

APRIL 2020 3rd
Issue

[How Does a Ventilator Help if You Have Coronavirus Disease?](#)

HEALTH & VIEWS

[Corona virus infection in Sri Lanka](#)

Numbness

Do your hands, feet, or legs feel like they're on "pins and needles"?



SLIDESHOW

Signs You're Low on Vitamin B12

Your body needs vitamin B12 to keep blood cells healthy and to make your nerves work right. But what happens when you run low? [Read more...](#)

Give Your Gut a Chance: Microorganisms and Your Immune System

Whenever an infectious disease threatens the health of many, the topic of how our immune system operates often arises. Since a large proportion of our immune system is housed within our gut, the gut microbiome plays a pivotal role in determining when and how well our immune response operates.

[Read more](#)

15 Ways to Reduce Chronic Pain

Make helpful changes to manage your chronic condition. Chronic pain can be a symptom of many things including... [Read more...](#)



Why are young, healthy people dying from COVID-19? Genes may reveal the answer.

[Read More](#)

FACTS ABOUT FADS: 4 Ways Trendy Dieting is Hurting Your Health

Even though we all know the hottest fad diet out there may not be here to stay, why is it that we gravitate towards them anyway? Do fad diets really help us in our weight loss journey or could there be a darker side lying just beneath?

[Read more](#)

Today it's been revealed that New South Wales' coronavirus lockdown laws will be lifted in 90 days.

[Is the hand sanitiser in your handbag an effective weapon against coronavirus?](#)

Shops have been selling out of hand sanitiser for weeks, but there are concerns that variations in alcohol levels mean some are not providing adequate protection. Experts say some are almost useless.

Coronavirus outbreak: Live updates

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Best and Worst Deli Foods

No time to cook? Head to your supermarket's deli for prepared dishes and sandwich ingredients. But keep in mind that some choices are healthier than others.

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SLIDESHOW

Vitamins You Need as You Age

Your body needs more of certain vitamins and minerals as you age. Find out which ones will benefit you -- and which won't. [Read more...](#)

Plasma therapy trials for corona patients begin in Karnataka

The Karnataka government on Saturday commenced convalescent plasma therapy clinical trials for 'severe' coronavirus patients in the state. In a tweet, medical education minister K Sudhakar said, "Happy to announce the commencement of Clinical Trials for Plasma Therapy that holds great promise to treat severely infected #COVID19 patients."



SLIDESHOW

Apple Cider Vinegar Myths and Facts

People like the idea of using all-natural, non-toxic apple cider vinegar as a home remedy for various ailments. [Read more...](#)



Detect Breast Cancer Early

Is a lump in the breast almost always cancerous? How often should you do self-exams?

[TAKE THE QUIZ](#)



12 Reasons for Swollen Lymph Nodes

Lymph nodes are your immune system's first line of defense, protecting you from things like bacteria or viruses that could make you sick. Everything from medication to infections to cancer can cause them to swell. See what may have triggered yours.

[Read More >](#)

Reasons You're Always Thirsty

Learn the difference between dry mouth and excessive thirst, what causes each, and when to seek medical advice.

[Read More >](#)

Signs You're Having a Gallbladder Attack

It usually causes a sudden gnawing pain that gets worse in one of these areas. See some other common symptoms, and what can raise your risk of an attack.

[Read More >](#)

Can the Blood of COVID-19 Survivors Help Others Recover?

COVID-19 Can Trigger Serious Heart Injuries

What Can Antibody Testing Really Tell Us?

If testing could show who's had COVID-19, even if they didn't have symptoms, we might not have to worry so much about getting it. Companies could bring back recovered workers, and many health care workers could breathe a sigh of relief.



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7 Tips for Better Sex After 50

Don't think that because you're in the over-50 crowd, you have to settle for a less-than-fulfilling sex life.

