

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

Tips for makinghoppers

<https://www.youtube.com/watch?v=6LruGcoCkVA>

Take Control to Prevent Diabetes Complications

You need to check your blood sugar, eat right, stay active, and take your meds to avoid problems throughout your body.

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SLIDESHOW

Vitamin-Rich Fruits

Learn about these vitamin-rich, exotic, tropical fruits. Learn how to serve and prepare them. [Read more...](#)



Remembering the
Burghers.docx

<https://www.elanka.com.au/sri-lanka-train-conductors-pov-kandy-to-ella-train-full-tour/>

How Does
Prostate Cancer
Develop?

Type 1 vs. Type 2 Diabetes



Christophe Archambault/AP

Australia's vaccine rollout will now start next month. Here's what we'll need

Mary-Louise McLaws, UNSW

Australia's expedited plan to start dishing out COVID jabs in mid-late February will call for NASA-like logistical organisation. And ideally, no more clusters of infections to distract frontline workers.

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



'Eat Clean' to Help Control Diabetes

This popular diet trend could be good for your blood sugar. Find out which foods to eat, and what to avoid.

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NUTRITION

Exactly How Much Fiber You Should Be Eating Every Day, According to Science

[General anesthesia does not appear to increase dementia risk](#)
[Vitamins A, E, and D tied to fewer colds, lung disorders](#)
[Irregular and long menstrual cycles linked to shorter life](#)

- [Hang in there, Australia — we're in great shape but we're only halfway through the COVID marathon](#)

Brendan Crabb, Burnet Institute; Michael Toole, Burnet Institute

It could easily be another 12 months until Australians are fully vaccinated. While we've had great success fending off the coronavirus, our leaders need to work even more closely to prevail this year.

How to Feel Better During Breast Cancer Treatment

Medicines for breast cancer can have intense side effects. Learn what you can do about fatigue, nausea, and other issues your treatments can cause.

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21 Ways to Reduce Breast Cancer Treatment Woes

Follow these practical ideas for reducing the side effects from surgery, chemotherapy, and radiation therapy used to treat HER2-negative breast cancer.

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Labs scramble to analyse new variants

Researchers are racing to determine why SARS-CoV-2 variants identified in Britain and South Africa spread so quickly and whether they'll compromise vaccines. The first laboratory results are trickling in, and many more are expected in coming days. Researchers are probing the viral variants and their constituent mutations in cell and animal models of SARS-CoV-2, and testing them against antibodies elicited by vaccines and natural infections. A preprint study (that has not yet been peer reviewed) published today found that [a mutation shared by both variants did not alter the activity of antibodies](#) produced by people who received the Pfizer-BioNtech vaccine.

[Nature | 7 min read](#)

Reference: [bioRxiv preprint](#)

Arthritis drugs can reduce COVID deaths

Two drugs used to treat arthritis have been found to reduce the risk of dying from severe COVID-19. The study (which has not yet been peer reviewed) was a randomized controlled trial in about 800 people in intensive care. It found that [tocilizumab and sarilumab could save the life of one in 12 people](#) given the drugs. Either treatment also cut the time people spent in intensive care by about 7–10 days compared with people who received standard care.

[The Guardian | 3 min read](#)

Reference: [medRxiv preprint](#)

Work These Cancer-Fighting Habits Into Your Routine

Eating 5 cups of plant-based food a day and drinking no more than one alcoholic beverage a day is a good start. See what else you can do.

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Natural Ways to Cut Your Risk of Heart Disease

Medication isn't always the answer to lowering your risk. See what may help.

[Read More >](#)

12 Ways Soy Benefits Your Health

Some research suggests that isoflavones, a plant chemical common in soy, may help strengthen bones in women who've had menopause. See what else this legume can do for you.

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Hypothyroidism: When Symptoms Don't Go Away

If your levels get better with medication and you still have symptoms like fatigue and weight gain, your doctor may need to change your treatment.

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Are There Health Benefits to Drinking Wine?

Wine is a rich source of antioxidants that can help promote better health. However, drinking high amounts of any alcohol can contribute to health problems.

