

Health & Views

JULY 1st issue
2020

[The Many Health Benefits of Sunshine and Vitamin D](#)

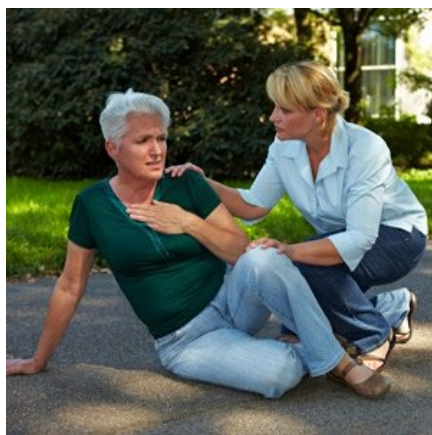
Health Newsletter for Sri Lankans & others, globally

www.Doctorhsrold.com

[Experts Optimistic in Search for COVID-19 Vaccine](#)

[Afraid of COVID-19 During Sex? Wear a Mask, Experts Say](#)

<http://www.youtube.com/embed/7vs-H7xLnrs?rel=0>



FEATURED

How to Listen to Your Body

Your body will often let you know if something suddenly goes drastically wrong. Learn what to do when something feels really off.

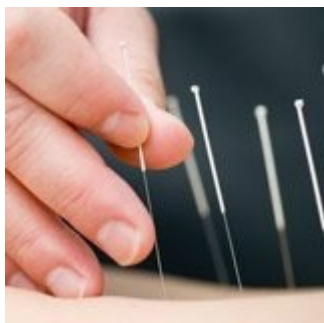
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SLIDESHOW

Inflammatory Bowel Disease (IBD)

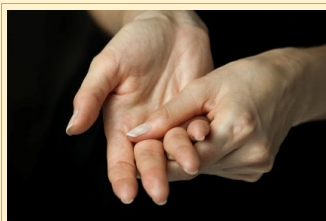
IBD refers to two different chronic conditions or diseases that may be related. [Read more...](#)



All About Acupuncture

Does this ancient Chinese practice really help? Learn what acupuncture is, what it is used for, and how it is done. [Read more...](#)

Top 5 ways to reduce crippling hand pain



Hand pain is more than just annoying. The stiffness and swelling that go along with hand pain can sap strength and diminish the ability to carry out routine functions, like buttoning clothes. One common cause of hand pain is osteoarthritis — when the shock-absorbing cartilage between bones in the finger joints and at the base of the thumb becomes worn or damaged. Hand pain can also result from nerve conditions, like the pain and tingling you feel when there is pressure on the median nerve in the wrist or the ulnar nerve near the elbow. Sometimes hand pain results from tendinitis, an inflammation of the tissue that attaches muscles to the bones. Here are five methods to help manage hand pain, retain hand function, and avoid surgery.

[Read more >>](#)



SLIDESHOW

Don't Let Arthritis Stop You

Let us show you ways you can stay active and keep moving with arthritis. [Read more...](#)

What Your Walking Style Can Reveal About Your Health

[Medical experts share what your gait and walking style—from limping to a listless walk—can reveal about your overall health.](#)

[Read More](#)

Warning Signs of Kidney Problems

[The symptoms of kidney trouble aren't always obvious. Learn about the many ways you can be affected when your kidneys aren't working right.](#)

[Read More >](#)

Signs You May Have an Autoimmune Disease

[These disorders happen when your immune system attacks healthy parts of the body as though there's a threat.](#)

[Read More >](#)



Top doctor's dire warning for USA 'It's going to be very disturbing' [Read more on 9News](#)

Is the Keto Diet Good for Blood Sugar?

Some swear by this low-carb, high-fat eating plan to lose weight. But here's why people with diabetes need to be careful.

[Read More](#) >

How to relieve ear pressure

Ear pressure is the sensation of fullness or stuffiness within the ear. It occurs when the eustachian tube becomes blocked or stops functioning correctly.

What causes left kidney pain? Symptoms and treatments

Pain in the left kidney can have several causes, ranging from dehydration to kidney disease. Learn more about the causes and treatments here.

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.

Can antibiotics treat COVID-19?

Antibiotics are not effective against viruses. People with COVID-19 may receive antibiotics to treat secondary bacterial infections but not COVID-19 itself.

[READ ON](#) →

Not science fiction but necessity being the mother of invention.

Electrified Fabric Could Zap the Coronavirus on Masks and Clothing

What causes numbness in the right arm?

There are many causes for numbness in the right arm, such as restricted circulation, nerve damage, a herniated disc, or a more serious condition.