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[41 Foods to Snack on When You're Working from Home >>](#)

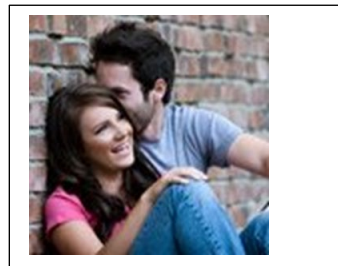


[32 Recipes That Start with Frozen Berries >>](#)

[The exit strategy / What Australia is learning from countries around the world](#)

SLIDESHOW

[Secrets Women Wish You Knew](#)



What do women want? For those who've ever p... here are some secrets. [Read more...](#)



[34 Recipes That Got Us Through the Great Depression >>](#)



[55 Simple Dinners for When You're Feeling Stressed >>](#)



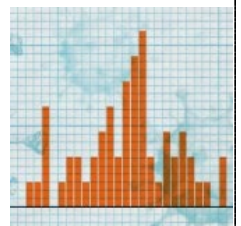
SLIDESHOW

[Better Sex Life After 50](#)

For older people having sex, challenges often arise for both men and women related to medical problems... [Read more...](#)

[Tracking the coronavirus spread: Mortality data reveals the most vulnerable age group](#)

While people aged 70 or older feature prominently in the mortality data, the first death of someone aged under 50 has been reported.



The Right Way to Wear a Face Mask

Face masks are a good way to slow the spread of the new coronavirus, and some states and cities now require people to wear them in public. Here's how to check your mask and put it on properly.

[Read More >](#)

250 Packages (COVID care



Fr Dilan has been able to distribute care packages, on three different occasions to needy and deserving families in Maradana. Many of them are day workers, who have lost their income due to the prevailing situation and are destitute. There was no difference shown, people of all creeds and faith were treated alike, they are all God's children.

Fr Dilan has been able to do so with the donations from kind donors, there are still families

In need. Your donations, however small are welcome. If you wish to contribute (see section Coloured yellow below) and copy to Jeremy Pritchard < auskingprawn@optusnet.com.au

Here's What You Need to Know



Two major drugmakers are teaming up to develop a vaccine for COVID-19. Industry leaders push for more testing. The number of prescriptions filled for anti-anxiety drugs spiked 34% from mid-February to mid-March. Here's the latest news.

[Read More >](#)

Emerging evidence of health benefits of tea to combat coronavirus

Researchers from Taiwan and China have found that in a laboratory study SARS Cov-2 could be inhibited by compounds that are abundant in teas, CL Shreedharan, Chairman, UPASI Tea Committee, said in a statement here. Numerous black tea polyphenols especially those of Theaflavins-1, Theaflavins-2 and Theaflavins-3 were found to inhibit the SARS Cov-2 replication.

Flu Vaccine- Get it,

With the flu season arriving during the COVID-19 outbreak, now is vaccine.

At this time our health is more important than ever and getting you infection. Better yet, if you're 65 or over, the vaccine is free*.

It's important to remember that the flu vaccination does not protect. However, good hygiene practices can help reduce your chances of COVID-19. Don't forget to follow the most current rules for [social c](#) [self-isolation](#) to help stop the spread of COVID-19. For the most re on COVID-19 visit the [Department of Health website](#).

Some facts about the flu shot:

- ✓ It's free* for people aged 65 and over.
- ✓ It reduces your risk of catching the flu, and complications caused by the flu, such as pneumonia or bronchitis.
- ✓ It's most effective 3-4 months after you get it, so now is a good time to get it.
- ✓ You need the flu vaccine yearly, to protect you from the virus that is most likely to be around this season.
- ✓ There are new vaccines this year that help provide protection from getting the flu for people aged 65 and over.
- ✓ If you do fall sick with the flu, the vaccine can help make your symptoms less severe.
- ✓ It won't give you the flu, but you might feel a little under the weather.

Contact your GP to discuss whether the flu vaccine is right for you. We understand that these are uncertain times, but we are here to support you, no matter what your situation.



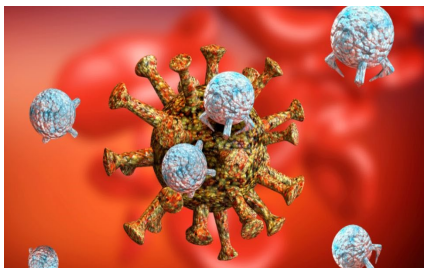
What are eyelashes for?

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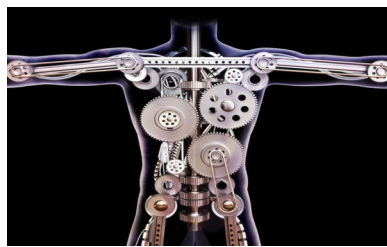
"Life's Little Mysteries" podcast answers your coronavirus questions

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When will a COVID-19 vaccine be ready?

