

Health & Views

Health newsletter for the Sri Lankans globally, & others

AUGUST
2020
1st issue

New
Swine Flu
Poses
Possible
Pandemic
Risk

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50 Vintage Southern Recipes to Enjoy Today »

Face Masks Reduce Infection Risk by 65%

Wearing a facial covering not only curbs the spread of the coronavirus but reduces a mask wearer's risk of catching the virus by 65%, an infectious disease expert says.

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8 Best Exercises for Your Knees

When your knees hurt, you may be tempted to stop working out. Here's how to strengthen the muscles that support the joint.

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How Immune System Fights COVID-19 Key to Vaccine Success



Tinnitus: Why Are My Ears Ringing?

What is tinnitus? Explore tinnitus causes, symptoms, remedies, treatments, and prevention tips. Learn about pulsatile tinnitus.

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The Best Foods to Buy Frozen

You may think fresh is always best, but some kinds of food are actually better to buy frozen. Here's what to keep in the freezer.

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How Close Are We to a Vaccine?

With more than 170 potential vaccines for COVID-19 under study, optimistic experts hope that a viable vaccine may be ready by the end of 2020.

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An Exercise Plan for Diabetes

You need a workout plan that works for you. Here's how to start one – and stick to it.

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What Are Bone Spurs?

You might not realize you have one until it rubs against other bones or presses on nerves, causing pain and stiffness.

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12 Surprising Signs of Heart Disease

Poor grip strength, skin color changes, and these other unexpected symptoms may point to problems with your heart.

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SLIDESHOW



Your Inner Ear and Balance Disorders

What is vertigo? Understand different balance disorders and symptoms such as vertigo, motion sickness, and more. [Read more...](#)

ARTICLE

What Causes Hearing Loss?

Hearing loss may be present at birth or it may manifest later in life. Deafness may be genetic or due to damage from noise. [Read more...](#)



Coronavirus vaccine /
Oxford team aim to start
lab-controlled human trials



What's Safe to Drink With Diabetes?

Water can get boring after a while. Try these flavorful, low-sugar refreshers when you need a change.

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Diabetes and Stroke: A Double Risk

With diabetes, you're more likely to have a stroke, and early clot-busting treatments may not work as well.

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What's Causing Your Chest Pain?

Your first thought might be heart attack, but chest pain has lots of possible causes. Whatever the culprit, here's why you should never ignore it.

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SLIDESHOW

Living With Atrial Fibrillation (A-Fib)

Atrial fibrillation causes an irregular heart rate. If you check your pulse, you will often feel a 'fluttering.' [Read more...](#)



Super Tips to Boost Digestive Health

Treat your body right with these simple tips for the best digestive health. See how to deal with diarrhea... [Read more...](#)



SLIDESHOW

Natural Ways to Boost Testosterone

Find out what you can do to raise your testosterone levels naturally, including changes to your diet and lifestyle. [Read more...](#)



SLIDESHOW

Active Osteoarthritis Living

You don't have to sacrifice your favorite activities when you have arthritis. Get tips to keep up... [Read more...](#)



Benefits When You Give Up Caffeine

Just like drugs, caffeine alters the chemistry of your brain if you take it in regularly.

[VIEW SLIDESHOW](#)

Reasons for Tingling in Your Hands and Feet

If your hands or feet sometimes feel numb or prickly, a pinched nerve, certain medications, or one of these other things could be to blame.

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15 Early Signs of Cancer

Would you recognize a sign of skin cancer? When should you worry about a cough or a fever? When is tiredness more than just fatigue? Learn how to tell when it's time to call your doctor.

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10 Things that Happen to Your Body If You Stop Eating Red Meat

Whether you're looking to save animals or protect the environment or tweak your diet, here's how you can expect your body to change.

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12 Signs You Could Have Early-Onset Alzheimer's Disease

Early-onset Alzheimer's disease starts before age 65, with symptoms like memory loss. Doctors reveal the other telltale signs to watch for.

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Why Does Obesity Raise Risk of Severe COVID-19?

People who are obese are one of the groups at highest risk from the disease, regardless of their age. The CDC says it's as big a risk as having a suppressed immune system or chronic lung or kidney disease. Why is that?



