

Health & Views

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

June 1st issue

2021

**Science
Reveals Why
Tea Is Good
for Your Heart**

The No. 2 Cause of Lung Cancer

Much of what you've heard about the causes of lung cancer may be wrong. Tobacco is the biggest risk factor -- but it's not the only one. See what else can increase your chances of getting lung cancer.



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

How to Have Better Sex After 60

Sex at this age can be better than ever before, but getting older does bring some changes. Here's how to work with and around them.

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Foods and Drinks That Make You Have to Go

Alcohol may be no surprise, but did you know that tomatoes can bother your bladder and trigger the urge to pee?

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Which Vegetables Are Better for You Raw?

The right type of heat can bring out the nutrients in some fruits and vegetables, but you'll need to eat others raw to get the biggest benefit.

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Does drinking chamomile tea really help people fall asleep?

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The 7 Best Exercises You Can Do

Save time -- and see better results -- with these effective moves that hit multiple muscles or burn more calories.

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5 Myths About Prostate Cancer

Will surgery end your sex life? Do you have to start treatment right away? Here's what you need to know.

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Keep These 12 Foods in Your Kitchen at All Times

Pandemic restrictions are easing in many areas, but you may not be ready to resume frequent trips to the supermarket. Keep these foods on hand and you'll always have something for dinner.

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Your Eyes May Signal Your Risk for Stroke, Dementia

[The modern outback / Who owns Australia?](#)

Cochlear Implant vs. Hearing Aid: Which Is Right For You?

Fat Foods vs. Fit Foods



St. Anne's Maha Vidyalaya Boralessa Lunuwila

St. Anne's is a school of 436 children. Twenty six of these children play soccer and cricket – soft ball and leather ball cricket.

Dhanushka Herath is the master-in-charge of sports. He highlighted the poor background from which these children come – some of them live with grandparents. He wrote "I have never had a chance to make the dreams of my school children come true". He went on to say that leather ball cricket was expensive.

We will provide equipment to make soccer and soft ball cricket games that can be played at St. Anne's. Quintus De Zylva

Upgrade Your Sex Life

We answer the questions you've always wanted to ask. Plus, give our top tips for keeping it exciting in the bedroom.

- [How Long Does Sex Last for Most Couples? We Asked a Sex Therapist](#)
- [How to Spice Up Your Sex Life: Expert Tips for More Pleasure and a Tighter Bond With Your Partner](#)
- [This Dame Products Vibrator Is Helping Couples Close the Pleasure Gap in the Bedroom](#)

It's Allergy Season

Don't let your allergies get the best of you this year.

- [Allergies Vs. Coronavirus: Here's How to Tell the Difference](#)
- [Here's What an Allergy Headache Feels Like, According to an Allergist](#)
- [Home Remedies for Allergies That Actually Work](#)

Caring for Your Aging Muscles

As you get older, your muscles can deteriorate and get sore or hurt more easily. See what a pharmacist says you can do to help heal yourself.

[Watch Video](#)

How Sleep Affects Your Weight

It's true: Being short on sleep can really affect your weight. While you weren't sleeping, your body cooked up a perfect recipe for weight gain.

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Make Crispy, Crunchy, Air-Fried Onion Petals

When you order onion petals in a restaurant, deep-frying means you may consume a day's worth of calories. Try this at-home recipe using your air fryer instead.

[Watch Video](#)

5 Natural Remedies for Back Pain

A warm bath may work wonders, especially if you follow up with these stretches -- and try these other tips.

[Watch Video](#)

How to Keep Feeling Good With RA

When your symptoms are quiet, don't worry about possible flares down the road -- but do carry on with these habits to stay healthy.

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Fish Oil Does Not Prevent Arrhythmias

Researchers found that fish oil does not reduce the risk of developing atrial fibrillation, the most common disturbance of heart rhythm. Similarly, vitamin D supplements have no protective effect against arrhythmias. The findings were published in *JAMA*.



Reference

Albert CM, Cook NR, Pester J, et al. Effect of marine omega-3 fatty acid and vitamin D supplementation on incident atrial fibrillation: A randomized clinical trial. *JAMA*. 2021;325(11):1061-1073. doi:10.1001/jama.2021.1489

Signs You May Have Metabolic Syndrome

When you have at least three of these issues, your chances for heart disease, diabetes, and stroke are higher than normal.

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Ways Alcohol Affects Your Body

Thirty seconds after your first sip, alcohol races into your brain. And if you drink heavily for a long time, alcohol can affect how your brain looks and works.

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Can These Supplements Prevent Heart Disease?

This cardiologist sees patients taking vitamin E, selenium, and other antioxidants for heart health. But do they really work?

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11 Best Foods for Younger-Looking Skin

Flaxseeds, kiwi, avocados, and more: See which foods may help improve skin tone, protect against UV damage, and keep your skin looking supple and radiant.

