

Health & Views

May 1st issue
2020

[Tocilizumab \(Actemra\) for COVID-19 Coronavirus Treatment](#)

[Will Warmer Weather Curb COVID-19?](#)

[China unimpressed with Marise Payne's calls for investigation](#)



China accused of virus 'cover-up' in \$6tn lawsuit
'They have to pay for what they've done' [Read more on 60 Minutes](#)

[WHO issues warning pandemic could get worse](#)

[Are carrots good for those with diabetes?](#)
Carrots may benefit people with diabetes. Here, learn how these and other nonstarchy vegetables may impact blood sugar and find tips for a healthful diet.



SLIDESHOW

How to Keep Your Skin Beautiful

Your skin protects your body, but that's not all. The choices you make every day affect how your skin looks. [Read more...](#)

Immunologist's stark warning about coronavirus vaccine 'We will have to beat it without' [Read more on Today](#)



Why Are My Ears Ringing?

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

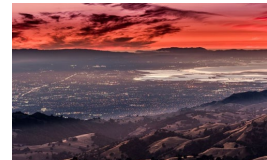


How to Make Your Home a Healthy One

Most of us spend at least half of our lives inside our homes without realizing there is a health connection. [Read more...](#)

Compiled, edited & published by
Dr Harold Gunatillake
To unsubscribe email:
haroldgunatillake1@gmail.com

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 Surgeons (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, Bachelor of Medicine & Surgery (Cey). Government scholar to UK for higher studies



[Way more people may have gotten coronavirus than we thought, small antibody study suggests](#)

[READ MORE](#)

Kanishka Raffel, Dean of the St Andrews Cathedral, Sydney, informs that Sunday Services are streamed online. They are posted on the Cathedral youtube page.

Last Sunday's service is here

https://www.youtube.com/watch?v=v_GpygRcT9Q

(02) 9265 1602

www.sydneycathedral.com

The Lancet: First randomized trial of remdesivir suggests antiviral drug is not associated with significant clinical benefits, more research needed

eLanka Newsletter: May 2020 1st edition
eLanka, Lankan-Australian "News-King": Always read eLanka!
(Circulation 20,000 plus members! - The Largest Sri Lankan News Circulation in Australia!)

[You can also view this email in your browser](#)

Exercises That Boost Your Sex Life

Physical activity in general can help heat up your sex life. But these moves can increase your blood flow, boost endurance, and help make you more flexible.

[Read More >](#)

Ex-Planter Sam Rajiah - Celebrated his 96th birthday at his residence in Othakade, Bandarawela, with only one guest due to curfew restrictions in the country.

And that solitary guest was Skanda Somasunderam, ex-High Commissioner for Sri Lanka, in Canberra retired from his post last year.

Skanda writes: "Planting Icon and Gentleman planter from those vintage years of the Industry Sam Rajiah, turned a memorable 96 on Monday".

"With curfew restrictions, I was able to make it to share the low-key landmark event", said Skanda

A toast and a prayer preceded the celebration lunch prepared by his ever-gracious wife Ranji at their lovely home in Othakade Bandarawela".

Many blessings to the iconic couple for continued good health.

Sam is an old boy of Trinity, Kandy, and since he left school has been working as a Planter, 'Periadorai' as they are called, in the Tea plantations in the hills. I came to know him and Ranji whilst I was working in General Hospital, Badulla in the early nineteen seventies, Sam was the "Periadurai" at Spring Valley Estate in Badulla.

He is now retired and looks after his own tea property in Othakade, Bandarawela.

He has been the assistant Superintendent in Gonakelle Company Estate from the year 1954 till 1959. Then, he was Manager at Hellebodde till 1970, and superintendent at Spring Valley, Badulla. From 1980 till 1989 he has worked as director JEDB and in 1991 onwards as Director of SLPC.

He still does his early morning rounds, supervising the work of his staff and field workers, at his home property. WE did spend Christmas holidays with them for many years. Both Ranji and Sam are lavish entertainers, and Sam's Pub at home is unique with many canny postures hanging all over, sent by his friends from many parts of the world.

Sri Lanka has 258 centenarians. A study conducted by the National Secretariat for Elders has found that there are 258 persons who are over 100 years old, living in Sri Lanka.

Sam will join the club very soon.

We wish him a healthy long life.