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Epilepsy

[Best types of salad dressing for a keto diet](#)

Keto-friendly salad dressings are high in fat and low in carbohydrates. Find out the best types of salad dressing to make at home or buy in stores.

Infectious Diseases / Bacteria / Viruses

[What are the neurological complications of COVID-19?](#)

A new study has looked into the neurological complications that COVID-19 can cause in some patients, including instances of brain inflammation.

Nutrition / Diet

[Could zinc protect against COVID-19?](#)

'Given the crucial role of zinc in regulation of immunity, its insufficiency may be considered as a risk factor for infectious diseases,' say the authors.



Side Effects Of Ginger And Who Should Not Consume It

Herbalists advise not to take more than 4 gms of ginger in a single day. Ginger if taken in large quantities can cause heartburn, gas, bloating, nausea or stomach distress. People with ulcers, inflammation, gallstones, bleeding disorders, pregnant women should not consume ginger.

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What Can Honey Do for You?

Humans have gathered honey for thousands of years. When early people cleared forests into pastures, they created bee-friendly habitats where flowers and bushes grew.

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13 Amazing Health Benefits Of Walking Every Day

As a moderate-intensity exercise, brisk walking every day for at least 30 minutes will reduce weight gain and inhibit multiple diseases such as diabetes, hypertension, dementia, and cardiac issues.

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FEATURED NEWS

New Clues Behind Hearing Loss

118 genes linked to deafness doesn't explain hearing loss in adults. But these new clues...

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Is Your Body Aging Faster Than It Should Be?

Here's a look at common changes and when they typically begin to occur. See when you might expect memory problems, drier skin, and other signs of aging.

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Best Foods to Eat When You Have RA

Diet won't cure your RA, but the right mix of foods -- like berries, avocados, and whole grains -- can help tame inflammation.

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ARTICLE

Your Brain on Drugs

Virtually every drug that is abused has an effect on what professionals often call the executive functioning areas... [Read more...](#)

How Psoriatic Disease Affects Your Whole Body

The inflammation that drives psoriasis and psoriatic arthritis creates different symptoms for everyone. Get tips for treatments based on where you tend to have flares and how much of your skin and joints they affect.

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How an Actor and Model Deals With Psoriasis

Ivy Smith doesn't let her skin condition keep her from acting and modeling. Even when her psoriasis flares up, the show must go on.

[Watch Video >](#)

Topical Treatments for Psoriasis

Your doctor will likely suggest creams, lotions, foams, sprays, solutions, and ointments. Here's what you should know about them.

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https://mcusercontent.com/3bea046bd8680837e8404fbad/files/0e338bc6-d5cd-40f2-b45c-9916820ece42/Landing_of_Vijaya_video_plus_transcript.pdf

Expert Advice on How to Treat RA

An assistant professor of medicine in rheumatology at Johns Hopkins Medicine answers questions.

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10 Harmful Effects Of Soft Drinks You Must Remember

Not only do soft drinks offer no nutrition, they also contain harmful chemicals. Their high sugar content, often high-fructose corn syrup, can cause diabetes and affect the heart and liver.

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British Airways retires entire Boeing 747 fleet

"It is unlikely our magnificent 'queen of the skies' will ever operate commercial services for British Airways again due..." [Read more](#)



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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Nantes cathedral: Arson inquiry launched into 'violent blaze'

"For the moment, the fire has been contained," the head of the fire service told reporters.... [Read more](#)



Foods To Avoid If You Have Kidney Stones

General advice across different types of stones is to reduce sodium intake, in table salt and processed foods, and limit animal protein in your diet, particularly in the case of uric acid stones.

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SNCF's "train of the future" to be in service by Paris 2024 Olympics

Eco-friendly, modern and innovative, the first of France's next generation of high-speed trains will roll off the... [Read more](#)

How Long Does Caffeine Affect Us?

Learn about caffeine, including caffeine addiction, withdrawal symptoms, the health effects of coffee, and more. [Read more...](#)

Popular Heartburn Meds Tied to Higher COVID Risk

► [Moderna COVID-19 Vaccine 'Promising' After Early Trial](#)

[Fears of a second coronavirus lockdown in NSW spark warnings of economic crisis](#)

A coronavirus cluster in Sydney's south-west is growing, but experts say putting Australia's largest economy into a second lockdown would be "catastrophic". Here's why.