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Here's a look at the coronavirus's complicated journey through the body

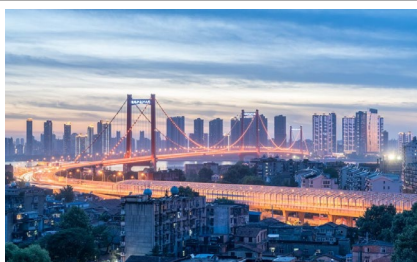
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How Diabetes Can Affect Your Feet

Two conditions called diabetic neuropathy and peripheral vascular disease can damage the feet (and other areas of the body) in people who have diabetes.

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China increases Wuhan's COVID-19 death toll by 50%

[READ MORE](#)

Are You Immune to COVID-19?

If someone is infected with the novel coronavirus, do they become immune?

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SLIDESHOW

11 Low-Sugar Drink Ideas

Ideally, we should all be drinking more water, but there are other ways to quench your thirst. [Read more...](#)

How to Keep Your Lungs Healthy

Did you know that laughing clears out stale air and makes room for fresh air that can reach more parts of your lungs?

[Read More >](#)

Wisps of hope for remdesivir

The researcher overseeing a closely watched clinical trial in Chicago has indicated that [the antiviral medicine remdesivir might be showing positive signs against COVID-19](#). More than 100 people, most with severe disease, were treated with daily infusions of remdesivir (there was no control group). "Overall our patients have done very well," infectious-disease specialist Kathleen Mullane told colleagues in an internal video call. Study leaders urge extreme caution about these preliminary and as-yet-unpublished results. ([STAT | 5 min read](#))

How to Stay Safe While Grocery Shopping

After weeks in lockdown, your pantry may be looking pretty bare. The American Medical Association shares [tips for staying safe while you're shopping, and what to do once you bring the groceries home.](#)

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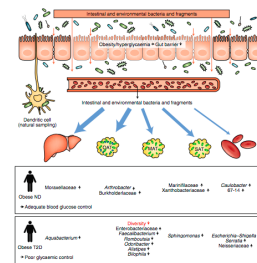


What to Know About an HbA1c Test

This test tells you your average level of blood sugar over the last 2 or 3 months. Here's what you should know.

[Read More >](#)

They were both hoping to assist AUSLMAT from the 3rd of July this year. This medical mission has unfortunately been postponed indefinitely.



Individuals with obesity and type 2 diabetes have shown an altered gut microbiome composition. A new study has discovered...



The Mediterranean dietary pattern has been largely associated with improved health outcomes. Two new randomized controlled trials reveal the contribution of...



It can start as a slight fever, tiredness and a dry cough. But then as the virus hijacks your body's own cellular material, and you hit the critical 10-day mark, things can take a very serious turn.

What is metabolic syndrome and who is at risk? Learn the causes, treatments, and why you should be concerned.

[Read more...](#)



If Australia is running a marathon in how it tackles coronavirus, New Zealand has opted for something closer to a sprint.

No Medications
Currently
Recommended for
COVID-19



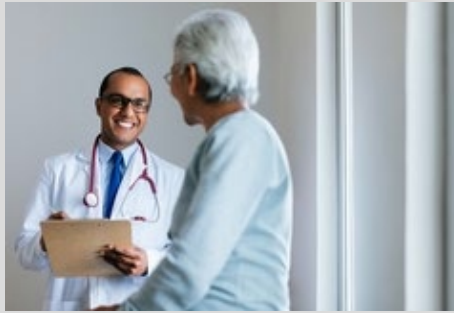
Experts say it's possible to catch coronavirus through the air, but there are some simple precautions you can take to protect yourself.

How to cook your veggies to maintain good nutrition and support your immune system during coronavirus

COVID-19 and Autoimmune Drugs: How to Stay Safe

Medications that treat autoimmune disorders may make you more likely to have serious complications from the new coronavirus -- as can your autoimmune disorder itself.

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[Analysis: How will we know when it's safe to go back to normality? We need to know who's been sick](#)

New coronavirus may spread as an airborne aerosol, like SARS

By [Nicoletta Lanese - Staff Writer](#) 7 hours ago

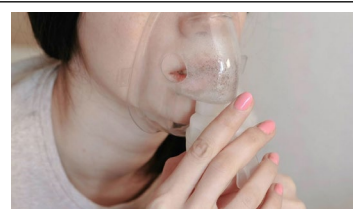
Aerosols likely pose the greatest danger in health care settings, but may also spread in some everyday scenarios.