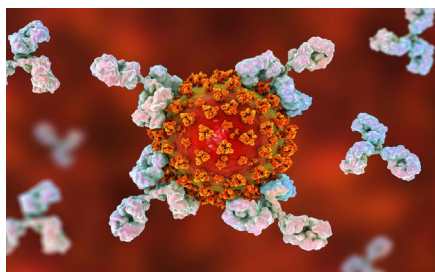
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Study finds new evidence of SARS-CoV-2 damaging brain blood vessels

Updated on January 7, 2021, at 8:00 a.m. PDT

- In a recent study, scientists did not find SARS-CoV-2 in the brains of people with the infection. However, in the postmortem brains of patients who had tested positive for COVID-19, they found blood vessel damage caused by inflammation. The results appear in [The New England Journal of Medicine](#). Read MNT's full coverage of the study [here](#).
- Yesterday, the European Union approved the Moderna vaccine. The rollout will likely begin next week. According to European Commission President Ursula von der Leyen, "With the Moderna vaccine, the second one now authorized in the E.U., we will have a further 160 million doses. And more vaccines will come." Find more about this story in our [live vaccines update article](#).

READ THE FULL UPDATE



Virus variant found in S. Africa may resist antibodies

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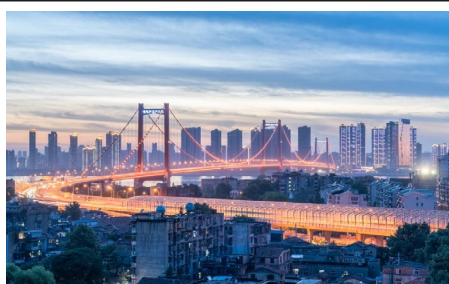
From a frontline doctor in UK

I'm writing this from the middle of one of the most ridiculous night shifts. I'm really trying to not be hyperbolic when I say this, but the health service, specifically north London hospitals, is past breaking point. I cannot fully explain how much trouble we are in.

All of our intensive care units are full. Barnet, Royal Free, UCLH, North Middlesex. All of our hospital beds are full. We have patients on the verge of death in A&E department because there's simply nowhere to put them if they need a ventilator. I'm not talking about the elderly and frail. I mean people in their 40s, 50s, 60s. We do not have the space in our hospitals nor the staff to look after any more patients. Not only covid patients, I mean anything. Please don't mix with other households. Not even your families. Not your friends. Not your mum or your dad. Not even if "I only see them" or "they don't see anyone else". You may think people are being careful but the reality is there's no such thing. Any human contact will spread this virus, especially the new mutant strain.

People are complaining that cancer services and routine operations are being put on hold because of lockdown and covid. This is so patently ridiculous a complaint but I need to address it. Hospitals are so overwhelmed dealing with emergency care right now that it is impossible to deal with anything else. It's not only covid emergency care, it's everything. This is the direct result and the logical conclusion of allowing the virus to rampantly spread through out communities as we have done.

I'm sorry if this sounds preachy, but it needs to be said. We need to take more responsibility for our own health and that of the rest of our local communities. We need to do the right thing. That's all this comes down to - doing the right thing. Not seeing other people. Not going into other people's houses. Don't invite people over. Not even to the garden. If you must see people, do it two metres away with masks. Forget whatever rules the government has made for us - it's clear they have largely not been based on what needs to be done to drive down infections. Just act as if everyone you know has just tested positive and you need to avoid them like - quite literally - the plague.



COVID-19 was circulating silently in Wuhan even after the city reported no cases

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COVID-19 vaccines may cause allergic reactions in 1 in 100,000 jabs

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From Alston Koch



GEORGIA ! As you vote for the special Senate run off elections:

A 'Command Performance' to the Governor General of Australia and the state governors including Dame Elizabeth Murdoch a special friend, performed some 10 years ago posted as a dedication to 'Georgia' & mostly to all my friends in the USA that I miss so much. Vote wisely friends (Photo with President of The Art 4 Peace)

God bless you all with this 'old sweet song' till we meet again.

<https://www.youtube.com/watch...>

[See More](#)

What to know about knee strain

Knee strain occurs when a person damages the muscles and tendons. Learn more about the symptoms, treatment options, and more here.

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COVID-19 vaccine trials: Live updates

This live article contains regularly updated information on the experimental vaccines being developed for COVID-19.

