

Health & Views

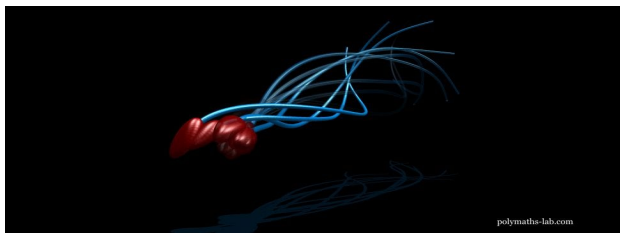
Health Newsletter for Sri Lankans & others, globally

www.Doctorharold.com

September
2020
1st issue

Specialist Pain
Management, Dr. Namal
Senasinghe - NEWSLINE
[17/08/2020](mailto:info@eLanka.com.au)

[Canberra Short Eats Sri Lankan Van](#)



**Sperm don't swim anything
like we thought they did,
new study finds**

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**Wuhan
was
COVID-
19's
ground
zero —
now the
city's
residents
are living
it up**

Medications That Treat Diabetes

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Eating Less Meat? Here's How to Get Protein

Thanks to shortages and finances, many people are cutting back on their meat consumption. Try these seven great nonmeat sources of protein.

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[Coffee: Good for You or Not?](#)

Potassium Too High? These Foods Can Help

Healthy adults need about 2,600 to 3,400 milligrams of potassium daily. A potassium-restricted diet might only allow about 2,000. What should you eat?

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Best Ways to Disinfect Your Home

Natural products like vinegar or tea tree oil won't kill coronaviruses. See what will, and what works best for different jobs around your home.



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Why Is Your Muscle Twitching?

Not drinking enough water is a common cause of muscle twitches, but sometimes these involuntary movements may point to a serious medical condition.

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**Walking may be one of
the most powerful
“medicines” available.**

It can help lower your risk of heart disease, cancer, and diabetes, lower blood pressure and cholesterol levels, and even keep your memory sharp.

[Moderate coffee, tea
consumption can be part of
healthy lifestyle for most](#)

Top Causes of Frequent Urination

Do you find yourself running to pee more frequently than you used to? There could be a simple explanation, or it might be a sign of something serious.

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Going viral / 📈 Five of the most important things we've learned about Covid-19 so far

Hassan Vally

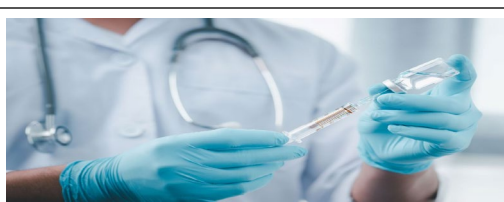
Inspired- the right direction



We are going to be a multicultural nation in Sri Lanka. We will set another example like Singapore and Canada. This is not a Sinhalese, or Tamil nation. Everyone will have their place, equal language, culture and religion.



Gotabaya Rajapaksa
President of Sri Lanka



China started giving experimental COVID-19 vaccine to medical workers in July

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FDA allows wide use of plasma for COVID-19 with little data that it works

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First case of coronavirus reinfection confirmed, researchers say

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Insulin Resistance: The Basics

You can have this precursor to diabetes for years without even knowing it. Here are some early signs.

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When Diabetes Affects Digestion

Nerve damage can cause both constipation and diarrhea. Find out how to avoid problems.

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'Injected' Insulin Without Needles

In addition to being needle-free, jet injectors may offer better blood-sugar control than the traditional delivery method.

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Peripheral Artery Disease and Diabetes

Low T and Erectile Dysfunction

Erectile dysfunction can first emerge in a man as early as 40. Does it mean poor libido?

[VIEW SLIDESHOW](#)

[Australian COVID-19 vaccine triggers immune response 'better than expected' in pre-clinical trials](#)

University of Queensland researchers present to the International Society of Vaccines, saying results to date show their COVID-19 vaccine candidate is "safe and likely to provide protection" from the virus.



