

Health & Views

MAY 3rd issue

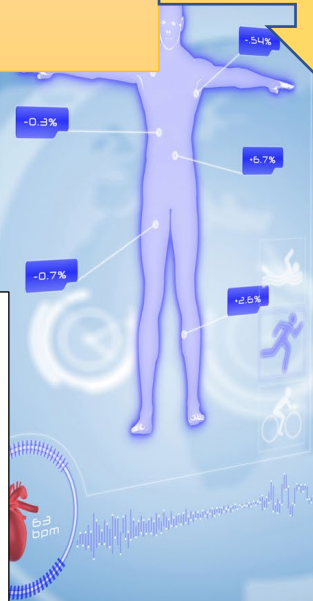
2020

Health
Newsletter for
Sri Lankans &
others,
globally

Diabetes, Sleep, and Blood Sugar

The length and quality of your nightly shut-eye impact your levels in ways you might not realize.

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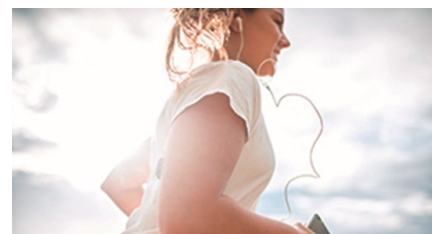


Courtesy: Gut Microbiota
Newsletter



Worried about passing gas after a meal? Probiotics might help!

Consuming probiotics regularly along with a high fiber and gas producing diet may reduce gas and digestive upset, according to a recent study published in *Nutrients*.



Exercise and metabolism: what role does the gut microbiome play?

Increasing evidence suggests that imbalanced gut microbiota may play a role in insulin resistance in Type 2 Diabetes patients and exercise has shown to have positive effects on the gut microbiome and metabolism.



FEATURED

Best and Worst Drinks for Losing Weight

Many of us watch what we eat but not what we drink when on a diet. Choosing the right drinks can tweak your metabolism, curb your appetite, and help cut calories.

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**Nadal's grim outlook for tennis 'I
am more worried about the
Australian Open'** [Read more on
WWOS](#)



Intestine?

How does the brain regulate appetite and energy intake? Using examples of eating disorders, the authors of this article explain how the gut experiences stimuli related to food intake.



SLIDESHOW

Good and Bad of High Protein Diets

Combine speedy weight loss with the satisfaction of feeling full. But is there a down side to high protein diets? [Read more...](#)



SLIDESHOW

10 Things to Know About Breast Cancer

Is breast cancer genetic? Should I get tested for the BRCA gene? Get the facts and learn what every women should know. [Read more...](#)

More than 1 billion face unbearable heat

Models of population growth and warming indicate that climate change is pushing much of humanity out of the comfortable 'climate niche' we have enjoyed for the past 6,000 years. If no substantial action is taken to cut greenhouse-gas emissions, places home to [one-third of the global population will experience temperatures similar to the Sahara's within 50 years](#). Even under optimistic scenarios, the homelands of more than 1 billion people will become unbearably hot by 2070 — with catastrophic consequences for human migration and food production. "I've previously studied climate tipping points, which are usually considered apocalyptic. But this hit home harder. This puts the threat in very human terms," says climate scientist Tim Lenton.

[The Guardian | 6 min read](#)

Source: [PNAS paper](#)



SLIDESHOW

Everyday Items With the Most Bacteria

Explore the germiest places you encounter daily. Do you wipe the shopping cart handle each time you... [Read more...](#)

Peripheral Artery Disease and Diabetes

Diabetes not only raises your risk of getting this condition, it can make the symptoms worse, too.

[Read More >](#)



New epicentre for coronavirus in Europe
[Uncertainty amidst warnings of second wave](#)
[Read more on 9News](#)

Can turmeric treat acne?

A compound in turmeric called curcumin may help treat acne. Learn what the research indicates about the possible benefits, the risks, and how to use it here.

What to do for a concussion

In this article, find out what to do for a concussion. Learn about the common signs and symptoms, how long recovery takes, and when to seek emergency help.

