

Health & Views

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

October 2nd
issue
2020

What Is Spinal Stenosis?

Foods That May Prevent Dementia

Find out how the MIND diet can help prevent or delay symptoms.

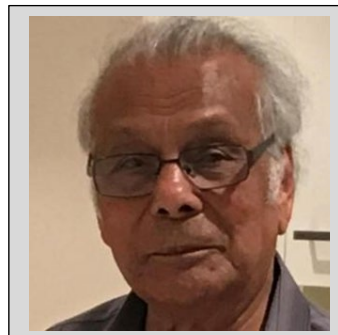
Vaccine warning: Young, healthy people may have to wait until 2022 to get vaccinated, a WHO scientist said.

First Bradby captain no more

VALE - DR ROBERT SOURJAH

-September 10, 1925 - October 1, 2020

Robert Grant Sourjah was a consultant physician (FRCP) who worked in many cities in Sri Lanka as well as the UK & for Aramco in Saudi Arabia. He was Trinity College's first Bradby captain in 1945. He also played rugby for the university & Havelocks sports club. He is survived by his wife Inez, Son Rohan & his wife Dianne and children Mark & Krysten. & son Lalin & his wife Susan & daughter Sarah. Robert was the life of the party & loved by all.



30 Digestive Herbs

Prostate Cancer: Detecting and Treating with MRI Technology

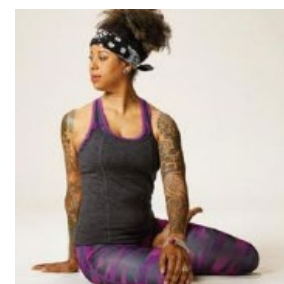
Women Are Still Grooming Their Bikini Lines—But Why?



QUIZ

Constipation: Foods to Eat, Foods to Avoid

What causes constipation, chronic constipation, and severe constipation? Learn natural remedies for constipation... [Read more...](#)



5 Simple Yoga Poses to Aid Digestion



SLIDESHOW

How Do You Get Rid of Heat Rash?

Do you know what heat rash looks like? Heat rash develops when the skin sweat ducts become blocked. [Read more...](#)



SLIDESHOW

Keep Your Thyroid in Check

Hyperthyroidism occurs when an overactive thyroid gland produces an excessive amount of... [Read more...](#)

'It sounds like a little thing but it's powerful' / the new Sydney boutique where everything is free

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

[Bee Healthy: Honey May Beat Cold Meds Against Cough](#)

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Leading medical journal blasts Trump's 'astonishing' failure in pandemic response, says to vote him out

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16 Ways to Lower Your Cholesterol

Eat this protein twice a week to lower triglycerides and cut down on cholesterol. And try this "handy" way to judge portion sizes.

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How to Relieve Allergies at Home

You don't have to suffer through sneezes, a stuffy nose, and itchy eyes. Making some simple changes to your home can help you find relief.

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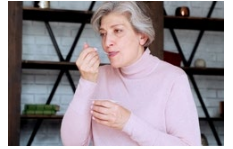


WEIGHT LOSS

This Healthy Meal Plan From an Actual Nutritionist Will Help You Reach Your Weight Loss Goals

6 Ways to Strengthen Your Bones as You Age

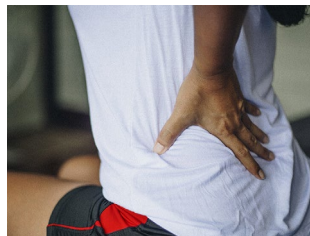
Your bone mass reaches its peak between your mid-20s and mid-30s. You can "borrow" from that banked strength as you get older. Here's how to get, and keep, your bones dense at any age.



[Read More >](#)



What to know about lower back pain when sitting



Pain in the lower back when sitting may result from poor posture, an injury, or a health condition. Here, learn how to ease the pain and more.

[READ ON →](#)

Lowering your cholesterol: How long does it take?



People can lower their cholesterol levels by making lasting changes to their diet and lifestyle. This approach is preferable to relying on quick fixes.

[READ ON →](#)

Dr. Fauci's Vaccine Predictions



Dr. Anthony Fauci, on screen during The New Yorker Festival this week. What can you spot in his background? Tara Parker-Pope

Dear Readers,

When will pandemic life finally be over?

That's the question on everyone's mind, and we still have a long way to go. However, I was encouraged this week after listening to Dr. Anthony Fauci speak at [The New Yorker Festival](#). Dr. Fauci noted that a safe and effective vaccine likely will be available by the end of the year, although the first doses will go to health care and emergency workers. But he predicted it will be available to the rest of us by next spring.

