

HEALTH & VIEWS

Health Newsletter for SriLankans & others, globally

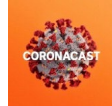
JUNE 2020

3rd Issue

[Using convalescent blood to treat COVID-19: The whys and hows](#)

We spoke to immunologist Dr. Arturo Casadevall about convalescent plasma therapy for COVID-19 to find out what it is and why it holds promise.

[Every coronavirus cluster starts with one person](#)



Only Irish coffee provides in a single glass all four essential food groups:
Alcohol, caffeine, sugar and fat.



[100 Restaurant Copycat Recipes »](#)

[8 Home Remedies for Dry Eyes](#)

From blinking more to eating oily fish, here are things to try if your RA is making your eyes dry.

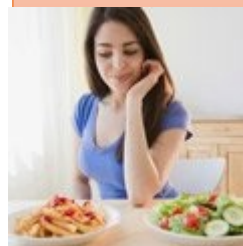
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Conditions That Can Cause Blood In Urine

It can be a shock to see blood in your pee. A number of conditions can cause it. Find out why it happens and what to do about it.

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QUIZ

Constipation: Foods to Eat, Foods to Avoid

The foods to avoid while constipated will surprise you. Test your knowledge about what can help prevent and relieve... [Read more...](#)



ARTICLE

Diabetic Ketoacidosis Causes, Symptoms, Complication

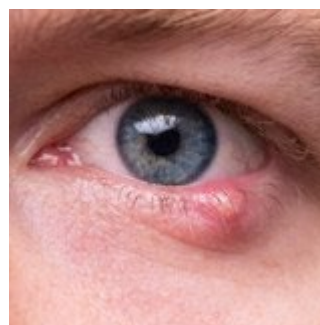
Diabetic ketoacidosis is a life-threatening complication of type 1 diabetes that occurs when the body produces high... [Read more...](#)



SLIDESHOW

If Your Child is Not Feeling Well...

See signs of childhood illnesses, including fever, nausea, and constipation. Here are some common symptoms and home treatment. [Read more...](#)



SLIDESHOW

What Eye Symptoms May Mean

Will your eye condition clear up, or is it a warning sign of a critical eye health issue? What can you do about it? [Read more...](#)



Will You Get a COVID-19 Vaccine?

Even if a vaccine against COVID-19 is developed, few people say they will get it.

[READ MORE](#)

[Side Effects of Tamoxifen](#)

For more than 30 years, doctors have prescribed it to fight tumors that depend on estrogen to grow. Here's what you need to know.

[Read More >](#)

[Newly identified 'metabolic signature' can determine adherence to Mediterranean diet, help predict CVD risk](#)

[What causes a metallic taste and fatigue?](#)

Why do people develop a metallic taste in the mouth alongside fatigue? In this article, learn about eight possible causes of these symptoms.

[What are the top CBD oils?](#)

Studies indicate that CBD is useful for a variety of ailments, and oil is one of several ways people can consume it. Read more about the best CBD oils.

[Active yoga may help relieve depression symptoms](#)

New research suggests that active forms of yoga may help relieve depression symptoms in some individuals, confirming anecdotal evidence.

[Aloe vera for sunburn: Does it work?](#)

Using aloe vera for sunburns may help relieve pain and itching. Aloe vera can soothe the skin and support healing after a sunburn. Learn more here.

[How to get hair dye off skin: Techniques to try](#)

There are different methods to remove hair dye from the skin. Most techniques involve household products and are easy to follow. Learn more here.

[6 home remedies for plantar warts](#)

Plantar warts are common lesions that grow on the bottom of a person's feet. Learn about the different home remedies a person can try here.

[What is the purpose of pubic hair?](#)

Why do humans have pubic hair? In this article, learn about the purpose of pubic hair, as well as some of the best ways to safely remove it.

[What is the connection between diabetes and thirst?](#)

Excessive thirst is a symptom of diabetes. Here, learn about the relationship between thirst and different types of diabetes, as well as when to see a doctor.

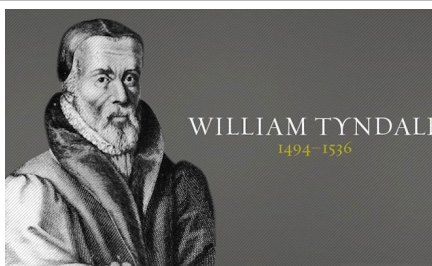
[12 causes of sudden blurry vision](#)

A person can experience sudden, blurry vision for a variety of reasons. Learn more about the potential causes and the treatment available here.