[Do Fried Foods Make Acne Worse?](#)



FEATURED NEWS

Could Long Naps Shorten Your Life?

Long naps lasting more than an hour are associated with a 34% elevated risk of...

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FEATURED QUIZ

How Does the Brain Work?

Humans only use about 10% of our brains. Is it a myth or a fact? Evidence shows that...

[TAKE THE QUIZ](#)

Natural Treatments for Crohn's Disease

Along with the medicine your doctor prescribes, you may want to add other treatments to help with symptoms, boost your immune system, or just feel better.

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Foods That May Help With Muscle Cramps

One way to stop cramps is to stretch or massage your muscles and to eat enough of these key nutrients.

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The Pope quizzed a low-ranking Australian parish priest about evidence he was due to give against an archbishop accused of concealing child sexual abuse, [a new book alleges](#).



Will the 2020 election be a 'fraudulent mess'?

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Rush Medical College lecture auditorium, Chicago, 1900

Medical College, Colombo, Anatomy lecture hall was built on similar plan. BabaMail



What is an isopod?

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[What to know about swallowing semen](#)

Is it safe to swallow semen? Read on to discover the safety, benefits, and risks of swallowing semen. This article also covers how semen should smell and taste.

Urology / Nephrology

[What do kidney stones look like?](#)

Kidney stones can vary in size, shape, and colour. Learn more about what the different types of kidney stones look like, their causes, and treatment options.

Back Pain

[8 of the best mattresses for side sleepers](#)

Side sleepers may benefit from a mattress that relieves pressure on the joints. Here, we discuss the pros and cons of eight of the best mattresses for side sleepers.

Cancer / Oncology

[Daily aspirin may exacerbate cancer in older adults](#)

A recent study takes a deeper look at the how daily, low dose aspirin impacts cancer risk and cancer deaths in a large group of older adults.

Side Effects of Tamoxifen

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

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The History of Stress

Understand the principles of dynamic equilibrium. How constancy, a steady state (situation) in the internal bodily... [Read more...](#)

Death during coronavirus creates a double ache because humans need to share our grief



The future is fungal / Why the 'megascience' of mycology is on the rise



HOW ECO-FRIENDLY IS THE NEW VICE PRESIDENT NOMINEE KAMALA HARRIS?



The California Senator is on the Biden ticket for November's election, but how good is her environmental record?

12 Ways to Lower Your Risk of Cancer

Don't count on supplements to help you keep cancer at bay. But do improve your odds by getting a hepatitis B shot and trying these other things.



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Other Shots That Treat Diabetes

Insulin isn't the only injected medicine doctors prescribe to help control blood sugar levels. Find out how the others work.

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What's Making Your Heart Flutter?

Does your heart ever race or seem to skip a beat? We share 13 potential causes of these palpitations.

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Racial violence: new Closing the Gap policy "an insult"

"If we are committed to Black lives, we should be committed to diagnosing the problem properly. We have the wrong diagnosis here, so of course, we are giving the wrong treatment. If it worked,...

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// This pandemic means we don't live in a timeline any more. It's more of a timesoup

Josephine Tovey



The Most Moving fabulous Human-Interest 'forward' I have ever received.....An ABSOLUTE – Must Watch and Listen for the nearly full 15 minutes of the two segments of its duration....Stay RIVETTED!

<https://youtu.be/OlmwbtxPJj4>

Sent by Max Gerreyn-Perth

21 Superfoods for Men

See what pistachios, lean red meat, and orange veggies can do for your health (and sex life).

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Diabetes and Stomach Problems

See why diabetes-related nerve damage can cause unpleasant nausea, heartburn, and bloating.

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Suicide deaths forecast for 13.7% increase

EVEN in a "best-case scenario", Australia is forecast to see an increase in suicide deaths of "at least" 13.7% over the next 5 years, according to a new report released by the University of Sydney's...