How China stopped the outbreak

Drastic social distancing in Shanghai and Wuhan was enough to bring the epidemic under control in the two cities. Modelling work suggests that, in Shanghai, school closures alone would not have stopped the epidemic — but they did lower the number of new infections per day at the epidemic's peak, which relieved stress on hospitals. Another study shows that quick detection and isolation of infected people were the most effective steps for containing COVID-19 in China. But even with those efforts in place, the number of cases would have soared if officials hadn't restricted travel and social interactions.

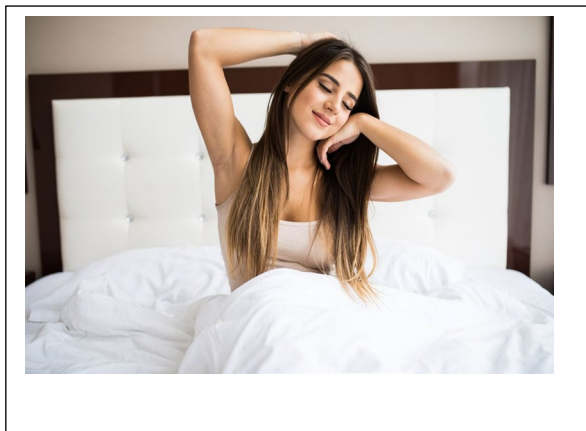
Reference: [Science paper](#) & [Nature paper](#)

Bedtime story: If you can squeeze it in... cast your eye over [the tale of Bert Hewitt](#) a 76-year-old tourist who fell ill with the coronavirus while travelling in Bhutan. So sick, he was "frankly expected to die," Mr Hewitt was evacuated back to the US in a Gulfstream jet with a biocontainment unit. And the journey was personally overseen by none another than Bhutan's King Jigme Khesar Namgyel Wangchuck.

SMH

F8 STUDIO/SHUTTERSTOCK

Stretch before you step out of bed



Giant early morning stretches aren't just for cartoon characters and soap opera stars. In fact, taking a few minutes to really stretch before starting your day is one of the simplest ways to help get in shape, Dr. Greuner says. "Easy, simple stretches wake up your mind and body and increase blood flow and inflow of nutrients to your muscles," he explains. Try these [easy yoga stretches designed for weight loss](#).

14 Silent Lupus Symptoms You Should Never Ignore

[This autoimmune disease is tricky to diagnose since it mimics many other illnesses. It may be time to call your doctor if you recognize these symptoms.](#)

[Read More](#)



The Reason You Should Think Twice Before Charging Your Phone in Bed

[If you curl up next to your phone, you could be putting yourself at risk. Here's why you should put your phone on the nightstand instead.](#)

[Read More](#)

>

Why Do Some Healthy People Get Severe COVID?

The potentially deadly virus seems to spare the relatively young and the generally healthy. But not all of them. The answer could be in their genes.

[Read More](#) >

First Vaccine Tested on Humans Shows Promise

The first coronavirus vaccine tested on humans has yielded positive results, with a small number of people who were tested showing an immunity against the virus, drugmaker Moderna said. Get the latest news.

[Read More](#) >





60 Memorial Day Recipes for Four »



75 of the Best Grilling Ideas for Dinner »



44 Sizzling Grilled Chicken Recipes »

The Many Names of Added Sugar

Manufacturers add different forms of sugar and syrup to processed and prepackaged foods, and they have more than 50 names. See how reducing or eliminating these empty calories from your diet can improve your health.

[Read More >](#)



Covid-19: Global coronavirus vaccine race heats up, but not without controversy

Global tensions simmered over the race for a coronavirus vaccine Thursday, as the United States and China traded jabs, and France slammed pharmaceuticals giant Sanofi for suggesting the US would get any eventual vaccine first.

More Evidence Sugary Drinks Harm Women's Hearts

Women who drink one or more sodas or sweetened juices a day have nearly a 20% higher chance of developing heart disease. Another type of sugary drink raises the odds to 42%.

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What Does Cloudy Urine Mean?

Infections, kidney stones, and other health conditions can cause changes to your urine.