[Scientists say coronavirus antibodies don't last long. But what does that mean?](#)

Experts say despite recent headlines we still don't know how long our immunity to COVID-19 lasts

COVID-19 associated with spike in broken heart syndrome

Updated on July 16, 2020 at 7:00am PDT

Stress cardiomyopathy, which is also known as broken heart syndrome, refers to cardiac dysfunction resulting from emotional or physical stress. A new study finds an association between living through the COVID-19 pandemic and an increase in cases of broken heart syndrome. Read *MNT's* full coverage of the study [here](#).

Nature Medicine recently published a comprehensive review of COVID-19's widespread effects on organ systems beyond the lungs. The paper also provides guidelines for managing these diverse effects. Doctors working on the frontline of the COVID-19 outbreak in New York City wrote the paper. *MNT* covers the new paper in detail [here](#).

[READ THE FULL UPDATE](#)

[What is the impact of Sweden's soft approach to lockdown?](#)

Updated on July 15, 2020 at 7:00am PDT

- In Sweden, the government enforced a relatively soft lockdown. A recent study investigates how this affected overall death rates. The authors conclude that the approach resulted in fewer deaths than expected but that there were more deaths than in neighboring countries. Read more about the study [here](#).
- In the past 24 hours, the number of COVID-19 cases in India has surged by more than 29,000. On Wednesday, Bihar state and Bangalore entered lockdowns. Officials in other states, including Maharashtra, Tamil Nadu, West Bengal, and Assam, have locked down high risk areas. For more live updates, click [here](#).

[READ THE FULL UPDATE](#)

High Blood Pressure and Eye Disease

Hypertension can affect your eyesight. Here's what you need to know.

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[Is it time to cut down on salt for gut microbiome health? A new randomized controlled trial shows dietary sodium reduction is good for both the gut microbiome and blood pressure](#)

What Every Woman Should Know About Her Heart

Some heart conditions are more likely to happen in women, and symptoms of others can be different for the two sexes.

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Cut the Sugar. If you missed my talk with Dr. Robert Lustig about cutting sugar and processed foods, you can catch [the recorded event here!](#) We talked about the difference between whole fruits and added sugars, smoothies, processed foods and why it all matters. I'll be writing a story soon answering many of your questions about sugar! And you can always take the [7-Day Sugar Challenge](#) if you want to improve your daily eating habits. You'll need to register with your email, but it's free!

10 Best Exercises for Ankylosing Spondylitis

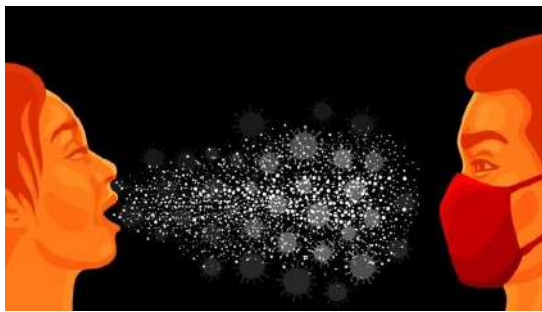
Try these moves to help relieve pain, boost your flexibility, and build strength in your back when you have this form of arthritis that affects your spine. We'll show you how to do them safely.

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[What scientists suspect happens to coronavirus when we breathe](#)

After much uproar in the scientific community the World Health Organisation has recognised the possibility of COVID-19 spreading through the air in some indoor locations. So let's look at what that means for infection control at home and in public.



20 Southern Casserole Recipes from Grandma »



59 Decadent Southern Pie Recipes »



32 of Grandma's Favorite Zucchini Recipes »

[What are normal vitamin D levels?](#)

Vitamin D is a vital nutrient for bone health. Learn the normal vitamin D levels in the blood for children, adults, and older adults.

[Low-to-moderate alcohol consumption may protect against cognitive decline](#)

New research suggests that low-to-moderate alcohol consumption may reduce cognitive decline in adults of middle age and older.

Pain Relief for Your Back

From medication to therapy, see how you can relieve back pain caused by ankylosing spondylitis.

