

Preventing UTIs:
Does Cranberry
Work?

Health newsletter for the Sri
Lankans, globally

What's Medical
About Marijuana?

HEALTH & VIEWS

Eating the
Right Fats
May Help
Patients
Live
Longer

Understanding Brain
Diseases

Best Cooking Oils

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BUSINESS OF MEDICINE



Why Do Women Get
Alzheimer's More Than
Men? Study Offers Clue



Yoga and Pilates

To keep your balance, you need muscles that can hold you steady as you stand, walk, or make other movements. You might know these as your “core muscles.” Yoga and Pilates include moves that help you stretch and strengthen them. Check with your doctor before you start. To learn the moves properly, it’s a good idea to join a nearby class taught by a certified instructor.

Alcohol: An Overlooked Cancer Risk Factor

Cancer is becoming a more survivable illness, but lack of awareness about the risks linked to alcohol could slow this progress.

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12 Ways to Handle Hair Loss From Chemotherapy

You can’t prevent hair loss from chemotherapy, but here are some things you can do to get through it.

Cancer 'Remedies' That Don't Work

While some remedies can help, many don't work. Even worse, they may be dangerous. Here are a few you should never try.

Pill-Free Ways to Protect Your Heart

Something as simple as a daily walk can improve your heart health. Here's what else you can do -- no medicine required.

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Why You Need Your Beauty Sleep

Yes, it's a thing. Getting enough sleep can offer big beauty benefits, including clearer skin, brighter eyes, and much more.

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Myths and Facts about Cancer

Are artificial sweeteners, deodorants, or alcohol linked to cancer? Learn to separate myth from fact.

How to Get Rid of a Headache

Learn how to use relaxation techniques, medication, and these other methods to banish headache pain and get back to your day.

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Drug for Early-Stage Breast Cancer Gets FDA Nod

People with a common type of early-stage breast cancer may now take another drug called Kisqali, which has been shown to significantly reduce the risk of cancer recurrence.

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18 Secrets to a Longer Life

Eating like an Okinawan, getting spiritual, and making sleep a priority are just a few habits that can add years to your life.

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Here's What Is (and Isn't) Linked to Cancer

See what the research says about the link between cancer and cell phones, X-rays, plastic bottles, coffee, and more.

Building Blocks for a Diabetes Meal Plan

7 Diabetes-Friendly Cooking Tips

Shifts in brain activity may signal Alzheimer's long before symptoms appear



Better Blood Sugar in 10 Minutes

These daily self-care steps don't take much time. Make them a part of your routine to help keep your levels in check and avoid dangerous complications.

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Diabetes Complications: How to Lower Your Risk

Keeping tabs on your levels throughout the day helps prevent diabetes-related problems that can damage every part of your body.

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How to Get Fit Without the Gym

These 15 moves use just your body weight and gravity to work your muscles -- no equipment or gym membership required.

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12 Early Signs of Blood-Sugar Problems

Excessive thirst is a common warning sign, but there are some less obvious symptoms that are easy to overlook at first.

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How Exercise Helps Your Heart

Your heart is a muscle, and it gets stronger and healthier if you lead an active life. Here's how to get the biggest benefits.

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The Future of Medicine Will Revolve Around Your Gut

Research shows that trillions of gut microbes use your food to make substances that can protect or harm your health in numerous ways -- and scientists are figuring out how to influence the process.

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Severe Obesity on the Rise Among U.S. Adults

A new CDC report says nearly 1 in 10 adults have severe obesity, and women are more likely to have it than men.

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Orthopaedics



Heart Health



Nutrition



Sleep



Women's Health



What's the Difference Between Vitamins and Minerals?

We hear about them all the time. But what are vitamins and minerals anyway? Our registered dietitian explains.

[Both are essential](#)

- [Moderate consumption of tea and coffee appears to protect against dementia](#)
- [Alcohol may be responsible for over 5% of all cancer cases](#)
- [Heavy metal pollution implicated in atherosclerosis](#)

The Top 4 Vitamins Doctors Take So They Don't Get Sick

Virus season is coming—learn how doctors stay healthy, despite their daily exposure to sickness.

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6 Healthy Reasons to Masturbate

A little self-love could prevent disease and promote a longer life.

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The Best Fish for Your Health

Health experts have long recommended eating at least two servings of fish each week for heart health. But do you know which kinds are the healthiest choices?

[Get those omega-3s](#)



8 Ways To Use Your Bushel of Apples

These warm and inviting apple dishes will have you ready for autumn before you know it!

[Get the recipes](#)



Calcium Supplements and Osteoporosis

Calcium helps prevent osteoporosis. But supplements aren't the best choice. Find out why.

[Do this instead](#)

This Cozy Spice Can Reduce Blood Sugar, Says Study

It's the perfect time of year to incorporate more of it into your diet.

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8 Pancreatic Cancer Symptoms You Should Never Ignore

A pancreatic cancer diagnosis can be devastating. Acting on these subtle signs can improve the outcome.