Celiac Disease Diet, Symptoms, Causes, and Diagnosis

Celiac disease is a condition in which a person has inflammation of the small intestinal mucosa when exposed to gluten in the diet. Symptoms of celiac disease include bloating, nausea...

[Read more ...](#)

What Are the Four Types of Asthma?

Asthma is a chronic inflammatory disease of the airways (bronchi). Bronchi generally allow for the passage of air in and out of the lungs. In asthma, these airways develop hypersensitivity...

[Read more ...](#)

18 Ways to Live Longer and Better

These tips and tricks won't help you live forever, but they may extend your life and keep you feeling great as you get older.

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10 Low-Carb Fruits You Can Enjoy Guilt-Free

Fruit has natural sugars that add to your daily carb count. It also has vitamins and minerals your body needs. Use this guide to make every carb count.

[Read More](#) >



<https://youtu.be/epM9Ck1yEJo>

Pigs in China carry risky swine-flu strain

Scientists carrying out routine monitoring of influenza strains in China have found that pigs are widely infected with a virus with the potential to trigger a pandemic. The strain, called G4, is a genetic blend of three lineages. These include the H1N1 virus that caused the 2009 pandemic, suggesting that [it might be able to adapt for human-to-human transmission](#). Antibody tests showed that more than 4% of humans surveyed had been exposed to G4. In its current form, the virus is not considered dangerous, but scientists warn that, given the unpredictability of influenza viruses, a vaccine should be developed. "We need to be vigilant about other infectious disease threats even as COVID is going on because viruses have no interest in whether we're already having another pandemic," says evolutionary biologist Martha Nelson.

[Science](#) | 6 min read

Reference: [PNAS paper](#)

Melbourne's COVID-19 second wave exposes multicultural "data hole"

THE rise in [new COVID-19 cases in Melbourne](#) last week shone a light on some of the cracks in our health system and our society more broadly.

Centred around a number of suburbs in the city's multicultural north, the disease hotspots are in areas with "very strong pockets of disadvantage", according to Victorian Health Minister Jenny Mikakos, who herself lives in one of the affected suburbs.

"We acknowledge the challenges in some communities for whom English may not be their first language in understanding the public health messaging, and this is why we are going to double our efforts in working with those communities," [Mikakos told SBS News](#).

The new push has been welcomed by community leaders, but it does raise questions about why this was not more of a focus from the beginning. Accessing reliable health information, and fully understanding it, is a challenge for most people, but far more so for those whose first language is not English. Despite long-standing efforts to address the problem, research continues to show an association between limited English skills and poorer health outcomes, as an [Australian Institute of Health and Welfare \(AIHW\) report noted last year](#). Solutions have been hard to find, not least because of shortfalls in data on experiences and outcomes for culturally and linguistically diverse people in the health system.

Australian Bureau of Statistics standards establish the minimum indicators that should be collected (country of birth, main language other than English spoken at home, and proficiency in English), yet even this basic information is not consistently included in national health datasets, the AIHW report said.

If we really want to identify, and address, the specific needs of different groups, we need to collect more detailed information, including length of residency in Australia, language use patterns, need for an interpreter, parents' country of birth, and refugee status, the report went on.

So how does all this relate to COVID-19?

Sociologist Andrew Jakubowicz [argues the pandemic has exposed a "dark data hole"](#) in Australian health records, one that puts multicultural communities at risk.

The National Notifiable Diseases system does not collect data on ethnicity, Professor Jakubowicz writes, and his multiple requests to health authorities have failed to elicit any information on COVID-19 infection or testing rates in different communities.

"The failure to collect data on cultural background and language leaves potentially vulnerable groups without adequate information, and epidemiologists and public health officials without a realistic sense of the landscape in which they need to move," he argues.

"If sanitary social distancing and testing are the key weapons against the disease at least in the short term, then rigorous documentation of how the pandemic is affecting different groups must underpin strategies that seek to protect the vulnerable and ensure potential 'spreaders' can take appropriate and rational precautions."

Australia has so far largely dodged the COVID-19 bullet. Protected by our geographical distance, we have also been fortunate that federal and state leaders have taken a mostly bipartisan approach and one based on the advice of medical experts.

The catastrophe unfolding in the US shows what the alternative might have looked like.

Melbourne's rise in new cases, though, is a warning that we cannot be complacent about our success so far.

If we are to maintain that record, the pandemic response needs to reflect the reality of our multicultural society in all its complex diversity – and that means everything from data collection to communications strategies.

Jane McCredie is a Sydney-based health and science writer.

Osteoporosis management and fracture prevention

OSTEOPOROSIS is a chronic disease associated with ageing and is [increasing in Australia...](#)

[Read more →](#)

Does Chlorine Kill Coronavirus?

