

## Do You Need to Wear a Mask in Your Car?

## Aromatherapy and Essential Oils for Stress Relief

### [Jardiance \(empagliflozin\)](#)

Jardiance (empagliflozin) is a brand-name prescription drug that's used to improve blood sugar levels in adults with type 2 diabetes. It's also used to prevent cardiovascular death in adults who have type 2 diabetes and heart disease. Jardiance comes as an oral tablet. Learn about side effects, dosage, uses, and more.

## Padma Lakshmi on Cooking in Quarantine

The "Top Chef" host discusses her new show about food in America, feeding her daughter, and how she manages shopping and cooking during the coronavirus pandemic.

[Watch Video](#) >



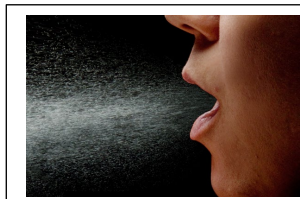
**Dementia /**  
Scientists  
link bowel  
inflammation  
to higher risk



## COVID Surges Among Young Adults

The spike among those ages 20-39 may be due to a combination of increased testing, rejection of social distancing and masks, and the misconception among young people that they're not as likely to become infected.

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## [What have protests taught us about the coronavirus?](#)

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## [What is lordosis and what causes it?](#)

Lordosis is an exaggerated inward curve of the spine, usually in the neck or lower back. Learn about the causes, treatments, and exercises that may help.

## [Metabolic syndrome: What you need to know](#)

Metabolic syndrome is a condition that includes various health issues. It is linked to obesity, cardiovascular disease, high blood pressure, and type 2 diabetes. Lifestyle modification and control of weight, blood pressure, and body weight can help reduce the risks. Drugs can help control symptoms, if needed.

## [How can I lower my insulin levels?](#)

In this article, we look at nine ways to lower high insulin levels. This can be achieved through diet, lifestyle changes, supplements, and medication.



## Who Invented Bread?

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## [Vitamin A may help treat early vision loss in diabetes](#)

Recent research has revealed that mice with diabetes that received treatment with a vitamin A analog experienced a significant improvement in their vision.

### [Diet tips for prediabetes](#)

Prediabetes can be a worrying diagnosis, but diet can help to prevent it from turning into full diabetes. Get some diet and other tips for managing prediabetes.

## [Can people with type 2 diabetes stop taking metformin?](#)

Metformin treats type 2 diabetes by lowering blood sugar levels. It is generally a safe and effective medication. However, metformin can cause side effects, and a person may be able to manage their blood sugar by making lifestyle changes involving diet and exercise. Learn more here.

## [What are the side effects of metformin?](#)

The main use of metformin is to control blood sugar levels. Here, learn about the potential side effects of metformin and its interactions with other medications.

## [Can you drink alcohol while taking metformin?](#)

People with diabetes may use metformin to help with their symptoms. However, alcohol can interact with metformin and have unwanted effects. In this MNT Knowledge Center article, find out the risks of drinking alcohol while taking metformin, as well as any long-term complications it may cause.

## [Is hair loss a side effect of metformin?](#)

Doctors prescribe metformin to treat people with type 2 diabetes or polycystic ovary syndrome (PCOS). In rare cases, metformin may cause hair loss. Learn more here.

## [Is okra good for diabetes?](#)

Okra has a history in traditional medicine, but is it good for people with diabetes to have in their diets? This article examines okra and diabetes.

## [The 10 best vegetables for protein](#)

Vegetables are good sources of vitamins, minerals, and fiber. Some are also good sources of protein. Learn about the top 10 vegetables for protein here.

## [Why does the coronavirus cause blood clots?](#)

This article will discuss the blood clotting process, analyze the latest research on why the coronavirus causes blood clots, and offer some tips for prevention.



### **How Well Do You Know Yourself?**

We tend to see ourselves as introverts, ambiverts, or extroverts based on how comfortable we are around people. We typecast our bodies as endomorphs, mesomorphs, or ectomorphs based on how easily we gain or lose weight.

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### **5 Ways In Which Cardamom Can Help You Lose Weight**

Cardamom can also prevent deposition of fat in the abdomen, lower the bad cholesterol and triglycerides, and improve glucose tolerance, all of which raise your risk of metabolic syndrome.

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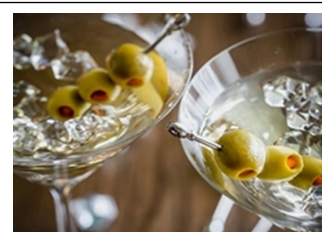
### **Benefits Of Fish Oil: Reasons Why You Need Omega-3**

Fish oil's benefits are due to its omega-3 fats that lower triglycerides and the bad cholesterol, reduce anxiety and prevent Alzheimer's, and lower cancer risk of the breast, colon, and prostate.

