Symptoms You Might Not Know

Bloating, problems when you pee, trouble swallowing, and these other signs merit a visit to your doctor.

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Spot the Signs of a Hormone Imbalance

Bloating, irritability, and irregular periods may be signs that your hormones are out of whack. Here are other possible signs to watch for.

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9 Unexpected Causes of Lung Cancer

Air pollution, radon, alcohol: Exposure to these and other things might cause cancer in your lungs.

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Should All Men Be Tested for Prostate Cancer?

Experts disagree, but the American Cancer Society recommends men start getting screened at age 50. Here's why to get tested (or not).

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How Schizophrenia Affects Thoughts and Behavior

About 1% of Americans live with schizophrenia, although anyone can get it. While there's no cure, the most serious symptoms can be managed.

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What Is Immunotherapy? Find Out More

Arthritis-Friendly Exercises

What Is Osteopenia?

5 Reasons You Need Magnesium: Are You Getting Enough?

There's a good chance you're not -- almost half of us don't. See what this mineral does for your body and which foods are good sources.

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Heart Disease: Your Genes Don't Have to Be Your Fate

How Wet Age-Related Macular Degeneration Damages Your Vision

This condition can make it very hard to do things you need and want to do, such as reading or seeing faces directly in front of you.

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DIY Food Storage



Make your own reusable food wraps from cotton fabric and beeswax for a healthier and more environmentally friendly option.

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A guide to the best probiotics

There are many types of probiotic, and each has a different set of health benefits. In this article, learn about the best probiotics for various situations.

Aspirin: Friend or foe after breast cancer?

A new study focuses on DNA change to investigate why aspirin use is linked to different outcomes in different individuals after a breast cancer diagnosis.

Cardiovascular disease: Dietary cholesterol may not raise risk

Following heart-healthy dietary patterns may be the best choice for keeping cholesterol at healthy levels and arteries in good shape.

Liver function tests: What to know

Liver function tests can help doctors determine whether a person has liver damage and what might be causing it. Learn about the tests and what the results mean here.

<https://youtu.be/gjpB-Rwhpkc>

What does alcohol do for you

What are the differences between cage-free, free-range, and pasture-raised eggs?

'Cage-free,' 'pasture-raised,' and 'free-range' are all terms that describe egg production methods. They each have differing levels of animal welfare standards. Learn more here.

Help for Dry Eyes

Does blinking feel like rubbing sandpaper on your eyeballs? Find out what's causing your dry eyes, and what you can do to find relief.

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Potassium: How Much Is Too Much?

The body needs potassium to help the heart work properly. But too much of it can cause dangerous, and possibly deadly, changes in heart rhythm.

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Big Advances Made Against Diabetes

2019 was a pretty big year in diabetes care from artificial pancreas to delaying diabetes.

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Chili Peppers May Lower Your Odds of a Heart Attack

Eating chili peppers on a regular basis could cut your risk of death from a heart attack or stroke, a new study says.

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Top Digestive Disorder Myths

In case you missed some of the latest diabetes developments, here's a look at some of them.

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Life - A Continuous Cycle of Learning.

(Noor Rahim)

Life and Learning go hand in glove
Starting from the day you are born
Continuing until to the Good Lord you are drawn
An experience that spans a person's life and love

Learning starts the day you are born with face aglow
Nestled in your Mother's arms; fed with tender care
and adoration
Groping for the source that sustains
Thus, commences your first lesson in life and love

The learning curve continues with much parental
love
Thrilling your Parents when you crawl, walk and run
Soon learning to utter words, sing and doing things
that are fun
Under the watchful eyes of your Parents who will
cherish and adore

The next step is attending school that is close
With a satchel of books and uniform to adorn
The first few days are lot of fun and games and
making friends
Soon to be followed by serious studies and more

On graduation you will seek a job with a future
A career that is to your satisfaction
And once established with time; and you have settled
in
You find that it is time to retire

Reaching the age of retirement you think you are free
But you will soon find that the requirement to learn
returns
No sugar; No salt; No spices is what the Doctor
recommends
And this is the first step in learning to eat; to survive

Learning to walk with the assistance of a cane comes
to the fore
As your body weakens and your movements worsen
Learning to use eyeglasses/contact lenses is a must
for vision
And other bodily faculties that need to be learned; to
be used with care

*Always remember that in life - "Learning is
like the ring on your finger - It has no end".*

