

Health & Views

January 2021

3rd issue

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

Drug reverses age-related cognitive decline within days

University of California - San Francisco

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



Hormone Therapy for Prostate Cancer May Raise Heart Risks



SLIDESHOW

Moderate to Severe Psoriasis

Psoriasis is a non-curable, chronic skin condition. There will be periods where it will improve, and other times it... [Read more...](#)



FEATURED

Purple Power Foods

In fruits and vegetables, purple is often a sign of nutrients called anthocyanins. Like other phytonutrients, they help protect your cells from damage that can lead to illness and disease.

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Replacing Red Meat With Plant-Based Proteins Reduces Risk for Heart Disease

Replacing red meat with high-quality plant foods such as beans, nuts, or soy may be associated with a reduced risk of coronary heart disease, according to a study published in the *BMJ*. Researchers analyzed food frequency questionnaires from participants in the Health Professionals Follow-Up Study and compared red and processed meat consumption and sources of plant-based proteins with heart disease events and mortality. Total red and processed meat intake was associated with an increased risk for heart disease, while one serving per day of plant-based protein options such as legumes, whole grains, and soy products was associated with a lower risk for heart disease. Possible mechanisms for the risk include increased intake of saturated fat and heme iron and increased LDL and total cholesterol levels associated with meat intake, as well as proinflammatory compounds found in meat. The authors also attribute the lower risk to the replacement of saturated fat with polyunsaturated fat from plant protein sources.



Reference

Al-Shaar L, Satija A, Wang DD, et al. Red meat intake and risk of coronary heart disease among US men: Prospective cohort study. *BMJ*. 2020;371:m4141-m4150. doi: 10.1136/bmj.m4141

The Concerned World Looks on at the Crises that Faces it Today.

As the Free World looks on agape, with bated breath and in amazement and yet some with contemptuous glee; it appears that the current turmoil in Land of the undisputed Champion of Democracy shows a great chink in its armour. It appears that all the while they were climbing up the ladder; the lower rungs were being surreptitiously chewed and destroyed. Almost as if to depict the tale of "Humpty Dumpty" had a great fall; and all the King's men couldn't put Humpty Dumpty together again.

Where this "Punch & Judy" show will end is anyone's guess. But for better or for worse it sure has damaged the creditability of a Great Nation; and is virtually bringing it down to its knees, so to say.

One cannot but think of the long term and the effects on the Free World today; as the fabric of Democracy has been ripped apart with Believers on one half and non-Believers on the other. Currently it appears that the sewing of the two looks a herculean task. Is there a solution to this fiasco – if so we need a permanent one to convince the rest of the world; which always believed in their invincibility and their being the Leaders and Advocates of the Democratic Doctrines that has influenced many countries of the "Free and Democratic World".

They no doubt will come out of this morass. But I remember an old saying – "You can forgive; but you cannot forget"; hence, in similar vein, would this fiasco ever be forgotten. Only time will tell; but that may be a long wait.

What has befallen this Iconic "Great" country is a great pity indeed. It virtually reminds me of a Prime Minister of a Democratic country who said – "People living in glass houses, should not undress with the lights on"; or is it a case of "People living in glass houses; should not throw stones at others". Quite aptly put, I believe, they did interfere with other countries in their electoral processes; and now this?

They say that the "Pen is mightier than the sword" and dangles over us like the "Sword of Damocles". So if the pen is filled/loaded with goodness it will surely spread goodness; and if it is filled with poison it will destroy. How much of this is can be attributed to the Media is yours to ponder, Dear Readers.

Into this melee has stepped in the current Pandemic; which is eroding the life style of human beings – physically; emotionally and financially. All this rolled into one does, no doubt, affect our day to day existence in the World today. Presently the far horizon appears to be moving further & further away; to the grave consternation of the common man and the bread winner of the family.

The role of the media plays a significant role in our lives; with the marvels of advancement of communication facilitating the spread of worldly information – be it through print, voice or pictorial. The current coverage just banks on the "Gloom and Doom" situation that pervades Earth today. Hence, one feels that the effect could be detrimental to our healthy lifestyles. How could normalcy prevail when there is nothing pleasant to hear/read about or see on the screen? The trend appears to be the media raking in the shekels using others misfortune for enhancement of their coffers. It is the bounden duty of the media to remain unbiased and just, like the scale of justice. But what "pops-up" in one's mind is – are they? Unbiased and balanced reporting will undoubtedly alleviate the mistrust, fear mongering and suspicions that appear to prevail among the peoples of the land.