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## **Drop These Cancer-Causing Habits Now**

You don't need special products or extreme behaviors to lower your risk of many types of cancer. These simple lifestyle changes can go a long way.

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## Eat On A Banana Leaf For Healthier Immune System

Banana leaves contain a polyphenol called EGCG also found in green tea. They fight off free radicals which cause ailments like cancer and heart disease.

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## 30 Cancer Symptoms You Should Never Ignore

Cancer isn't always the cause of these symptoms. However, if they persist, getting checked out could save your life.

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## 9 Things That Happen When You Get a Full 8 Glasses of Water

You've heard you should drink eight glasses of water a day. But is it really necessary? The surprising ways water keeps you healthy.

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## 44 Things Heart Doctors Do to Protect Their Own Hearts

Heart disease is the biggest killer in the United States, more than all cancers combined. Here are the heart health habits cardiologists follow.

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## Probiotics — even inactive ones — may relieve IBS symptoms

UPDATED JUNE 22, 2020, 10:30 AM  
[Anthony Lembo, MD](#), Contributor



Irritable bowel syndrome (IBS) is a chronic gut-brain disorder that can cause a variety of uncomfortable gastrointestinal symptoms including abdominal pain and diarrhea, constipation, or a mix of the two. IBS can reduce quality of life, often results in missed school or work, and can have a substantial economic impact.

Although the precise cause of IBS remains unknown, recent research suggests that an imbalance in intestinal microbiota and a dysfunctional intestinal barrier may be involved in the development of IBS in some people. Because of this, methods to restore the microbiota have been explored as treatment for this condition.

[Learn more »](#)

## Here's What You Need to Know About the Health Benefits of Chocolate

Chocolate is not only delicious, it may have health benefits, especially if the concentration of cocoa is 70 percent or higher.

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### Olive Oil Vs Coconut Oil: Which One Is Healthier?

The right cooking oil can help you stay healthy. When it comes to choosing an oil, it often comes down to a choice of extra virgin olive oil (EVOO) or virgin coconut oil. So which one should you leave in your pantry? [Read more](#)

### [Drinks that help you fall asleep: 10 options](#)

Drinks that aid sleep include lavender tea, cherry juice, and almond milk. Some drinks are natural sleep aids and can help people fall asleep. Learn more here.

### 8 Side-Effects of Wearing Face Masks and How To Fix Them

Wearing a face mask is an important precaution to protect against COVID-19. However masks can also cause unwanted side effects. [Read the full story here](#)

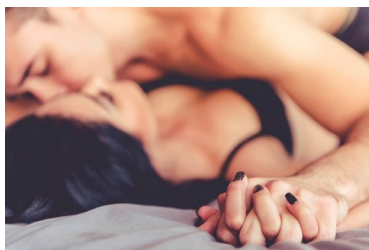


## **This Is the Best Time to Have Sex (Hint: It's Not at Night)**

Cancel that work meeting; you're leaving the office early today.

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Ron Chestna 89 years of age was stopped by the police around 2 a.m. and was asked where he was going at that time of night .

Ron replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer asked, "Really? Who's giving that lecture at this time of night?"

Ron replied, "That would be my wife."



## **10 Foods That Used to Be Bad for You—But Now Aren't**

Food experts explain how certain foods, such as coffee or a glass of wine, can all be part of a balanced, healthy diet in moderation.

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## **10 Sneaky Ways You Might Be Making Yourself Dehydrated**

Not drinking enough water is sure to leave you dehydrated, but there are other ways you might be dehydrating yourself without even realizing it.

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## **Is Breakfast Really the Most Important Meal of the Day?**

You've heard breakfast is the most important meal of the day, but is it really all it's cracked up to be? The reality might surprise you.

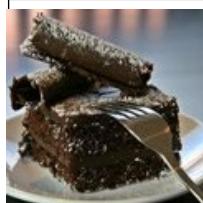
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## **What causes hepatomegaly?**

Hepatomegaly refers to an enlarged liver. This is a symptom of an underlying condition. Potential causes include hepatitis and heart failure. Learn more here.



### **SLIDESHOW**

## **Foods That Are Bad for Your Heart**

Are you worried about your heart? Over time, high amounts of salt, sugar, saturated fat, and refined carbs raise your risk for... [Read more...](#)

## **Alcohol and High Cholesterol**

It's true that alcohol has some heart-healthy benefits. But before you raise a glass, know that the news about alcohol isn't entirely positive.

