

Health & Views

February 2021

1st issue

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



Walking vs. running: Weight loss, heart health, and more

Walking and running are both excellent forms of exercise for weight loss and heart health. The benefits and risks depend on a person's goals and current level of health and fitness.

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Is the sugar substitute stevia bad for our health?

Emerging evidence suggests that stevia — a natural substitute for cane sugar — may have a negative effect on health by disrupting gut bacteria.

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February 4th is a day to feel proud about being a part of this great nation. May this spirit of freedom lead us all to success and glory in life. Happy Independence Day-Sri Lanka!



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

The Carbs You Should Be Eating

Think of carbs as raw material that powers your body. You need them to make sugar for energy. But not all carbs are created equal, so make sure you know how to choose the right ones.



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Neurologists say there is no medical justification for police use of neck restraints

SKIN CONDITIONS

11 Reasons Your Butt Itches—and What to Do About It

Cystic Fibrosis

Cystic fibrosis (CF) is an inherited disease that affects the secretory glands, including the mucus and sweat glands. [Read more...](#)

Apathy could predict onset of dementia years before other symptoms

| University of Cambridge

https://www.cam.ac.uk/research/news/apathy-could-predict-onset-of-dementia-years-before-other-symptoms?utm_campaign=newstters&utm_medium=email&utm_source=228325_Research%20weekly%20bulletin%2018%2F12%2F2020&dm_i=6DCF,4W6D,1EA20G,KRH A,1

Sent by Suren Paul

When do you ovulate? Duration and symptoms

People are most fertile 12–24 hours after they ovulate, when one ovary releases an egg and it travels to the uterus. Learn more here.

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[If You Already Had COVID, Do You Need the COVID Vaccine?](#)

[COVID-19 Is Causing Long-Term Neurological Harm](#)

Allergic reactions to Pfizer vaccine are rare

Updated on February 2, 2021, at 8:00 a.m. PST

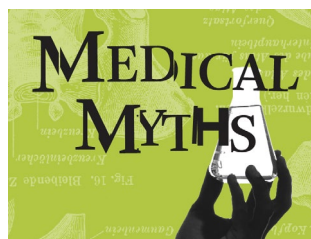
- The results of a recent study, which appear in [JAMA](#), conclude that allergic reactions to the Pfizer vaccine are rare. For every million first doses, the researchers estimate a rate of 11.1 cases of anaphylaxis, which is a life threatening allergic reaction. Read *MNT's* coverage of the study [here](#).
- According to an interim analysis, which included data from 43,783 people, the Johnson & Johnson single-shot vaccine is 66% effective in preventing moderate or severe COVID-19 from 28 days after vaccination. Overall, the experimental vaccine was 85% effective in preventing severe disease. Importantly, no one who received the vaccine candidate needed hospital treatment or died. Find more on the Johnson & Johnson vaccine [here](#).
- Yesterday, a number of experts from the World Health Organization (WHO) visited the wet market in Wuhan, China, that is linked to some of the earliest cases of COVID-19. They hope that this visit might provide clues as to how the virus spread so widely. Read more about the visit in our live [COVID-19 updates article](#).

[READ THE FULL UPDATE](#)

Today's Must Read!

[China Is Using Anal Swabs to Test for Coronavirus—Here's Why Some Experts Recommend It](#)

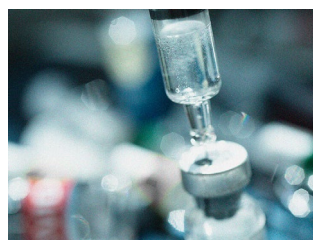
Medical myths: 13 COVID-19 vaccine myths



In this edition of Medical Myths, we unpack some of the many myths related to the COVID-19 vaccines. We tackle everything from microchips to fetal tissue.

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COVID-19: What happened when I got the vaccine



Medical News Today's Research Editor heard from two women in her family about their experience of getting the COVID-19 vaccine.

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The Recovery Room: News beyond the pandemic — January 29



MNT's Recovery Room is the place to find 10 recent stories that you may have missed amid all the COVID-19 fervor. This week, we reported on, among other things, women's health, how to reverse quarantine weight gain, and why eating fried food is bad for the heart.

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[Curried Mini Crab Cakes](#)



SLIDESHOW

Reasons Your House Stinks

Household odors can be embarrassing, and they're sometimes harmful to your health. Here's how to get rid of bad smells. [Read more...](#)

What to know about dehydrated skin

Written by Amanda Barrell on January 27, 2021

Dehydrated skin is different from dry skin. It is a symptom of dehydration throughout the body. This article reviews the symptoms, causes, and treatment.

