

How Diabetes Affects Your Eyes

How Podiatrists Can Help

Health Newsletter for all Sri Lankans, globally

How It Helps With Weight Loss

# HEALTH & VIEWS

Gentle Exercises for Your Knees

APRIL 2<sup>nd</sup> issue- 2025

Curated by Dr Harold Gunatillake

## How To Treat Thinning Hair

Thinning hair is a burden many men face as they grow older. While there is certainly no shame in it happening, there are ways to take care of thinning hair that have huge benefits. Firstly, stop using cheap shampoo and conditioner. The chemicals that are used in cheap shampoos can be very harmful. Cheap conditioners can even weigh down your hair, giving it a thinner look. For similar reasons, you should not use too much product. While it may seem like it gives your hair volume, it simply gives it more weight to hold. In this sense, your hair could fall out if you consistently use too much product. Use a blow dryer. Using a blow dryer on medium heat to dry your hair will not give it volume but will prevent further damage. Using the cold shot button on your dryer is also essential as it will make styling your hair far easier. Hair works much like plastic in that heat will soften it and cold will harden it, so using the cold shot button will keep your chosen style in place.



## Salmon

Salmon is one of the most nutritious meat options. It contains antioxidants such as selenium, which protect cells from damage, and a wealth of vitamins and minerals. According to the U.S. Department of Agriculture, these include calcium, folate, vitamin B12, niacin, magnesium, phosphorus, potassium, and vitamins A, C, and E. Such nutrients can enhance sleep quality, reduce the likelihood of illness, strengthen bones, and promote healthy vision.

Salmon is also an excellent source of omega-3 fatty acids, "which have anti-inflammatory properties that can improve cardiovascular health and decrease the risk of conditions such as heart attack, heart arrhythmia, stroke, and high blood pressure," says Wilson Sanchez, a clinical registered dietitian based in New York. "Increasing your omega-3 intake throughout life can also uplift your mood, enhance cognitive function and memory — and even lower your risk of dementia and Alzheimer's disease."

How much protein is in salmon?

Alongside its numerous other nutrients, salmon is an outstanding source of lean protein. With a remarkable 17.3 grams in just 3 ounces, salmon competes with chicken as an excellent provider of your recommended daily protein intake. Getting enough protein is essential for optimal immune function, blood sugar control, and healthy hair, skin and nails. "Protein also helps grow and maintain muscle mass and supports tissue repair," says Amy Goodson, a Texas-based nutritionist and registered dietitian at The Sports Nutrition Playbook.

Salmon's high protein content is also satiating, says Dr. Uma Naidoo, director of nutritional and lifestyle psychiatry at Massachusetts General Hospital and the Harvard-trained nutritional psychiatrist behind "Calm Your Mind with Food."

## Acupuncture – will you consider it?



Acupuncture: the ancient Chinese practice that is transforming modern medicine. The term acupuncture derives from the Latin word 'acus,' meaning "needle," and 'pungere,' which translates to "to sting." In Mandarin, it is known as 'zhēn cì,' meaning "needling." Acupuncture has existed for thousands of years, and it remains popular today. Even if you have not tried this alternative medical treatment, you likely know someone who has. After all, it is a well-regarded treatment method for those battling illness who wish to relieve pain and heal themselves without resorting to Western medicine. Most people know that acupuncture involves the insertion of thin needles into various areas of the body to address multiple health concerns. However, there is much more to this treatment than simply piercing needles into the body.

### **Acupuncture treats pain**

Acupuncture can help relieve pain, especially in the lower back, knees, neck, shoulders, jaw, and teeth. It can also benefit people who suffer from arthritis, headaches, and migraines.

According to research, acupuncture is an effective complementary and alternative (CAM) therapy for insomnia, digestive issues, and depression.

### Acupuncture points

A 2017 review states that many acupuncture points are "receptive fields," where stimulation can affect the activity of multiple sensory neurons. Needles inserted at these sites may stimulate pain processing in the central nervous system, increasing blood flow to certain body parts.

### **Almost anyone can benefit from acupuncture.**

Whether you have an ailment or feel well, acupuncture can help relieve pain or maintain wellness. It also boosts immunity and helps you manage stress. However, it should be avoided if you have a bleeding disorder (like haemophilia), use blood thinners, or have any skin disease. If you are pregnant, needling the abdominal area isn't advised.

Acupuncturists look at your tongue and feel your pulse

Acupuncturists look at your tongue and feel your pulse to diagnose you. By doing this, they gain information about your health and determine the best course of treatment.

## **Cardio or Weights: Which Is More Important?**

Cardio is king when it comes to your heart, and strength training does wonders for your bones and joints. But how much of each do you need?