[Summer's here, and everyone is wondering if it's safe to go back in the water. Here's what experts say about chlorine pools and coronavirus.](#)



[Read More](#)

15 Things You Didn't Know You Could Do With Baby Shampoo

[It's gentle enough to use to cleanse your baby's tender hair and skin, but strong enough to wash your couch. Here are more surprising uses.](#)

[Read More](#)

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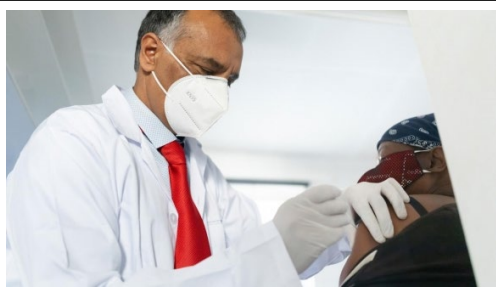
The Gross Truth About What Happens When a Fly Lands in Your Food

[The truth is worse than you probably think, but is the food still safe to eat?](#)

[Read More](#)

>





First COVID-19 vaccine trial in South Africa begins

University of the Witwatersrand



Who Should Take an SGLT2 Inhibitor?

These drugs help treat diabetes by keeping your blood sugar from getting absorbed back into your kidneys.

[Read More >](#)



Rambutan season has started in Colombo.

Cheap sushi and bountiful cheese / what stands out about eating in Australia



12 Common Foods That Can Be Toxic

Could a common food poison you? Find out which foods may be home to hidden toxins.

[READ MORE](#)

Why Intermittent Fasting Might Be Good for You

In addition to promoting weight loss, this eating plan may deliver a host of other surprising health benefits, from improved heart and brain health to a lower risk of diabetes and even a longer life.

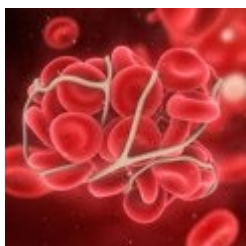


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16 Foods to Boost Immune System

Help fight colds, flu, as well as viruses like COVID-19 with foods that improve your immune system. [Read more...](#)



ARTICLE

Pulmonary Embolism (Blood Clot in the Lung)

For most people with a pulmonary embolism or a blood clot in the lung, the recovery time will take several weeks to... [Read more...](#)



QUIZ

Eye Problems and Conditions

Take this quiz to learn about common eye problems, diseases, and conditions like conjunctivitis (pinkeye), stye, and others. [Read more...](#)



SLIDESHOW

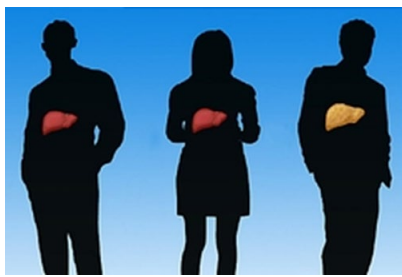
Ankylosing Spondylitis (AS)

Maintaining good posture may help prevent some of the potential complications associated with AS. [Read more...](#)

Urine test reveals quality of your diet -- and whether it's the best fit for your body

Imperial College London





Symptoms of Fatty Liver Disease

It could be the most common disease you've never heard of. At least 1 out of 4 people have it, which is more people than diabetes and arthritis combined. Often, there are no warning signs. But these may be clues.

[Read More >](#)

How to Manage Emphysema at Home

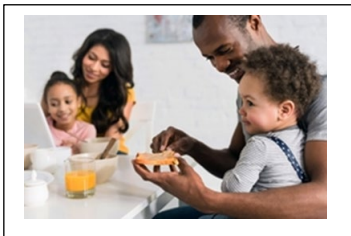
You might be surprised to see how much of a difference these simple changes can make in how you breathe and how you feel.

[Read More >](#)

Alcohol-related liver disease: New drug targets found

A study combining analysis of patient samples with animal studies has identified new drug targets for alcohol-related liver disease.

Delicious Breakfasts for Steady Blood Sugar



A diabetes-friendly morning meal should include fiber, lean protein, and healthy fats. Here are some tasty combinations to try.

[Read More >](#)

Kale and Black Bean Salad With Avocado

What happens when people mix alcohol and sex?

How does alcohol affect people's sex lives? Read on to discover the effects, as well as the answers to some common myths, tips, and the importance of consent.

Drug for alcohol use disorder could also treat obesity

Treating obese mice with disulfiram, a drug for alcohol use disorder, led to significant weight loss and improved metabolic health, a new study reports.

What causes neck pain on the left side?

There are many possible causes of neck pain on the left side, from minor strains and muscle injuries to cervical spinal stenosis. Learn more about causes here.