It was Napoleon Bonaparte, on his arrival in Paris with his army who exclaimed - that he "found the Crown of France just lying in the gutter" and "picked it up with the tip of his sword"; although it took 5 years, it was his to possess. Is this the enactment the Free World is looking forward to in this modern era? Which must really be plaguing the minds of the freedom loving peoples of the world, today.

Time is the healer is the popular adage from days of yore; but will it leave a deep scar to forever remind you of the past; that even the burying of the hatchet will not solve – this, we will have to wait and see.

All in all the past year has seen so much mayhem and hardship, with the New Year too taking its' toll with the Political morass that we have gotten into. We can only pray that saner consul will prevail and we divert our attention to finding a remedy for combating and defeating the present enemy – the "COVID-19" scourge that is ravaging our good Earth today. Though the flip side is that the enforced confinement to one's home has brought more closeness among family & friends as seen by the concern for each other; and in addition to managing one's finances in keeping up with one's earnings and necessary wants.

Noor Rahim
January 10, 2021

Teen Depression and Suicide

Teenage depression does not have one single definitive cause but rather several psychological, biological, and... [Read more...](#)

Get Rid of Nausea and Vomiting

Ginger has a lot going for it. It's generally safe, and many people like the taste. But is it effective as an antiemetic? [Read more...](#)

Is Your Cellphone Bad For Your Health?

You carry your smartphone with you wherever you go. You have it on you at school, work, and while out shopping and running errands.

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Study: CBD from Marijuana Doesn't Impair Driving

By [Kathleen Doheny](#)



Dec. 2, 2020 -- Using low-dose [CBD](#) may not impair how well you drive, but other strains of [cannabis](#) could affect your performance differently, according to a new Dutch [study](#).

Strains rich with THC, the chemical that produces marijuana's "high," cause driving impairment up to 4 hours after vaping, but strains that contain CBD (cannabidiol) and no THC do not, says researcher Johannes Ramaekers, PhD, professor of psychopharmacology and behavioral toxicology at the University of Maastricht in the Netherlands.

"The implication for the general public is that the cannabis-induced driving impairment should be acknowledged as a public health risk, while taking into account that impairment may differ between cannabis strains and depends on time [elapsed] after use," he says.

The study, published in the Journal of the American Medical Association, was small with just 26 people.

CBD use has skyrocketed in the U.S. According to a 2019 Gallup poll, 1 in 7, or 14%, of Americans say they use CBD products in the form of edibles, oils, tinctures, and topicals, often to relieve pain, anxiety or to improve sleep.

CBD is one of more than 100 cannabinoids found in marijuana, along with THC. While some call CBD non-psychoactive, other experts say a better term is that it is "non-intoxicating."

Results: THC vs. CBD

The cannabis that was THC-dominant and the THC/CBD combination produced short-term impairment, as measured 40 to 100 minutes after the session. The impairment was similar to that seen in drivers with a blood alcohol content of 0.05%. A blood alcohol content of .08% while driving is defined as a crime in all U.S. states but Utah, where the limit is .05%.

CBD is not psychoactive in the same manner as THC and thus one would not anticipate that it would significantly impact driving performance.

Paul Armentano, deputy director, NORML

Drivers' lane weaving was no different after taking placebo or CBD only, the researchers say, indicating that CBD, as it was given in the study, "did not impair driving."

The CBD-dominant cannabis also did not affect thinking or driving skills compared with placebo.

CBD is not psychoactive in the same manner as THC and thus one would not anticipate that it would significantly impact driving performance.

"Don't drive for at least 4 hours after smoking a cannabis product that contains THC as well as CBD," Ramaekers says. If the cannabis product contains a low dose of CBD and no THC, then the impact on driving is minimal. He stressed that he is only talking only about the dose tested.

ALZHEIMER'S

Can Alzheimer's Be Stopped? Here's What the Latest Research Says

[The easy diet plan that can lower systolic blood pressure 11 points in just 8 weeks](#)

[21 spices for healthy holiday foods](#)



Bowel cancer screening recipients have fewer post-op complications

PEOPLE with colorectal cancer detected by the National Bowel Cancer Screening Program (NBCSP) are less likely to have post-operative complications than non-screened patients with cancer, say researchers....