Editor H & V



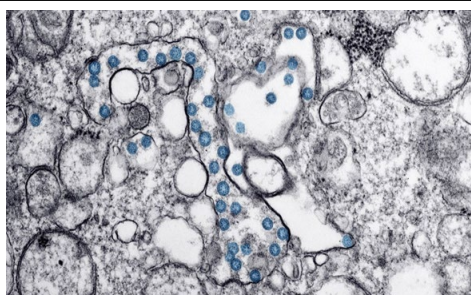
The World Health Organization has urged countries to look for more early cases of Covid-19. It comes after [a French study suggested a man in that country was infected](#) with Covid-19 as early as 27 December. There are now more than [3.6 million confirmed cases worldwide](#). [Covid-19 infections are growing rapidly in Russia](#) and there are concerns about the lack of PPE for medical workers. In the UK, the number of [key workers who are testing positive for Covid-19](#) has overtaken the number of sick people testing positive in hospitals, and the government's own science adviser has admitted [it's yet to come to grips with the number of coronavirus deaths in UK care homes](#). A key expert working on the UK's response has [resigned from the government's advisory group](#) after admitting to breaking lockdown rules.

Donald Trump has warned that China should face consequences if it was “knowingly responsible” for the coronavirus pandemic. [US cases have topped 730,000](#) and fatalities in the country approached 39,000.

Risk v reward: SGLT2 inhibitors and diabetic ketoacidosis

THE patient sitting across from you has type 2 diabetes and cardiovascular comorbidities. You want to prescribe them a sodium–glucose cotransporter type 2 (SGLT2) inhibitor. Their English is functional,...

[Read more →](#)



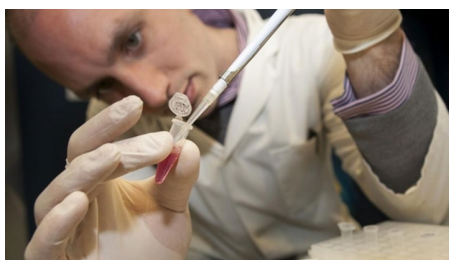
[Wuhan lab says there's no way coronavirus originated there. Here's the science.](#)

[READ MORE](#)

[Tobacco smoking increases lung entry points for COVID-19 virus](#)

Baylor College of Medicine

[Dancing for Exercise](#)



[Scientists recreate DNA damage caused by toxins from smoking](#)

University of York

[Working from home on the verge of coming to an end](#) [For millions of Australians](#) [Read more on 9News](#)



[Supermarkets extend trading hours as panic-buying eases](#) [No more need for toilet paper rationing](#) [Read more on 9News](#)



[What Causes Crohn's Disease?](#)

The inflammation is initiated by bacteria that reside within the intestine. It may be genetic.

[VIEW SLIDESHOW](#)

[A royal commission's findings about Cardinal George Pell's knowledge of historical child sexual abuse complaints will be released within days.](#)

The attorney general says he's been advised the two royal commission reports can now be published in full.

[The human cost of the climate crisis will hit harder, wider and sooner than previously believed,](#) according to a study

that shows a billion people will either be displaced or forced to endure insufferable heat.



FEATURED NEWS

[Reinfection With Coronavirus](#)

Does having antibodies to COVID-19 guarantee protection from reinfection?

[READ MORE](#)

[FDA Goes After Unproven COVID-19 Antibody Tests](#)

Hopeful signs from largest remdesivir trial

The largest and most rigorous clinical trial yet of the antiviral medicine remdesivir against the coronavirus raises hopes that the drug could shorten the time to recovery. Yesterday, US National Institute of Allergy and Infectious Diseases director Anthony Fauci announced that the trial of more than 1,000 people showed that those [taking remdesivir recovered in 11 days on average, compared with 15 days for those on a placebo](#). Results from other trials of the drug had been inconclusive. The full results of this study have yet to be published.

“Although a 31% improvement doesn’t seem like a knockout 100%, it is a very important proof of concept,” Fauci said. “What it has proven is that a drug can block this virus.” A flood of small trials for various drugs has yet to convincingly show any that have boosted survival in people with COVID-19.

[Nature](#) | 5 min read

Mediterranean diet reduces risk of cognitive impairment

A new, large study using data from 7,756 people finds a link between eating a Mediterranean diet and reduced cognitive decline at a population level.

Faulty immune cells in the developing brain may contribute to autism

A new study in mice concludes that immune cells called microglia may play a role in the development of autism spectrum disorder in males.

Does cannabis kill brain cells?

Whether marijuana kills brain cells remains unknown, and current research studies have yielded conflicting results. Read to learn more.

Study links exercise to the prevention of liver cancer

A study in mice finds that exercise prevents the development of liver cancer. The researchers also identified the molecular mechanism behind the connection.

How the coronavirus mutates and spreads

Some of [the history of the SARS-CoV-2 virus is recorded in its mutations](#). In this infographic-packed feature, follow the journey of the virus’s progress from Wuhan, China, to everywhere by tracing tiny variations in its RNA.

