

## **11 Surprising Causes of Heart Disease**

You probably know that extra weight and too little exercise can raise your risk. But what about traffic, your height, or even your kids? [Read More](#)

Health newsletter dedicated to all Sri Lankans, globally.

# Health & views

## **Not Getting Enough Deep Sleep Could Raise Risk of Dementia**

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## **If your loved one is diagnosed with Diabetes**

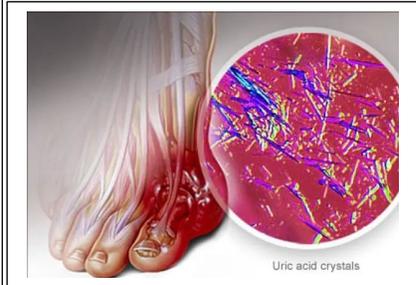
If you or a loved one has been recently diagnosed with diabetes, depending on the type you have, your doctor might suggest weight loss and certain lifestyle changes to help bring your blood sugar levels to a manageable range.

It's not always a simple task, and you'll need to do more than just follow a fad diet for a few short weeks. However, research shows that the right combination of exercise, portion control, and healthy, balanced foods is the key to helping you achieve your goals and keep the weight off in the long run.

## **9 Dos and Don'ts of Dieting With Diabetes**

One of the most important expert tips? Make sure you get support. It can make a huge difference in reaching your goals. [Read More](#)

## **Can dhal increase uric acid? High uric acid is found in Gout.**



People suffering from high uric acid should stay extra conscious about their diet. Consumption of urad dal (black gram/white lentil), chana dal (Gram dal), rajma (kidney beans), bitter Lima beans, sweet Lima beans, and peas immediately increases the level of uric acid.

So, if your big toe joints get swollen and painful next time, you must be eating too much of dhal, or beans.

Uric acid is produced when the body breaks down compounds called purines. Foods high in purines may need to be limited for those who suffer from gout. Fortunately, all fruits and many vegetables are considered low purine foods. Some vegetables contain higher levels, so limit: asparagus, cauliflower, spinach, mushrooms, green peas, and dried lentils, peas and beans to only one serving per day.

What is the fastest way to flush gout?

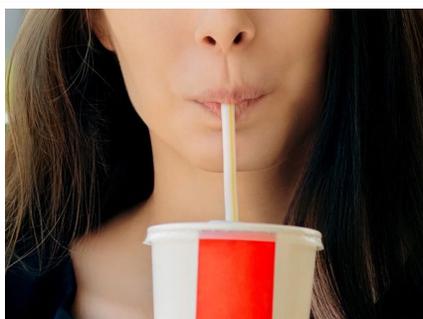
Drink Lots of Nonalcoholic Fluids. Staying hydrated helps flush out uric acid (the cause of your joint pain) and prevent kidney stones, another possible problem associated with high uric acid levels. Aim for eight to 16 cups of fluids a day, at least half of them water. Avoid Alcohol.

[Type 1 diabetes](#) is when your immune system destroys insulin-making cells in your pancreas. Typically diagnosed in childhood or adolescence, type 1 diabetes is not just a medical condition; it's a story of resilience and adaptability, requiring a lifelong commitment to managing one's health.

## **Type 1 Diabetes Treatment Breakthroughs**

On the Health Discovered podcast, we talk to an expert and a medical student living with type 1 about common misconceptions and the physical and emotional challenges of managing this condition.

[Listen Now](#)



## **Skip the Sodas**

It's easy to drink your carbs. Regular soft drinks, sweetened teas, and milkshakes can soak up your daily carb allowance. Opt for water (you can flavor it with lemon or other fresh fruit). Try your specialty coffee drink with almond milk, which has half the carbs of a 2% cow's milk. [WEbmd.com](#)



## **Egg Combos**

Eggs are naturally carb-free. They also pack protein to help ward off a growling tummy. So order eggs on their own, or mixed with spinach, tomatoes, and other veggies. Go with all egg whites, and you'll also save on cholesterol. Watch out if they're served with muffins, croissants, pancakes, and other high-carb companions.



## **Grilled Chicken**

Any piece of chicken -- breast, drumstick, thigh, or wing -- has 0 carbs as long as it's not breaded. So go with poultry items that say "grilled" instead of "fried," "crispy," or are coated with buttermilk.

### **Low-Carb Fast-Food Options**

Sometimes, you need help to avoid the drive-thru. But you can order options that are better for your blood sugar.

[Read More](#)

## **Should You Worry About "Fried Rice Syndrome"?**

Unfortunately, several years ago a person died from food poisoning from a bacterium called *Bacillus cereus* which was caused by consuming cooked pasta that was left at room temperature for too long, the case condition is dubbed "Fried rice syndrome." Recently there has been panic caused on social media as the 2008 case resurfaced. The food poisoning sudden death was documented in the [American Society for Microbiology Journal of Clinical Microbiology](#).

## **How Does Caffeine Affect Your Blood Sugar?**



A growing body of research suggests people with [type 2 diabetes](#) react to [caffeine](#) differently. It can raise [blood sugar](#) and [insulin](#) levels for those with the disease.

One study looked at people with [type 2 diabetes](#) who took a 250-milligram caffeine pill at [breakfast](#) and another at lunchtime. That's about the same amount as drinking two cups of [coffee](#) with each meal. The result: Their blood sugar was 8% higher than on days when they didn't have caffeine. Their reading also jumped by more after each meal.

That's because caffeine can affect how your body responds to [insulin](#), the hormone that allows sugar to enter your cells and get changed into energy.

