

Health & Views

Sept.2020

3rd issue

Discussing common Health Issues affecting us with age & sharing comments for better health & longevity

That COVID-19 vaccine Russia approved? It's only cleared for use in a small group of people.

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Is Coconut Good if You Have Diabetes?



Depression and anxiety are skyrocketing in young adults amid pandemic

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Sri Lanka - Corona Virus Success Story

<https://youtu.be/dDQB-EV5Dps>

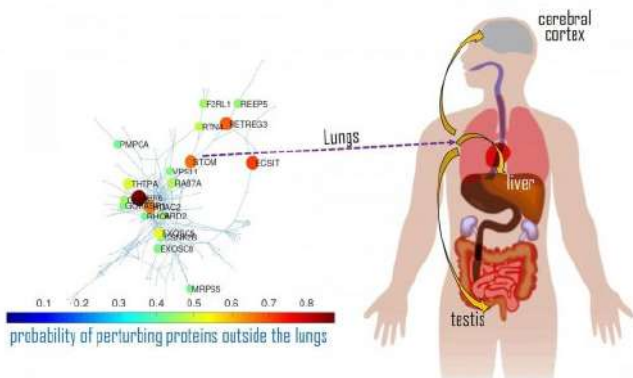
<https://www.elanka.com.au/>



Another COVID Hazard: False Information

Watch out for bold claims and instant cures touted on social media or by friends.

[Read More >](#)



As the US coronavirus death toll passes 200,000, the country is not mourning. It's habituating to horror

Blood Tests That Diagnose Diabetes

Certain tests check fasting blood sugar, but others can be done at any time, even after a meal. Here's what you should know.

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Why does COVID-19 impact only some organs, not others?

American Institute of Physics



What Are the Benefits of Pulse Oximetry?

Pulse oximetry is a quick, noninvasive test that measures the oxygen level (oxygen saturation) in the blood. [Read more...](#)

Preliminary study of 300+ COVID-19 patients suggests convalescent plasma therapy effective

Houston Methodist

How to Boost Testosterone Naturally

Diet and lifestyle play roles in how much testosterone your body produces. See which foods to eat and what else you can do to raise your levels.

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Centre for All Sri Lankan Community

The Sinhalese Cultural Centre is acquiring a property to establish the "Sinhalese Cultural Centre"

Seven Hills- Central to where our community is living,
It is adjacent to parks, foot/cycle paths and amenities,
Close to public transport, potential for future.

28 Cacia Avenue, Seven Hills

Your support is vital at this moment!

Your Donation to
Sinhalese Cultural Centre!

www.sccsydney.org.au sccmedia@sccsydney.org.au



Sinhalese Cultural Centre Property Acquisition Fundraiser

\$41,340 of \$60,000 raised

The Sinhalese Cultural Centre (SCC) is currently in the process acquiring a property in Seven Hills to establish the Sinhalese Cultural Centre. This is a great news for our Sinhalese/Sri Lankan community in Sydney, NSW as it forms a **Community Hub** bringing many benefits to our generations and many future generations to come.

The Sinhalese Cultural Centre currently has **\$130K+ cash reserves** to be used for this acquisition. However, we have a funding **deficit of around \$60K**.

We all know that the community supported us to come this far by supporting our fundraising activities and donations including **JanaShakthi Contributions** and **General Donations**.

For **JanaShakthi Contributions**, please refer to the information provided in the Sinhalese Cultural Centre website ([Click Here](#)).

General Donations can be made here, with online secure payments (using Paypal) or bank transfer. Paypal enables you to pay with any major credit card or a Paypal account.

Please note that all the donations to our Public Fund are Tax Deductible. The SCC will send you a formal Receipt by email.

Oxford and AstraZeneca resume UK coronavirus vaccine trial

Regulators give researchers the green light to continue a study that was suspended when a patient in the UK reportedly suffered a side-effect.