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Erectile Dysfunction: 5 Options When Pills Don't Work

Drugs like Viagra and Cialis don't always do the trick. But there are other avenues -- some that may surprise you.

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Cirrhosis Causes and Warning Signs

Alcohol isn't the only culprit. From blood clots to arthritis medications, see what else can damage your liver.

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Eat More High-Fiber Foods, 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).

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Is It an Enlarged Prostate or Prostate Cancer?

These two conditions -- along with a third problem -- produce similar urinary symptoms.

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Do Some Sex Positions Boost Odds of Pregnancy?

See How Diabetes Damages Your Heart

Take an immersive 3D journey through the body to see the damage diabetes can cause to your heart and blood vessels.

[Take a Look >](#)



Treat Diabetes to Protect Your Heart

The longer you live with type 2 diabetes, the more your risk of heart disease goes up. See what you can do to manage your diabetes and help keep your heart healthy.

[Read More >](#)

New stem-cell treatment for heart disease

Nature reveals that [two men in China are the first people in the world to receive an experimental heart-disease treatment based on 'reprogrammed' stem cells](#). In January, a similar approach achieved a world first when sheets of induced pluripotent stem (iPS) cells were grafted onto a patient's heart. This time, the iPS cells were injected right into the organ. No results have been published yet, so researchers not involved in the work have cautioned that there is no way to confirm whether the treatment works. But the cardiac surgeon who performed the procedures says both men are doing well one year on.

[Nature | 7 min read](#)

The race is on for a COVID-19 vaccine, but there's no guarantee you'll be able to get it

An infodemic of misinformation

What makes coronavirus misinformation and conspiracy theories so potent — and how might they be stopped? A *Nature* video explores how [researchers are studying the viral power of fake news and its impact](#) on the spread of COVID-19. ([Nature \(on YouTube\) | 6 min video](#))

All about antibody tests

Antibody tests — which indicate whether a person has already been infected with the virus — offer the tantalizing promise of revealing who might be immune. But inaccurate tests and a dearth of knowledge about how the coronavirus leaves its mark on the immune system mean that the promise is still far from being fulfilled. Vox attempts to [answer pretty much every question you might have about the tests](#), along with an animation that explains how antibodies work. ([Vox | 17 min read](#))
Read more: [Will antibody tests for the coronavirus really change everything?](#) (*Nature*, from April)

“My detractors are children”

Microbiologist Didier Raoult is a larger-than-life figure in French science, who has never shied away from bold claims. But [his research touting a regimen of hydroxychloroquine and azithromycin to treat COVID-19 has ignited a scientific wildfire](#) — not least because it was called a ‘cure’ by US President Donald Trump. “The people who judge me as a doctor are my patients,” says Raoult. “As a scientist, it’s my colleagues. And time.” ([The New York Times | 29 min read](#))

Coronavirus update: WHO expert warns pandemic has a long way to go

The World Health Organization's top emergencies expert says the world could have a “long, long way to go” in this pandemic and is especially concerned by the early lifting of restrictions, while the FBI is worried about researchers being hacked.



Rotational Grazing With Backyard Flocks

This is just sample text that will be replaced by a brief snippet of information from the article to complete the content paragraph.

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High-Antioxidant Foods to Add to Your Diet

Antioxidants help ward off cell damage and disease. Here are 12 foods that can give you a boost, plus ideas for preparing them.

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8 Things That Could Slow Down Prostate Cancer

Studies are still in the works, but it appears that a compound in green tea might decrease and kill cancerous cells. What else shows promise?

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Polyface Rotational Farming

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Could This B Vitamin Help With Nerve Pain?

Some small studies show that benfotiamine might ease symptoms of neuropathy in people with type 1 or type 2 diabetes.