[The New York Times](#) | 7 min read

QUOTE OF THE DAY

[“There’s no better time than now to get in touch with the people you used to know.”](#)

Reconnecting with dormant contacts can be helpful, inspiring, and fun — and not as awkward as we might fear, says organizational psychologist Adam Grant. He even suggests an opening line. ([The New York Times](#) | 5 min read)



Face Shields Versus Face Masks

Are face shields better than face masks to prevent coronavirus transmission?

[READ MORE](#)

What are the causes of high sodium levels?

What is hypernatremia? Read on to learn about the definition, causes, symptoms, and treatment of excessively high sodium levels in the blood.

What is smiling depression?

Smiling depression is a term that describes people who mask their symptoms of depression behind a smile, appearing happy on the outside. Learn more here.



Father Dilan Perera OMI, Colombo with the assistance of the local Buddhist priest from Bawdharamaya Temple in Maradana, distributes raw provision parcels to the families.

Father Dilan is a dedicated social worker, has built over 100 houses for the needy in villages, from donations received from well-wishes round the world.



Can Thin People Get Diabetes?

Around 10% to 15% of people with type 2 diabetes aren't overweight or obese. See why a "healthy weight" can be deceiving.

[Read More >](#)



The Right Way to Defrost Food

You're probably trying to go longer between trips to the grocery store. Keeping food in the freezer can help you do it -- but make sure you know the proper way to defrost everything.

[Read More >](#)



[Will Remdesivir Help COVID-19 Patients?](#)

[During Pandemic, Don't Ignore Symptoms of Heart Attack, Stroke](#)



Do High Blood Pressure Drugs Increase Your Coronavirus Risk?

Heart experts discuss whether certain drugs for high blood pressure and other cardiovascular diseases increase the risk of Covid-19.

[Read More](#)

Ways to Wind Down Your Mind and Body For Better Sleep

[WATCH NOW](#)

'At home' study will test if common drug can prevent serious COVID-19 complications

[READ MORE](#)

Type 1 Diabetes vs. Type 2 Diabetes

What is type 1 diabetes? Learn the basics such as warning signs, causes, treatments, and health tips for type 1 diabetes. [Read more...](#)

14 Natural Sleep Aids to Help You Fall Asleep Faster

If you're constantly exhausted, you'll be excited to learn about—and try—these science-approved natural sleep aids to get your sleep mojo going.

[Read More](#)

Dr Wu Lien Teh: hero of the pandemic mask



"Human activity in this place seems to have completely died out; the streets are empty and deserted ... The [shops] are closed. Dogs alone roam in the streets ..."

NO, not...

[Read more →](#)



6 Proven Ways to Get Out of a Meal Prep Plateau

[READ MORE](#)

COVID-19: Doctors on the frontline of a xenophobic pandemic

AS THE world battles an invisible, fatal and rapidly spreading enemy, a simultaneous outbreak of fear is not an unexpected consequence.

[Fear...](#)

[Read more →](#)

Social distancing rules won't be relaxed 'anytime soon' warns premier 'It is challenging'

[Read more on 9News](#)



53 Old-Time Home Remedies We've Forgotten—But Need to Bring Back

These home remedies have fallen out of fashion. We asked medical experts which ones we'd be wise to rediscover.

[Read More](#)

THE DAILY 3

THROUGH THIS TOGETHER

Ways to Wind Down Your Mind and Body For Better Sleep

[WATCH NOW](#)

Analysis: If you are a man with coronavirus this is not good news

All over the world — in China, Italy, the United States and Australia — many more men than women are dying from COVID-19. Is it genes, hormones, immunity or behaviour that makes them more susceptible? Jenny Graves explains.



➤ Rehabilitation Camp, Health, Eye & Dental clinics at the Bandarawela Town Hall:

- A remarkably successful rehabilitation clinic was held at the Bandarawela Town Hall for our VACD children and parents by specialists from the MJF Charitable Foundation organised by VACD & Dr. Gopi Kitnasamy – Head of Rehabilitation Services at MJF. A team of experts in physiotherapy, trainers in early detection, posture and feeding and general care of children with disabilities etc. not only provided specialist guidance and services but interacted warmly and lovingly with our children and families and donated 11 paediatric wheelchairs to eligible VACD children.
- Huge thanks also to the mobile Dental Unit from Badulla Hospital and to Vision Care, Bandarawela – these organisations attended to around 75 children with disabilities who needed check-ups and dental work.
- Hats off to our very own Young VACD Members' Club youngsters who worked tirelessly to ensure all the children who attended and their families were registered for the day's services with the minimum delay, received refreshments and a meal etc. and were taken good care of by the specialists and at the clinics.
- A big "Thank you" to our dedicated and dynamic VACD Sri Lanka leadership team, staff and parents who continue to tirelessly work as a close-knit team to ensure that all our programs work well, and the mission is successful.