"By the time we get to April, we likely will be able to vaccinate anyone who needs to be vaccinated," he said. "Logistically, by the time you get everyone vaccinated it likely will not be until the third or even beginning of the fourth quarter of 2021."

He noted that it will take some time to protect everyone, but life will start to get easier in the spring. "The vaccine will greatly help us pull back a bit on the restrictions we have now to maintain good public health, but it's not going to eliminate things like mask wearing and avoiding crowds and things like that. I think we can approach normality, but I don't think we're going to be back to normal until the end of 2021. That's just a prediction. We may do better than that. I don't know, but I hope so."

The New Yorker's Michael Specter conducted the hourlong interview. They talked about current events and Covid-19, as well as Dr. Fauci's long career and his experiences during the AIDS epidemic. You can [watch a 12-minute excerpt for free](#), or buy a ticket to watch the whole thing.

[Continue reading the main story](#)

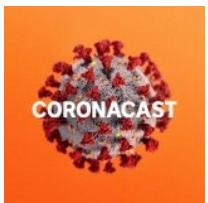
Just talk it out

Your brain and body benefit a lot from talking and it can play a major part in helping you find solutions. Knowing the power behind expressing feelings, Psych Show's Dr Ali Mattu hosted a virtual chat with [Connor Franta](#), [Cydney Black](#) and [Hallease](#) to hear about their pandemic journeys, talk through their unique coping styles and learn more about exactly how they're maintaining their creative spark.

[GO TO VIDEO](#)

Why are scientists obsessed with coronaviruses G strain?

One of the big unknowns with coronavirus to date is how much it's mutating and how that could hurt the effectiveness of a vaccine. The worry is that by the time scientists have found a vaccine and tested it, the virus would have already changed rendering the vaccine ineffective.



Phys Ed

How the Pandemic Is Changing Our Exercise Habits

Many of us have been moving less since the pandemic began. But some, including many older men and women, seem to be moving more.

By Gretchen Reynolds

Women's expected longevity linked to age at birth of last child

The North American Menopause Society (NAMS)

This is a Global Health Newsletter for the expat Sri Lankans.

Please read and pass it on to your friends



Pope Francis says COVID-19 has proved capitalism does not work

Francis said the grave loss of millions of jobs as a result of the virus as evidence of the need for politicians to... [Read more](#)

Ways Alcohol Affects Your Body



Sweeping melodies with Jonas Kaufmann at the Summer Night Concert

Sweeping melodies with Jonas Kaufmann at the Summer Night Concert in Vienna - in this week's episode of Musica on... [Read more](#)

Foods to Eat to Prevent Wet AMD

Nutrients found in a variety of delicious foods will help protect you from this sight-stealing condition.

Tricks to Keep Produce Fresh for Weeks

Some items should go in the fridge and others do better on the counter or in a cool, dark place. Do you know where to put your fruits and veggies so they last longer?

[Read More >](#)



Ways to Lower Your Odds of Having Cancer

About 1 in 3 cases of cancer can be prevented. Here are 12 things you can do to cut your risk.

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6 Health Benefits of Matcha

This powdered form of green tea can dissolve into milk or water or add flavor to things like yogurt or smoothies. Find out how it's different from other types of tea, its possible health benefits, and more.

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SLIDESHOW

Is Your Back Pain Sciatica?

Sciatica is a pain that radiates from the low back down a lower extremity. What causes this pain? [Read more...](#)



SLIDESHOW

Baking Soda Uses for a Clean Body

Baking soda is a kitchen staple. But it deserves a spot in your medicine cabinet, too. Here are the ways... [Read more...](#)

How Many Calories Are in Your Drink?

How many calories can you save by choosing to drink water instead of regular soda?

[TAKE](#)

25 Hormone Imbalance Symptoms and Signs

Hormone imbalance involves changes in estrogen, progesterone, and other hormone levels. It may cause symptoms like... [Read more...](#)

FEATURED NEWS



Heartburn Meds Tied to Diabetes Risk

Regular use of PPIs is linked with a 24% higher risk of developing type 2 diabetes.