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15 Ways to Be Happier

There's science behind the saying "fake it till you make it." See which simple acts can actually lift your spirits.

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Drug-resistant epilepsy: overlooked and underdiagnosed

THERE is a gap in patient-centred management of drug-resistant or refractory epilepsy, which means up to 80 000 Australians are often overlooked, remaining undiagnosed and not receiving the specialised....

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Experts Debate: Is Coffee Good For You or Not?

**FIND
OUT**



[YOUTUBE.COM](#)

[Sri Lanka Malay Association Cultural Show \(Revised\).](#)

Organized by the small Sri Lanka Malay Community domiciled in Toro



55 Vintage Lunchbox Recipes »



Our Most-Shared Vintage Recipes »

12 Foods That Make Inflammation Worse

If you're experiencing pain or swelling right now, take a hard look at what you're eating.

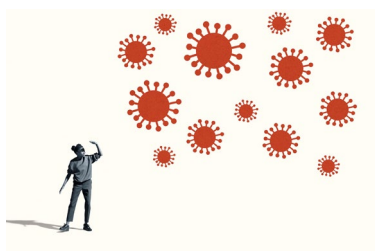
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Does Hot Weather Kill Coronavirus?

The hot weather might help, say Covid-19 experts, but here's why it's hard to know for sure.

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SLIDESHOW

Foods That Cause and Fight Acne

Acne is a complex condition. Diet plays a role, but so do your lifestyle and genes. [Read more...](#)



SLIDESHOW

10 Ways to Serve Tomatoes

Tired of the same old, tired tomato recipes? Feast your eyes on tomato tartlets... [Read more...](#)



30 Foods That Only Became Popular in the 2000s »



65 Summer Cottage Recipes »

The Toothbrushing Mistake Everyone Makes

Dentists reveal how this common toothbrushing mistake may be hurting your oral health.

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What Doctors Really Think of Brain-Boosting Dietary Supplements

Can taking dietary supplements boost your memory and brain function? Doctors weigh in.

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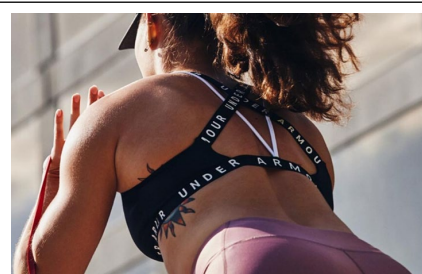
Can Burgers Be Healthy? Nutritionists Weigh In

[FIND OUT](#)



Ask the RD: Should You Always Eat Before a Workout?

[SEE THE ANSWER](#)



8 Strategies to Boost Weight Loss, According to Psychologists

[LEARN
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The Most Popular Pie from Every Decade »



37 Authentic Summer Recipes from Around the World »



The Most Popular Cake from Every Decade »

Spine Problems: When to See Your Doctor

That stack of little bones along the center of your back plays a key role in supporting your body. What happens when something goes wrong?

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11 Silent Signs You Have a Kidney Infection

Head to your doctor for antibiotics if you're showing these signs that a urinary tract infection has traveled to the kidneys.

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More](#)

India's invisible catastrophe / Fears over spread of Covid-19 into poor rural areas

Why Belly Fat Is So Dangerous

Researchers think the amount of deep fat around your middle shows whether you're at risk of serious health problems better than your weight. But you don't need a special diet to lose it -- just healthy habits.

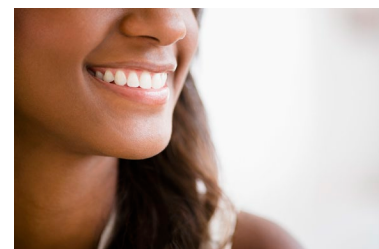
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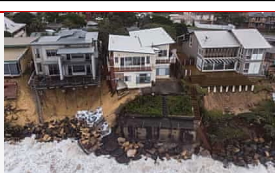
11 Things Your Dentist Needs You to Start Doing Differently

Investing in your smile goes farther than regular brushing and flossing. Here's what your dentist wishes you knew.