[Webmd.com](#)

# Cinnamon is not only one of the most delicious spices but also one of the healthiest.

Cinnamon is a spice that has been used to flavour foods for hundreds of years. The spice is used more in desserts or bakery but is also an ingredient in various main dish recipes. Some of the spices that have been used for many years also have significant health benefits, and cinnamon is no exception. Cinnamon is the most consumed spice worldwide, so health professionals are very encouraged by recent news about how healthy it can be.



1. **Cancer** - is a devastating disease that science has yet to find a sure way to cure. Cinnamon is a significant source of cinnamaldehyde, a compound that could protect against colorectal cancer.
2. **Healing** – Infected wounds can become a serious problem if bacteria cannot be controlled. The combination of cinnamon and peppermint essential oils is effective against antibiotic-resistant bacteria and aids in cellular growth.
3. **Improved learning potential** - researchers fed cinnamon to mice and found the mice were better able to learn new skills. Adding spice to the diet of slow learners may be a new and better way to help people with learning disabilities.
4. **Alzheimer's disease** - this devastating condition that mostly affects seniors has become more prevalent and still has no cure. Cinnamon has shown promise in preventing or reducing the plaques and amyloid fibres identified as factors causing dementia. Eating the spice may even improve those already affected by the disease.
5. **Weight loss** - there is some evidence that consuming cinnamon can speed up metabolism which could help some people lose weight. Increasing metabolism burns more calories and increases energy, so a higher level of activity and some weight loss may result. Adding cinnamon instead of sugar to foods for flavour also helps as a weight loss aid as this can reduce the calories in food.
6. **Diabetes** - type 2 diabetes has been steadily increasing over the past few decades, probably due to a population that is ageing and might also be influenced by an increase in obesity. A Chinese study found that people with diabetes who received a daily cinnamon supplement for three months experienced reduced blood glucose levels and a significant reduction in blood triglycerides.
7. **Parkinson's disease** - has symptoms that include tremors and difficulty in everyday movement and walking. While doctors can prescribe drugs to combat the symptoms, no cure has been found at this point. Research conducted by Rush University Medical Ctr has found that Ceylon Cinnamon fed to mice in a recent study shows the spice may help reverse the disease's symptoms for people with Parkinson's.
8. **Bacterial and Fungal infections** - including salmonella and listeria are typically food-borne and can cause serious illness when uncontrolled. Cinnamaldehyde is the primary component in cinnamon and can effectively inhibit bacteria and help reduce tooth decay and bad breath.
9. **Inflammation** - is the body's defence against infection due to tissue damage, but it can lead to serious health problems if not controlled. The anti-inflammatory properties of cinnamon are effective in reducing the harmful effects of inflammation.

Cinnamon is a sweet and pungent spice that people enjoy in various dishes ranging from desserts to meat-based recipes. Most people do not realise that spice also offers many health benefits, but it should be noted that Ceylon cinnamon, in its purest form, is their best choice. The cheaper cassia cinnamon is high in coumarin, which can cause liver damage. *Anyone using cinnamon for its health benefits should purchase the Ceylon variety.*

<https://www.ncbi.nlm.nih.gov/pubmed/27342118>

## **Obesity continues to be a global epidemic, and the rates are on the rise.**

The U.S. Centers for Disease Control and Prevention (CDC) data shows that across America in 22 states, more than 35% of adults were obese in 2022; ten years ago, there were no states with obesity rates above 35%. The map's data highlights the urgent need to ensure people have access to healthy foods, places for physical activity, obesity prevention and treatment programs, and resources to promote more nutritious choices. The CDC maps also call for more access to proven medications and weight loss surgery.

"Obesity is a disease caused by many factors, including eating patterns, physical activity levels, sleep routines, genetics and certain medications," Hacker said in a CDC news release. "This means that there is no one-size-fits-all approach. However, we know the key strategies that work include addressing the underlying social determinants of health such as access to health care, healthy and affordable food, and safe places for physical activity." WHN

## **A new study finds that people who regularly eat chocolate have a reduced risk of atrial fibrillation.**

Indulging in a small amount of chocolate each week may lower the risk of a serious and fairly common irregular heart rhythm. This finding stems from a new study conducted in Denmark. The study's findings were recently published in the journal *Heart*.

## **Research analysis finds that cutting calories works at a physiological level to slow biological aging.**

The study was lead by Daniel Belsky, Ph.D. an assistant professor of medicine at the Duke University School of Medicine. Previous research has shown that calorie restriction hinders the aging process in mice, worms, and flies. The question is to what extent such restriction has on the biological aging process in human beings. Biological aging is best defined as the slow but progressive deterioration of the human body's systems over time. If the biological aging rate can be slowed through intervention, it might be possible to delay or prevent the onset of numerous age-related disabilities and diseases. WHN

## **The largest-scale study to date finds that diets high in dairy products (including full-fat) do not lead to increased occurrence of cardiovascular diseases.**

Most people assume the consumption of cheese heightens the risk of a heart attack, stroke and other health disorders. A recent study conducted by researchers at Wageningen University in the Netherlands and Copenhagen University in Denmark shows that the consumption of fat dairy products does not increase the risk of such health issues. The study results were recently made public in the *European Journal of Epidemiology*.

### **The Dangers of Avoiding Dairy**

The anti-dairy propaganda has spurred countless people to limit their milk and cheese consumption. Young individuals, especially young women have been consuming too little milk out of a concern that dairy products negatively impact health. Yet, an insufficient amount of dairy hinders bone development. A lack of dairy consumption can also lead to health issues later in life, such as weakened bones and osteoporosis.

Furthermore, the lack of dairy consumption prevents youngsters from receiving the proper amount of calcium. Pregnant women need to consume a sufficient amount of milk. Otherwise, they could heighten the risk of their child enduring neuro-developmental difficulties. Such difficulties can impact the child's cognitive abilities and stunt growth. WHN