Retinol creams: 10 options

Retinol can help reduce the appearance of wrinkles, acne, cellulite, and more. Learn about some of the best retinol creams available here.

What are the effects and side effects of CBD oil?

CBD products have become increasingly popular with consumers looking for a cure-all for several ailments and diseases. Learn more here.

How to Protect Your Kidneys

Since diabetes damages your kidneys, you'll want to take these precautions to keep them as healthy as possible.

[Read More >](#)

How Probiotics Promote a Healthy Gut

Probiotics are live microorganisms that have many health benefits such as promoting a healthy digestive tract. [Read more...](#)

6 fiber supplements for constipation, weight loss, and more

Fiber may help people reduce their blood sugar, cholesterol levels, and even aid in weight loss. This article looks at the best fiber supplements.

7 benefits of CBD oil

People use CBD oil for many reasons, including pain, depression, and nausea and vomiting induced by chemotherapy. Learn more here.

How to remove hair permanently

There are only a few techniques that people can use to remove hair permanently from their face, legs, or body. Learn about the options here.

Which foods boost collagen production?

Certain foods contain nutrients that are necessary for collagen production. Does eating these foods increase levels of collagen in the body?

What to know about pterygia

A pterygium is a benign growth of tissue that forms on the white of the eye. Read on to learn about the causes and symptoms of pterygia, plus how to treat them.

What's the Most Common Cause of a UTI? Take the Quiz!

The most common cause of a urinary tract infection (UTI) is this bacterium, which is typically found in the colon. [Read more...](#)

9 Health Habits That Can Backfire

Sometimes, too much of a good thing really can be too much.

[Read More >](#)



How To Create A Balanced Meal

You're here. Our guess is that you're confused or unconvinced about what a balanced meal looks like. You may have had a go at a couple of diet dos and don'ts but nothing really struck a chord with you or stuck, and now you're more determined than ever to crack the code for the sake of your health.

[READ MORE](#)

Two high profile COVID-19 papers retracted

The Lancet and *The New England Journal of Medicine* (NEJM) have [retracted two separate studies that relied on de-identified electronic health records from a company called Surgisphere](#). The *Lancet* study raised safety concerns about the malaria drug hydroxychloroquine as a COVID-19 treatment, which prompted some regulators to temporarily pause trials of the drug. The *NEJM* study found no evidence that blood-pressure medications were harmful for people with COVID-19 and underlying cardiovascular disease. The authors requested that the papers be retracted after questions were raised about the underlying data, and Surgisphere refused to provide them for legal and confidentiality reasons.

A third study using Surgisphere data, uploaded to and then removed from social-sciences preprint server SSRN, has contributed to enthusiasm for the antiparasitic drug ivermectin in South America. "Who retracts this ivermectin ghost in Latin America?" asks global-health researcher Carlos Chaccour. "There's no high-profile journal saying this was wrong."

[Nature](#) | 7 min read

Reference: [retracted Lancet paper](#) & [retracted New England Journal of Medicine paper](#)

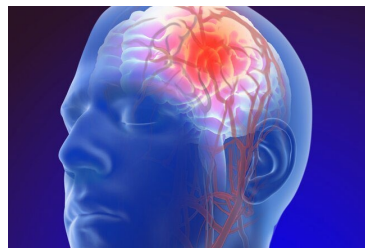


The Reasons Why You Should Use Holy Basil To Beat Stress, Anxiety, And Insomnia

Holy basil is an adaptogenic herb that brings the endocrine and hormone system back to balance. People with a high caffeine intake, who are always anxious and stressed out, have trouble shutting off their brain at night, have insomnia or keep waking up often throughout the night should take Holy Basil supplements

[READ MORE](#)

Recovering From a Stroke -should you drink alcohol?



Alcohol could interfere with medicine designed to prevent another stroke. Blood-thinners like warfarin are one example. And stroke can make you more sensitive to alcohol's effects like problems with sleep, balance, and slurred speech. If you've just had a hemorrhagic stroke, you shouldn't drink alcohol for a few weeks. Ask your doctor when it's safe to drink again.

Alcohol: Is It OK to Drink When You're...?

You might know that more than a drink or two a day is bad for your health. But in some cases, any alcohol at all may not be a great idea.

[READ MORE](#)

9 Exercises and Tips for Flat Abs

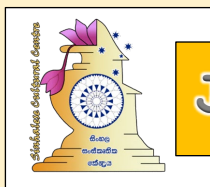
Many people are on a mission to improve their abs. Lost abs can be found again.

[VIEW SLIDESHOW](#)

Foods You Should Never Wash

It seems so obvious: Before you use an ingredient, you should wash it. But that's not always the case. Sometimes, washing can be harmful.