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[Remdesivir approved as Australia's first COVID-19 treatment for severe cases](#)

Australia's first COVID-19 treatment option, Remdesivir gets approval by the Therapeutic Goods Administration (TGA) but is only available to those hospitalised with severe cases, while the WHO says daily positives have hit a new high of over 228,000.



Our Best Tuna Noodle Casseroles »

[6 natural antidepressants: Are they effective?](#)

Learn more about 6 natural antidepressants and how effective they are. We also discuss other treatments, how to prevent depression, and when to see a doctor.

Keto Diet: Are There Side Effects?

Unless you're Rip Van Winkle, you've heard of the ketogenic diet. But exactly what kinds of food do you eat, and what results can you expect to see? Get your questions answered here.



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If You've Already Had COVID-19, Are You Immune?

With no treatment or vaccine for COVID-19 yet available, those who've recovered from the disease are counting their blessings. But is it possible to get sick again -- and maybe infect other people?

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Stroke Appears 8 Times More Likely With COVID Than With Flu

13 Biggest Sex-Drive Killers

You want to want sex ... but you just don't. Here are the most common causes of a low sex drive, and what you can do about it.



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How to Treat Diabetic Neuropathy

Adding some healthy habits to your day -- and quitting a few bad ones -- may help relieve the pain.

Can controlling blood pressure later in life reduce risk of dementia?

UPDATED JUNE 29, 2020, 10:30 AM
Andrew E. Budson, MD, Contributor



Everyone talks about the importance of treating high blood pressure, the "silent killer." And everybody knows that untreated high blood pressure can lead to heart attacks and strokes. But can treating high blood pressure reduce your risk of cognitive impairment and dementia?

[Learn more >>](#)

9 Signs of Blood Cancer Doctors Usually Miss

Blood cancer has subtle and surprising symptoms. Doctors share the most common ones that may require a closer look.

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FEATURED NEWS

Want to Live Longer? Follow These Tips

Following these guidelines could cut your risk of early death and help you live longer.

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Asthma Attacks: Triggers, Symptoms, and Treatment

Asthma symptoms include coughing, wheezing, headache, fatigue, dark circles under the eyes, trouble sleeping, and loss of appetite. Learn asthma signs and symptoms in adults and kids so...
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Wildfire Smoke Causes Rapid Damage to Your Health: Study

Wildfire smoke has an almost immediate harmful effect on the heart and lungs, researchers say. Using data from wildfire seasons between 2010 and 2015 in British Columbia, Canada, the...
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STAY SAFE

Coronavirus is airborne, say scientists



- In an open letter, 239 scientists from 32 countries have urged the World Health Organisation (WHO) to revise its recommendations on airborne transmission, saying there is ample evidence that the coronavirus is spreading through the air in crowded spaces with poor ventilation. The WHO has maintained that airborne transmission of coronavirus is possible only after medical procedures that produce aerosols, or droplets smaller than 5 microns. But the scientists say such a narrow criteria is out of step with the evidence from around the world.
- To be clear, this does not mean the coronavirus is hanging in the air, capable of infecting someone hours later. Experts say coronavirus does not behave that way. Nonetheless, they say WHO's rigid criteria of defining airborne transmission is preventing hospitals and public health officials from enforcing strict use of masks in public and, in some cases, hospitals. Whether carried aloft by large droplets that zoom through the air after a sneeze, or by much smaller exhaled droplets that may glide the length of a room, these experts said, the coronavirus is borne through the air and can infect people when inhaled. More on this [on The New York Times](#)

Aerosol Scientist: COVID-19 Is Likely Airborne

The scientist is one of many who now believe that tiny particles of the virus can linger and remain infectious in indoor air for hours.

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Surprising Health Benefits of Petroleum Jelly

Petroleum jelly hit the market around 150 years ago. It's still a favorite of dermatologists. See 11 ways it can help you -- and three things you should never use it for.

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Tips and Tricks for Going Vegetarian

Whether you're starting to give up meat or you've been vegetarian for a while, follow these strategies to help you make food that tastes great, get the nutrition you need, and socialize without stress.

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6 Common Diabetes Food Myths

There's a lot of misinformation going around about what you can and can't eat when you have diabetes or prediabetes.

