

Health & Views

Health Newsletter for the Sri Lankans & others, globally

<https://youtu.be/UlnljH733Q>

May 2020

2nd issue

[Why Is Coronavirus a Bigger Worrier for People With Diabetes?](#)

[First Saliva Test for COVID-19 Approved by FDA](#)

Why and How to Wear a Face Mask

The CDC recommends that everyone -- sick or healthy -- wear a cloth face mask in places where it can be hard to stay 6 feet away from others, like grocery stores.

[Read More >](#)

Coronavirus and High Blood Pressure

If you have high blood pressure, you're at higher risk for severe COVID-19. So it's a good idea to take extra care to protect yourself.

The number of worldwide cases is approaching 3.8 million cases. Nearly 264,000 people have died and 1.2 million have recovered, according to [Johns Hopkins University](#) as of 6.30pm.



FEATURED

What High Blood Pressure Does to Your Body

High blood pressure, or HBP, pushes too hard on your artery walls. This damages the inside and causes fat, or 'plaque,' to collect.

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COVID-19 vs. Allergies

If you are feeling sneezy, feverish, short of breath, exhausted, or achy, you may be wondering if your symptoms are... [Read more...](#)



Food Swaps for Heart-Wise Dining

Cream cheese, sausage, even muffins can be heart-healthy. See what to buy and how to cook. [Read more...](#)

How COVID-19 Attacks All Parts of the Body

It's becoming clear that COVID-19 can be more than just a respiratory disease. It has joined the ranks of other "great imitators" -- diseases that can look like almost any condition. This makes it incredibly difficult to diagnose and even harder to treat.

[Read More >](#)



What Is Epilepsy? Know the Facts About the Disorder

Happy Mother's Day.



May is the month to commemorate Mothers' Day
Celebrated as such to fill the day with happiness & feelings in
everyway

But unfortunately dampened this year by a virus that ruins the day
Making us to stay in seclusion and stay away
But needless our thoughts & memories will always stay
With our Mothers' on this special day & everyday

The value of a Mother is more than one can weigh
For it is she who succoured & nurtured us to see the light of the day
With loving care and tenderness as only a Mother may
For blood is thicker than water is what they say
And this fact is inherent & will always stay
Forever and in every way

So let's make the effort to show our love & gratitude who did care
Convey our pent-up feelings with much finesse & sway
To a Mother who went through thick & thin to find a way
To guide us in the worldly ways
And set us right in everyway

Hence one's love & gratitude for "Mother" should not diminish or be
in disarray

Noor Rahim
May 05 2020



30 Caribbean-Inspired Recipes for a Tropical Escape »



25 Tropical Cookie Recipes »



25 Tropical Chicken Recipes We Love »



30 Healthy Freezer Meals You'll Love »

Blood thinners may improve survival among hospitalized COVID-19 patients

The Mount Sinai Hospital / Mount Sinai School of
Medicine

Researchers report discovery of antibody that blocks infection by the SARS-CoV-2 in cells



MAIN ARTICLES

15 Reasons for Shortness of Breath

Your airways suddenly narrow and swell. You may struggle for air when you breathe.

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FEATURED

11 Surprising Things Genes Say About You

Differences in DNA determine parts of your physical appearance, your risk for certain diseases, and even your personality.

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What If I Get COVID-19 With Rheumatoid Arthritis?

I have rheumatoid arthritis and would like to know what risks are involved if I were to get sick with the coronavirus. [Read more...](#)

Blood Clots: A Dangerous COVID-19 Mystery

In addition to breathing problems, blood clots are a significant danger for COVID-19 patients. Clots are causing patients to have heart attacks and strokes, form strange rashes on their skin, and get wounds that look like frostbite on their fingers and toes.

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Vaginal Dryness: Causes and Moisturizing Treatments

Though dryness can happen at any age, for many reasons, 1 in 3 women will deal with it during menopause -- and even more afterward.

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SLIDESHOW

Top 7 Ways Water Benefits the Body

Drinking water benefits the body in many ways. Sipping cold water increases metabolism and... [Read more...](#)

Is Coronavirus Airborne? What Doctors Need You to Know

[Find out how coronavirus spreads, whether you can catch it from exhaled air, if cloth face masks really work, and the best ways to protect yourself.](#)

[Read More](#)

>

Why Does Coffee Make You Poop?