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JanaShakthi

The Sinhalese Cultural Centre is the Community Hub initiative for all of us in Sydney, initiated by the wider Sinhalese community in Sydney for the benefit of all communities in our multi-cultural society. It will be an excellent facilitator of cultural and social needs of our community, for generations to come.

The aim of the Sinhalese Cultural Centre is to purchase a property worth under one million dollars (A\$) as the Stage 1. This is to establish the Sinhalese Cultural Centre in lower scale but affordable and feasible.

“JanaShakthi” is the public fund constitutionally created to provide you with the opportunity to be part of this initiative for our future generations to one day hail you with utmost gratitude.

You can be one of proud sponsors of this fund, so that Sinhalese Cultural Centre can achieve the Stage 1 property purchase. You will be a JanaShakthi Member by donating minimum \$1000 to the JanaShakthi Fund.

The Sinhalese Cultural Centre has already created the foundation for this initiative and has raised a significant amount of funds already. **Once we reach the first 200+ JanaShakthi memberships, the Sinhalese Cultural Centre will be in the position to purchase a suitable Stage 1 property. We believe this is achievable with your commitment.**

The Sinhalese Cultural Centre is a Deductible Gift Recipient (DGR). Hence all of your donations to our Public Fund will be tax deductible.

Please be part of this community initiative for the benefit of you, your family, your sons and daughters and the whole community for generations to come!

Please fill in the form to be part of this community initiative.
Fund Details

Bank: St George Bank
Account Name: The Sinhalese Cultural Centre Limited (Public Fund)
BSB: 112-879
Account Number: 423191291

Age-related Memory Loss and Associated Benefits of Nondrug Activities to Improve Brain Health

1. Personal details:

First Name(s)
Last Name
Address
Contact phone number(s)
Email

2. Contribution details:

I would like to make a single JanaShakthi contribution (Tick the box)

Amount: \$1000, \$2000, Other

Method of payment (please circle): Cash, EFT, Other

I would like to make recurring monthly JanaShakthi contributions (Tick the box)

Amount: \$50, \$100, Other

Method of payment (please circle): Cash, EFT, Other

Other instructions / suggestions / comments

I volunteer and commit to help the JanaShakthi Fund with contributions as listed above for the purpose of purchasing a suitable property for establishing of The Sinhalese Cultural Centre in Sydney.

Signature: Date:

(For SCC internal use only)

Form received by:

Date:

Notes:

.....

The Sinhalese Cultural Centre Ltd, P O Box 2379, North Parramatta, NSW 2151 ABN: 58 609 620 617 ACN: 609 620 617, Registered Australian Charity
Nihal Fernando
Sinhalese Cultural Centre Team

PH: 0417 660646



CRISPR for sickle-cell, one year on

As the one year anniversary of her receiving a ground-breaking treatment for sickle-cell disease approaches, it's good news for Victoria Gray — [the first person in the United States to undergo CRISPR gene therapy to treat a genetic disorder.](#)

It's too soon for scientists to reach firm conclusions about the long-term safety and effectiveness of the approach. But for Gray, life is very different from the severe pain attacks and frequent blood transfusions she experienced before. “It's hard to put into words the joy that I feel — being grateful for a change this big. It's been amazing,” said Gray.

[NPR | 7 min read or 6 min listen](#)

Read more: [Gene therapy is facing its biggest challenge yet: sickle-cell disease](#)

(Nature | 13 min read, from December)

Coronavirus might trigger diabetes

Diabetes is already known to be a key risk factor for developing severe COVID-19, and people with the condition are more likely to die. Now evidence from the clinic and the laboratory [suggests that the virus damages insulin-producing cells, triggering diabetes](#) in some people. More research is needed, and it has begun: earlier this month, an international group of scientists established a global database to collect information on people with COVID-19 who show issues with their blood-sugar levels.

[Nature | 5 min read](#)

References: [New England Journal of Medicine paper](#), [Diabetes Research and Clinical Practice paper](#), [Diabetes, Obesity and Metabolism paper](#) & [Cell Stem Cell paper](#)

15 Vitamins (and Supplements) Nutritionists Don't Take—So You Shouldn't Either

Whether the pills interact with medications or the health claims don't hold up, these are the vitamins and supplements you're better off without.

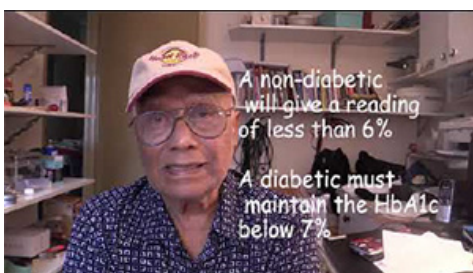
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Alcohol Consumption and COPD

[Open to Read »](#)



Why do most diabetics worry about the morning fasting blood sugar being high?