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Poor gut health connected to severe COVID-19, new review shows

American Society for Microbiology

'Don't borrow your way out of a recession' / [Young people are drowning in debt](#)

[How bats host many viruses and stay well](#)

Evolution seems to have shaped the immune system of bats so that they have a unique ability to balance defence and tolerance of disease. This has resulted in the only flying mammal becoming an ideal reservoir host for viruses. In a technical (but very readable) overview, [five researchers who study emerging infectious disease explore the exceptional abilities of bats](#) and their ramifications for human health.

[Nature](#) | 33 min read

Types and causes of eye bleeding

Written by Helen Millar on January 27, 2021

Although eye bleeding is common, it may be an indication to contact a doctor. Learn more about some types of eye bleeding and their causes here.

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Diabetes Affects These Women More

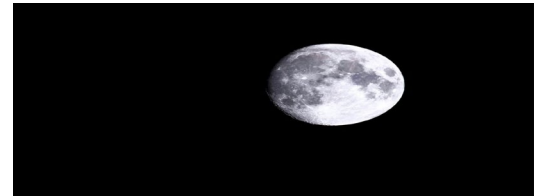
[About half of women with a certain hormonal condition will develop type 2 diabetes by age 40.](#)

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Heart Disease Is World's No. 1 Killer

[More than 18.5 million people died from heart disease in 2019 -- one third of all deaths that year. And the death toll continues to rise, new research says.](#)

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The full moon may influence sleep and menstrual cycles, scientists say

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What is a normal blood pressure?

Written by Markus MacGill on January 27, 2021

Blood pressure is essential to life because it forces the blood around the body, delivering all the nutrients it needs. Here, we explain how to take your blood pressure, what the readings mean, and what counts as low, high, and normal. The article also offers some tips on how to maintain healthy blood pressure.

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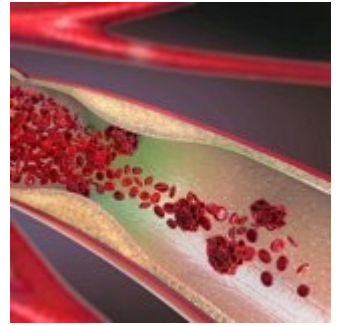


FEATURED

Foods That Are Bad for Your Heart

Over time, high amounts of salt, sugar, saturated fat, and refined carbs raise your risk for a heart attack or stroke. If you're worried about your heart, you'll want to keep these out of regular rotation.

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SLIDESHOW

Blood Clots: 4 Signs You Could Have One

An unexpected clot can lead to serious problems and even death. There are clues though. Your odds of a clot are higher if you... [Read more...](#)

What are the health benefits of guava?

Written by Lana Burgess on January 27, 2021

Guava is a traditional remedy for a variety of ailments. Initial research suggests that compounds in guava leaf extract could help treat a number of conditions, such as type 2 diabetes, menstrual cramps, diarrhea, the flu, and cancer. Learn more here.

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Is distilled water safe to drink?

Written by Jenna Fletcher on January 27, 2021

Drinking water is the best way to stay hydrated, but there are several different kinds of water. So, does it matter what water you drink? In this article, we look at distilled water, the risks and benefits, and how mineral and metal content of water may or may not replace what the body loses in sweat and urine.

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Schizophrenia may increase Parkinson's disease risk

Written by James Kingsland on January 27, 2021

A new study suggests people with schizophrenia are more likely to develop Parkinson's, despite the two having opposite effects on the brain's dopamine system.

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Are dates healthful?

Written by Rachel Nall, MSN, CRNA on January 27, 2021

Dates are sweet fruits that grow in bundles on date palms. While they are high in natural sugar, they also contain many essential nutrients. In this article, learn about the benefits of eating dates as well as whether they are suitable to eat for people avoiding sugar, such as those with diabetes.

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The Truth About Fish Oil

See what the research says before you think about taking a supplement or changing your diet.

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ARTICLE

Beyond Food: What Triggers Heartburn and GERD?