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QUIZ

Nerve Damage From Diabetes

About 50 percent of people with diabetes have a form of nerve pain. The highest rates of neuropathy are seen in people who... [Read more...](#)



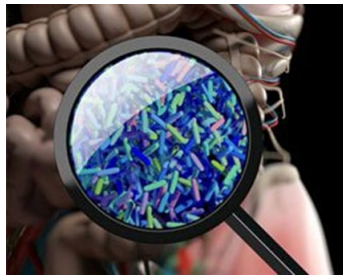
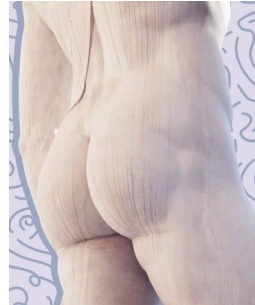
SLIDESHOW

Your Guide to Kidney Stones

Signs and symptoms of kidney stones include blood in the urine, and pain in the abdomen, groin, or flank. [Read more...](#)

CANCER

Anal Cancer Deaths Are on the Rise—Here's 3 Warning Signs to Look Out For



Your Microbiome and Vitamin D Levels

The health of the microbes in your gut is linked to your levels of active vitamin D.

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Which Kidney Disease Is Genetic?

Did you know that this inherited disorder can result in kidney failure over time?

[TAKE THE QUIZ](#)

Pulmonary Edema (Fluid in Lungs) Treatment, Causes, Complications

Pulmonary edema (swelling or fluid in the lungs) can either be caused by cardiogenic causes (congestive heart failure, heart attacks, abnormal heart valves) or noncardiogenic causes such as... [Read more ...](#)

Reasons to Eat More Berries

These fruits offer a lot of nutrition in a small, sweet package. See how blueberries, strawberries, acai berries, and more can boost your health.

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Study: CBD from Marijuana Doesn't Impair Driving

['Will the Vaccine Alter My Genes?' -- and Other Patient FAQs](#)



SLIDESHOW

How Your Height Impacts Your Health

Your height alone doesn't cause any particular health problems. But taller and shorter people are more at risk of certain... [Read more...](#)

How to Take Blood Thinners Safely

The blood thinner your doctor prescribed can help prevent a heart attack and stroke. But you may have to make some lifestyle adjustments.

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SANITIZE VS. DISINFECT: WHAT'S THE DIFFERENCE?



5 REASONS BLUEBERRIES ARE SO GOOD FOR YOU





FEATURED

Genetics, DNA Testing, and Your Health

All those questions about your relatives' health conditions can seem like a bother, but they help you know what to be on the lookout for with you. For example...

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10 Ways to Control Your Eating

Do you have control of your eating? This slideshow explains how a few simple tweaks can make healthy eating a whole lot easier.

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ARTICLE

Bile Duct Cancer (Cholangiocarcinoma)

Bile duct cancer arises from the cells that line the bile ducts, the drainage system for bile that is produced by the liver. [Read more...](#)

Aggressive hypertension treatment does not lead to dangerous drops in blood pressure

POSTED DECEMBER 02, 2020, 10:30 AM
[Alyson Kelley-Hedgepeth, MD](#), Contributor



Blood pressure control is so critical that when the American Heart Association and the American College of Cardiology updated their treatment guidelines in 2017, they called for more aggressive blood pressure treatment. They lowered the definition of normal, or optimal, blood pressure to less than 120/80 mm Hg, and they recommended treatment for blood pressure higher than 130/80 mm Hg. Physicians have historically worked to optimize blood pressure, yet many doctors have been reluctant to be overly aggressive.

[Learn more »](#)



SLIDESHOW

COPD Lung Symptoms, Diagnosis, Treatment

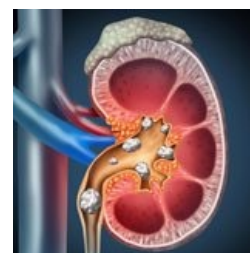
COPD is a pulmonary disorder caused by obstructions in the airways of the lungs leading to breathing problems. [Read more...](#)



SLIDESHOW

Know About Your Heart Rate

Understanding your heart rate and what's healthy for you is an important part of taking care of yourself. Get the facts... [Read more...](#)



SLIDESHOW

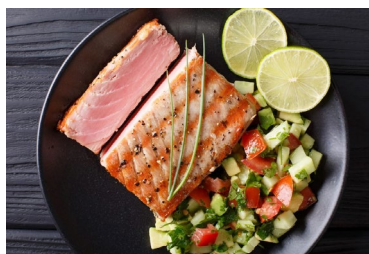
What Causes Kidney Stones?