[Open to Read »](#)

**Treating COVID-19 or Rheumatoid Arthritis?
Exploring Proposed Drug Therapy, Safety Concerns**

How Many Calories Are in Coffee?

Tricking out your coffee adds more calories than you might realize. Here's how many calories are in your morning cup of Joe.

[Read More](#)

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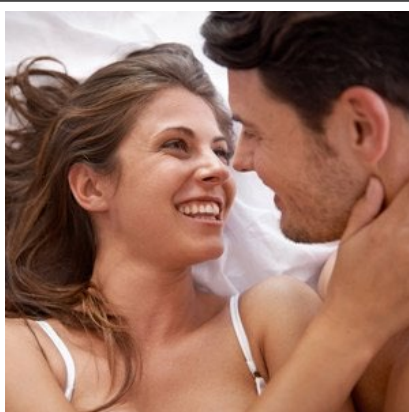


8 Foods That Can Make You Age Faster

Nutritionists share the foods you should avoid, from baked goods to alcohol, which can make you age faster.

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FEATURED

18 Surprising Health Benefits of Sex

Learn the surprising health benefits of sex, including stress relief, boosting immunity, improving cardiovascular health and more.

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FEATURED NEWS

Bleach on Food, Gargling Cleaners?

Many are using household cleaners in dangerous ways to prevent COVID-19.

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The Truth About Your Immune System

Here's how your immune system keeps germs at bay -- and what can happen when it malfunctions.

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When dieting doesn't work

UPDATED MAY 26, 2020, 10:39 AM

Robert H. Shmerling, MD, Senior Faculty Editor, Harvard Health Publishing



At any given time, more than a third of Americans are on a specific diet, with weight loss as a leading reason. Most are going to be disappointed, because even when successful, lost weight is frequently regained within a few months. While most weight-loss diets can help you lose weight, they may be unsuccessful over the long run for a number of reasons.

[Learn more »](#)



How to handle your alcohol consumption during COVID-19.



10 Ways to Relieve Tired Eyes

Lots of reading or screen time can leave your eyes tired, dry, and achy. These remedies and adjustments can help -- and most of them don't take much time, cost anything, or require you to leave your home.

[Read More >](#)

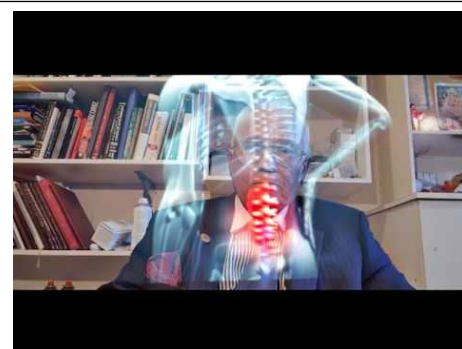


When COVID-19 vaccine is released, there won't be enough to go around. Who'll get it first?

We need up to 15 billion COVID-19 vaccine doses to get the world moving and kickstart international travel again — but when it's released, there won't be enough to go around. Here's who's likely to get it first.



A morning yoga routine you can do at home.



Video on back problems

What If Working From Home Goes on ... Forever?

Miserable as it can often be, remote work is surprisingly productive — leading many employers to wonder if they'll ever go back to the office.

By Clive Thompson

<https://youtu.be/TQEbUMX1uug>

How to Have Healthy Breasts at Any Age

Part of keeping your breasts healthy is knowing what types of normal -- or unusual -- changes to watch for.

[Read More >](#)

MATERNAL GREAT GRAND UNCLES

by Avinder Paul (Sydney)

Two of my mother's uncles were surgeons. They left their mark on the medical fraternity and highly regarded—the sons of Dr SC Paul and Dora Aserappa and brothers to my grandmother.

Their eldest son Milroy Aserappa Paul born in 1900 was a general surgeon while the younger Dr Arthur Terence Samuel Paul, born in 1915 otherwise known as ATS was a Cardio-Thoracic surgeon. I knew both of them well into my adulthood. I recall my grandmother often speak of all her siblings but with enormous pride when it came to

Milroy uncle and Tittie uncle. Perhaps it was because they had followed her beloved father, Dr SC Paul, into a career in Surgery. Milroy Paul was Emeritus Professor of Surgery at the University of Ceylon. He was a Fellow of the Royal College of Surgeons of England, Master of Surgery of the University of London, Member of the Royal College of Physicians London, Founder President of the Sri Lankan Association for the advancement of the sciences, Honorary fellow of the Association of Surgeons of Great Britain and Ireland and a Doctor of Science of the University of Peradeniya Ceylon. Uncle Milroy served in the Ceylon Medical Corps as Major and became Lieutenant Colonel. He was an honorary surgeon to the Royal air force during his time.