[Research has shown that people who are most likely to have heart disease can lower their risk by as much as 80% if they do these easy things.](#)

The evidence for why we should all wear masks

We should all be wearing masks to protect each other from COVID-19. That's the conclusion of [an overview of the current evidence for airborne transmission of SARS-CoV-2](#), by atmospheric chemist Kimberly Prather and three colleagues. The authors also looked at the effect of masks in countries where they are commonplace, and the efficacy of other measures, such as people staying 2 metres apart. Although more research is needed, the authors argue that "airborne spread from undiagnosed infections will continuously undermine the effectiveness of even the most vigorous testing, tracing, and social distancing programs." [Science | 10 min read](#)



WILLIAM TYNDALE the man who translated the Bible into English and was burnt alive at the ridiculous young age of 42 years old, for his efforts.

Nearly 500 years ago, this week, William Tyndale, fondly called 'Father of the English Bible' was strangled and burned at the stake after being tried and convicted of heresy and reason for translating the Bible into English.

HIS OFFENSE!
He translated the Greek Bible into English

Surgery-free pain relief for hips and knees



Ultrasound, phonophoresis, and iontophoresis

Therapeutic ultrasound is a simple procedure that uses sound waves to increase blood flow, relax muscle spasms, and aid healing that leads to faster hip pain relief and knee pain relief. The therapist applies gel to your skin and moves an ultrasound wand over your skin around the painful area. In a special ultrasound technique called phonophoresis, medication (often hydrocortisone) is added to the gel. In a survey of orthopedic physical therapists, more than half said they would use ultrasound and phonophoresis to reduce soft-tissue inflammation (in tendinitis or bursitis, for example). These techniques are also used to manage pain, heal tissue, and help muscles stretch.

Harvard Medical School

Health Benefits of Watermelon

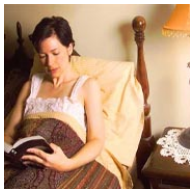
[This sweet and tasty summer fruit is loaded with lycopene, which may lower your risk of heart attacks. See other benefits for your skin, muscles, and joints.](#)

[Read More >](#)

What Is Carotid Artery Disease?

Can You Lower Triglycerides With Exercise?

[If you do just 20 to 30 minutes of aerobic activity, 5 days a week, your overall numbers may drop and your good cholesterol may go up. Try these moves. \[Read More >\]\(#\)](#)



[Self-Care Tips for the Mind](#)

Why Isn't Everyone on This Diet?

You can still eat bread, pasta, dairy, and meat while giving up high blood pressure, high cholesterol, and those extra pounds.

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Symptoms of Cervical Cancer

More than 13,000 new cases of cervical cancer are diagnosed each year in the U.S. But when found early, it's highly curable.

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Natural Ways to Increase Your Testosterone

If you're looking to boost your T levels, aim for 7 or 8 hours of sleep every night, use glass instead of plastic, and eat more of these foods.



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Prostate Problems to Watch Out For as You Get Older

A urologist explains how to attend to your prostate before it disrupts the flow in your daily life.

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13 Sudden Health Issues After You Hit 50

From pneumonia to vertigo, these problems are more likely to give you trouble once you've passed the half-century mark.

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NUTRIENT FEATURE:

Selenium

Selenium is an essential component of various enzymes and proteins, called selenoproteins. These have antioxidant properties that help to break down peroxides, which can damage tissues and DNA, leading to inflammation and other health problems. [Learn more about selenium and health](#)



Pexels

Nutrition and Immunity

The design of our immune system is complex and influenced by a balance of many factors, not just diet, and especially not by any one specific food or nutrient. However, a balanced diet combined with a range of healthy lifestyle factors primes the body to fight infection and disease.

[Learn more](#)

“There's plenty of data that [meat] increases the risk of colorectal cancer, other types of cancers, heart disease, diabetes, and the higher risk of dying from these things.” Some of these health conditions are especially serious during the pandemic. “With Covid-19, the underlying conditions of heart disease and diabetes increase the risk. You become much more vulnerable and increase the risk of dying and complications.”

— Lilian Cheung, lecturer and director of health promotion and communication in the Department of Nutrition [Read more](#)

13 Things You Can Do for Your Pain Today

Besides medication, there's lots you can do to keep your aches and pains under control. We share some tried-and-true pain-fighting tactics.