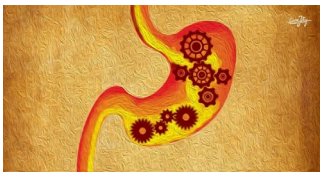
We had meetings with the leadership team, staff, parents, children and the young VACD club members to review ongoing projects and programs and plan and implement new initiatives.

We have decided to increase the number of specialist teachers at each centre and appoint Young VACD Club Members (some of whom have disabled siblings with us) as Assistant Specialist Teachers once they have been trained. The recommended ratio of teachers to students is 1:6. This program is given the highest priority as we presently have only one specialist teacher at each centre.

Felix Stephen

Chairman of the Board of Directors - VACD Ltd.
 Sydney – Australia - <http://www.vacd.org.au/>
 Member of the Advisory Board – VACD USA – <http://www.vacdusa.org/>
 Member of the Advisory Board – VACD Sri Lanka
 Senior Associate – Cognoscenti Group – Sydney – Australia- <http://www.cognoscenti.global/>
 Consultant - Investment Committee - Lonsec - Sydney – Australia - <https://www.lonsec.com.au/>
 Member of Investment Committee - Arrive Wealth Management - Brisbane – Australia - <http://brisbane.arrivewealthmanagement.com.au/>
 Consultant - Global Financial Market Investment Research & Investment Strategy
 E-mail: felixswstephen@gmail.com / fstephen@bigpond.net.au

Universal masking in hospitals in the COVID-19 era: "Masks are not only tools, they are also talismans that may help increase health care workers' perceived sense of safety, well-being, and trust in their hospitals. Although such reactions may not be strictly logical, we are all subject to fear and anxiety, especially during times of crisis. One might argue that fear and anxiety are better countered with data and education than with a marginally beneficial mask, particularly in light of the worldwide mask shortage, but it is difficult to get clinicians to hear this message in the heat of the current crisis. Expanded masking protocols' greatest contribution may be to reduce the transmission of anxiety, over and above whatever role they may play in reducing transmission of COVID-19. The potential value of universal masking in giving health care workers the confidence to absorb and implement the more foundational infection-prevention practices described above may be its greatest contribution." **OPEN ACCESS** [here](#). InSight+



How To Improve Your Digestion

Rousseau said happiness is all about a good bank account, a good cook, and a good digestion. Some people then are born happy. For most others, good digestion is all about good food practices. A few precious slips and they are back to heaviness, bloating, and heartburn, the usual symptoms of poor digestion...

[READ MORE](#)

Evidence suggests COVID-19 isn't sexually transmitted

University of Utah Health



SLIDESHOW

Benefits of Omega-3 Fatty Acids

Omega-3 fatty acids may have significant benefits in lowering the risk of heart disease, the nation's top killer. [Read more...](#)



Surprising Headache Triggers

What does a migraine headache feel like? Learn to spot headache symptoms early, see how to identify your triggers, and more.

[READ MORE](#)



What is Ramadan?

[Read More](#)



CSIRO unlocks new way to understand evolving strains of SARS-CoV-2

University of York



How We're Baking Our Way Through Quarantine »



75 Chicken Recipes with 5 Ingredients or Less »



60 Big-Batch Recipes to Make When You Want to Stay In »

Royal flush / how toilet paper shortages fuelled an interest in high-end 'smart toilets'



Coronavirus / UK to trial treatments using blood from survivors



The Latest COVID-19 Developments

The first set of national guidelines for treating coronavirus patients in the U.S. recommends against using the anti-malarial drug hydroxychloroquine, a treatment that has been touted by the president. And the FDA authorizes the first at-home test for the new coronavirus. Get the latest updates.



[Read More >](#)



What Your Breath Says About Your Health

If your breath smells weird, it's probably just something you ate, like garlic or onions. But sometimes it can be something more.

[READ MORE](#)



The Lowdown on COVID-19 Treatments

There are no proven drugs for COVID-19. How effective is off-label use of some drugs?

[READ MORE](#)



Coronavirus
lingered in a
woman's
eyes long
after it
cleared from
her nose

[READ MORE](#)



How a 32-second video made this girl famous Racked up more than 8 million views [Read more on 60 Minutes](#)

Compiled, edited & published by
Dr Harold Gunatillake
To unsubscribe email:
haroldgunatillake1@gmail.com

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



55 Air Fryer Recipes You Need to Try »



100 Instant Pot Recipes »