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15 Fennel Tea Benefits And Who Should Not Consume It

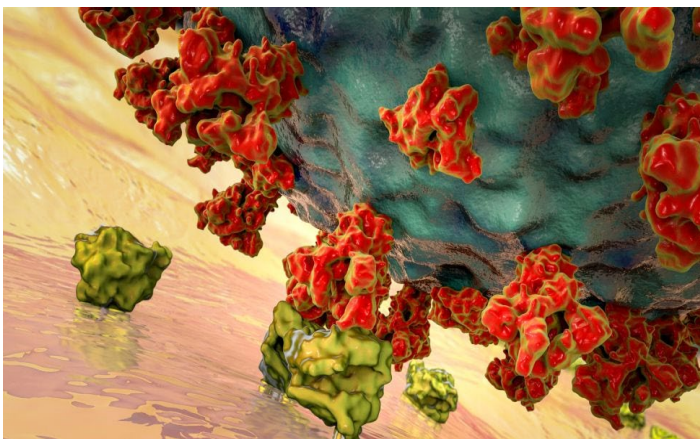
Fennel has been used as a medicinal and culinary herb since the times of the ancient Greeks. For those who have trouble with poor digestion, gas, belching, and bloating, a simple cup of fennel tea after a heavy meal can be the simplest and most effective remedy...

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What Does Ayurveda Recommend For Weak Eyesight?

Ayurveda places great importance on eye care, deeming the eye as the most important among all the sense organs and most easily afflicted by the imbalance of basic body humors (doshas), which results in its decreased/disturbed function...

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Why COVID-19 kills some people and spares others. Here's what scientists are finding.

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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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Are You Weakening Your Immune System?

You may not realize it, but certain habits and lifestyle choices can increase your odds of getting sick.

[Read More >](#)

What is ketoconazole shampoo?

A person can use ketoconazole shampoo to treat dandruff and fungal infections on the skin. Learn more about ketoconazole shampoo [here](#).

What are the best times to sleep and wake up?

The best time to sleep and wake up will vary among individuals, but most adults should aim to go to bed between 8 p.m. and midnight and sleep for 7–9 hours. Learn more [here](#).

Ways to Add Fiber to Your Diet

You should get around 25-30 grams of fiber a day. Most Americans fall far short of that amount, but these tips can help.

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14 Little-Known Side Effects Of Fish Oil Supplements

Fish oil supplements have one of the best reputations in the dietary and nutrition world. It's full of omega 3-fats which are considered essential for brain development and is often prescribed as an effective way to reduce triglyceride levels, along with a healthy diet...

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12 Digestive Problems You Should Never Ignore

Most of the time, pain in your stomach is easily explained. But sometimes pain -- and these other symptoms -- can indicate a serious medical condition. These pains and pangs are worth a second look.



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What's the Secret to a Longer Life?

In addition to controlling your blood sugar, these other habits and behaviors can help give your longevity a boost.

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10 Things Caffeine Does to Your Body

It's not just a pick-me-up. You might be surprised at how many other ways caffeine can have an effect on your health.



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Best Cooking Oils for Your Health

Find out when to use EVOO, avocado oil, canola oil, and others -- and what they can do for your health.

[Read More >](#)

Today's Health Topic

Now hear this: Don't ignore sudden hearing loss



Everyone's hearing naturally declines with age, and people often have one ear that hears better than the other. But if hearing loss appears suddenly in one ear for no apparent reason, you may have experienced sudden sensorineural hearing loss, or SHL, a kind of nerve deafness.

There are about 66,000 new cases of SHL per year in the United States, according to research in the August 2019 issue of *Otolaryngology — Head and Neck Surgery*. But these numbers are hard to come by, since the condition may be underdiagnosed.

"The main reason is that people don't view it as a serious problem and don't get the medical care they need. This delay increases the risk of permanent hearing loss," says Dr. Steven Rauch, an Ear, Nose and Throat specialist with Harvard-affiliated Massachusetts Eye and Ear.

[Read more »](#)

The Truth About Your Libido

Find out how long intercourse typically lasts and what a glass of red wine a day may do to a man's sex drive.

[Take Quiz >](#)

Ratatouille

/ an essential, do-everything autumn vegetable recipe



Symptoms of Macular Degeneration

Do you know the early signs of this sight-stealing condition? They can be confused with other benign symptoms.

[Read More >](#)

What Your Eyes Say About Your Health

Sometimes, you'll notice vision changes first, but many times an eye doctor will detect problems before you do.