Editor's note: This article was updated on April 1 to reflect new evidence that aerosols may drive COVID-19 transmission beyond the cor

The study described in this article was [published in The New England Journal of Medicine](#) on March 17. This article was originally published on March 13.

The novel coronavirus SARS-CoV-2 can survive in the air for several hours in fine particles known as aerosols, according to preliminary research.

The coronavirus, which causes the respiratory infection COVID-19, can be detected up to 3 hours after aerosolization and can infect cells throughout that time period, the study authors found. However, the study, first posted March 10 on the preprint database medRxiv, is still preliminary, because it has not undergone extensive peer-review. The authors did receive comments from one prospective scientific journal, and [posted an updated version](#) of the study on March 13 reflecting the revisions.



Up to 25% of people with COVID-19 may not show symptoms

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[Face Mask and Respirator Use for Coronavirus](#)

[An Expert's Guide to Fighting Coronavirus Stress](#)

Foods That Help You Sleep

Would you change your diet if you knew it would help you get a full night of good sleep?

[VIEW](#)

[SLIDESHOW](#)

What Causes Dry Eyes?

Are there any complications of dry eyes? Find some natural ways to manage this condition.

[TAKE THE](#)



Coronavirus: Is Pink Eye a Symptom?

Besides causing COVID-19, the coronavirus can also lead to ocular symptoms.

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Coronavirus may be most infectious when symptoms are mildest, small study finds

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[Caring for Loved One With Dementia During Pandemic](#)

- The [most important climate event since the signing of the Paris Agreement in 2015 has been postponed for a year](#). COP26 had been planned to take place this November in Glasgow. Countries were expected to update and strengthen their commitments to reducing carbon emissions. ([Nature | Continuously updated](#))



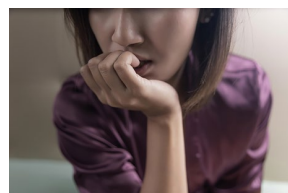
Build Your Inner Armour

Try our new *Support Your Immune System* plan, developed by the UA Nutrition team. Over 14 days, you'll learn how to make food and lifestyle choices to fuel your immune system and help your body function at its best.

[START THE PLAN](#)

10 Great Foods For Good Gut Health

[EAT CLEAN](#)



Crisis Counselors Reveal 9 Things You Should Know About Anxiety

Crisis counselors and trained hotline volunteers help people with anxiety every day. Here are the coping mechanisms they've found that work best.

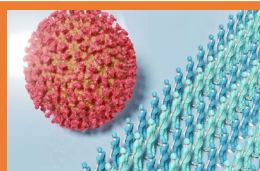
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7 Smart Strategies to Get Rid of the Dust in Your House

More than 90 percent of household dust comes from tiny flakes of skin and barely visible fabric fibers that float and settle on every surface in your house.

[Read More](#)

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Here's why the new coronavirus is so good at infecting human cells

[READ MORE](#)

<https://youtu.be/Vxi aRAKSb5s>

COVID-19 Is More Than a Lung Disease

The precise causes are still being sorted out for injuries ranging from heart attacks to heart arrhythmias that could be fatal.

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What kids need in their new routines

Day bled into night hours ago. I'm at my desk with a coffee ready to do the work I couldn't fit in while the sun was still shining.

[More](#) >



Everyone should wear face 'masks' in public, CDC now recommends

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Why 20 Minutes Is the Magic Number for a Healthier Immune System

As little as 20 minutes of moderate walking or exercise can help boost your immune system and have an impact on your overall health.

[Read More](#)

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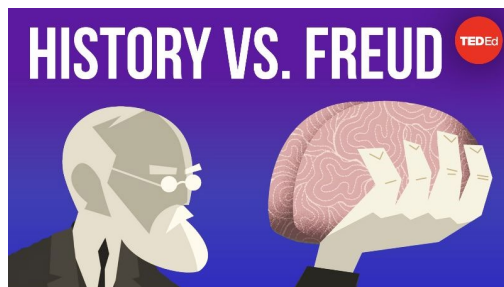
Sugar can damage your liver- cause Fatty Livers



Overdoing alcohol isn't the only way you can hurt this vital organ. You may be surprised by some of the things that can damage your liver.