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Sea level / Extra 23 million people could face coastal flooding within 30 years, even with emission cuts, study says



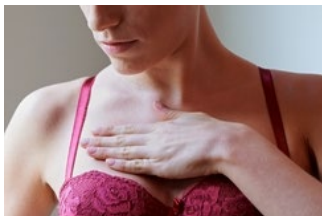
Signs You May Have Spinal Stenosis

This condition happens over time and can affect your mobility, comfort, and how your bladder and bowels work.

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What Happens When You Give Up Caffeine

If you ditch caffeine, your body and mind could score some new and different perks - like less anxiety, better sleep, and fewer bathroom breaks.



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Best and Worst Exercises for Low Back Pain

You may feel like resting, but moving is good for your back. The right moves can strengthen back, stomach, and leg muscles. But some exercises may make back pain worse. See what to try and what to avoid.



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What Causes Dizziness?

It is worthwhile to review common reasons why people might complain of dizziness to assess causes and prevention. [Read more...](#)

Coronary artery calcium scoring: when we should use it

A CARDIOVASCULAR disease risk assessment tool that is not currently covered by the Australian Medical Benefits Schedule could be used to identify a "considerable number" of people who could benefit...

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Top Foods for Healthy Hair

Hair that is shiny and healthy makes us look and feel great. But shampoo and conditioner alone is not enough to get those terrific tresses. [Read more...](#)



SLIDESHOW

Surprises of Getting Older

Learn about brain changes, increases in happiness, sleep difficulties, changes in stress, self confidence, and diseases. [Read more...](#)

Surprising Things Raise Your Blood Pressure

Salt, worry, and anger aren't the only things that can spike your blood pressure. See what else might be bumping your numbers up.

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Why Am I So Tired (Fatigue)?

Always feeling tired? Learn more about the causes of fatigue. Get tips to relieve symptoms of fatigue. Feel less tired and get refreshed. [Read more...](#)



The supersized attractions of Downtown Dubai

The delights Downtown Dubai, described by many as 'The Centre of Now', include supersized attractions such as the... [Read more](#)

Breast Cancer Diet Tips

What you eat can raise -- or lower -- your risk of getting breast cancer. Find out which nutrients and specific foods matter.

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Signs of Diabetic Peripheral Neuropathy

Over time, high blood sugar can harm the nerves that help you feel pain, heat, and cold. Here's what to look for.

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How to Protect Your Eyes

You can reduce your risk of problems like diabetic macular edema, cataracts, and glaucoma -- which can all steal your vision if not caught in time. [Read More >](#)



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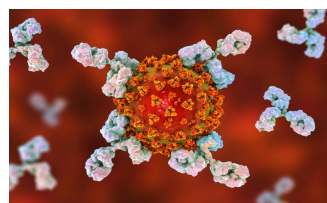
What Foods Improve Male Health?

For losing weight, gaining muscle, and lowering your cancer risk, check out these healthy foods. [Read more...](#)

Signs of Wet Age-Related Macular Degeneration

This eye disease can cause symptoms that overlap with diabetes-related vision problems. Do you know what they are?

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What are antibodies?

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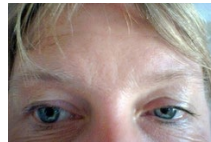
Depression

[What is major depressive disorder?](#)

Major depressive disorder (clinical depression) is a mood disorder that affects people of all ages. Learn more about the symptoms, causes, and treatments here.

15 Reasons for Droopy Eyelids

They might just be a sign of aging. But droopy eyelids might also point to an infection, bleeding in your brain, a stroke, or one of these other problems.



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Is Coconut Water Good for You?

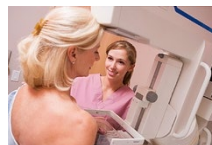
[Coconut water is the clear liquid found in green coconuts. Here's what registered dietitians think about its nutritional value.](#)

[Read More](#)



What Are the Stages of Breast Cancer?