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Should You Feed Your Dog Raw Food?

Raw food is all the rage among pet owners, but is it really better than commercial kibble or homemade? Learn the pros and cons.

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How Psoriasis and Psoriatic Arthritis Flares Affect Your Whole Body

This Morning Routine Can Set You Up for a Better Day

The best morning routine starts the night before. Here's what to do before you hit the sack, along with nine simple a.m. habits that immediately improve your day.

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Real Benefits of Essential Oils

There are hundreds of plant oils on the market, with claims for helping with almost as many health issues. But do they work? And are they safe?

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Health Problems Related to Osteoporosis

Osteoporosis can lead to chronic pain and other health problems. But many people don't realize they have it.

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Pros and Cons of Appetite Suppressants

They're not for everyone -- and probably don't help as well as you might hope. Here's how the different types work.

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When to Consider Knee Replacement

It may be the most commonly replaced joint in the body. But your surgeon won't make the decision to operate lightly.

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New Kind of Drug Might Ease Back Pain

This nonopioid works by blocking nerve growth, but it has a serious side effect.

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Cancer /
Woman whose NHS trial was halted seeks to buy drug privately



LIVING



Why shrimps are being turned into batteries to store renewable energy | Living

It turns out shrimp shells are being used in a new, innovative way by scientists.... [Read more](#)

The majority of complications and deaths due to COVID-19 are a result of cytokine storms - when your body's immune system goes into overdrive and starts attacking its own tissues, causing harm rather than protecting it.



FEATURED QUIZ

What Is Chronic Fatigue Syndrome?

Are you having chronic fatigue for six or more consecutive months? How can it be cured?

Stop Believing These Breast Cancer Myths

Can antiperspirants cause breast cancer? Are most lumps cancerous? We separate fact from fiction.

[Take Quiz >](#)



Signs of Insulin Resistance

Symptoms often aren't obvious until you've had the condition for a long time -- and by then, it may not be reversible. Here's what you need to know.

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Why Exercise When You Have Breast Cancer?

Exercising and being active offer major benefits, from boosting energy to acting as a natural antidepressant.

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What Are Breast Cancer Genetic Mutations?



[The latest advice on wearing masks](#)

[More](#) ➔

9 Tips for Tastier Kebabs

Kebab has come to mean any food cooked on a skewer, on the grill or in the oven. See an expert's top tips for getting them right every time.

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[10 Things to Know Before Trying the F-Factor Diet](#)

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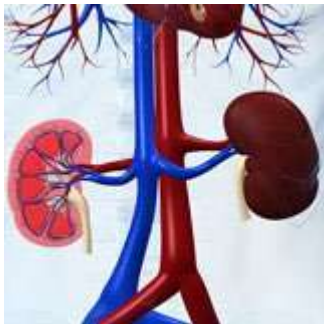
Understanding Tai Chi



SLIDESHOW

Does This Cause Cancer?

If your bottle is clear plastic, it may contain bisphenol A (BPA). Does it cause cancer? [Read more...](#)



SLIDESHOW

How to Keep Your Kidneys Healthy

Your kidneys process everything you eat or drink, including anything that's bad for you. [Read more...](#)

The coronavirus vaccine race is on. History tells us it might be a bumpy road ahead

How to Prevent Kidney Stones

Diabetes makes you more likely to develop these painful deposits, but certain daily habits can help keep them from forming.

[In Search of the Malwatu Oya - The Island](#)

www.island.lk > ...

Apr 6, 2019 - The second largest river basin in Sri Lanka, it lies at the very heart of Sri Lanka's ancient past. The historical and archaeological evidence ...

https://www.youtube.com/watch?v=bv8cCI_ILuw&t=538s

[Are pubs petri dishes that should be shut down and avoided?](#)

Going to the pub is almost a national sport, which is why the following question might be a little controversial. In a pandemic, should pubs be closed to try and stop infections?



[Pheasant Kaesespätzle](#)

This is basically a German mac-n-cheese with some pheasant bits tossed in. It's easy, homey, and kids will love it. You can serve this in a big casserole, or, for a dinner party, in individual ramekins.

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[Hormones May Explain Greater Prevalence of Alzheimer's in Women](#)

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