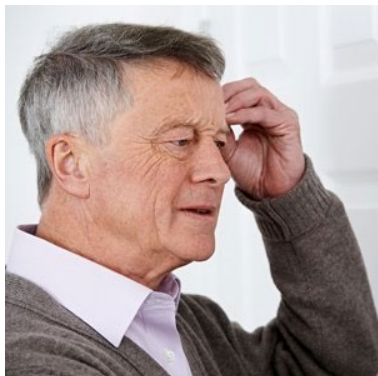
Besides certain foods, several other factors that may cause heartburn include overeating, sleeping, or lying down... [Read more...](#)



SLIDESHOW

Male Urinary Incontinence

Urinary incontinence -- when you can't control your bladder -- can make you feel embarrassed. [Read more...](#)



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Reasons for Memory Loss and Dementia Risk

Forget your keys? That might be absentmindedness. Forget what you did this morning? That might be a more serious memory problem. Find out what causes memory loss and what you can do about it.

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HEART DISEASE

[These Are the High Blood Pressure Symptoms You Should Know About](#)

Study offers a mental well-being 'tool kit' anyone can use

Researchers have come up with a 'tool kit' to help people maintain their mental and emotional well-being throughout the COVID-19 pandemic.

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Study reveals how exercise improves metabolic health

Intensive exercise boosts communication between skeletal muscles and fat tissue, fine-tuning metabolism and improving performance, a recent study suggests.

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What to know about constipation after diarrhea

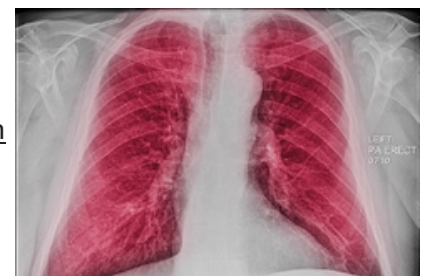
Having constipation after diarrhea is uncommon and can be unsettling. Medications or dietary changes may affect bowel movements and cause these drastic changes.

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Warning Signs of COPD

You may mistake the first symptoms for natural signs of aging. But people with this lung disease may develop chronic bronchitis, emphysema, or both. And it can get much worse over time.

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Vitamin D: Good for Health, Fights COVID

Vitamin D may help guard against severe COVID-19. But how much is enough?

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List of foods that can cause constipation

Written by Zawn Villines on January 27, 2021

What causes constipation can vary from person to person. Here is a list of foods that may cause constipation, plus some other factors to consider.

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Aging Gracefully, 50 and Beyond

Here's how you can exercise smarter, eat better, and keep mentally and physically fit so you can enjoy life after 50.

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Better heart health in midlife may lower dementia risk

New research finds a correlation between higher cardiovascular health scores in midlife and a reduced risk of developing dementia later in life.

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How to Keep Waffles on Your Menu

Homemade versions with a few ingredient upgrades are just as satisfying and won't spike your blood sugar as much.

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12 Tips to Rev Up Your Sex Life

Sex isn't just fun. It could improve your heart health, reduce stress and depression, improve your self-esteem, and help you sleep better.

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Signs of a Blood Sugar Problem

High blood sugar can affect your skin and your eyes, and low blood sugar can make you shaky, sweaty, and confused. Watch for these other symptoms too.

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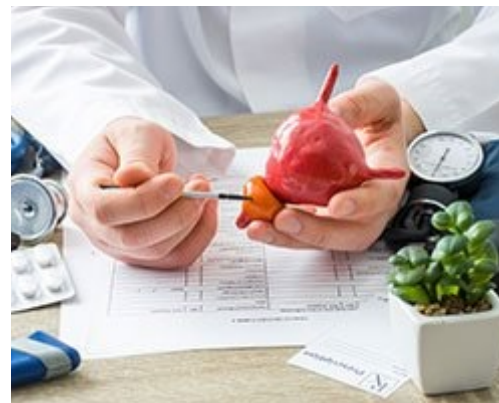


FEATURED NEWS

Cancer Patients at High COVID Risk

Certain cancer patients are at higher odds for severe COVID-19, especially those with...

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FEATURED SLIDESHOW

How Does Prostate Cancer Develop?

Prostate cancer is the most common cancer in men. Signs of prostate cancer are variable.

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What to know about creams for arthritis

Arthritis affects the joints, causing pain and inflammation. We look at how arthritis creams can provide pain relief, safety, and potential side effects.

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4 of the top pedometers

Written by Steph Coelho on January 27, 2021

With an increasingly sedentary workplace and a global pandemic reducing people's desire to get out and about, using a pedometer might help increase motivation.