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## **Loss of Smell, Taste Might Be Long-Term**

Many people infected by the coronavirus lose their sense of smell and taste. And doctors are concerned that some will never get back to normal.

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## **Stretch Marks: Causes and Treatments**

If your skin is stretched farther than it's used to in a short period of time, the elastic fibers in your skin can tear. Those damaged areas make long, thin scars called stretch marks.

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SLIDESHOW

## Age-Defying Hairstyles

Forget facelifts -- the right hairstyle can actually make you look years younger! Our favorite trick... [Read more...](#)



## Are Iron Stores the Key to Alzheimer's?

Iron deposits in the brain may hint it's possible role in cognitive deterioration.

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## 7 things you can do to prevent a stroke



What can you do to prevent stroke? Age makes us more susceptible to having a stroke, as does having a mother, father, or other close relative who has had a stroke. You can't reverse the years or change your family history, but there are many other stroke risk factors that you can control — provided that you're aware of them. "Knowledge is power," says Dr. Natalia Rost, associate professor of neurology at Harvard Medical School and associate director of the Acute Stroke Service at Massachusetts General Hospital. "If you know that a particular risk factor is sabotaging your health and predisposing you to a higher risk of stroke, you can take steps to alleviate the effects of that risk." Here are seven ways to start reining in your risks today to avoid stroke, before a stroke has the chance to strike.

[Read more »](#)

## Does Sex Get Better With Age?

Most people over 45 think so. See some of the problems you may face, health benefits frequent sex can bring, and more.



[Take Quiz >](#)

## Signs You May Have Myasthenia Gravis

This condition happens when your body's immune system disrupts nerve signals and weakens your muscles. You might notice it first in the muscles of the eye, but it can affect all "skeletal" muscles, like those that move your legs and arms or help you breathe.



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## Common Causes of UTIs

Not drinking enough fluids may cause urinary tract infections. What are the other risk factors?

[TAKE THE QUIZ](#)

## [Analysis: I'm a doctor and scientist. These are the treatments for COVID-19 that actually work](#)

With a vaccine for coronavirus still to be found, this is what is known about which treatments work against the disease, and which don't, writes William Petri.



## Can Vitamins or Supplements Prevent Coronavirus?

No vitamins or supplements have been proven to help prevent coronavirus, but certain nutrients may help strengthen your immune system's ability to fight the virus.

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## Help for Middle-of-the-Night Insomnia

About 20% of people wake up in the middle of the night, then struggle to get back to sleep. These tips may help.

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## [Prince Andrew's lawyers 'bewildered' by claims he's evading US authorities](#)

Lawyers for the Prince, who was friends with both Jeffrey Epstein and Ghislaine Maxwell, say he has offered his help a number of times and remain "utterly bewildered" by the approach of the US Department of Justice.



## [This woman was tortured for days before she died. Now, PNG women are rising up](#)

Jenelyn Kennedy's battered body arrived at Port Moresby hospital after what authorities believe were days of torture and abuse by her partner. But the death of this teenager could mark a turning point for the women of PNG.



## [Analysis: China isn't just after Hong Kong's protesters. It wants the city's children](#)

If similar 'national security education' activities on the mainland are anything to go by, China's Government now has the legal basis to begin patriotic classes for Hong Kong's next generation, writes Bill Birtles.



## [10 Ways Your Body Changes When You Start Drinking Enough Water](#)

[Staying hydrated is one of the healthiest habits you can adopt. Here are the ways your body and brain improve when you get enough fluid.](#)

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## [11 Foods that Boost Your Immune System](#)

[From yogurt to spinach, tea to chicken soup, these superfoods will help you stay sniffle-free all year long.](#)

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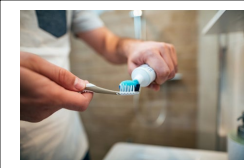
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## [Your Toothpaste or Mouthwash Might Actually Be Staining Your Teeth](#)

[Next time you go toothpaste or mouthwash shopping, make sure you avoid these ingredients.](#)

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More than half the patients, weeks after testing negative, are still symptomatic. Pain appears in arms, legs, or other places, and pain level can be 10.