Knowing the stage of your breast cancer will help you and your doctors know more about what's ahead and decide on your treatments. Here's what you need to know.



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What's the risk of catching COVID-19 on public transportation?

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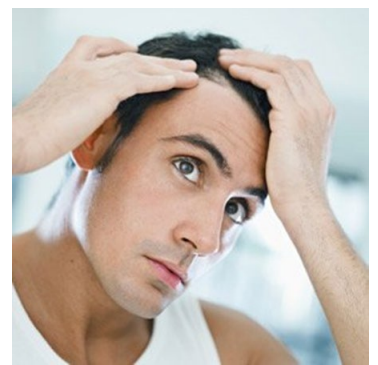
Does coronavirus linger in the body?

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Diabetes

[What is the cardiac diet?](#)

The cardiac diet may be effective in preventing heart disease. Here, learn more about which foods to eat and avoid, and get some tips for meal planning.



Male-Pattern Baldness: Types, Treatments, Solutions

Receding hairlines, thinning, bald spots -- learn to prevent further hair loss and make the most of what you've got. Let us show you solutions from hair products to surgery.

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Early Warning Signs of Cancer

You might not connect appetite loss, extreme fatigue, or a fever with cancer, but they're among the early warning signs you should know.

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Pain / Anesthetics

[How to make anal sex less painful](#)

Does anal sex hurt? Are there ways to make it less painful? Learn how to prepare for anal sex and how to make it less painful.

Respiratory

[What to know about a cough with mucus](#)

A cough that produces mucus is known as a 'wet,' or 'productive,' cough. Learn more about wet coughs here, including the symptoms, causes, and treatments.



Diabetes, Cholesterol Toxic Drug Combo

Taking a statin in combination with a diabetes drug may trigger statin toxicity.

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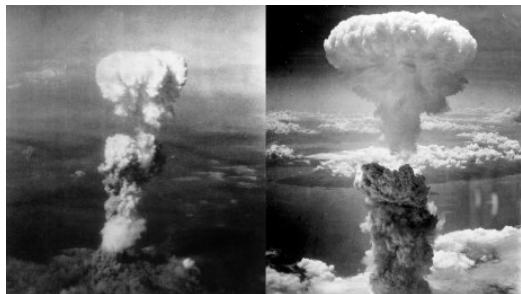
SLIDESHOW

Cancer Signs Not to Ignore

Many forms of cancer can be cured if they are found early. The sooner treatment is begun, the better. [Read more...](#)

Hiroshima survivor explains why she wanted to thank the man who dropped a bomb on her family

When the world's first nuclear weapon was dropped on her home on this day 75 years ago, it changed Koko Kondo's life forever, but meeting the man who dropped it changed her life again.



Colorectal Cancer

[How do the intestines work?](#)

Learn more about the parts, dimensions, and functions of the intestines. We also describe related health issues, their treatments, and warning signs.

11 Things That Could Happen if You Eat too Much Meat

Every person's dietary needs are different, but if you're noticing these effects, it might be time to cut back on meat.

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Diabetes

[What is a type 1 diabetes diet?](#)

Find out how to create a diabetes meal plan and what foods to eat and avoid. Also, learn about healthful meal options for children, including ideas for snacks.

Men's Health

[Is it safe to buy erectile dysfunction pills online?](#)

Erectile dysfunction (ED) pills that people can buy online without a prescription may contain harmful ingredients that the label does not list. Learn more here.

8 Best Hand Sanitizers for Dry Skin

Here are some of the best (and safest) hand sanitizers to use if you have dry skin and no access to soap and water to wash your hands.

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Nutrition / Diet

[What is the difference between nutritionists and dietitians?](#)

Dietitians and nutritionists have different qualifications and levels of training. In some states, nutritionists do not need certification. Learn more here.