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Wet vs. Dry Macular Degeneration

Cells mimic embryo's earliest stage yet

Scientists have used human stem cells to mimic the earliest stage yet of embryo growth. Multiple research groups independently report that they [grew balls of cells that look like human blastocysts](#), which form about 4 days after an egg is fertilized by sperm. These experiments offer a window into a crucial time in human development and an opportunity to better understand pregnancy loss and infertility without experimenting on human embryos.

[Nature](#) | 6 min read

Reference: [Nature paper 1](#), [Nature paper 2](#), [bioRxiv preprint 1](#) & [bioRxiv preprint 2](#)

[COMPLEMENTARY MEDICINE / ALTERNATIVE MEDICINE](#)

Oily skin: Natural remedies to make at home

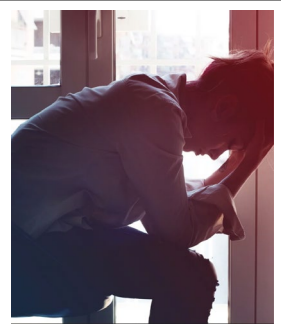
Written by Adam Rowden on March 17, 2021

The appearance of oily skin can be treated by using home remedies, including ingredients such as honey, oatmeal, and jojoba oil.

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DEPRESSION

What Is Situational Depression? What Doctors Want You to Know



NUTRITION

6 Health Benefits of Spinach, According to a Nutritionist



What to know about untreated ADHD in adults

Written by Kristina Galea on March 17, 2021

Many adults have ADHD and do not know it. Without treatment, however, ADHD in adults can affect relationships, work, and more. Learn more here.

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[MULTIPLE SCLEROSIS](#)

Medications for multiple sclerosis and its symptoms

Written by Elaine Goodman on March 17, 2021

There is no cure for multiple sclerosis (MS). However, there are medications that can help slow its progress and address specific symptoms. Learn more here.

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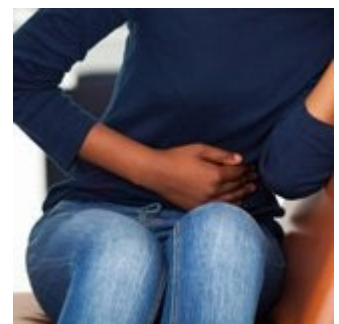
[ATOPIC DERMATITIS / ECZEMA](#)

Can an oatmeal bath help treat eczema?

Written by Danielle Dresden on March 17, 2021

Taking a colloidal oatmeal bath for eczema relief can help reduce itching. Learn more here.

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SLIDESHOW

What's Causing Your Pelvic Pain?

Pelvic pain may develop from many diseases and conditions. It may be from normal menstruation... [Read more...](#)

Antioxidants, omega-3 fatty acids, and other nutrients can play a big role in maintaining your health as you age. These foods are great sources.

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5 Easy Ways to Sneak in Exercise

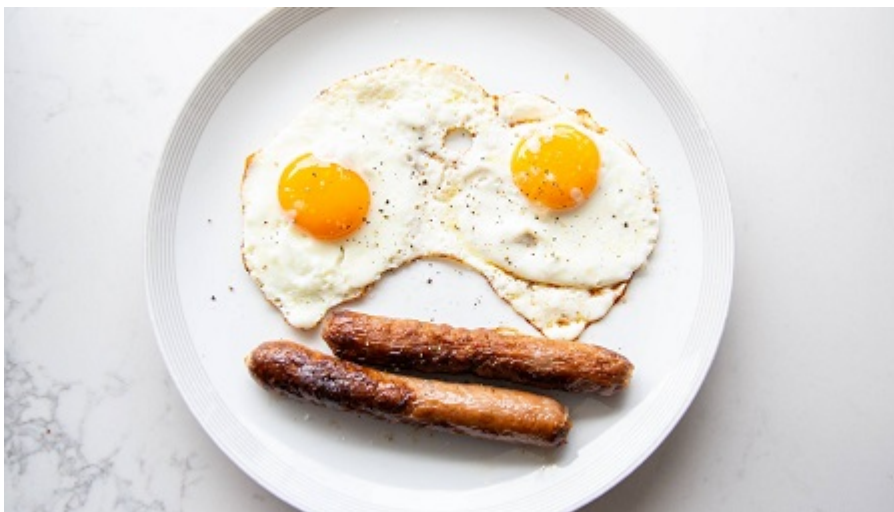
Whether you're at home or on the go, a little creativity can keep you active. With these ideas, you won't need to shell out dough for a gym membership.