[Read More >](#)





[28 Olive Garden Copycat Recipes »](#)



[50 Cheesecake Factory Copycat Recipes »](#)



[12 Disney Parks Copycat Recipes »](#)

How COVID-19 Attacks Every Organ

We have underestimated COVID-19 since it first appeared. The virus can cause lung damage, blood clots, strokes, skin rashes, and much more.

[Read More >](#)



SLIDESHOW

Surprising Sources of Salt

How dangerous is sodium, and is the amount you're eating too much? That is a major health question that is still being debated today. [Read more...](#)



FEATURED

Which Fruits Have the Most Sugar?

Fruit is good for you! It has fiber and other nutrients you need. But it also has natural sugar, and some have more than others.

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Hydroxychloroquine study questioned

Last week, the World Health Organization (WHO) and regulators in the United Kingdom, France and Australia paused the testing of hydroxychloroquine as a COVID-19 treatment because of safety concerns. A large observational study published in *The Lancet* linked the antimalarial drug to an elevated risk of death and abnormal heart rhythms when used as a coronavirus therapy. [Now the study itself is under scrutiny](#): 120 researchers have signed a letter to the journal highlighting concerns about the quality of the data and its analysis. Researchers are worried that hydroxychloroquine's bad press will dissuade people from joining further trials — leaving questions about the drug unanswered.

[Nature | 7 min read](#)



SLIDESHOW

High Protein Diets: Good or Bad?

High-protein, low-carb diets are appealing to many people. But is there a down side to high protein diets? [Read more...](#)



SLIDESHOW

Spinal Stenosis Back Pain

You probably already have a rough idea of what a spine is. 'Stenosis,' on the other hand, refers to a narrowing or a stricture. [Read more...](#)

How Your Lungs Work and How to Protect Them

By the time you're 50, you've taken around 400 million breaths. Diseases like COVID-19, which can attack the lungs, shine a light on how important these organs are. Here's what you should know about them.



[Read More >](#)

How Diet Affects Your Breast Cancer Risk

Whether you've already had the disease or are looking to prevent it in the first place, what you eat can make a big difference.

[Read More >](#)

Is It Heartburn or a Heart Attack?

Both conditions can cause a burning feeling in your chest, but only one requires a call to 911. Learn to tell the difference.

[Read More >](#)



Tips from your gut microbiota for staying healthy: an interview with Andrea Hardy

What can you do to take care of your gut health? Canadian registered dietitian Andrea Hardy gives you some good advice. ...

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Does your everyday well-being depend on your stomach? You're not alone!

Your gut health is about more than just good digestion. Experts are increasingly recognizing that optimal gut health is required for overall good health and...

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Why gut health comes up in conversation so often?

The term 'gut health' has become increasingly popular among scientists and healthcare practitioners, as well as on social media...

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Why are we still getting mixed messages on masks?

[More >](#)



Scientists are searching hard for coronavirus treatments. Which ones look promising?

[More >](#)



Understand everything about eliminating certain foods in the case of food intolerances

Studies have shown food intolerances affect approximately 20% of the population in industrialized countries. Whether it is gluten, FODMAPS or histamine, experts are...



SLIDESHOW

Ankylosing Spondylitis

Ankylosing spondylitis is a type of arthritis that inflames the joints (vertebrae) in the spine. [Read more...](#)



SLIDESHOW

What's Inside Your Drinking Water?

Learn about drinking water health hazards to assure you are getting the best quality water. [Read more...](#)

What Are the Stages of Rheumatoid Arthritis?

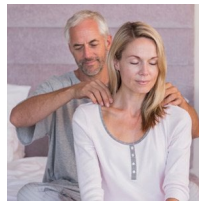


Rheumatoid arthritis is an autoimmune disease that causes chronic inflammation of the joints and other areas of the body. [Read more...](#)



Inflammatory Bowel Disease (IBD)

IBD refers to two different chronic conditions or diseases that may be related. What are the symptoms... [Read more...](#)



Sex After 60: Challenges and Changes

Many mature couples have better love lives than they did in their more youthful days. There are lots of reasons for this.

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SLIDESHOW

Changes in Vision as You Age

Eye conditions like cataracts, glaucoma, macular degeneration, are more common with aging. [Read more...](#)

This Is What Drinking Celery Juice Really Does to Your Body

Is celery juice as healthy as some people say it is? Here's what experts think about the beverage.

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>



13 Myths of Alzheimer's

Find out the truth about Alzheimer's disease and its related causes, symptoms, treatments. [Read more...](#)

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