SEX

How Long Does Sex Last for Most Couples? We Asked a Sex Therapist

FOOD

How to Make Richer, Healthier, and Better Tasting Coffee at Home



FOOD

8 Mediterranean Diet Snacks to Keep You Satisfied All Day



NUTRITION

7 Reasons Dates Are So Good for You, According to a Nutritionist



Third US vaccine reaches final stages

Updated on September 2, 2020 at 8:00 a.m. PDT

- On Monday, AstraZeneca announced their experimental vaccine, developed at The University of Oxford in the United Kingdom, has entered the final stage of testing. The upcoming study will involve up to 30,000 people in the United Kingdom, Brazil, and South Africa. Read more about the search for a COVID-19 vaccine [here](#).
- A recent study concludes that people with metabolic syndrome are more likely to have worse COVID-19 outcomes, including requiring ventilation and death. The results appear in the journal *Diabetes Care*. Read our full coverage of the study [here](#).
- On September 1, a spokesperson for the White House confirmed that the United States will not be joining COVAX, the international initiative for the development of a vaccine against SARS-CoV-2, which is co-led by the World Health Organization (WHO) and currently involves more than 170 countries. Learn more about the challenges that the U.S. faces in curbing the pandemic [here](#).

[READ THE FULL UPDATE](#)

COVID-19 and face masks: To wear or not to wear

Many countries recommend wearing face masks in public. We look at common reasons why some people do not.

[READ ON](#) →

Cheap and Healthy Sources of Protein

You don't have to rack up a large grocery bill to stock up on satisfying, protein-packed foods like these.



[Read More](#) >

How to Stretch Your Neck

Stress and poor posture, especially when looking at screens, can cause neck pain. Here's how to get relief.

[Read More](#) >

Exercise to Boost Your Immune System

It's good for your heart and can even boost your mood, but did you know that regular exercise also can help your body fight illness?

[Read More](#) >



The Good and Bad of High Protein Diets

Combine speedy weight loss with the satisfaction of feeling full, and that's why high-protein diets are popular. But is there a down side to it? [Read more...](#)



Diseases Caused by Unhealthy Teeth and Gums

Can bacteria in your mouth contribute to heart disease and stroke? Some studies suggest so. They say these bacteria might damage the...

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ARTICLE

Abscessed Tooth

An abscessed tooth is an infection inside the tooth that has spread around the root or root tip. What are the complications... [Read more...](#)



[What Sweden's experience tells us about the herd immunity model](#)

The debate about the wisdom of Sweden's lighter-touch strategy on the coronavirus pandemic is as fierce as it has ever been but is a recent dramatic fall in cases a sign it was all worth it?



Ways to Fight the Aging Process

All kinds of skin care products promise to take care of your wrinkles, but what about what's happening inside your body?

[Read More >](#)

Treating Diabetic Macular Edema

Keeping your levels close to normal can protect your eyesight. But sometimes special treatments are needed, too.

[Read More >](#)

10 Reasons Your Neck Might Be Hurting

Is it "text neck" syndrome? An unusual sleep position? Find out what might be causing your neck pain -- and how to fix it.

[Read More >](#)

Do Junk Foods Make Acne Worse?

Parents often tell teens to avoid pizza, chocolate, greasy and fried foods, and junk food.

[TAKE THE QUIZ](#)



[Does sex matter when studying brain responses to a palatable meal?](#)

Meal ingestion usually induces a wealth of sensations before, during and afterwards. A new brain imaging study reveals sex-specific differences in subjective...

10 Ways Loneliness Harms Your Health

If you're lonely for a long time, your body may have a harder time fighting illness. It could also mess with your health in these other ways.

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How Long Does Insulin Last?

Insulin keeps blood sugar levels in normal range. How long does it last after injection?

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The Sinhalese Cultural Centre (SCC)

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We all know that the community supported us to come this far by supporting our fundraising activities and donations including **JanaShakthi Contributions** and **General Donations**. We need your generous support to complete the acquisition successfully!

For **JanaShakthi Contributions**, please refer to the information provided in the Sinhalese Cultural Centre website ([Click Here](#)).

Metabolic Syndrome Warning Signs

It's not a single disease, but a group of related health problems that make diabetes, heart disease, and stroke more likely. Here's what to watch for.

[Read More >](#)

[Study reveals low-carb, high-fat diet's effect on older populations](#)

Older adults with obesity are at a particularly high risk of developing cardiometabolic diseases such as Type 2 diabetes and cardiovascular disease. Rather than total fat mass, deposition of fat in certain areas, such as the abdominal cavity and skeletal muscle, may confer this greatest risk of disease development.



Multiple sclerosis drug blocks HIV infection and transmission in human immune cells

PLOS

What Are the Three Types of Asthma?

Asthma is a long-term medical condition that causes breathing difficulties due to airway narrowing, airway swelling, and excessive mucus production in the airway. The common types of asthma...