No correlation bet... [Read More >](#)

## **'It's frightening': Doctors say half of 'cured' COVID patients still suffer**



The Times Of Israel

## **More evidence of causal link between air pollution and death**

Harvard T.H. Chan School of Public Health



### **The Best 13x9 Recipe From Every State »**



### **Our Best Casseroles for July »**



## **Existing drugs can prevent SARS-CoV-2 from hijacking cells**

European Molecular Biology Laboratory - European

Bioinformatics Institute



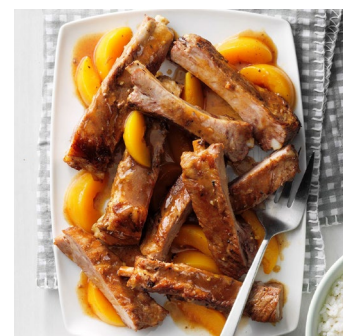
### **20+ Hearty, No-Cook Summer Salads »**



### **30 No-Bake Treats Kids Love to Make »**



### **23 Budget-Friendly Restaurant Copycat Recipes »**



### **31 Slow-Cooker Recipes for July »**



### **Here's What to Make on Every July Food Holiday »**

## **'No evidence' that vitamin D can prevent or treat COVID-19**

A review of existing studies finds no indication that taking vitamin D supplements protects against infection with the new coronavirus.

## **Newly identified swine flu could become a human pandemic**

Researchers have identified a virus that can infect both pigs and humans. According to researchers, it has the hallmarks of a future pandemic virus.



## [Proper hand washing: Step-by-step guide](#)

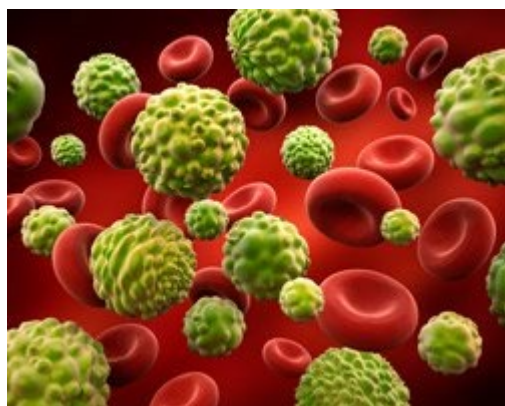
Proper hand washing can help prevent the spread of germs and disease. Learn proper hand washing steps with a visual guide, along with helpful tips, here.

## [COVID-19: Hand sanitizers inactivate novel coronavirus, study finds](#)

New research confirms that two hand sanitizer formulations recommended by the World Health Organization are effective against SARS-CoV-2.

## [COVID-19 and face masks: To wear or not to wear?](#)

Many countries recommend face masks in public to curb the COVID-19 pandemic. We look at common reasons why some people do not wear them.



### MAIN ARTICLES

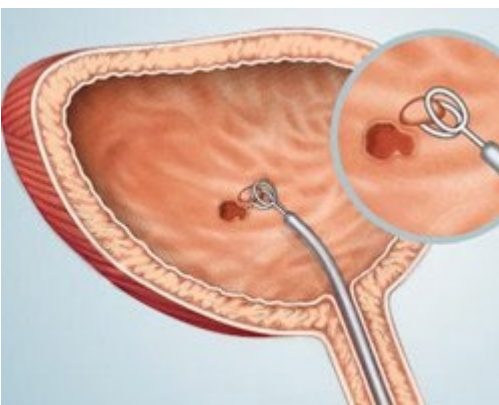
## Cancer Causes, Risks, and Types

Anything that may cause a normal body cell to develop abnormally can cause cancer.

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## More than 1000 foreign citizens allowed into Australia on compassionate grounds

More than 1000 foreign citizens have been allowed to travel to Australia since travel bans were put in place to stop the spread of the coronavirus.



### FEATURED SLIDESHOW

## Bladder Cancer Stages and Signs

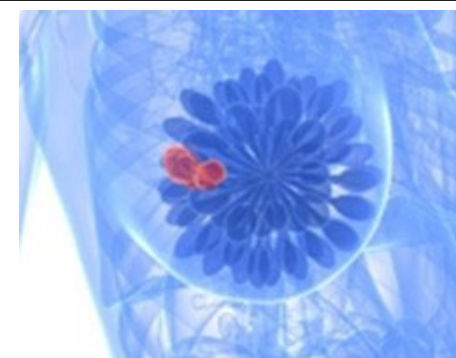
Bladder cancer sometimes causes changes in the bladder. Habits like having to urinate...

[VIEW SLIDESHOW](#)

## Cancer Symptoms Not to Ignore

Cancer symptoms can surprise you if you don't know what to watch out for. Learn possible clues to finding and detecting cancer early.

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### FEATURED QUIZ

## Is a Breast Lump Always Cancer?

Women should know how their breasts normally look and feel. It's the key for early detection.

[TAKE THE QUIZ](#)

### [Early Signs of Lung Cancer](#)

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### ARTICLE

## What Type of Cancer Is Multiple Myeloma?

Discover symptoms, life expectancy, stages, treatments, survival rates, diagnosis, and causes of multiple myeloma. [Read more...](#)