

**Different Types
of Insulin for
Diabetes
Treatment**

HEALTH & VIEWS

**Eating Well
With
Diabetes**

May 2nd issue 2024

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7 'Good' Habits You Should Give Up

These habits may seem to be good for you, but they could actually be sabotaging your efforts to control your diabetes.

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How Forming New Habits Can Change Your Life

Habits don't happen overnight. It's a process that takes dedication, whether it's regular exercise, nutritious food choices, or stress relievers.

[Watch Video](#)

The Best and Worst Foods You Can Eat

Craving chips? While they're not totally off-limits, some foods should be enjoyed only in small amounts as a treat now and then. Here's what to have instead.

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Are You Fit for Your Age? What Really Counts

What Fast Food Does to Your Body

Fast food is convenient and cheap, but you pay a bigger price in the long run. See what all those burgers and fries can do to you.

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Measuring your blood pressure at home



Do you check your blood pressure regularly at home? If so, these 13 tips can help ensure you are getting the most accurate measurements.

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Olive Oil May Lower Your Risk of Dementia-Related Death

Consuming just a half-tablespoon of olive oil a day may make you less likely to die from dementia-related causes, new research suggests.

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Surprising Things That Spike Your Blood Pressure

Salt, worry, and anger aren't the only things that can raise your BP. See what else can bump up your numbers.

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10 Reasons Your Breath Stinks

It might not be what you ate. See what else can cause bad breath - like a hangover, an ulcer, or even some of your medications.

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Heartburn: What to Eat, What to Avoid



Certain foods can trigger acid reflux, but they're not the same for everyone. Here's what might be causing yours. [Read More](#)

Your Annual Physical Exam: What to Expect

Things You Can Do for Your Health Today

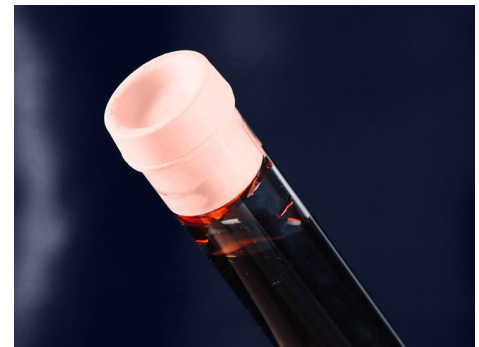
It doesn't take a lot of effort to do things that are good for you. Check out a few you can do right now.

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Erectile Dysfunction Causes

Erectile dysfunction can first emerge in a man as early as 40. Can low T cause erectile... [Read more...](#)

Could a simple blood test predict stroke risk, vascular issues in the brain?



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[MNT VIDEO](#)

Do copper bracelets help with arthritis?

Learn the truth about whether copper bracelets help arthritis, including research on their benefits, if or why they might work, and more.

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Why do people fart and other questions about flatulence

How many times a day should a person pee?

In Conversation: Could intermittent fasting harm the heart?

Hosted by Maria Cohut and Yasemin Nicola Sakay

In this episode, Medical News Today discusses whether intermittent fasting and time-restricted eating practices are safe for the heart, especially in the long run.

[LISTEN TO THIS EPISODE](#)

Do You Get Enough Iron?

Iron is a mineral, and your body needs it to work right. Find out what it does, how much you need, and... [Read more...](#)

How the cauliflower got its whorls

Scientists have identified a raft of genetic changes that helped the modern cauliflower to evolve from its broccoli progenitors. The researchers pinpointed [three genes that were probably important for *Brassica oleracea* L. var. *botrytis*'s evolution](#), particularly in the formation of the tight whorls, called curds, on cauliflower heads. They also found nine regions of the genome linked to other cauliflower traits, and a protein that governs stem height.

Reference: [Nature Genetics paper](#) or read the [Nature Research Highlight](#) (1 min read, Nature paywall)

China joins next-gen synchrotron club

By the end of the year, some of the brightest synchrotron X-rays in the world will be beaming around the new High Energy Photon Source (HEPS). HEPS will be the first of its kind in Asia, [placing China among only a handful of countries in the world that have fourth-generation synchrotron light sources](#). HEPS's hard X-rays will be powerful enough to analyse even the most minuscule samples in detail. The synchrotron will also allow researchers to rapidly execute experiments that would take days to complete at older facilities, says physicist Pedro Fernandes Tavares. "It's a real game-changer."

[Nature | 4 min read](#)

Is the Internet bad for you? Maybe not

A survey of people in 168 countries finds that [Internet use might boost measures of well-being, such as life satisfaction and sense of purpose](#). Researchers examined a slice of data gathered by the Gallup World Poll, looking at the years 2006 to 2021 from people aged 15 and above. On average, people who had access to the Internet scored 8% higher on measures of life satisfaction, positive experiences and contentment with their social life — even when controlling for confounding factors such as income and education. The positive effect is similar to the well-being benefit associated with taking a walk in nature, says psychologist and study co-author Andrew Przybylski.