Heart Disease

[7 reasons why a person might faint after an orgasm](#)

Why might a person pass out after an orgasm? Learn about seven possible causes of fainting after an orgasm and tips that may help prevent it.

Men's Health

How to get a harder erection

Is it possible to get a harder erection? Read on to discover tips, suggestions, and options for better erectile function. Also, learn when to see a doctor.

What's Making Your Hair Fall Out?

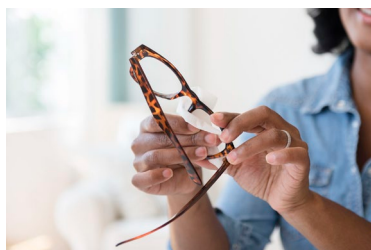
If you're seeing more hair than usual go down the shower drain, one of these conditions might be to blame.

[Read More >](#)

If You're Seeing Eye Floaters or Flashes, Here's What to Do About Them

Eye floaters are annoying spots that sometimes drift across your field of vision. Here's what you need to know about treatment options.

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Respiratory

[What is idiopathic pulmonary fibrosis?](#)

Idiopathic pulmonary fibrosis is a chronic, progressive condition that affects the lungs. Learn more about the causes, symptoms, and treatment options here.

[What can cause dizziness to occur after sex?](#)

People may feel dizzy after sex for many reasons. Often, dizziness after sex is due to dehydration or overexertion, but some health conditions can also cause it.

Possible futures for the pandemic

Around the world, epidemiologists are constructing short- and long-term projections to prepare for, and potentially mitigate, the spread and impact of SARS-CoV-2, the virus that causes COVID-19. Although their forecasts and timelines vary, modellers agree on two things: [COVID-19 is here to stay, and the future depends on a lot of unknowns](#), including whether people develop lasting immunity to the virus, whether seasonality affects its spread and — perhaps most importantly — the choices made by governments and individuals. In some places, such as in the United States and Brazil, rapid rises in cases have modellers worried. Elsewhere, where lockdowns are easing, early evidence suggests that the 'new normal' of hand-washing and mask wearing is helping to stem second waves.

[Nature | 11 min read](#)

FEATURED

14 Ways to Shed Pounds After 40

If you're over 40, you may have noticed that it's easier to gain weight -- and harder to lose it -- than it used to be.

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Treating prostate cancer with combined hormonal-radiation therapy

Androgens, the family of male sex hormones that includes testosterone, function as a fuel for growth in normal development. However, in some men they can also drive the progression of prostate cancer. Hormonal therapy treats prostate cancer by dramatically reducing levels of testosterone and other androgens.

Hormonal therapy is sometimes given in conjunction with external beam radiation to boost the effectiveness of treatment. Hormonal therapy may also be used to shrink the size of large prostate glands (typically defined as those weighing more than 50 grams) before brachytherapy takes place, to enable proper placement of the radioactive seeds.

ARTICLE

Acute Flaccid Myelitis (AFM)

Acute flaccid myelitis is a rare condition of the nervous system that causes the muscles and reflexes of the body to weaken. [Read more...](#)

Compiled, edited & published by

Dr Harold Gunatillake

To unsubscribe email: haroldgunatillake1@gmail.com

Dr Gunatillake-Health editor is a member of the Academy of Medicine, Singapore. Member of the Australian Association of Cosmetic Surgery. Fellow of the Royal College of Surgeons (UK), Corresponding Fellow of the American Academy of Cosmetic Surgery, Member of the International Societies of Cosmetic surgery, Fellow of the International College of Surgery (US), Australian diplomat for the International Society of Plastic, Aesthetic & Reconstructive Surgery, Board member of the International Society of Aesthetic Surgery, Member of the American Academy of Aesthetic & restorative Surgery, Life Member of the College of Surgeons, Sri Lanka, Batchelor of Medicine & Surgery (Cey). Government scholar to UK for higher studies

Website: www.Doctorharold.com