[Read more ...](#)

What Is the Life Expectancy of Someone With COPD?

Chronic obstructive pulmonary disease (COPD) is a group of diseases with the chief symptom of breathlessness and cough. COPD is a slowly progressive disease. Depending on the disease...

[Read more ...](#)

How Is a Pulmonary Function Test Performed?

Pulmonary function test or lung function test is a group of tests that check the workings of the lungs. They are noninvasive test which can determine the functional status of the lung cells and how...

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Multicultural NSW Sponsors Ozlanka Website

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Multicultural NSW of the New South Wales Government has extended a sponsorship to upgrade the Ozlanka Community Website. Ozlanka is very grateful to Multicultural NSW for this timely sponsorship, as an upgrade was essential to maintain and improve the services to the Sri Lankan Community living in New South Wales.

Ozlanka community website operates for all Sri Lankans in Sydney, NSW including Sinhalese, Tamil, Muslim, Burgher and Malay communities. Ozlanka hosts the community event calendar, publishes local news of interest to the community, accommodates sharing photos and videos in particular from community events, hosts community publications, publishes latest Sri Lanka news and current affairs and much more. With the new upgrade, Ozlanka plans to extend the services further. Ozlanka Community website (ozlanka.com) was established in 1999 by the distinguished community member Imtiaz Issadeen. After 20 years of continuous operation by Imtiaz, in September 2019, Ozlanka was transferred to the Sinhalese Cultural Centre, Not-for-Profit organisation, a Registered Charity in Australia NSW, to continue the community service to the Sri Lankan Community in Sydney.

By Ozlanka Webmaster



Raw or Cooked? Get the Most Out of Veggies and Fruits

How your vegetables and fruits are prepared can make a big difference in the nutritional punch they pack.

[READ MORE](#)

Sudden Cardiac Arrest: What Do You Know?

As the name implies, a sudden cardiac arrest (SCA) occurs when the heart suddenly stops beating. The result is... [Read more...](#)



Recognizing and easing the physical symptoms of anxiety

You've had headaches on and off, or possibly nausea, or muscle pain. It could be emotions, rather than a physical illness, driving your symptoms. Blame your autonomic nervous system. This is a system in your body that you don't consciously control, but that regulates things like your heart rate, breathing, urination, and sexual function. It's also the system that reacts when you are under a physical threat. The autonomic nervous system produces your fight-or-flight response, which is designed to help you defend yourself or run away from danger.

What to know about dry eyes due to allergies

What are the symptoms of dry eyes due to allergies? Read on to discover the symptoms, as well as the possible causes and treatment options available.

Jeremy Farrar / 'Viruses know no borders. Until every country is protected, we are all at risk'



8 Best Snacks for Your Blood Sugar

When you're feeling hungry between meals, you can try these foods, which are delicious either on their own or paired with flavorful add-ons.

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SLIDESHOW

Can Diet Affect Cancer Risk?

Diet and adequate nutrition may play a role in cancer risk, especially for colorectal cancer.

[Read more...](#)



SLIDESHOW

What Nails Say About Your Health

Your nails reveal more than you might think. When you have a nail disorder, people notice.

[Read more...](#)

Is Your Bread Really 'Whole-Grain'? Maybe Not

Folks who want to eat healthy by choosing whole-grain foods aren't helped by product labels that can confuse and mislead, a new study shows. Here's how to decipher labels like "multigrain" and "honey wheat."



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Working from home was the dream but is it turning into a nightmare?

John Naughton



SLIDESHOW

Vitamin E: What You Need to Know

It's a nutrient that helps protect your cells from harmful free radicals. Vitamin E also helps your body fight germs and...

[Read more...](#)



SLIDESHOW

How to Keep Your Feet Healthy

The vast majority of foot ailments result from neglect, lack of awareness, and proper care. Very few people are... [Read more...](#)

16 Bedtime Snacks That Will Help You Sleep Better

Many foods contain naturally occurring substances that bring on sleep. Here are some of the best choices to help you settle down for a quality rest.

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13 Sex Problems You Should Take Seriously

Sex may be different for everyone, but if you're experiencing any of these symptoms or conditions, you need medical attention.

[Read More](#)



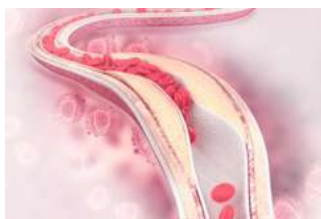
What Is Spinal Decompression Therapy?