[Nature | 4 min read](#)

Reference: [Technology, Mind and Behaviour paper](#)

What Causes a Hernia—and Could You Be Doing Something to Cause One?

'The global ambassador for soil biodiversity'

Environmental scientist Diana Wall spent more than 25 years investigating the dry, cold soils of Antarctica, showing how one nematode species, *Scottinema lindsayae*, was crucial for the carbon cycle there. Her work evolved into [a globe-encompassing effort to inform policy, education and the public](#) about the importance of what goes on beneath the surface. "Biodiversity in soil is often overlooked — a case of out of sight, out of mind — but Wall understood its importance for a sustainable future," writes ecologist and colleague Richard Bardgett. Wall has died, aged 80.

Where Germs Lurk in Restaurants

These Foods Just Leave You Hungry

You'll likely feel hungry again soon after eating seemingly healthy foods like low-fat yogurt and egg whites. Find out why. [Read More](#)

Best and Worst Seafood Dishes

Not all fish dishes are good for you. Here's the truth about sushi, shrimp cocktail, and other delicacies from the sea. [Read More](#)

Are Cashews Good for You?

Cashews are protein-packed nuts that are a good source of vitamins, minerals, fiber, and antioxidants. For most people... [Read more...](#)

Bladder Cancer Signs and Stages

One sign of bladder cancer is blood in the urine. Find information about the stages of bladder cancer, and available... [Read more...](#)

You Can Take Too Much Vitamin D and K

Not getting enough vitamin D is a common problem, but over-supplementation can also hurt your health. And too much of its partner vitamin K can be harmful, too.

[Avoiding toxicity](#)

Eating These 5 Nuts Can Add Years to Your Life



[It partly comes down to their cholesterol-lowering benefits.](#)

[Digest This >](#)

Walking This Far Each Day Could Reduce Risk of Heart Failure

[Good news: It may be far fewer than the widely recommended 10,000 steps.](#)

[New Study Says >](#)

8 Medical Reasons for Your Low Sex Drive, from Doctors

[If all is well and good in your relationship but your libido is still low, one of these medical causes could be to blame.](#)

[See the List >](#)

The 4 Best Spices and Herbs to Fight Inflammation

Herbs and spices with anti-inflammatory qualities are a good addition to a healthy diet. These ingredients can also make...

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Are carcinogens inside your cars? What to know



A new study suggests that possible carcinogens linked to neurological issues, hormone disruption, and cancer-related death may be inside many cars.

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Overall diet quality may be more important than how much ultra-processed foods you eat



Researchers say overall diet quality may be more important than the amount of ultra-processed foods you consume in terms of the risk of early death, but there are still foods we should avoid, such as ready-to-eat meals.

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Changing eating times to repair the 'body clock' may aid healthy aging



Recent research in mice suggests that influencing the body's circadian clock by altering eating times may help individuals age more healthily, including by preserving muscle function.

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Can our genes predict our high blood pressure risk?



Researchers say they have identified genetic signals in the human genome that may help predict a person's risk of high blood pressure.

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Researchers are developing a blood thinner with a lower risk of bleeding



Researchers are working to develop a unique anticoagulant (blood thinner) with a lower risk of bleeding than the options currently on the market.

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Best Diets When You Have Diabetes

The right diet will help you control your blood sugar, get a handle on your weight, and feel better. [Read more...](#)

Is Organic Food Better?

You've seen organic foods at the grocery store or the farmers market. But is eating organic better for you and your health? Let's take a peek at the potential health benefits.

[Is it worth the price?](#)

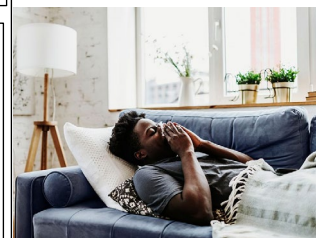
Why do some researchers believe metformin may hold the key to longevity?



Some researchers are investigating how metformin, a common drug used to help treat diabetes, may help prolong health span and lifespan. What evidence is there to support this notion?

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Can zinc help shorten common cold? Study says evidence is 'inconclusive'



Researchers say zinc won't help prevent you from coming down with a cold, but it may help shorten symptoms by a few days.

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Alzheimer's disease may be inherited more often than previously thought



Researchers say a subtype of gene known as APOE may be a factor in the inherited form of Alzheimer's and that this kind of the disease may be more common than previously thought.

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