ANEMIA

9 Health Conditions That Could Be Making You Tired

NUTRITION

3 Nutrients You're Not Getting Enough Of—and How to Add More to Your Diet

DIABETES

This Is What Happens When You Sit Around for 2 Weeks—Even If You're Young

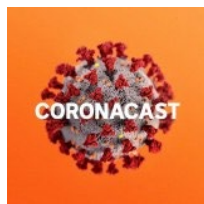
Right vs. Wrong Food Choices at the Supermarket

Grocery shopping means choosing the right foods and avoiding the wrong ones for a healthy diet. Check out this slideshow to learn more about healthy choices at the supermarket.

READ MORE

Why the wait for a vaccine might be longer than you think

Large scale safety and efficacy testing is far from the only hurdles facing any coronavirus vaccine. The first round of vaccines could have complicated transportation and temperature requirements, and may have limited effectiveness and side effects.



The 18 Best Hair Care Products of 2020, According to Health Editors

MENOPAUSE

3 Surprising Benefits of Going Through Menopause

7 Ways to Get Rid of Post-Nasal Drip

Filmmaker Chandran Rutnam has shown so many life skills and what stands out most among all that is his



By
Ravi
Nagahawatte

ability to tell stories. He chose the cine camera as his media tool and invariably struck gold in this endeavour whenever he put his thoughts into script. There is this ability in this man to stay young and the reason could be the variety in his life.

This time around he has decided to come up with a book of poems and yours truly has got the opportunity to review its contents before the book titled 'Underground Windows' is launched and hits the bookstores.

The theme of the book is 'lost love' and there is a string of regret that runs through from start to end; the regret part acting as a personal shadow that makes him review his own life.

What Rutnam doesn't seem to realise is that he opens a window to his readers to judge him and his life escapades.



What causes a sharp stabbing pain in the chest that comes and goes?

A sharp stabbing pain in the chest that comes and goes can have various causes, from heart attacks to muscle strains. Learn about the most common causes and their treatment.



Pencil drawn sketches of famous personalities in the world of 1955. Sketched by Max Gerreyn at the age of 18 years, in the final SSC class as a student at St benedict's, College, Colombo

DIABETES

5 Strange Symptoms That Could Be Early Signs of Diabetes

What are the long-term effects of COVID-19?

COVID-19 can cause lasting symptoms, complications, and distress, while doctors are still unsure of the full long-term effects. Learn more here.

[READ ON →](#)

Today's Health Topic

Time to try intermittent fasting?



Anyone who's tried different weight-loss diets is probably familiar with their pitfalls. Low-calorie diets often leave you tired, hungry, and cranky. Low-carb or "keto" diets can cause cravings and constipation. Low-fat diets are also tough to follow and, contrary to popular belief, they do not seem to prevent cardiovascular disease.

Another diet trend, intermittent fasting, takes a different approach. Rather than limiting what you eat, this diet limits when you eat.

[Read more »](#)

Do Fasting Diets Really Work?

More people are turning to 'intermittent fasting' to lose weight. Does this tactic help?

[READ MORE](#)

What causes middle right back pain? Relief and management

Middle right back pain involves the area of the back between the base of the neck and the rib cage. Pain can sometimes affect one side more than the other.

What causes unexplained bruising on the legs?

Unexplained bruising on the legs may be a symptom of a forgotten injury. However, in some cases, the cause could be an underlying condition. Learn more here.

What are the long-term effects of COVID-19?

COVID-19 can cause lasting symptoms, complications, and distress, and doctors are still unsure of the full scope of the long-term effects. Learn more here.

The hazards of travelling to the Moon

Future explorers to the Moon will be exposed to [200 to 1,000 times more radiation than levels experienced on](#)

[Earth](#). The radiation data were collected by China's Chang'e 4 probe, which landed on the far side of the Moon in 2019.

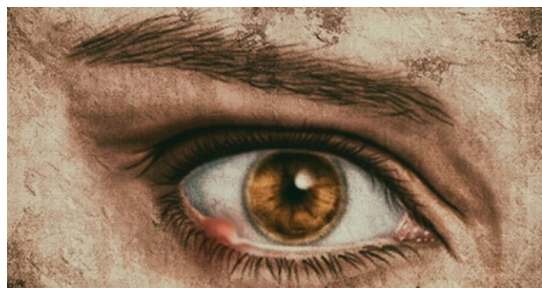
Researchers who reported the results say travellers who stay on the lunar surface for more than a few days should build shelters of Moon dirt, made of 80-centimeter-thick walls, to protect themselves from the radiation.