He commenced his medical training at the University of Colombo. At the first examination, he gained first-class honours and proceeded to England and completed his medical degree at Kings College in London. He won many prizes including the prize for surgery and the medal for the best student. He graduated in 1925 and completed his postgraduate degrees of FRCS and MRCP and returned to Ceylon.

He was a dedicated, enthusiastic teacher. He had a phenomenal command of the English language. Whenever I meet doctors at social gatherings, who were students during his time they recall with affection his many anecdotes culled from his vast clinical experience, his humility and his capacity for hard work. He taught more than the subject of surgery. He taught them life lessons, stressing the importance of ethics, honesty and dedication to the vocation of healing. He firmly adhered to the practice of the Hippocratic oath.

Milroy uncle was invited on three occasions to deliver the prestigious Hunterian lecture at the Royal College of Surgeons in London. To provide the address once is a great honour but to ask to do so on three occasions is rare. The three lectures were entitled The surgical anatomy of the spermatic cord 1950, congenital abnormalities of the midline abdominal wall 1953, and haemorrhages from head injury 1955.

He was unaffected by these achievements and remained a simple, unpretentious man. When Milroy uncle went to deliver his third Hunterian oration in 1955 being slight in stature, the doorman mistook him for a student and asked if he had come to register for the postgraduate course. No said Milroy 'I have completed that.' Oh said the doorman then you have come to register for the primary examination, No said Milroy 'I have finished that too'. Then are you applying for the final FRCS examination? 'No sir I have done that' The doorman sighed and said 'have you come to listen to the Hunterian lecture?' No sir said Professor Paul politely 'I have come to deliver it!'

ATS Paul

My mother's other uncle Tittie was equally well known in the medical world. His was an extraordinary and successful life.

He went to Royal College entering the school as the age of 10 where he spent the happiest days of his life. He says his classmates came from different ethnic groups; they all studied and played together as one family. There was no pressure on studies; sports had premium value, and where friendships were forged and lasted a lifetime. He said that playing team games helped him later as a pioneer heart surgeon.

He entered the University of Ceylon in 1935 and graduated five years later with a first-class honours degree. He served in World war 11 as a Captain in the Ceylon Medical volunteer corp. 1941- 1946.

He became a Fellow of the Royal College of Surgeons of Edinburgh, England and Ireland and made an Honorary Fellow of the College of surgeons in Ceylon. He held the post of Cardio-Thoracic surgeon at the General Hospital Colombo from 1950- 1975 and after retirement worked at the National hospital in Kenya from 1976-1980. Uncle Tittie delivered the Hunterian lecture at the Royal College of Surgeons in England in 1965.

In a book entitled 'My trek to the Heart.' he chronicles his journey into cardiac surgery at a time when valve repair and replacement and heart transplantation would have been unthinkable. In the development of cardiac surgery, his travels spanned the globe meeting with pioneer heart surgeons worldwide who encouraged and supported his efforts to bring Heart Surgery to Asia.

ATS was a talented portrait painter and was skilled at building and flying model aircraft and sailing boats. The mechanical construction of such vessels enabled him to develop the precision and skill required for the delicate craft of heart surgery. He pioneered the design of a prosthetic Mitral heart valve which benefitted many who had suffered rheumatic fever in childhood.

My husband, Rajan, recalls an incident when he was a young medical student and walked into a lecture hall to be confronted by a slightly dishevelled figure wearing surgical scrubs. The person proceeded to draw freehand the entire contents of the human thoracic cavity to precision and scale on the blackboard using different colour chalks. The completed drawing was textbook perfect. The character then turned to introduce himself only as 'Paul' and went on to deliver a riveting lecture about the most scared of our human organs, the Heart!

Uncle Tittie recalls that he witnessed his elder brother Milroy uncle's first wife Ponmani die from heart failure due to Mitral valve stenosis as a consequence of contracting Rheumatic fever in childhood. Uncle Tittie was just a young boy and very fond of Ponmani and deeply saddened by her death. I wonder if this loss planted a seed to pursue his voyage to the heart?

As a renowned cardiac surgeon, he pioneered valve replacement surgery and went on to save the thousands of lives of fellow Sri Lankans. I am sure that many still live because of the skill and dedication of ATS Paul.

We are products of
these great iconic
teachers, and Sri
Lanka is proud of
them

Dr. Harold



Prof Milroy Paul

Can Drinking Alcohol Kill Germs?