[Read More >](#)

Too much sugar isn't just bad for your teeth. It can harm your liver, too. The organ uses one type of sugar, called fructose, to make fat. Too much refined sugar and high-fructose corn syrup causes a fatty buildup that can lead to liver disease. Some studies show that sugar can be as damaging to the liver as alcohol, even if you're not overweight. It's one more reason to limit foods with added sugars, such as soda, pastries, and candy.



History vs. Sigmund Freud

By Todd Dufresne, directed by Brett Underhill
Working in Vienna at the turn of the 20th century, he began his career as a neurologist before pioneering the discipline of psychoanalysis, and his influence towers above that of all other psychologists in the public eye. But was Sigmund Freud right about human nature? And were his methods scientific? Todd Dufresne puts this controversial figure on trial in History vs. Sigmund Freud.

[View the animation >](#)

[Clinical Trial to Investigate Nitric Oxide Treatment of COVID-19](#)



[20 Easy Bread Recipes for Beginner Bakers >](#)



[100 Recipes to Help You Relax and Destress >](#)

[What Coronavirus Does To Your Body](#)

COVID-19 infection begins in the airway that includes your mouth, nose, throat, and lungs. For some people, it can also affect the liver, stomach, and other parts of the body.

[Read More >](#)

[Could Breathing Exercises Soothe COVID-19 Symptoms?](#)

The short answer is no, but some exercises that benefit your heart may also put you in a better place to fight off infections.

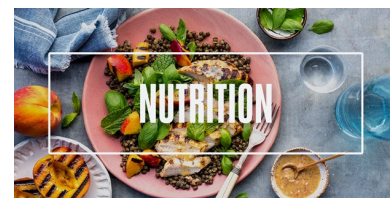
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[Our Easiest Yeast Bread Recipes >](#)



[30 Weekend Baking Projects to Conquer on a Saturday >](#)



[6 Pantry Superstars for Quick Healthy Meals](#)

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[20-Day Full-Body Fitness Program](#)



Toxic Beauty

The average woman uses 12 different beauty products every day — cleansers, conditioners, hair dyes, fragrances, skin care products, scented lotions, nail polish, and makeup, to name a few. Take a quick glance at the labels, and you'll see a cocktail of chemical components. You might assume that all these ingredients have been tested to ensure that they're safe for long-term use. That's not the case.

6 Signs You're Not Getting Enough Sunlight

Sunlight can impact everything from your mood to your weight, which is why it's so important to get safe exposure.

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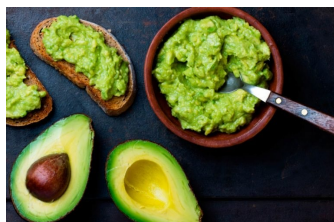
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15 Ingredients Doctors Always Add to Their Meals

Doctors are all about healthy choices, picking foods that offer benefits like boosting energy and fighting diseases. Here are their must-have ingredients.

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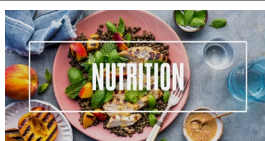


Asthma: Natural Ways to Ease Asthma Symptoms

You can do more than take medication to manage your asthma. Several other things can help you breathe more easily. [Read more...](#)

More time to cook? Here's our tips on how to maximise nutrition from your vegies

Getting the most nutrition out of your vegies is critical during the coronavirus pandemic, that can come down to how you cook them, writes, dietitian Professor Clare Collins.



Meal Prep 101: How to Batch Cook 16 Whole Grains

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13 Healthy Cereals Nutrition Pros Swear By

Your favorite "healthy" cereal may not be as nutritious as you think. Pour a better bowl with these nutrition expert-approved options

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Whose career comes first: yours or your partner's? This is how to have that conversation

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Dr Gunatillake-Health editor is a member of the Academy of Medicine, Singapore. Member of the Australian Association of Cosmetic Surgery. Fellow of the Royal College of Surgeons (UK), Corresponding Fellow of the American Academy of Cosmetic Surgery, Member of the International Societies of Cosmetic surgery, Fellow of the International College of Surgery (US), Australian diplomat for the International Society of Plastic, Aesthetic & Reconstructive Surgery, Board member of the International Society of Aesthetic Surgery, Member of the American Academy of Aesthetic & restorative Surgery, Life Member of the College of Surgeons, Sri Lanka, Batchelor of Medicine & Surgery (Cey). Government scholar to UK for higher studies