[Associated Press | 4 min read](#)

Reference: [Science Advances paper](#)

9 conditions that affect the scalp

There are a variety of conditions that can affect the scalp. Learn about some scalp conditions and their potential treatment options here.



Best Home Remedies For Sty On Your Eyes

A sty in the eye is a tender, red bump on the edge of the eyelid. It is one of those minor but uncomfortable health issues that can strike anytime. While it lasts, it can be annoying and sometimes painful.

Here's a quick primer that will help you deal with a sty in the eye...

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What Can Turmeric Do for You?

Turmeric has been touted as a super food that can fight cancer, ease depression, and more. Find out what turmeric can -- and can't -- do for your health.

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Coronavirus vaccine: Everything you need to know

COVID-19 is a respiratory illness caused by the SARS-CoV-2 virus. Researchers are now working on developing a coronavirus vaccine. Learn more here.

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

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

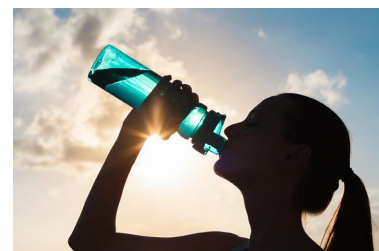
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10 Myths About Hydration You Need to Stop Believing Right Now

Mindlessly drinking eight glasses of water or chugging Gatorade during workouts won't necessarily meet your hydration needs.

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FEATURED NEWS

Steroids Cut COVID Death Rate

Common drugs, corticosteroids appear to cut the coronavirus death rate by a third.

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FEATURED QUIZ

Type 1 vs. Type 2 Diabetes

What is type 2 diabetes? Take this quiz to evaluate your diabetes signs, meds, and diet.

[TAKE THE QUIZ](#)



Link found between metabolic syndrome and worse COVID-19 outcomes

A recent study has identified an association between metabolic syndrome and an increased risk of worse COVID-19 outcomes.

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Back Pain

[8 of the best body pillows and their benefits](#)

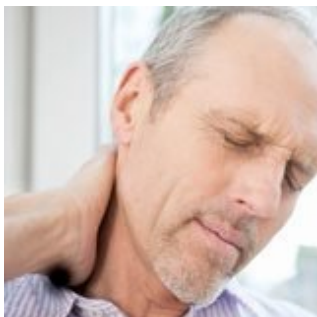
Body pillows may help people with back pain or who are pregnant sleep more comfortably. Here are eight of the best body pillows available.



[Naturally Healthy Skin Starts with Digestive Health](#)



[The Connection Between Thyroid and Digestive Health](#)



SLIDESHOW

What a Pain in the Neck!

You use your neck more than you think. Some of the most common causes of neck pain are... [Read more...](#)

'Don't buy grated cheese' / student cooking tips by top chefs



Can You Go Vegan if You Have Diabetes?

Healthy versions of this plant-based diet can help improve blood sugar, but talk to your doctor or a nutritionist before switching.

[Read More >](#)

Medical research / Two types of steroid found to save lives of some Covid-19 patients



Hand sanitizers sold in beer cans and children's food pouches? Don't buy them, FDA says.

[READ MORE](#)

[Natural Ways to Improve Digestive Health](#)

We all experience tummy troubles from time to time but don't let it ruin your day! Use these simple, natural tips to improve your digestive health.

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50 Interesting Sex Facts You Probably Didn't Know

[Learn about why wearing socks may be better than lingerie to how sleeping with your partner can improve your job satisfaction.](#)

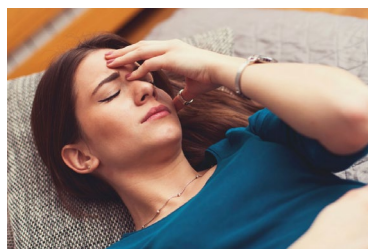
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8 Pancreatic Cancer Symptoms You've Probably Been Ignoring

[If you notice any of the following signs and symptoms associated with pancreatic cancer, talk to your doctor.](#)

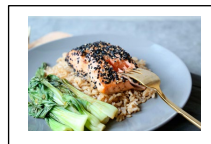
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36 Delicious Fish Recipes for Busy Weeknights

[Including more fish and seafood is a heart-smart choice. Expand your dinner repertoire with these easy-to-make, healthy recipes.](#)

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10 Exercises to Lower Blood Sugar

Strength training builds muscle, which can help your body better process blood sugar and keep your diabetes under control. Here are 10 moves you can do anywhere.