Trouble with crossword puzzles? Improve your semantic memory

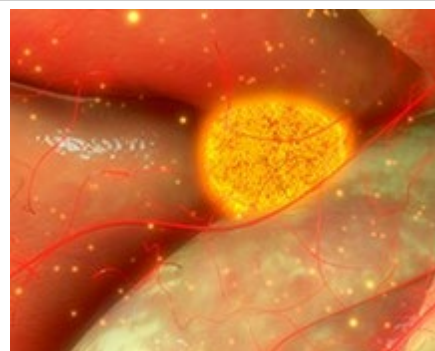
POSTED DECEMBER 10, 2019, 10:30 AM
Andrew E. Budson, MD, Contributor



Can you distinguish the taste of a red wine versus a rosé? How about the look of a 1960s muscle car versus a foreign import? Do you prefer to grow lilies or tulips? Would you rather listen to Dark Side of the Moon or "Fly Me to the Moon"? To answer any of these questions, you need to use your semantic memory.

Your semantic memory is your store of factual knowledge of the world and the meaning of words. It's how you know that a fork is for eating (not twirling your hair) and what color a lion is. It's both the source of your vocabulary and how you know what something does even if you don't know the name of it.

[Learn more »](#)



Ovarian Cancer: Who Is at Risk?

Some of these factors increase a woman's risk of developing this condition.

[TAKE THE QUIZ](#)



[Herbal Tea Recipes and Tips](#)



[Making a Cup of Tea](#)

Reality check: inert placebo use rare in Australian general practice

ONE week ago, I had a shock while reading the Monday morning news during breakfast. [An...](#)

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Alcohol and 12 Health Risks



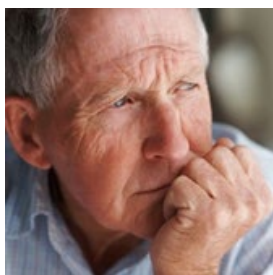
Heavy drinking not only leads to cirrhosis of the liver but has other consequences, too.

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China splashes out on home-grown journals

China is taking dramatic steps to improve the quality and international reputation of its science journals. [Publishers of hundreds of titles will receive generous government funding](#) as part of a five-year plan to elevate the country's publications to among the world's best. The initiative marks a shift from a focus on getting Chinese science into prominent foreign-owned journals to an emphasis on improving Chinese-owned publications.

[Nature](#) | [4 min read](#)



Reasons for Memory Loss and Dementia Risk

Forget your keys? That might be absentmindedness. Forget what you did this morning? That might be a more serious memory problem. Find out what causes memory loss and what you can do about it.

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Cystic Fibrosis

Cystic fibrosis (CF) is an inherited disease that affects the secretory glands, including the mucus and sweat glands. [Read more...](#)



SLIDESHOW

Health Benefits of Houseplants

Acid Reflux / GERD

What's the link between dairy and acid reflux?

Although dairy is not a recognized cause of acid reflux, some people who consume dairy products may experience acid reflux. Learn why here.

[Is marijuana use associated with a higher risk of cancer?](#)

A new meta-analysis looks at the potential link between marijuana use and an increased risk of cancer, emphasizing the poor quality of existing studies.

[What to know about non-Hodgkin lymphoma](#)

Non-Hodgkin lymphoma refers to a group of cancers that start in the white blood cells. This article looks at their types, symptoms, diagnosis, and treatment.

[Physical activity may protect against prostate cancer](#)

A large study that took a different approach has found that higher levels of physical activity could lower the risk of prostate cancer by 51%.

[Can essential oils help lower hypertension?](#)

Many people look for natural treatments, such as essential oils, for high blood pressure. Learn which of these oils may help and how to use them safely.

[How to treat a dry mouth at home](#)

There are many ways to treat a dry mouth at home, including using a humidifier, sucking on sugar-free lozenges, and trying alcohol-free mouthwash. Learn more

[How many head and neck injuries does cell phone use cause?](#)

A new observational study has analyzed 20 years' worth of data to look at the link between cell phone use and head and neck injuries.

[High Triglycerides: What Women Need to Know](#)

If you take certain prescriptions or have hypothyroidism, you're more likely to have high levels of this blood fat. Here's why that's important.

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[Study reveals how diabetes drug promotes healthy aging](#)

Doctors often prescribe metformin for type 2 diabetes. A new mouse study on its liver mechanisms may explain its wider benefits for health and life span.

[How to treat and prevent leg muscle cramps](#)

Leg muscle cramps are common, but they can be uncomfortable and very painful. In this article, learn about how to treat and prevent them.

[Breast cancer: Does hair dye increase risk?](#)

A recent study links permanent hair dye and chemical straighteners to an increase in breast cancer risk. In this article, we put the findings into context.

[Cancer: Common antibiotic may boost immune system](#)

New research in mice suggests that administering a common antibiotic before radiation therapy can help the immune system fight off cancer.