COVID-19 Antibodies Can Disappear After 2-3 Months

What can I do about my aging face?

Even if you have great genes and look much younger than you are, age-related changes in our facial appearance are unavoidable. Those changes reflect our joys and challenges in life. One approach is to simply celebrate our age and appearance for what they are.

Not everyone is comfortable with that, and some might like to postpone embracing those changes. The age-defying facelift, which surgically removes excess tissue and lifts sagging skin in the lower part of the face, is one way to try to stem the tides of time. Facelifts have improved, so the results tend to look more natural. But the surgery is expensive, and other procedures may be needed to achieve the desired results. The facelift procedure is just one of the more popular cosmetic procedures; there are plenty of alternatives for altering the aging face.

Although most of these rejuvenating procedures are nonsurgical, they're not inexpensive — especially when you factor in the need for repeat treatments.

Here is just a sample of some of the things that you can do — or get done — to give your face a more youthful appearance:

Sun protection. Protecting your face from the sun is the single best way of keeping it youthful. Much of the damage comes from the UVA part of the light spectrum, so you need to put on sunscreen that protects against it and UVB light, which causes sunburn. Wearing a wide-brimmed hat is also a good idea.

Creams and lotions. Moisturizers [soothe dry skin](#) and may temporarily make wrinkles less noticeable. Moisturizers for the face contain water to make them less greasy, and many have substances — glycerin, for example — that may help bind water to the skin. Exfoliant creams can improve the appearance of older skin by getting rid of dead skin cells that don't slough off as readily as they did when we were young.

Several prescription creams (Avita, Avage, Renova, Retin-A) have been shown to reduce wrinkles and so-called liver spots caused by sun exposure. These FDA-approved creams contain retinoids, compounds related to vitamin A that seem to work by inducing collagen production in the dermis and altering melanin, the pigment that causes liver spots. There are several varieties of retinoids. Tazarotene and tretinoin are two of the ones used in the FDA-approved products.

Botulinum toxin injections. These injections are used to treat the expression lines of the forehead and between the brows. They work by partially immobilizing the muscles that form expression lines so the skin smoothes out, although some deep expression lines may not go away. Botox is the familiar brand name. Other FDA-approved botulinum toxins are Myobloc and Dysport.

Dermal fillers. Dermal fillers are used to treat lines created by lost collagen and fat. After botulinum toxin injections, dermal filler injections are the most common cosmetic procedure performed in the United States. Prime locations for the injections are two sets of parentheses: the pair of lines that extend down from the nose to the corners of the mouth, known as the nasolabial folds, and another pair that extends down from the corners of the mouth to the chin, known as marionette lines.

Many different materials are used as dermal filler. Collagen has fallen out of favor. Currently, the most popular one is hyaluronic acid, a complex sugar found naturally in many tissues. Hyaluronic acid is more expensive than collagen but lasts longer—up to six months in the nasolabial folds. Like botulinum toxin injections, the effect of the dermal filler shots wears off after several months — how long depends on the injection site—but with repeat injections it seems to last a little longer.

Laser treatments. Lasers can be used to home in on certain pigments: brown, if the goal is to get rid of freckles and liver spots, red if the target is broken capillaries. They're also used for wholesale resurfacing of facial skin. The uppermost layers are stripped away, and with them, wrinkles from sun damage and scars from acne. The energy from some "nonablative" resurfacing lasers passes through the outer layer of the skin to work at a deeper level, in the dermis, to stimulate inflammation, which leads to collagen formation.

Skin needs time to recover after most laser treatments. It can take a couple of weeks to heal, depending on the type and extent of the treatment. The nonablative treatments tend to heal a bit faster

Harvard Medical School



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108 million people in the US cannot work from home

Updated on June 24, 2020 at 8:00am PDT

- A recent study, which appears in the [American Journal of Public Health](#), finds that 75% of United States workers, or about 108 million people, cannot work from home. These individuals are also more likely to experience layoffs, furloughs, and reductions in hours. Find more information about coronavirus research [here](#).
- Last week, Washington state reported a 35% increase in cases of COVID-19. In response, Governor Jay Inslee ordered residents to wear face masks in public places. He explains, "This is about saving lives. It's about reopening our businesses. And it's about showing respect and care for one another." More live updates [here](#).
- Living under lockdown can cause negative emotions and force lifestyle changes that may be difficult to handle. This might be especially true for those experiencing mental health conditions, such as depression. Read our article about managing depression during lockdown [here](#).

[READ THE FULL UPDATE](#)

40–45% who contract new coronavirus are asymptomatic

New research warns that the high number of asymptomatic people who have likely contracted SARS-CoV-2 must motivate more testing and caution.

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