[Coffee can wake up your mind and your gut. Here's how and why it makes you go.](#)

[Read More](#)

>

QUIZ

Neutropenia (Low White Blood Cell Counts)

When levels of neutrophils are abnormally low and chronic, severe and sometimes fatal infections can occur. [Read more...](#)



[Cardiac abnormalities in coronavirus patients treated with hydroxychloroquine: Study](#)

Recent reports have suggested that the combination of the anti-malaria drug hydroxychloroquine, and the antibiotic azithromycin may help patients with Covid-19, said scientists from the New York University School of Medicine in the US. However, they said both medications may increase the risk of various types of cardiac rhythm abnormalities.

Herbal Teas You Should Try

People use these brews to relieve many types of health problems. See what the science says about how well they work.

[Read More >](#)



Are Air-Fried Foods Better for You?

By most measures, air-frying is healthier than frying in oil, cutting calories by 70%-80%.

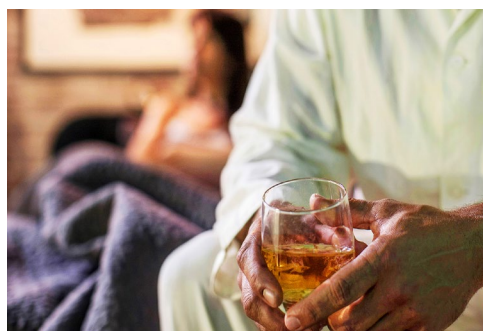
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[Is angioplasty plus stenting or coronary artery bypass surgery better for treating left main coronary artery disease?](#)

12 Signs You Might Have a Problem With Alcohol

When your drinking is on the high side of normal, it can be hard to know if's crossed the line into a problem. If any of these scenarios seem familiar, it might be time to make some changes.

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[Why Meditation is Important and How to Get Started](#)

[FIND YOUR ZEN](#)

Is It Normal Aging or Alzheimer's?

Only 1% of people over age 65 with normal age-related memory issues will get dementia each year. Find out how to spot the symptoms.

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Lymphedema: Know the Warning Signs

Lymphedema is swelling caused by a buildup of lymph fluid under your skin, and it can happen anywhere in your body. Here's what to look for.

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Life After a Stroke

The goal is to restore as much independence as possible. But every person is different, and so is every stroke.

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FEATURED NEWS

COVID-19 Is The 'Great Imitator'

COVID-19 can be more than a respiratory disease. It can look like almost any condition.

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Why are more men dying from COVID-19?

[READ MORE](#)

FEATURED SLIDESHOW

Causes of Bipolar Disorder

No single cause has been identified that can cause bipolar disorder.

[VIEW SLIDESHOW](#)

Why You Need Zinc and How to Get It

Did you know that your cells need zinc to fight off bacteria and viruses? See the signs you may not be getting enough of this important mineral.

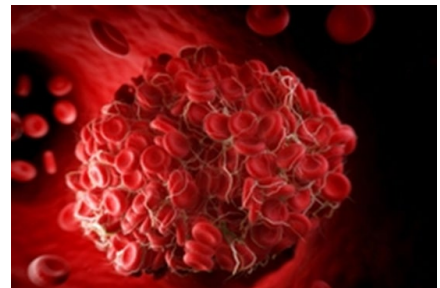
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9 Ordinary Things in Your Home That Can Harm Your Lungs

From frustrating irritation to life-threatening cancer, these items could cause lung problems you won't want to deal with.

[Read More](#)[>](#)

British PM Johnson Knew Doctors Were Discussing His Possible Death



Could COVID-19 Be Causing Strokes? Know the Signs

A new and worrisome expression of COVID-19 infection has surfaced. There's reason to suspect that COVID-19 might raise the risk for stroke in adults. Here's what a cardiologist wants you to know.

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Spicy Fermented Eggs Recipe

[Learn More](#)



Korean barbecue tends to be sweet-savory, with plenty of garlic, ginger, and sesame flavors. The word “bulgogi” literally translates to “fire meat,” which is the perfect description of this warm, spicy, popular Korean dish.

[Learn More](#)



Economic recovery from COVID-19: we must not fall for austerity

THE coronavirus disease 2019 (COVID-19) pandemic will have profound impacts not only on the health of populations and on the integrity of health care systems but also on national and global economies....

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Gundruk (Spicy Fermented Vegetables) Recipe

[Learn More](#)



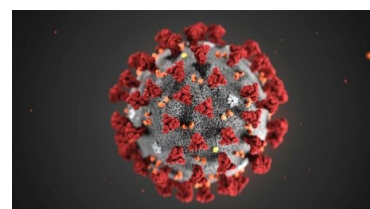
SLIDESHOW

Does This Cause Cancer?

Luncheon meats, cold cuts, and hot dogs all have preservatives called nitrites, which cause... [Read more...](#)

[Second coronavirus strain 'more contagious' and spreading faster, researchers find](#)

A group of leading international researchers says coronavirus has already mutated into a second strain which appears to have spread faster and wider than the original one, potentially undermining efforts to create a vaccine.