[Wet and cold weather linked to increased cancer rates](#)

In the first study of its kind, researchers identify a surprising link between living in a cold, damp climate and increased rates of cancer.

[What to know about becoming a vegetarian](#)

People choose to become vegetarian for many different reasons, but there are a few things to consider before starting a vegetarian diet. Learn more here.

[What to know about testosterone injections](#)

Testosterone injections are a hormone treatment for low testosterone in males and postmenopausal symptoms in females. Doctors also use them in masculinization therapy for transgender men and nonbinary people. Learn more here.

[What are the best foods for diverticulitis?](#)

Some research suggests that certain dietary changes could help some people with diverticulitis. Find out what foods to eat and avoid.

[High-Fiber Foods That Help Lower Cholesterol](#)

Try these easy ways to boost fiber at every meal, from fruit at breakfast to whole-grain pasta for dinner (and smart snacks in between).

[Moderate Drinking May Raise Cancer Risk](#)



The Pharmacologics of Exercise: Yes, Exercise Is Medicine!

US Surgeon General: *"Physical activity is one of the most important steps that people of all ages & abilities can take to improve their health. What are you doing this Holiday Season to ↑ your physical activity? Check out the CDC for helpful tips and ideas to Move Your Way."*

CDC: *"The evidence is clear—physical activity fosters normal growth and development, can reduce the risk of various chronic diseases, and can make people feel better, function better, and sleep better. Some health benefits start immediately after activity, and even short bouts of physical activity are beneficial."*

Dr. Nicholas DiNubile: *"Indeed, 'motion is lotion' and exercise/physical activity is the closest thing to the fountain of youth than anything we know of for longevity, durability, disease prevention, stress reduction, healthy aging and so much more. Get moving!!! Learn more..."*

[Read the full story](#)

AI Accurately Detects Heart Failure From One Heartbeat

Using a new artificial intelligence driven neural network doctors may be able to detect heart failure from a single heartbeat with 100% accuracy in the future according to a recent study published in Biomedical Signal Processing and Control Journal.

[Read the full story](#)

WATCH VIDEO

[Exercise to help you live a longer, healthier life](#)

What to know about alcohol and the keto diet

The keto diet is a high fat, low carbohydrate eating plan. Although alcohol does contain carbohydrates, it can be part of a keto diet. This article looks at the best and worst drinks for people following a keto diet.



[A pocket guide to the truths and myths around vaping](#)

There are a lot of vaping studies floating around the internet, and it's difficult to make sense of them all. So, we've done the hard reading for you and come up with this pocket guide to the truths and myths around vaping.

[More](#) ➔



Our friends at **ABC Life** have made a list of their favourite recipes to share — from snacks designed for non-cooks, to show-off mains for those who love to cook.

Bookmark this link to take you through your summer of eating and entertaining.

[COOK NOW](#)

Study suggests taking common antibiotic before radiation may help body fight cancer

Antibiotics also lead to positive effect on human health. A new study has come up with the new benefit of destroying cancer and tumour cells in the body. The study on mice has found that giving a dose of common antibiotic not only helped immune cells kill tumours that were directly treated with radiation but also kill cancer cells that were further away in the body, paving the way for researchers to test the approach in a human clinical trial.

The importance of potassium



Potassium is necessary for the normal functioning of all cells. It regulates the heartbeat, ensures proper function of the muscles and nerves, and is vital for synthesizing protein and metabolizing carbohydrates.

Thousands of years ago, when humans roamed the earth gathering and hunting, potassium was abundant in the diet, while sodium was scarce. The so-called Paleolithic diet delivered about 16 times more potassium than sodium. Today, most Americans get barely half of the recommended amount of potassium in their diets. The average American diet contains about twice as much sodium as potassium, because of the preponderance of salt hidden in processed or prepared foods, not to mention the dearth of potassium in those foods. This imbalance, which is at odds with how humans evolved, is thought to be a major contributor to high blood pressure, which affects one in three American adults.

The adequate intake recommendation for potassium is 4,700 mg. Bananas are often touted as a good source of potassium, but other fruits (such as apricots, prunes, and orange juice) and vegetables (such as squash and potatoes) also contain this often-neglected nutrient.