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10 Things That Can Look Like Depression but Aren't

Health issues like vitamin D deficiency, anemia, or an undiagnosed condition such as autism can look a lot like depression. Learn how to better understand your symptoms.

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Could an Extreme Low-Calorie Diet Reverse Diabetes?

A third of people who took part in a yearlong U.K. program -- including a strict low-calorie diet -- put their diabetes into remission and lost weight, too. Medical experts weigh in on the health and safety of low-calorie diets.

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This "Healthy" Tea May Actually Cause Liver Damage

Research shows there's a lesser-known side effect worth reading up on.

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Why You Can't Orgasm During Sex

One little-known sex fact? The female sex organ isn't actually the vagina.

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How Sugar Harms Your Body

Even if you don't have diabetes, eating too much sugar is linked to all kinds of health problems.

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Surprising Foods That Can Raise Your Cholesterol

Did you know that some foods labeled "low cholesterol" can raise your LDL ("bad") cholesterol? See what other foods and drinks may not be as healthy as you think.

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8 Snacks That Won't Spike Your Blood Sugar

Carbs aren't always the enemy -- especially when they're also a good source of fiber and protein.

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What Are Ketones?

A ketone test can warn you of a serious condition called diabetic ketoacidosis. Learn what ketones are, when you need to test, and how to do it.

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What to Keep in Your Fridge

NEWS

For Heart Failure Patients, Tirzepatide Could Lower Risk of Hospitalization and Death

VITAMINS & SUPPLEMENTS

What to Know Before Taking Sodium and Potassium Together

Is Carbonated Water Bad for Your Kidneys?

Expert Doctors: This Is the #1 Risk Factor for Cancer—and It's Preventable

Experts are reporting that 20,000 Americans die every year due to cancer related to consuming too much of this.

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16 Protein-Packed Lunch Ideas

Make sure your midday meal has plenty of protein to help you keep your blood sugar steady and avoid an afternoon slump.

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What Is a Glucose Tolerance Test?

This test checks for diabetes and other blood sugar problems by seeing how well your body processes sugar. Here's what to expect.

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White Tea VS Black Tea VS Green Tea: Which One Is Healthier?

The wide variety of teas available in the market — from matcha to Darjeeling tea and Earl Grey – can make it tricky to pick one. However, it must be known that all these varieties can broadly be divided into three main categories — black, green, and white. Here is a breakdown of each tea and their health benefits.

Black Tea. Black tea, which comprises English Breakfast tea, Earl Grey, is completely oxidised. Health Benefits Of Black Tea. - Lowers cholesterol levels, and thus lowers the risk of strokes and cardiac arrests.

Green tea. Green tea is non-oxidised and its production process involves pan-frying or steaming the leaves just after harvest, followed by rolling and drying them.

Health Benefits Of Green Tea. - Rich in antioxidants. - Helps against inflammation. - Improves brain function and body metabolism. - Reduces the risk of endometrial cancer.

White Tea. White tea is the least processed tea. Its production process includes slight oxidation, and the leaves are neither rolled nor crushed. Health Benefits of White Tea: It Protects against osteoporosis, prevents mutation and tumor formation, and exhibits anti-carcinogenic properties, among other things.

Health benefits of eating meat

Meat can be described as an animal tissue, either eaten raw or not, but serves as food for humans. Its components vary depending on the animal. You might think meat has its downsides. However, if consumed moderately, it has enormous health benefits that cannot be overemphasized. Even though fungi and bacteria can spoil fresh meat within hours or days notwithstanding, there are health benefits — and I've discussed them below:

1. Source of protein

Protein is a source of nutrients that provides the body with the essentials needed to repair cells, grow, and function effectively. Your health, age, and weight determine the amount of protein you need. Protein contains "amino acids" regarded as "building blocks" — they are about twenty but linked together. Your body uses them as a source of energy and a way to build new proteins.

2. It contains iron

Iron is a mineral that helps deliver oxygen to muscles and the body. It also works with hemoglobin (proteins in the red blood cells) to give your body a bright-red, healthy blood. Iron aids brain development in children and fetuses. Another health benefit is that it supports the immune system by contributing to developing lymphocytes (white blood cells). In addition, it enhances the growth of the follicle and collagen in the dermis layer for your skin and hair.

Vitamin B12 is an essential nutrient that helps red blood cells and DNA produce energy. It also makes nerve cells and the brain healthy. B12 is a water-soluble vitamin also called "cobalamin." This kind of vitamin dissolves in water and is relatively easy for the body to incorporate and use from the liver — because this is where it's stored until it is needed by cells. Meat is one of the foods that can provide enough vitamin B12. It can also reduce your chances of getting megaloblastic anemia.

It contains zinc

Another health benefit you can get from eating meat is zinc. The body requires it as an essential nutrient to function correctly by helping the immune system, cells, and wound. Zinc contributes to the growth of infancy, even before birth. It has anti-inflammatory effects that can aid "glutathione," an antioxidant that can help protect the body from cellular disruption and repair and build tissue.