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Most Popular Chicken Recipes

TAKE
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[FDA rejects vaccine dose delay](#)

The US Food and Drug Administration has [rejected the idea of delaying the second dose of COVID vaccines](#). Some US states had considered following the approach taken by the United Kingdom, which will delay the second dose of both the BioNtech–Pfizer and AstraZeneca–Oxford vaccines to give more people the protection of at least one dose. In a statement, the FDA said that BioNtech–Pfizer and Moderna trial data are being “misinterpreted” and “we cannot conclude anything definitive about the depth or duration of protection after a single dose of vaccine”.

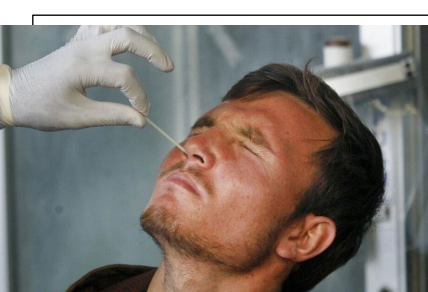
[NPR | 3 min read](#)

Reference: [FDA statement](#)

What is vaccine efficacy?

Vaccine efficacy measures the percentage reduction of a disease in a clinical trial. Vaccine effectiveness measures how well a vaccine works in the real world.

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Scientists say they've made a 10-second COVID test that's 99% accurate

A 10-second COVID-19 test without a nasal swab
[how does that work?...](#) [Read more](#)

What Qualifies as Liver Disease?

Liver disease is any abnormal process that affects the liver. The more severe the liver disease, the greater the effect on liver... [Read more...](#)

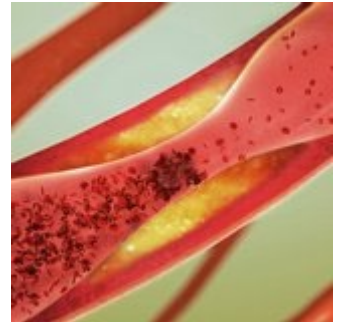


FEATURED

How Grief Can Affect Your Health

Grief is a natural part of life, but it can cause some health issues, at least for a while. Find out how grief can affect your body and what you can do about it.

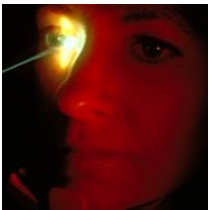
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SLIDESHOW

Lower Cholesterol, Save Your Heart

Lowering cholesterol has been shown to decrease the risk of heart disease. Even if you are taking a medication to lower your levels... [Read more...](#)



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Facts on Lasik Eye Surgery

How does LASIK work? Get information on this popular laser eye surgery, the procedure, success rates, and side... [Read more...](#)

Remdesivir and baricitinib shortened recovery time from COVID-19

New research finds some evidence suggesting that a combination of remdesivir and baricitinib may help people recover faster from COVID-19.

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Pfizer, BioNTech warn UK against plans to delay second vaccine jab

Health authorities across the world are debating the wisdom of delaying the second shot for three months to make scarce supplies go further.

By Bevan Shields

How to treat the symptoms of COVID-19 at home

People can treat mild cases of COVID-19 at home. Learn more about how to treat the symptoms at home here.

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SLIDESHOW

Health Benefits Of Physical Activity

Save yourself from heart disease, hypertension and stroke. Learn the physical benefits and psychological... [Read more...](#)



[10 Things to Know Before Trying the Ayurvedic Diet](#)

[10 Most Popular Dinner Recipes of 2020](#)

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FEATURED NEWS

Obesity and Colon Cancer Risk

Obesity affects colon cancer risk differently in women and men. Find out how.

What can cause vision loss in one eye?

Vision loss can affect one or both eyes, depending on the cause. This article looks at the causes, symptoms, and treatments for vision loss in one eye.

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FEATURED SLIDESHOW

The Top Cause of Cervical Cancer

Most cases of cervical cancer are actually caused by an infectious agent, the HPV.

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What to know about flashes of light in the corner of the eye

Flashes of light in the corner of the eye could occur for many reasons. Learn about the potential causes and when a person should get a doctor's advice here.