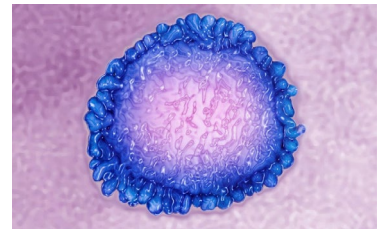
[Take Quiz >](#)

Your COVID-19 Diabetes Plan

The new coronavirus could put you at greater risk for complications like diabetic ketoacidosis. Here's what you can do to avoid infection, what to stock up on, and what to do if you get sick.



[Read More >](#)



After recovering from COVID-19, are you immune?

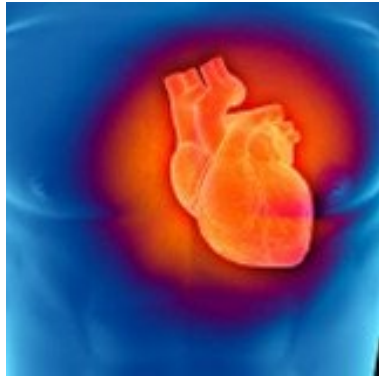
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Where distancing is not an option

Researchers are scrambling to understand [how COVID-19 is spreading under the radar in group-living situations, such as nursing homes, prisons and homeless shelters](#). The answers are essential to protect people who don't have the luxury of separating themselves from others — and to eventually end the outbreak. Especially difficult is shielding the roughly 1.4 million people who use a homeless shelter or transitional housing in the United States each year.

[Nature | 6 min read](#)

Reporter Amy Maxmen [tells the Nature news team about the story on the Nature Coronapod](#) (28 min listen)



SLIDESHOW

Causes of a Heart Attack

Heart disease refers to conditions that involve the heart, its vessels, muscles, valves, or internal... [Read more...](#)

Coronavirus pandemic takes staggering toll on mental health in US

[READ MORE](#)

A cyber-spinach boost for photosynthesis

A biological membrane from [spinach leaves can work in tandem with a highly efficient engineered chemical pathway to turn CO₂ into sugars](#). The artificial chloroplast could someday help produce therapeutic drugs or suck up carbon from the atmosphere. "That's what excites us: we can realize solutions nature has never touched on," says synthetic biologist Tobias Erb.

[Nature | 4 min read](#)

Source: [Science paper](#)



SLIDESHOW

Urinary Incontinence in Women

Urinary incontinence refers to a loss or leaking of urine due to faulty bladder control. [Read more...](#)



Can Schools Really Reopen Safely?

How do you keep kids at a safe distance from each other in the classroom or on a playground?

[READ MORE](#)

[Parkinson's Patient Improving After First-Ever Stem Cell Therapy](#)

What to eat to reduce your risk of Alzheimer's disease

POSTED MAY 8, 2020, 6:30 AM

[Andrew E. Budson, MD](#), Contributor



Would you like reduce your risk of cognitive impairment, Alzheimer's disease, and dementia? Researchers from around the world having been studying a variety of different factors that might reduce these risks and keep the brain healthy. One factor that a number of studies have converged on is a Mediterranean-style diet.

[Learn more »](#)

Global greenhouse emissions are expected to slump this year as shutdowns make their impact across the world, but Australia's own electricity grid appears unaffected. An analysis by by Hugh Saddler, who writes a monthly national emissions audit for the Australia Institute, found the reduced economic activity over a five-week period was likely to have [cut emissions from the country's coal-dominated power generation by only about 1%](#). Australia can expect to see a significant fall in emissions from both road transport and aviation, though. Saddler said Australia differed from some of the worst-affected countries in that major energy users in Australia, such as mining, mineral processing and manufacturing operations, had mostly stayed open during lockdown.

The Guardian

Myths and Facts About Back Pain

Back pain is common. In fact, 80% of people will have significant back pain at some point in life.