What causes kidney stones? Learn to recognize the symptoms and signs of kidney stone pain. Explore... [Read more...](#)

14 Foods You Had No Idea Could Give You Food Poisoning

Food experts reveal the foods that are the most likely to give you food poisoning; plus, tips on how to avoid getting sick.

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11 Things That Might Happen to Your Body if You Switch From Coffee to Tea

Both drinks have their benefits, so here's what to expect if you cut back on coffee and swap in tea.

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>

13 Unusual Symptoms of MS

Out-of-control laughing or sobbing, an itch you can never scratch, face flashes, and these other unexpected MS symptoms can be alarming. See what may help.



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What are the risks of too much hydrogen peroxide in ear?

Many commercially available ear drops contain hydrogen peroxide. Using too much can have a negative effect. Learn more here.

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COVID-19 Vaccines: Experts Response

The transition from lab science to a real vaccine raises many questions. Experts answer...

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Vietnamese salad recipe

A fresh, healthy summer salad that's perfect for lunches.

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8 Things You Should Never Do Before Bed

The things you do in the hours before bedtime can make a big difference in the quality of your sleep. See how your daily life might be sabotaging your chance of getting a good night's rest.

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Diabetes-Friendly Breakfast Ideas

Breakfast is often called the most important meal of the day. And that may be even more true for people with diabetes. Find out how to start your day off right.

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Health threat of plastics outlined in authoritative report

A recent report highlights how exposure to plastics can disrupt an individual's endocrine system, potentially causing serious health issues.

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This [in-depth series](#) is now complete and ready for you to explore. It provides a comprehensive look at the response to, and consequences of, the Covid-19 pandemic, exploring how we got to this point and what's next.

Acute vs. chronic pancreatitis: Symptoms and treatments

Pancreatitis is inflammation of the pancreas, which can be acute or chronic. The two conditions are different but may share some symptoms, such as stomach pain and nausea

Cholesterol Inside Your Body

Did you know that cholesterol plays a vital role in maintaining essential body functions?

[TAKE THE QUIZ](#)

14 Herbal Supplements: Uses and Safety Concerns

It seems like these products should be harmless. But some may not be safe, especially if you have certain medical conditions or take some medications. Talk with your doctor before taking any supplements.

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NEEDING
YOUR HELP

WICKRAMASINGHE MEMORIAL HOME FOR ELDERS

RANWALA, KEGALLE

(Approved Charity – Gazette No. 833, dated 19.08.1994)

Managed by Sisters of Charity of Jesus and Mary

An Appeal for Assistance for the Maintenance & Upkeep

To look after the elderly with utmost care and empathy in a pleasant atmosphere to lead a peaceful life till their final journey.



Having fun to keep life going

Our Needs

- Food donations (raw rations-alms) and financial support to feed the residents three main meals and tea/snacks twice a day.
- Financial support to engage a doctor to visit the Home and a nurse (fulltime or part time) to look after the medical needs of the elders (there is currently only one trained Sister who is overwhelmed with work).
- Basic medical supplies first aid and emergencies and equipment such as walkers, a medical bed, wheelchairs.
- Essential medications and medical supplies for the elders.
- Clothes and other utility items such as soap, toothpaste, washing powder, cleaning material, disinfections etc.
- Donations to pay utility bills, 11 paid staff and maintain the infrastructure including the garden.
- Support to attend to urgent repairs to the building and infrastructure.

Objectives of the Home

To offer a Home for those who have been rendered homeless by force of circumstances.

To provide Elders with their basic human needs; shelter, food, clothing and to enable them to maintain or regain an optimum level of mental, emotional and spiritual well-being.

To empower to enjoy companionship in their peer groups and thus to alleviate loneliness and marginalization.

To create an atmosphere in the Home, which will be conducive to a life of happiness and contentment for the residents in the sunset of their lives.

For further information please contact:

Sr. Lohini Fernando, Sister in charge

Email: lohinifernando@yahoo.com

Mobile: +94 76 731 1803 (On WhatsApp).



FEATURED NEWS

What Are Blood Oxygen Levels?

It indicates the oxygen levels in the blood that flows through the arteries of the body.

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SLIDESHOW

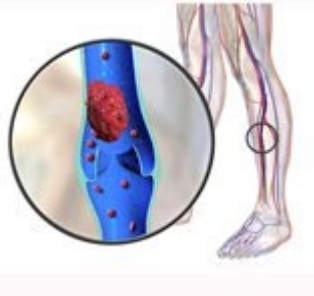
Endometriosis or Fibroids?