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What to know about gallstone surgery

Gallstone surgery is a common treatment for obstructive or frequent gallstones. Learn more about the types of surgery and what to expect from recovery here.

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Plant-based diet could boost metabolism

Recent evidence suggests that a plant-based diet can aid weight loss by improving metabolism and reducing the amount of fat that accumulates around organs.

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No science left untouched

The impact of COVID on scientists [reaches into every discipline in myriads of unexpected ways](#). *Drosophila* specialist Gordon Gray, who whips up the food for the fruit flies in Princeton University's molecular-biology labs, has been working all hours in isolation to keep his millions of charges alive. Child developmental psychologist Celeste Kidd accidentally trained her own child to be naughty by distracting him with treats when he interrupted her virtual meetings (and then used her expertise to un-train him). And Maxime Boccas, the head of maintenance at the European Southern Observatory's Paranal Observatory in Chile, has been standing guard over the telescope's irreplaceable mirrors.

[Knowable Magazine | 14 min read](#)

Study: CBD from Marijuana Doesn't Impair Driving



Don't let muscle mass go to waste

Age-related muscle loss, called sarcopenia, is a natural part of getting older. But after an injury, illness, or any prolonged period of inactivity, muscle loss can occur faster, leading to muscle atrophy. The consequences are greater weakness, poor balance, and even frailty. While you can quickly lose muscle because of physiologic atrophy, you also can get it back.

Fibrocystic Breast Symptoms

About half of women in their 20s to 50s will have fibrocystic breast changes. They're not harmful, but they may make it tricky to notice changes in your breasts.

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What's the Difference Between Quarantine and Isolation?

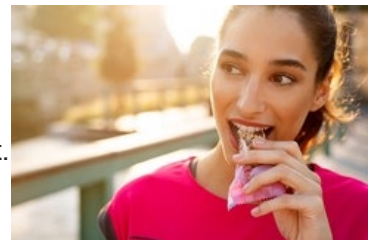
Both of these terms generally mean you should separate yourself from other people. But the extent of the separation depends on whether you're sick or not.

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You May Be Getting More Caffeine Than You Think

You probably already know that you can get caffeine from coffee -- about 150 milligrams per cup. But from bottled water to over-the-counter pain meds, you might be surprised where else it lurks in your diet.

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11 Ways to Keep Your Kidneys Healthy

Did you know that antibiotics can damage your kidneys if you use them too often? See what else to avoid to lower your risk of kidney problems.

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Why Belly Fat Is So Dangerous

Visceral fat lies deep inside you, around internal organs and even in your arteries. And it's bad news for your health. But there are ways you can lose it.

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Mucus: Where does it come from and how is it formed?

Mucus is crucial to the functioning of several organs and the immune system, so the body is continually producing it. Here, learn how it is made and more.

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What to know about liver disease symptoms

Liver disease is any issue that damages the liver and affects its function. Learn about the different types of liver disease and their causes, symptoms, and treatments.

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What to know about types of penises

The penis is a male organ with functions that include reproduction and urination. Like with any other body part, no two people have exactly the same penis. Learn more.

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Some of the top diets for men to consider

What are some of the best diets for men? Read on to discover some suggestions for healthful diets and diet tips that may be beneficial for men to try.

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What effects does water pollution have on human health?

Water pollution can cause water to become toxic to humans and the environment. Polluted water can also lead to numerous health conditions. Learn more.

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How to sleep with neck pain: Positions, products, and prevention

Neck pain is one of the most common musculoskeletal conditions globally. Also, having a sore, stiff, or painful neck can make it difficult to sleep.

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Health Benefits of Pumpkin

Just like their orange cousins, the carrot and the sweet potato, pumpkins are rich in beta carotene. Your body changes this antioxidant to vitamin A.

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Vitamin D Deficiency

Learn about the symptoms, causes, health risks, and treatments for a vitamin D deficiency. Find out why we need vitamin D. [Read more...](#)

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How Obesity Impacts Heart Disease

[Obesity Medicine Association](#)

Europe at a 'tipping point' in COVID-19 pandemic, WHO says

Officials at the World Health Organization said that Europe was likely in the most acute phase of the pandemic....