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SEX

[Oral Sex: What It Is, How to Do It, and the Best Positions for Men and Women](#)

MIND & BODY

[14 Reasons You're Always Tired](#)

First period: Early signs and what to expect

Written by Zawn Villines on January 27, 2021

A female's first period may occur a few years after they begin puberty. In this article, learn about some signs to look for and what to do when it begins.

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How does fake news of 5G and COVID-19 spread worldwide?

Written by Jocelyn Solis-Moreira on January 22, 2021

New research finds misinformation on the new coronavirus has different trends across various countries. However, misunderstanding of 5G technology was a constant.

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What causes lip blisters?

Written by Aaron Kandola on January 22, 2021

Blisters on the lip include cold sores and canker sores. Treatment depends on the cause, and some people find relief in using home remedies.

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What to know about pain in the front of the knee

Many factors can cause pain in the top of the knee, ranging from minor injuries to health conditions. Learn about the causes and treatments for knee pain here.

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5 of the best silk sheets: Health benefits and risks

Written by Beth Sissons on January 27, 2021

Silk is a high quality natural fiber that people use to make a smooth, breathable fabric. Silk is, therefore, a desirable option for bed sheets. Learn more.

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COVID-19 vaccine rollout in Israel: Successes, lessons, and caveats

Written by Jennifer Huizen on January 22, 2021

In this Special Feature, we look at why the COVID-19 vaccine rollout has been so successful in Israel and what the country's data have revealed.

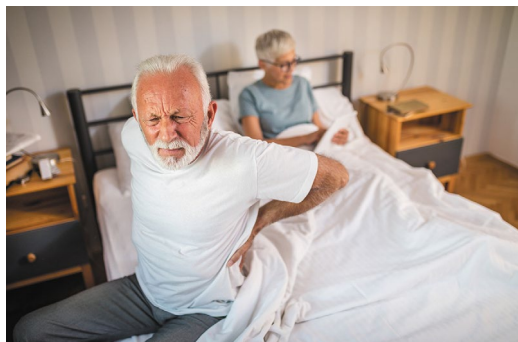
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Prediabetes: What You Should Know

Stiff and achy in the mornings? **How to fix that**

POSTED DECEMBER 08, 2020, 10:30 AM

[Matthew Solan](#), Executive Editor, Harvard Men's Health Watch



"It's not known why morning stiffness occurs, especially as people age, but the only common thread is that it occurs after long bouts of inactivity," says Dr. William Docken, a rheumatologist with Harvard-affiliated Brigham and Women's Hospital. "That is why you often feel so stiff when you wake up, since sleeping is when you are inactive for the longest continuous time." However, any prolonged period of sitting also can cause stiffness, like watching TV, working at the computer, or riding in the car. To counteract this, plan frequent movement breaks and try these stretches focusing on stiff or achy areas.

[Learn more »](#)

The 10 best pressure points for ears

When activated properly, these 10 ear pressure points may help relieve pain and tension around the body, including symptoms of tinnitus, headache, and earache.

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What are the treatments and home remedies for stretch marks?

When a person's body expands rapidly, such as when they are pregnant or bodybuilding, they can develop stretch marks on their skin. Stretch marks can affect men and women at nearly all ages and can cause distress. There is no cure for stretch marks, but treatments can help and may be improving. Read about them here.

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Diet tips for asthma

Although there is no specific diet recommended for people with asthma, several foods may reduce asthma symptoms, while others could worsen them. Learn more.

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What to know about a bulging disk in the back

Bulging disk occur when the soft cushioning between the bones in the spine bulge out. We look at the causes and treatments for bulging disk.

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Should you wash your hair everyday?

People who want to take good care of their hair often think that washing it every day is the way to keep it clean and vibrant. However, for some people, frequent washing can damage hair and cause a dry, itchy scalp. How often should you wash your hair with shampoo? This article looks at the options and alternatives.

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What does vaginal itching with no discharge mean?

Vaginal itching with no unusual discharge is not normally a cause for concern. However, persistent itching may indicate something more serious. Learn more here.

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What causes dry eyelids?

Dry skin on the eyelids can occur for many reasons, including aging or dermatitis. We look at the potential causes and treatments for dry eyelids.

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What to know about eye floaters

Eye floaters are specks in a person's vision. They are normal and not necessarily harmful. It is not always possible to prevent them, and they may not require treatment. Learn more about eye floaters here.

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Is ginger effective for weight loss?