[Take Quiz](#)

## **Dietary Supplements for Blood Sugar Control**

Many promise that they'll help people with diabetes, but there are a few things to keep in mind if you're thinking about trying them.

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## **What Happens to Your Body When You Cut Added Sugar**

Added sugars are "empty calories" that can lead to a host of health problems. See what happens when you cut them from your diet.

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## **These Foods Are Surprisingly Bad for Your Cholesterol**

Not all cholesterol-raising foods are obvious -- some healthy-looking choices may impact your levels more than you think.

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## **Which Carbs Should You Be Eating?**

You'll want to choose whole foods that are packed with vitamins, fiber, and antioxidants, and pay attention to serving sizes, too.

[Read More](#)

## **The Health Benefits of Yoga**

Yoga isn't just about getting flexible. Find out about its physical and mental health benefits, from improved sleep to stress relief.

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## **Is Chicken as Healthy as You Think?**

Americans eat more chicken than any other protein, but does it really live up to its health claims?

Separate fact from fiction.

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## **Early Signs of a Heart Attack**

If you're having a heart attack, you're more likely to survive if you get treated within 90 minutes. And chest pain isn't the only symptom.

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## **FDA: Beware of Counterfeit Ozempic**

The FDA and the maker of the popular diabetes and weight loss drug Ozempic warning people not to use a counterfeit version found in the U.S. drug supply chain. Here's what you need to know.

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## **Injectable Medicines That Aren't Insulin**

They can help control blood sugar by slowing digestion, curbing your appetite, and helping your pancreas release more of its own insulin. Here's what you should know.

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## **What Causes High Morning Blood Sugars?**

While high morning levels may occur naturally, the Somogyi effect can be a sign of problems with how you're managing your levels.

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## **Foods With More Protein Than an Egg**

These satisfying building blocks for diabetes-friendly meals and snacks are versatile, flavorful, and easy to keep stocked in the kitchen.

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## **Worst Salads You Can Eat**

A bowl of leafy greens and protein can seem like a diabetes-friendly option, but popular add-ons can quickly add carbs and fat.

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## **Tips for Keeping Fruit in Your Diet**

While each serving has about 15 grams of carbs, portion sizes vary depending on the fruit, and some offer a bigger boost of fiber.

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## **How to Ease the Pain of Bloating**

The things you eat and drink add to that uncomfortable feeling, but only changing your diet might not fix the problem. See what else you can do to feel better.

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## **7 Exercises You Should Skip**

**Parkinson's Disease May Soon  
Outpace Dementia**

**Signs of Cancer in Women**

**Cancer Screening Tests Every Woman Should Get**



**Working Bee at the VACD Bandarawela centre:**  
 VACD parents and older children got together on Wednesday, 26th March to weed and clear the grounds surrounding the centre as seen in the photos below:



**VACD/Teardrop Ambagasdowa Centre Street Vegetable Market:**  
 Parents at the VACD Ambagasdowa centre held a street vegetable market of their home produce for the local community on Wednesday, 26th March as seen in the photos below:



**Fabulous and Heart-warming News:**  
**WASLA Autumn Night 22 March 2025 Perth Western Australia:**  
 The Western Australian - Sri Lanka Association, also known as WASLA hosted an Autumn night Dinner Dance solely to raise funds and support our mission for children with disabilities in the Uva province of Sri Lanka. Our heartfelt thanks to the President of WASLA, their committee, their amazing members and last but not least their generous sponsors who helped make this event a grand success. All of us at VACD Australia & Sri Lanka, thank you WASLA for your support, big-heartedness, generosity and kindness.

Australian Dollar Donations via Direct Bank Transfers:  
 Name of Account: Volunteers to Assist Children with Disabilities Limited  
 Bank: Commonwealth Bank of Australia, Liverpool & Castlereagh Streets Branch,  
 Cnr of Liverpool & Castlereagh Streets, Sydney NSW 2000 Australia  
 Account No: 1130 2156 BSB: 062-016 BIC/SWIFT Code: CTBAU2S



**WASLA  
 Autumn  
 Night  
 in  
 Perth.**



VACD's Projects, Programs and Planned Activities in the Uva Province for 2025/26  
 Please visit the following link: [Ongoing Projects | Volunteers to Assist Children with Disabilities](#) for detailed information on the above

Regular updates on our VACD Facebook Page:  
 Ms Aloyna (Pinky) Taylor, VACD's Head of Digital Communication together with Mrs Yasmin Stephen, VACD's Administration & Communication Secretary, post regular news and updates on a range of VACD activities and news on our Facebook page:  
<https://www.facebook.com/vacdлк>.

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