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13 Things Your Vagina Secretly Wants to Tell You

Your vagina has a few things to say about your health, aging, periods, and other "taboo" topics.

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Symptoms of Wet Age-Related Macular Degeneration

Changes like blurred and distorted vision can be early signs. Here's when to get your eyes checked.

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SLIDESHOW

13 Types of Lung Infections

Is your cough caused by a cold, flu, pneumonia or something else? Learn causes of respiratory infections like bronchitis, pneumonia... [Read more...](#)



SLIDESHOW

Is Inattention an ADHD Symptom?

Repeated, careless mistakes are symptoms of inattention that results in errors at school, work, and in other areas. [Read more...](#)

14 Anti-Aging Treatments Doctors Actually Use

Medical experts share their personal anti-aging treatments to help you choose the best one for your skin, from microneedling to argan oil.



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24 Ways Salt Is Making You Sick

You're probably eating way too much salt, and your body isn't happy about it. Here's what you need to know to be more aware of your sodium consumption.



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This Specific Fingernail Mark Could Be a Melanoma Symptom



Don't brush off this easy-to-ignore symptom.

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Warning Signs of Alzheimer's

The symptoms may not be obvious early on. Watch for these red flags.

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Mistakes That Can Affect Your Cholesterol

Don't skip getting your cholesterol checked -- unhealthy numbers typically don't cause symptoms. See how many other no-nos you might be guilty of.

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Lifestyle Changes for Migraine Relief

Your habits can have a big impact on how often you get headaches. Here's how everything from hydration to massage can help.

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The Best Omega-3-Rich Fish

[Looking to get more healthy fats into your diet? Start with this list of the best fish sources of omega-3 fatty acids.](#)

More Blogs from Harvard Health

[5 ways to ease pain using the mind-body connection](#)

[Hormonal treatments for prostate cancer are often given late](#)

[Worried about sleep apnea? Home-based testing is now the norm](#)



Tips to Stay Hydrated

Dehydration occurs when the amount of water leaving the body is greater than the amount being taken in. [Read more...](#)



FEATURED NEWS

Fall Allergies or COVID-19?

Some fall allergy symptoms mimic those of COVID-19. Take precautions to avoid confusion.

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FEATURED SLIDESHOW

Swirl These Skinny Cocktails!

A whole day of eating right can go down in the swirl of a cocktail. Here's a few drinks.

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FEATURED QUIZ

What Happens During A-Fib?

There are many risk factors for developing atrial fibrillation. People with this condition...

[TAKE THE QUIZ](#)



Long-Term Effects of Alcohol Abuse

How long does alcohol stay in your system? Learn about the disease linked to alcohol abuse and other health risks. [Read more...](#)

Is it safe to reduce blood pressure medications for older adults?

POSTED AUGUST 26, 2020, 10:30 AM
[Hanna Gaggin, MD, MPH](#), Contributor
[Daniel Kirshenbaum, MD](#), Contributor



Many older people take multiple medications, and managing them can be a burden. It's common for people with high blood pressure to be prescribed several medications, so a recent study examined the effects of reducing the number of blood pressure medications in a small group of test subjects.

[Learn more »](#)

What's Inside Your Drinking Water?

It's important to know what's in your drinking water. Learn about potential health hazards and safe treatments that can ensure you are getting the best quality water.

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15 Ways to Keep Your Mind Young

Ditch your routine, become a student again, and try these other tactics.

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What Are the 4 Stages of Breast Cancer?

Middle-Age Obesity May Increase Odds for Dementia

British researchers say that people who are obese at midlife have a 31% higher risk for dementia than people in that age range with normal weight. And the risk is especially high for women.

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How to Ease Alzheimer's Aggression

People with Alzheimer's may sometimes curse, insult, or even strike caregivers. Take these steps to help anticipate and prevent aggressive behavior.

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[Eating in the Evening Could Be Bad for Your Health](#)



SLIDESHOW

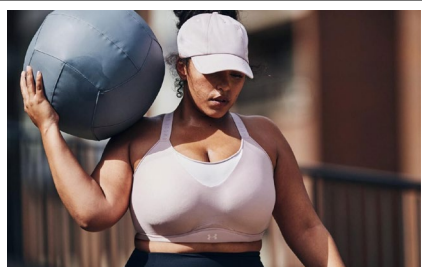
Boost Your Metabolism

Losing weight by increasing your metabolism is challenging. Learn how to shed unwanted pounds.