[Low-Carb Banana Bread](#)



SLIDESHOW

Causes of Balance Disorder

What causes dizziness and lightheadedness? Learn about different balance disorders and symptoms. [Read more...](#)

Why Vitamin D Matters

About 4 out of 10 people don't get enough vitamin D, which is worrisome since it offers so many health benefits.

[Read More >](#)



12 Teas For Your Immune System

Who doesn't love tea? Did you know, it can be a great immune booster? So if you want to give your immune system an extra boost, or maybe you just want to enjoy a soothing cup, here are our top 12 immune boosting tea suggestions. [Read more.](#)

New film 'The Hidden Agenda Behind Covid-19' goes viral on social media

<http://www.themorning.lk/srilankan-to-resume-limited-outbound-flights/>

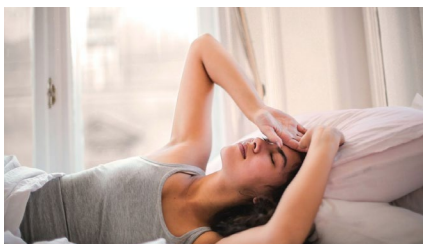
What to Do for Stiff, Achy Joints

As you age, your cartilage -- the spongy material that protects the ends of your bones -- begins to dry out and stiffen. See what else can cause painful joints -- and what may help.

[Read More >](#)



['The Hidden Agenda Behind Covid-19' watch the first part of the new documentary for free](#)



Stress and Sleepless Nights: Here's What To Do

Stress during this COVID-19 pandemic has caused almost a quarter of employees and many others to toss and turn all night long. Not only is this expensive for the global economy in terms of productivity, but it's also detrimental to our health and well being. Sound familiar? Here's what you need to know. [Read more.](#)

Russia appears to have become a new global hotspot for the coronavirus

, with the mayor of Moscow, home to more than half the country's reported 177,160 cases, [saying actual infections could be closer to 300,000](#). T With medical staff dying at worrying rates, the pandemic [is being seen as a significant threat to Vladimir Putin's authority](#). Elsewhere, France has announced its borders will stay closed until at least 15 June, [Madrid's public health director has resigned in protest](#) at the government's plans to begin easing restrictions, and [one of Donald Trump's personal valets has tested positive](#).

The Guardian

<https://www.ft.com/content/be7e66c0-1243-45dd-829f-8b192c18acff?fbclid=IwAR1GcDRLYLyc8I5Q6hog1FwjfLhknCsLQjQ80p-m2lpJhZDOxoScV802inc>

The living colony of bacteria — or microbiome — in your gut is linked to obesity, Parkinson's disease, increased risk of constipation and susceptibility to gastrointestinal infections. Experts say that as we age, we have fewer species of bacteria in our digestive tract than we did when we were younger.

New Condition May Be Linked to Coronavirus

Doctors are alarmed that a growing number of children are becoming sick with a condition called pediatric multisystem inflammatory syndrome, which may be related to the coronavirus. Get the latest COVID news.

[Read More >](#)



Surprising Signs of Thyroid Problems

An underactive thyroid can leave you feeling hot or cold and cause you to lose or gain weight. But there are other, less obvious signs.

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14 Good Reasons to Have Sex

Women who have sex once a week may have a better quality of life -- today, and in the future, too.

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Places Breast Cancer Can Spread

Although it can spread to any part of your body, some places are more common, like your bones, lungs, liver, and these spots.

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Tips to Lower Blood Pressure

With the news that high BP may put you at greater risk for COVID-19, lowering high blood pressure is more important than ever.

[Read More >](#)

THE DUAL CALAMITY OF BATS & RODENTS

BY NOOR RAHIM



It is that time of the year that I sit outside and take in the weather that is "not too hot" and "not too cold..."

[See More](#)

How COVID-19 Attacks All Parts of the Body

It's clear that COVID-19 is more than a respiratory disease. It has joined the ranks of other "great imitators" -- diseases that can look like almost any condition.

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Can Weight Loss Fix This Heart Problem?

If you're obese, you're twice as likely to have atrial fibrillation, a form of irregular heartbeat. Try these six tips to help you shed the pounds.

[Read More >](#)

How to Clean and Sanitize Your Eyeglasses

Don't forget to wipe down your specs thoroughly. They can harbor a lot of nasty germs.

[Watch Video >](#)

Don't Ignore Heart Signs

Learn about heart warning signs such as chest discomfort, rapid pulse, and shortness of breath. [Read more...](#)

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