Both uterine fibroids and endometriosis cause pelvic pain, and sometimes the two conditions can be confused. [Read more...](#)

Nutrition Must-Knows

Vitamins are vital to help your body function properly. Here's how to make sure you're getting enough.

- [21 Important Facts About Vitamin B12 Deficiency](#)
- [26 Side Effects of Low Vitamin D You Need to Know About](#)
- [15 Signs You May Have an Iron Deficiency](#)



SLIDESHOW

What Causes Deep Vein Thrombosis?

A painful, swollen leg may be one sign of a dangerous clot. This slideshow explains the symptoms, treatments... [Read more...](#)

Mental Health Check-In

Mental health should always be a priority, especially in 2021. Here's how to check in with yourself and breathe.

- [12 Anxiety Symptoms That Might Point to a Disorder](#)
- [What Is Blue Monday? 5 Ways to Survive the Saddest Day of the Year](#)
- [14 Ways to Cope if You're Super Stressed Out Right Now](#)

Does vitamin E diminish scars?

Written by Hana Ames on January 13, 2021

Vitamin E is a popular remedy for scars. However, there is not much scientific evidence that vitamin E oil or supplements improve them.

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Causes and treatment of low blood pressure

Written by Aaron Kandola on January 13, 2021

Low blood pressure has various causes, including temporary and longer term issues. Learn about how to raise blood pressure and when to see a doctor here.

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A Drink a Day May Raise A-Fib Risk

Moderate drinking is often touted as heart-healthy, but is it really true?

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Best Metabolism-Boosting Foods

We'd all love a magic pill or food that makes weight loss easy and permanent. But until either comes around, healthy eating is still your best bet. The trick: Choose foods that do these three things.

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COPD: What Are the Symptoms?

Although chronic obstructive pulmonary disease (COPD) is a progressive disease, early diagnosis and treatment may slow its progression.

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SLIDESHOW

Best and Worst Italian Dishes

There are plenty of healthy meals in Italian cuisine. Learn to choose wisely from this popular cuisine. [Read more...](#)



SLIDESHOW

9 Simple Tips for Flat Abs

Lost abs can be found again with a little bit of effort. These nine simple exercises and lifestyle... [Read more...](#)

Rheumatoid Arthritis Home Remedies That Don't Work

People try all sorts of things to relieve rheumatoid arthritis pain. We debunk some of the common ones and let you know what needs more testing.

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17 Causes of Bad Breath

Learn how drinking alcohol, gum disease, and even dieting can lead to chronic bad breath. Find out how to get rid of bad breath. [Read more...](#)



SLIDESHOW

Cholesterol: What the Numbers Mean?

Get the facts on HDL and LDL cholesterol, blood testing, medications, and how to keep your cholesterol in check. [Read more...](#)

Hypertension-Induced Chronic Kidney Disease

This disease (CKD) is a long-standing kidney condition that develops over time due to persistent or uncontrolled high blood... [Read more...](#)

Study finds no evidence that vegan diet benefits specific blood type

Written by Jocelyn Solis-Moreira on December 13, 2020

New research finds no strong evidence for the so-called blood type diet, which suggests that veganism benefits people with type A blood the most.

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WEIGHT LOSS

17 Best Snacks for Weight Loss



Are You Making These Cholesterol Mistakes?

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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Warning Signs of Kidney Problems

Your kidneys filter waste from your blood and ship it out in your pee. When your kidneys don't work right, toxins can build up. That can lead to several different -- and surprising -- symptoms.



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15 Natural Treatments for Hair Loss

The internet has plenty of ideas as to what can prevent hair loss. See what really works -- and a few things that don't.

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Our best balance boosters



Many older adults focus on exercise and diet to stay healthy. But one of the worst offenders to health — poor balance — is often an afterthought. Unfortunately, imbalance is a common cause of falls, which send millions of people in the United States to emergency departments each year with broken hips and head injuries. But there are many things you can do to improve your balance.

Discover top strategies for improving your balance »

[Why do women live longer than men?](#) by Esteban Ortiz-Ospina

Heart health: Mediterranean versus low fat diet

Written by Timothy Huzar on December 15, 2020

A recent study explores the effects of a Mediterranean diet versus a low-fat diet on key biological processes linked to cardiovascular health.

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11 Surprising Reasons Why You're Gassy

Gas is normal. It's part of your digestion, and everybody has it. Most people pass gas five to 15 times a day. But if you feel like you've got...

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