SLIDESHOW

Anti-Aging Secrets

Take years off your look with a skin care makeover. Explore these simple tips and helpful tricks. [Read more...](#)

What to know about senility and dementia

People sometimes use 'senility' to refer to the characteristics of dementia. Learn how the terms differ and more about dementia in this article.

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What to know about osteomalacia

Osteomalacia is a disease that leads to softening of the bones. Learn about what causes it and the differences between osteomalacia, osteoporosis, and rickets.

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What are the benefits of using a turmeric face mask?

A turmeric face mask may help treat certain skin conditions that affect the face. Learn more about the potential benefits and side effects here.

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What are the differences between plaque and tartar?

Plaque and tartar both form on the teeth and increase the risk of cavities, gingivitis, and other dental diseases. But what's the difference? Learn more here.

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Types and benefits of cold sore medications

Cold sore medication can help reduce the number and severity of cold sore flare-ups for people with herpes simplex virus type 1 (HSV-1).

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What causes lightheadedness and dizziness on a period?

People may feel lightheaded or dizzy on a period for many reasons, including hormone changes. We look at the causes and treatment options.

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Diabetes-Friendly Eating

When you have diabetes, eating a good balance of protein, carbohydrates, and healthy fats is crucial to controlling... [Read more...](#)

Statins: Negative expectations may cause side effects

A study finds that the nocebo effect — the opposite of the placebo effect — may account for up to 90% of the symptom severity elicited by taking a statin.

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Signs of Cancer in Women

Many women ignore signs and symptoms that may be indicative of cancer.

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What Causes Depression?

Depression is an illness. Over 20 million people in the US suffer from this condition.

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QUIZ



SLIDESHOW

Raw or Cooked?

How fruits and vegetables are prepared can make a big difference in the nutritional punch they pack. [Read more...](#)



SLIDESHOW

10 Top Health Questions

Should you go gluten-free? Which is worse for you: real sugar or high fructose corn syrup? [Read more...](#)

QUIZ

Alcohol and Health Effects

How long does alcohol stay in your system?

Learn about alcohol, alcoholism, alcohol poisoning, and other health risks. [Read more...](#)

Sweet potatoes

These gorgeous root veggies are [antioxidant powerhouses](#). They're also bursting with immune-supporting vitamins A and C, and provide energy-boosting B vitamins, potassium (which helps regulate blood pressure), and manganese, a mineral that helps produce collagen and promote skin and bone health. The anti-inflammatory compounds in sweet potatoes help fend off chronic diseases, including [type 2 diabetes](#), heart disease, and cancer. And their fiber intake makes them a slow-burning starch that won't spike [blood sugar](#) and insulin levels.

Prep: Instead of sweet potato casserole that's loaded up with sugar and dairy, consider serving these gems baked, drizzled with a light sauce made from pure maple syrup, virgin coconut oil, and pumpkin pie spice. To thwart post-meal sluggishness, stick with a portion about the size of half a tennis ball.

RELATED: [25 Healthy Sweet Potato Recipes](#)

Brussels sprouts

This member of the cruciferous vegetable family (which also includes cauliflower, kale, broccoli, cabbage, and collard greens) is a potent source of anti-inflammatory compounds and antioxidants. Brussels sprouts are also a great source of [vitamin C](#) for immune support, vitamin K for bone health, and fiber, to support digestive health. Natural substances in this veggie act as "detoxifiers" by helping to deactivate potentially damaging chemicals, or shuttle them out of the body more quickly.

Prep: Rather than bathing Brussels sprouts in butter, simply slice lengthwise, toss in extra virgin olive oil, sea salt, and black pepper, and roast at 350 F until slightly crisp. To curb carbs and calories, aim to make your portion of green veggies at least double that of your starch.

RELATED: [7 Delicious Brussels Sprout Recipes](#)



[4 Essential Nutrients Missing From Your Diet](#)



5 Plant-Based Breakfast Ideas With 25 Grams of Protein

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Boost Your Immune System With Exercise

It's cold and flu season. Add in the risk of COVID-19, and you want to do everything you can to improve your immunity. That includes exercise.

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Eating dried fruit linked to better overall diet and health

New research suggests that people could try boosting their intake of vital nutrients by eating more dried fruit without added sugar.