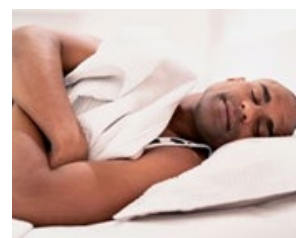
The effect of potassium on high blood pressure

Diets that emphasize greater potassium intake can help keep blood pressure in a healthy range, compared with potassium-poor diets. The DASH trial (Dietary Approaches to Stop Hypertension) compared three regimens. The standard diet, approximating what many Americans eat, contained an average of 3.5 daily servings of fruits and vegetables, which provided 1,700 mg of potassium per day. There were two comparison diets: a fruit- and vegetable-rich diet that included an average of 8.5 daily servings of fruits and vegetables, providing 4,100 mg of potassium per day, and a "combination" diet that included the same 8.5 servings of fruits and vegetables plus low-fat dairy products and reduced sugar and red meat. In people with normal blood pressure, the fruit- and vegetable-rich diet lowered blood pressure by 2.8 mm Hg (in the systolic reading) and 1.1 mm Hg (in the diastolic reading) more than the standard diet. The combination diet lowered blood pressure by 5.5 mm Hg and 3.0 mm Hg more than the standard diet. In people with high blood pressure, the combination diet reduced blood pressure even more, by as much as 11 mm Hg in systolic blood pressure and 5.5 mm Hg in diastolic pressure.

Harvard Medical School

[What are the early signs of lung cancer?](#)

Some people experience subtle symptoms of lung cancer during the early stages of the disease. Read on to learn more, including when to see a doctor.



Excessive Sleep May Increase Stroke Risk

People who sleep and nap too long may increase their risk for stroke by 85 percent.

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Are You Overlooking Your Eyes?

It might be time to take a closer look at your eye-care routines. Your vision is too important.

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[Are You Hurting Your Kidneys?](#)

[Read](#)

If you have high blood pressure in addition to diabetes, you're even more likely to have kidney disease.

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[Diabetes and anxiety: What is the link?](#)

Anxiety is more prevalent among people with diabetes. Read on to find out why and to learn about the treatment options available for each condition.

[How fish oil might reduce inflammation](#)

A recent study showed that an enriched fish oil supplement reduced inflammation by increasing certain anti-inflammatory molecules in the blood.

[Are there symptoms for high blood pressure?](#)

High blood pressure is known as the silent killer as it rarely has symptoms. Read this article to learn how to diagnose it and when to seek help.

[What you need to know about kidney failure](#)

Kidney failure is a complex condition. In this article, learn about the different types of kidney failure, as well as the stages, causes, risk factors, treatment options, and prevention methods.

[Eggs and cholesterol: Is industry funded research misleading?](#)

A recent review asks whether industry funding has skewed the research into the effect of dietary cholesterol on blood cholesterol levels.

[The Truth About Gray Hair](#)

Sooner or later, everyone's hair will start to go gray. But why does it happen to some people earlier than others? And what's the best way to care for it? Get the head-scratching facts.

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[Benefits of Omega 3 Foods](#)

Omega-3 fatty acids have significant benefits in lowering the risk of heart disease.

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[When Cancer Goes Beyond the Breast](#)



[Medical Conditions That Can Cause Weight Gain](#)

Could a medical condition be the reason for your recent weight gain? Find out some possible causes and how best to manage them.

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[10 Most Popular Slow Cooker Recipes of 2019](#)

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[Processed meat and cancer link depends on nitrite content](#)

The strength of evidence linking processed meats to colorectal cancer depends on whether the products contain nitrites, according to a recent review.

[Ultra-processed foods may raise the risk of type 2 diabetes](#)

New research finds an association between ultra-processed foods and the risk of type 2 diabetes and lays out a few possible explanations for this link.



[Fresh Ginger Root Bath Recipe](#)

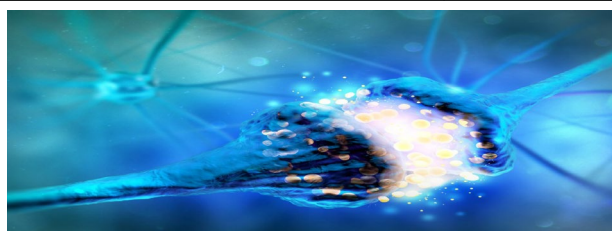


[The Water Cure: The Japanese Bathing Ritual](#)



[Apple Cider Vinegar: Anti-Aging and Beauty Benefits For Skin](#)

Every kitchen needs a bottle of apple cider vinegar and so does your beauty cabinet too.



Is There Actually Science Behind 'Dopamine Fasting'?

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[Outrunning the risk of dementia](#)

There are many things you can change about your life, but unfortunately, your genes are not among them. For better or worse, you are dealt a specific genetic hand when you are born. But that does not mean you are defenseless. Take dementia, for example. If this cognitive disorder runs in your family, new research suggests there are ways to perhaps avoid



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Are You Eating Too Much Salt?

Salt is a necessary mineral required for daily health. But some people are salt-sensitive.

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