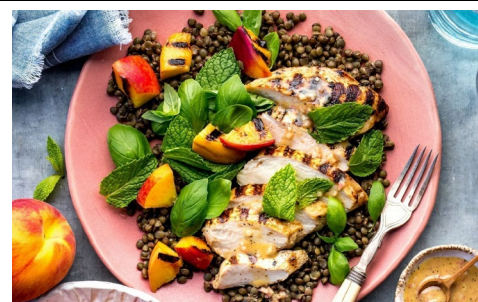
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[The Essential Guide to Carbohydrates](#)



[5 Reasons You May Feel Dizzy During or After a Workout](#)



[13 Delicious Peach Recipes Under 320 Calories](#)



[The Most Dangerous Fat Is the Easiest to Lose](#)



Explaining the China-India border dispute

How the confrontation between China and India in June changed the relationship between these two nuclear-armed neighbours, and the ongoing standoff's impact on the economic and diplomatic relationships.

[Listen now](#)

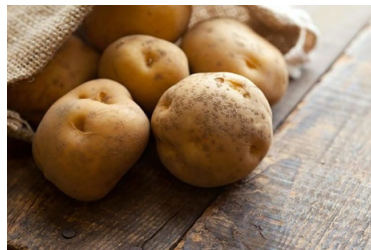


[Bright Light at Night Could Harm Your Metabolism, Says Science](#)

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The plant-based Mediterranean diet, characterized by greater intake of vegetable over animal protein, has been **acknowledged** as the best science-backed diet for boosting gut health. Why? Because the variety of plant-based foods—rather than caloric intake—provides fiber, certain vitamins, minerals and other nutrients (e.g., polyphenols) that our cells cannot digest but which increase the levels of both fecal **short-chain fatty acids** and beneficial bacteria, including *Lactobacillus* and *Bifidobacterium*.

The GMFH News Watch Newsletter - #64 - September 2020



10 Foods You Shouldn't Eat Raw

There are plenty of foods that you definitely want to cook before eating, and some of them might surprise you.

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Reasons for That Metallic Taste in Your Mouth

Dementia, vitamins, and indigestion can all leave you with a metallic flavor.

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Warning Signs of Alzheimer's

If a loved one displays these changes in behavior, you may need to see your doctor.

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ARTICLE

Colon Cancer Risk Factors and Causes

Bowel cancer is the third leading cause of cancer in the U.S. Know about the symptoms, stages, treatment, screening...

[Read more...](#)



SLIDESHOW

Men, Love, and Sex: 18 Secrets

Here are the 18 things about the way he thinks or doesn't think that your guy wishes you knew.

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How COVID Affects Your Body

Doctors continue to learn about the short-term and long-term effects of COVID-19 on your body. Here's how it can affect your lungs, liver, kidneys, and even your brain.

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Best Exercises for People With Alzheimer's

Although exercise won't cure the disease, it may help improve memory, confidence, and self-esteem. Give these workouts a try.

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Covid-19, Australia and China

Did Australia's call for a Covid-19 inquiry lead to China launching trade-based punishments, and a campaign targeting Australia's education market with threats of more retaliation? What else is going on?

[Listen now](#)



The story of ram-don noodles

Jjapaguri, or ram-don, as seen in the movie Parasite, is a super easy and cheap dish that simply mixes two kinds of instant noodles together. We look into how a dish only known to Koreans went global.

[Listen now](#)

Charley Horse: What It Is and How to Prevent It

A Charley horse can strike anyone at any time, but some people may be more likely to experience these painful muscle spasms.

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Brain Tumor Symptoms You Shouldn't Ignore

Even a small, slow-growing brain tumor can affect how you talk or think. See the common warning signs of brain cancer and what can raise your risk.

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It's butter chicken - not curry

As ubiquitous as curry is globally, the word 'curry' doesn't actually exist in India. In this episode we look into butter chicken and trace it back to the grandson of the inventor of this iconic dish.

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The Best Foods to Eat to Avoid Clogged Arteries

Certain heart-healthy foods truly act like medicine for your blood vessels, says integrative cardiologist Joel K. Kahn, MD.

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8 Things That Happen to Your Body When You Don't Eat Enough Fruits and Veggies

You might not love 'em, but here's why you should eat your fruits and veggies anyway.

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Scientific Tips to Keep Your Produce Fresher Longer

Ethylene, a gas from some fruits and vegetables, speeds ripening. It's a big reason for food waste. So store ethylene-emitting foods away from those that are sensitive to it.

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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