It's another option for treating certain types of back pain -- but it's usually used as a last resort.

[Read More >](#)

Not All Blocked Arteries Should Be Fixed

There are almost a million heart artery procedures done in the U.S. annually. But recent findings suggest some of those surgeries may not be necessary.



[Read More >](#)

What Happens When You Drink Enough Water

Keep knocking back the water for clear benefits like better digestion and healthier joints.

[Read More >](#)

Alcohol and Medication Interactions

Even in small amounts, alcohol can interfere with how lots of commonly used drugs work -- including NSAIDs and other common painkillers. And seniors are at special risk.



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Is Your Body Aging Faster Than It Should Be?

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



[Read More >](#)

Is Your Bread Really 'Whole-Grain'? Maybe Not

Folks who want to eat healthy by choosing whole-grain foods aren't helped by product labels that can confuse and mislead, a new study shows. Here's how to decipher labels like "multigrain" and "honey wheat."



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Health Benefits of Olive Oil

Olive oil is probably already a staple of your diet. See what it can do for your heart, brain, joints, and more.

[Read More >](#)

Novavax COVID-19 vaccine enters second round of human trials

[READ MORE](#)

The Emotional Side of Chronic Constipation

For an older adult with a long-term illness, good nutrition takes on even more importance.

[Read More >](#)

Chronic constipation affects more women than men. And for some, the uncertainty and discomfort that come with it can be upsetting.

[Read More >](#)



Record flu vaccine doses produced to avert COVID-19 hospitals crisis

Authorities are hoping to reduce the number of flu patients in hospitals this winter amid fears of a COVID-19 rebound.... [Read more](#)

<https://www.yamu.lk/blog/a-not-so-short-history-of-bambalapitiya>

COPD vs. Asthma Symptoms: 6 Differences and 6 Similarities

COPD (chronic obstructive pulmonary disease) and asthma both have common symptoms like coughing, wheezing, shortness of breath, and a tight feeling in the chest. COPD is caused by...

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How likely are European countries to vote to leave the EU?

Italians were the most likely to favour their country leaving the European Union if the UK's post-Brexit economy was in... [Read more](#)





How Water Weight Affects Weight Loss

[LEARN MORE](#)



Creamy Almond Butter and Banana Smoothie

[MAKE THIS](#)

How Your Sex Drive Changes With Age

Hormones play a role, but it's not always clear how much of a difference they make. But other factors -- psychological, social, and physical -- also work together to create your libido.

[READ MORE](#)



What Your Heart Rate Reveals About You

Your heart rate is the number of times your heart beats in a minute. Everyone's is different, and it changes as you get older. Here's what you need to know about yours.

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The Benefits of Mushrooms

Almost all the mushrooms we eat in the U.S. are the white button variety. Why not branch out? Other common types... [Read more...](#)

Symptoms of Lung Cancer

Many with the disease don't have any symptoms until later in the illness, and many symptoms of lung cancer are similar... [Read more...](#)



Mammograms in 40s Can Save Lives

Screening at 40 to 49 is tied to a 25% reduction in cancer deaths over the first 10 years.

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SLIDESHOW

Replacing Your Toothbrush

Toothbrush bristles fray, flatten, and wear over time. To help keep your smile bright, replace your toothbrush... [Read more...](#)



Learn About Diverticulosis

Diverticular disease is most common in industrialized countries where diets are lower in fiber and... [Read more...](#)

[Cataracts: Who Is At Risk?](#)

[What Causes Erectile Dysfunction?](#)

[When Gums Bleed During Brushing](#)

[Arthritis of the Spine](#)

COVID-19: Greece hopes to have vaccine by December

"We will start in December with 700,000 doses", Greece's Minister of Health Vassilis Kikilias said today.... [Read more](#)



Why Nerve Damage From Diabetes?

About 50% of people with diabetes have a form of nerve pain that affects arms and legs.

[TAKE THE QUIZ](#)

The World Health Organization (WHO) state people in their 20s, 30s, and 40s are currently driving transmission of SARS-CoV-2. Many of these individuals are asymptomatic and contracted the virus. This presents a risk to vulnerable populations. Find more live COVID-19 updates [here](#).