Some evidence suggests ginger may help with weight loss. Ginger is generally safe to use, and people can include it in drinks and recipes or take it as a supplement.

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What to eat and avoid if you have GERD

Gastroesophageal reflux disease (GERD) is a digestive condition in which the stomach's contents often come back up into the food pipe. Dietary changes can help to ease symptoms. For example, high-fat and salty foods can make GERD worse, while eggs and some fruits can improve it. Learn which foods are beneficial here.

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Which are the best bedtime snacks for diabetes?

Having a snack before bed can help some people manage their blood sugar levels overnight, offsetting the dawn phenomenon and the Somogyi effect. In this article, we look at how blood glucose changes overnight and the best snacks to balance blood sugar before bed.

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What to know about gargling with salt water

Salt water gargles are a cheap, easy, and natural alternative to medicated mouthwashes. Gargling with salt water can help clean the mouth and ease symptoms of sore throats, mouth sores, allergies, and dental procedures. Learn more about salt water gargles here.

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What is unstable angina, and what are its symptoms?

Unstable angina is a type of chest pain that occurs when a person is resting. Learn more about its symptoms, causes, and treatment options here.

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COVID-19: How do inactivated vaccines work?

Written by Yella Hewings-Martin,
Ph.D. on January 22, 2021

Inactivated vaccines are safe as they contain a pathogen that cannot replicate. They stimulate the immune system to protect the body from future infection.

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A blood test could diagnose depression and bipolar disorder

Written by James Kingsland on
January 22, 2021

A new study has shown that levels of a nerve growth factor are lower in people with depression or bipolar disorder than in healthy controls.

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How to avoid deficiencies in a vegan diet

Written by Aaron Kandola on January 22, 2021

A vegan diet may not contain enough vitamin B12 or D3 for example. Here, learn about the symptoms of these deficiencies and strategies for combatting them.

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'What Yoga Is Teaching Me About Living With Type 2'

While the guidelines for living with diabetes may be universal, your own needs and preferences will guide important everyday choices.

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How to get more vitamin D from the sun

Written by Amanda Barrell on January 22, 2021

Even a short time in the sun can provide all the vitamin D a person needs for the day. Learn how to get the most vitamin D from the sun, and other sources, here.

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Almond, hemp, oat, soy, and cow's milk: Which is best?

Written by Jessica Caporusio, Pharm.D. on January 22, 2021

As plant-based alternative milks grow increasingly popular, it can help to know how they compare nutritionally. Find out in this article.

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<https://timesofindia.indiatimes.com/life-cycle/analyses-shows-a-plant-based-diet-is-most-nutritious-with-least-environmental-impacts/articleshow/80176375.cms>

The new mutants / The Covid variants
worrying health officials worldwide

Tokyo
2020 /
IOC chief
declares
'there is
no plan
B' and
that
Olympics
will go
ahead



The Worst American Foods We Love to Eat

Some of your favorite classic American foods and snacks may be loaded with saturated fat, sodium, and other unhealthy stuff. Which choices are better?

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Why Is Your Pancreas So Important?

Without the enzymes it makes, processes in your body that can take seconds or minutes would take years.

[Take Quiz >](#)

Losing Just a Few Pounds Can Do This

What happens to your body if you lose just 5% of your body weight? See how that small effort could lead to some major health benefits.

[Watch Video >](#)



14 Ways to Breathe Better

When you breathe at a balanced tempo, you maintain healthy levels of oxygen and carbon dioxide in your blood. You can pace your inhales and exhales to relax and manage anxiety too.

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Type 2 Diabetes in Children

Type 2 is more likely to be diagnosed in adults, but kids can still get it, especially if they're overweight and not very active.

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Ways to Get Your Omega-3s

Add walnut oil, kidney beans, and these other foods to your grocery list. They're rich in the fatty acids that are good for your heart.

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How Relaxing Changes Your Body

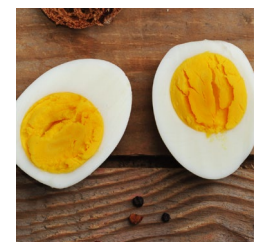
Relaxation slows your breathing rate, helps release tension from your muscles, aids your sleep, and benefits your body and mind in these other ways.

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Surprising Signs of Thyroid Problems

An underactive thyroid can leave you feeling hot or cold and cause you to lose or gain weight. But there are other, less obvious signs.

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[5 SIGNS YOU'RE NOT EATING ENOUGH PROTEIN](#)



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