[Watch Video](#)



Red Meat and Egg Yolk Consumption Increases Risk for Cardiovascular Disease

A new editorial published in the *Journal of the American Heart Association* explains why red meat and egg yolk consumption increases risk of cardiovascular disease. The authors attribute common misconceptions that egg and meat intake is harmless to issues with past research, confusion in national dietary guidelines, and negative influences from the food industry. Egg and meat intake not only raises cholesterol levels but results in other harmful health outcomes such as increased inflammation and risk for heart disease. Egg yolks and red meat also contain metabolites linked to diabetes, stroke, heart attacks, and death from heart disease. The authors recommend plant-based diets over diets that include meat or eggs to reduce disease risk and environmental impact.



Infected Again? New Study Shows Previous COVID-19 Infection Confers Only Partial Protection

In individuals over age 65, infection with COVID-19 confers only partial protection from reinfection with the coronavirus, according to a new study in Denmark, reported in *The Lancet*. In a study of 11,068 individuals infected during the first COVID-19 wave, the previous infection cut the rate of reinfections by 80% among people under age 65, but only 47% among those over age 65. The researchers point out that, given that older people are at particular risk for COVID-19 mortality, additional protections remain essential, even for those who have already had the illness. While a coronavirus infection is only limited assurance against reinfection, vaccines are much more consistent in their ability to prevent infections. In addition, [dietary improvements](#), particularly a low-fat, plant-based diet, remain the cornerstone for managing the underlying risk factors—obesity, diabetes, and hypertension, in particular—that make COVID-19 especially deadly.



FEATURED

Health Risks of Common Pests

Pests such as mice, rats, squirrels, raccoons, or bats in your home or yard can carry health risks. Learn the risks and how to get rid of the pest.

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SLIDESHOW

Can Foods Sap Your Energy?

What you eat gives you energy. But some kinds of foods are more like a burst. Do you know what's got staying power and what's... [Read more...](#)

Why Walking Works

Almost anyone can do this beginner-friendly workout, and it benefits your body and health in ways you might not realize.

[Take Quiz](#)

Science Reveals Why Tea Is Good for Your Heart

A cup of tea can lower your blood pressure, and may hold the key to new types of BP medications.

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How to Take BP Pressure Meds Correctly

Taking blood pressure medicine properly will give you the best results. See if you're doing it right.

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Get a Handle on Belly Fat

That spare tire and muffin top can hurt your heart. See what can help.

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12 Clues You May Have Heart Disease

Rashes, dizziness, spotted nails, and these other issues could be symptoms of heart trouble.

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What Is the Healthiest Salt?

There are many varieties of salt out there, but which one is considered healthiest or right for you just may come down to your taste buds.

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5 Reasons Turmeric Coffee Might Be Good for You—and How to Make It

Turmeric, known as the golden spice, can enhance the flavor of your coffee, but can it help your health? Here are the potential benefits.

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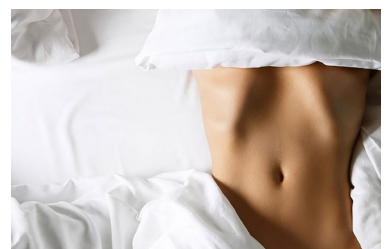


Eat This at Night, and You'll Practically Burn Fat in Your Sleep

For those who get the munchies right before bed, here's what you should eat if you are trying to lose weight.

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9 Expert Tips for Living Your Best With Diabetes

How can you not only manage your diabetes, but get the best out of every day? Our panel of diabetes experts share their favorite tips to help make your journey easier and more hopeful.

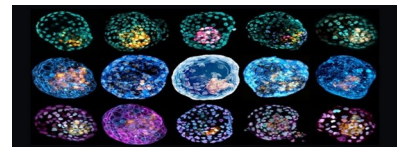


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Warning Signs of Kidney Problems

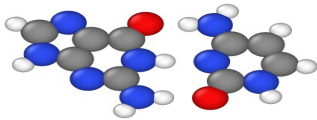
Diabetes is a leading cause of kidney failure, so it's important to know what the early symptoms are.

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First complete models' of a human embryo made in the lab

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Why does DNA spontaneously mutate? Quantum physics might explain.

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4 THINGS TO KNOW ABOUT BEING BISEXUAL

Signs You're Not Getting Enough Nutrients

When a poor diet leaves your body short on the nutrients it needs for a long time, it'll send a sign. You can reverse most of these issues with...

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**Anton Swan
OAM,JP**

Honoured at the Government House, in Queensland.

Congrats Anton, you deserve this honour for the hard sincere work you have committed for the Sri Lankan community

Coronary artery scoring cautiously endorsed for right patients

THE National Heart Foundation has cautiously endorsed the use of coronary artery calcium (CAC) scoring for the assessment of cardiovascular risk in certain populations and under certain conditions, in....

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Does This Cause Cancer?

Luncheon meats, cold cuts, and hot dogs all have preservatives called nitrites, which cause... [Read more...](#)

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