Sent by Noor Rahim



[Grow Sweet Potatoes](#)

A delicious crop, sweet potatoes are easy to grow and rich in vitamin C. Learn how to grow sweet potatoes and discover ways to use and store your harvest.

[Read On](#)

Ultra-processed food is the #1 source of calories

Hi, Everyone,

For the vast majority of human history, we ate only unprocessed and minimally processed foods—meat, fish, fruits and vegetables, nuts and seeds, starchy tubers, and more recently, whole grains, legumes, and dairy products.

Starting in the 1950s, and accelerating rapidly from the 1970s forward, a new category of foods has emerged as the primary source of calories in industrialized countries like the United States, United Kingdom, Canada, and Australia: ultra-processed foods.

Ultra-processed foods (UPFs) are [defined as](#) “ready-to-consume and ready-to-heat formulations, made by combining substances derived from foods with cosmetic additives, typically through a series of industrial processes.” They include soft drinks, chips, cookies, candy, and many other processed and packaged foods.

Now, the wealthy countries of the world are exporting our “ Frankenfoods ” to developing countries around the world. These nations—including Brazil, China, Indonesia, India, and South Africa—are home to two-thirds of the global population, so the rise in consumption of ultra-processed foods in those countries has dire implications for global health.

What is particularly insidious about this transition is that ultra-processed food consumption tends to shift from higher to lower socioeconomic groups as income increases in a country.

In other words, the negative health burden of these highly refined foods is disproportionately carried by poor people worldwide.

Ultra-processed foods have been associated with a wide range of health problems, including (but not limited to):

- Weight gain
- Obesity
- Type 2 diabetes
- Cardiovascular disease
- Hypertension
- Cancer

These UPFs are being aggressively exported and promoted in developing countries by multinational corporations that are seeking new markets for their products.

Chris Kresser <info@chriskresser.com>



[Natural Herbal Remedies for Hayfever](#)

[What does it mean when there is blood in stool?](#)

Finding blood in stool can be concerning, but the cause may be relatively harmless. Here, learn about the causes in adults and children and when to seek help.

What to Know About Diabetes Meds

Our interactive guide explains how they work in your body, and why your doctor might prescribe one over another.

[Read More >](#)



Your guide to fermenting food at home

Treatments for Metastatic Breast Cancer

Find out when hormone therapy might be called for, why radiation therapy could be a good fit, and what you should know about other treatments.

[Read More >](#)

Reasons Your Hair Is Falling Out

Hair loss is a symptom of more than 30 diseases, including thyroid disorders and autoimmune diseases.

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<https://www.pcrm.org/news/blog/new-study-finds-eggs-will-break-your-heart>

My comments: An egg has all the ingredients or recipe to give life. Our bodies are composed of high quality proteins as found in eggs. It is true that eggs have over 180 mg of dietary cholesterol in each egg. We also know that 80% of the cholesterol in your blood is from cholesterol made in your liver and about 20% come from external cuisine including meat, saturated fats, cheese, eggs and other fatty foods. We also know that the liver decides on maintaining homeostasis for cholesterol levels in your blood.

Longevity in life is mainly reflected on the type of lifestyle you wish to lead and does not depend whether you eat eggs or not.

Do your daily walk, a least 20,000 steps and forget what you eat. They say such people can eat rock and that will be digested.

Good healthy life is centred on activity, removing stress, fresh air and your daily steps, and eating even two eggs a day or more should not be a concern.

The body's overlooked defense system

Your skin is one of the most important bastions in the fight against disease, keeping harmful organisms and substances from getting inside the body. Unfortunately, our skin weakens as we get older, and it requires more effort to keep it healthy



Female Celebrities Who've Had Breast Cancer

Shannen Doherty, Christina Applegate, Sheryl Crow, and Hoda Kotb are among the stars who've been diagnosed and treated for the disease.

[Read More >](#)



What to Expect After a Stroke

Whether a stroke causes long-term effects depends on how severe it is, where in the brain it strikes, and how quickly it's treated.

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Things That Raise Your Blood Pressure

Salt, worry, and anger aren't the only things that can raise your numbers. These triggers might surprise you.

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Night Sweats Might Point to These Problems

A variety of health issues could be to blame, from certain kinds of cancers to tuberculosis to anxiety.

[Read More >](#)

12 Conditions That Can Cause Body Hair Loss

Severe stress, low iron, even too much vitamin A can result in hair loss. See what else might be going on.

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