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This Diet May Lower Women's Diabetes Risk

Overweight women who follow a Mediterranean-like diet may reduce their odds of developing type 2 diabetes by 30%, a new study suggests.



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11 Reasons to Eat More Eggs

Eggs have gotten a bad rap in some circles. Yes, they do have some cholesterol and fat. But they also have loads of nutrients and protein.

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What are the side effects of ginger tea?

Ginger tea may cause some mild side effects in some people. In this article, learn more about the risks and possible benefits of drinking ginger tea.

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Why Your Feet Swell and What to Do About It

Swollen feet can be painful and make it hard to move around. See what can make your feet swell and what you can do about it.



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Medical Myths: 5 common myths about obesity

In this edition of Medical Myths, we address five persistent myths about obesity. This article covers genetics, weight loss, diabetes, and more.

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What to know about liver pain

Pain in the upper abdomen on the right side may be due to a liver problem. Here, find out which problems can affect the liver and what treatment is available.

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11 Ways You're Unknowingly Sabotaging Your Immune System

Our experts say these simple habits can put your health at risk—here's what to watch out for.

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Treat Diabetes and Protect Your Heart

Some drugs that help blood sugar also lower your odds of diabetes-related heart problems.

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Are You Dating a Narcissist? Here's How to Tell

It can be challenging to tell if you're dating a narcissist. Experts reveal the telltale signs in a relationship and how to get help.

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Refreshing Drinks You'll Love

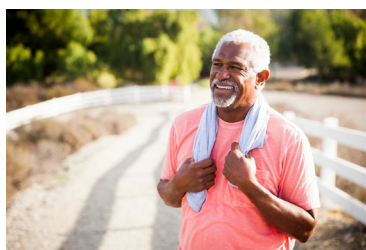
Staying hydrated doesn't have to mean drinking only water. These options are low in sugar but full of flavor.

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The Best Walking Workout

A strength and nutrition coach reveals the benefits of walking for older people and offers a walking workout tailored to all fitness levels.

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Vitamins You Need as You Age

Your body needs more of certain vitamins and minerals as you hit your 40s and beyond. Find out which ones will benefit you -- and which won't.

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10 Natural Cough Remedies That Are Worth Trying

Got a nagging cough? Before you reach for a drugstore suppressant, try one of these home remedies for soothing cough symptoms.

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New model more effective in predicting Alzheimer's

Researchers have found what they believe is a more accurate, noninvasive way of predicting Alzheimer's disease before the onset of symptoms.

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How to Increase Your Libido—12 Things to Do for Better Sex



SLIDESHOW

15 Uses for Lemons and Limes

Lemons and limes are chock full of nutrients that keep you healthy. Learn more about what they do. [Read more...](#)

What causes smelly armpits and how to deal with them

Many people experience smelly armpits. This article explores the causes of smelly armpits, as well as at-home treatments and when to speak to a doctor.

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9 Foods That Boost Fitness

If you've ever struggled to finish a workout or took longer to recover than you expected, it may have been something you ate. See which foods fuel you through every move and help your body recover.



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Low-Fat, Plant-Based Diets Increase Metabolism and Improve Weight and Insulin Sensitivity

A low-fat, plant-based diet increases "after-meal burn" and improves body weight and insulin sensitivity, according to a study by Physicians Committee researchers published in *JAMA Network Open*. Participants followed either a low-fat, vegan diet or made no dietary changes for 16 weeks. Researchers tracked body weight, body fat composition, insulin sensitivity, and the thermic effect of food at assessments at baseline and the end of study. The authors tracked intramyocellular lipid and hepatocellular lipid—the accumulating fat in muscle and liver cells that contributes to insulin resistance in a subset of participants. Those in the vegan group lowered their body weight by 6.4 kg (about 14 pounds) and the fat inside the liver and muscle cells by 34% and 10%, respectively, and increased their metabolism by 18.7% compared to no significant changes in the control group.

These Houseplants Are Good for Your Health

Plants that boost your mood, keep dust away, and help you breathe easier? It's true. See which ones offer the most physical and mental benefits.

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Is Pasta Healthy? Here's What a Nutritionist Thinks

Registered dietitians are always asked, "Is pasta healthy?" It's not a trick question or a trick answer. Here's why pasta can be part of a healthy diet.

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