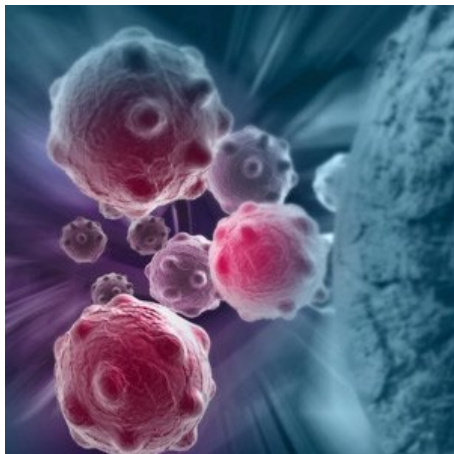
[Read more...](#)



SLIDESHOW

Should You Be Gluten-Free?

Get the facts about gluten free foods and alternatives to keep you healthy and happy. [Read more...](#)



FEATURED

12 Ways to Lower Your Cancer Risk

It's one of the world's leading causes of death, but about 1 in 3 cases can be prevented. There's no magic pill to keep you from getting cancer, but you can do some things to improve your odds.

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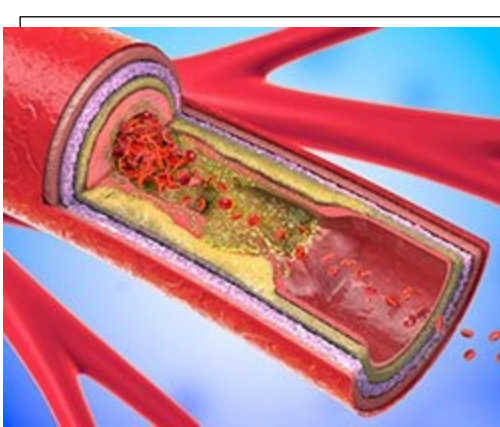
Stroke Causes and Symptoms

When the brain's blood supply is inadequate, a stroke results. [Read more...](#)

Using Eggshells in the Garden

Using eggshells in the garden can help provide calcium to plants and can also help fight off blossom end rot in some plants, such as tomatoes, squash, and peppers.

[Read More](#)



FEATURED QUIZ

Main Sources of Cholesterol

Elevated blood cholesterol has been linked to serious health complications.

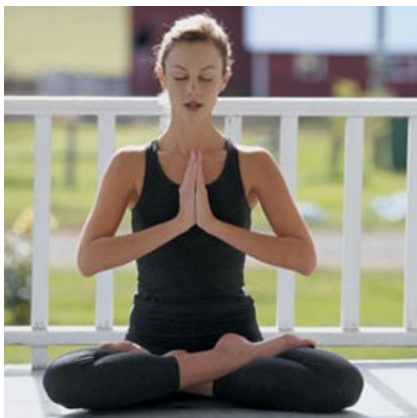
TAKE THE QUIZ

Journalist Stephanie Baker thought she might have had COVID-19, so she decided to get an antibody test, which indicates whether a person has been exposed to the virus. In fact, she took four — and was left with “conflicting results that left me even more anxious — and with more questions than at the start”. Her experience demonstrates [why such tests can do more harm than good, and why countries are still scrambling](#) to find tests that are accurate enough to power large-scale disease-control efforts. ([Bloomberg Businessweek | 6 min read](#))

Read more: [Will antibody tests for the coronavirus really change everything?](#) (Nature, from April)

Travel limits hit Australian research jobs

Some 7,000 researchers — more than 4% of Australia’s research force — could [lose their jobs within the next 6 months](#) because of a drop in international students. Australian universities, which employ nearly half of the country’s researchers, depend on foreign students for about one-quarter of their revenue. Because of a dramatic drop in the number of these students due to travel bans and visa restrictions, universities will lose billions of dollars — costing scientists their jobs and hobbling PhD projects, according to a report from the country’s chief scientist. ([Nature | 3 min read](#))



The Benefits of Yoga: Transform Your Mind, Body and Spirit

Although yoga has been around for centuries, reaping its rewards doesn’t take long at all: Just a few minutes of practice at the end of a long day can help stretch and relax sore muscles.

[Read More](#)

[How Yoga Helps To Rejuvenate Your Body and Mind](#)

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A Rare Type of Diabetic Neuropathy

This nerve pain strikes the thighs, hips, buttocks, and sometimes even the chest and abdomen.

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