

# Health & Views

September  
1<sup>st</sup> issue  
2021

[Fat Around Your Heart Is Especially Deadly](#)

[Testosterone Might Influence COVID Severity in Men](#)

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



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

## Diabetes-Related Nerve Problems

Diabetic neuropathy may be known for causing foot pain, but it can lead to these other unpleasant symptoms, too.

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## Can the Keto Diet Help With Diabetes?

This ultra-low-carb eating plan has been touted for weight loss, and some recommend it for blood sugar control. Here's what to know before you try it.

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## What to Ask Your Doctor About Insulin

Use this list of questions as a starting point when you talk with your doctor about dosages, storage guidelines, and injection strategies.

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[The DASH Diet Good for Total Heart Health](#)

## 7 Essential Tips for Counting Carbs

Try these easy strategies to help you keep track no matter what you're eating.

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[Heart Symptoms Never to Ignore](#)

## How Okra May Help Blood Your Sugar

Prepared in a healthy way as part of a balanced diet, this Southern staple might be good for people with diabetes.

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## Warning Signs of Blood Sugar Complications

[Diet and Colon Cancer Risk](#)

[Signs of Rotator Cuff Injuries](#)

## How Long Should Sex Last? Here's What Sex Therapists Say

[Sex can be complicated, but how long it should last doesn't have to be. Here's why sex therapists say focusing on the clock can kill the mood.](#)

[Read More](#)

## Eat to Beat Depression

Your diet can do more than you might think to help lift your spirits. See which nutrients are most important, and which foods contain them.

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## Latest Data Shows Increase in Breakthrough COVID-19 Cases

## 21 Amazing Health and Beauty Benefits of Olive Oil

This ancient remedy is [unbelievably versatile and good for your body—both inside and out.](#)

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## What Can You Do for Severe Allergies?

Severe allergies can be devastating and distressing and may interfere with your quality of life. Here are three strategies for managing severe allergies and how to fight them naturally.

[Read more ...](#)

## Best Foods to Eat Before Sex

The right foods can ramp up your sex life. Here's what to put on your plate to rev up your libido and enhance the romance.

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## What Are the Best Supplements for COPD?

COPD is a group of progressive lung diseases. While there is no cure for COPD, supplements may provide symptom relief. Here are 6 of the best supplements for lung health.

[Read more ...](#)

## What Foods Are Bad for Allergies?

If you have a pollen allergy, it can get worse during certain times of the year. You may want to avoid certain foods to help with your symptoms. Learn about which foods are good and bad...

[Read more ...](#)

MEDHELP DISCUSSION

## What Do Doctors Consider 'Walking'?

Every doctor I have seen says they want me to start walking, but I already walk 2 miles a day. Is this something they must... [Read more](#)

## Prescription-Free Migraine Relief

These extreme headaches can knock some people out for days at a time. Use these tips to help ease the pain and prevent the next one.

[Read More](#)

## Can Nocturnal Back Pain Be a Sign of Something Serious?

Nighttime back pain is a special type of lower back pain that could mean there's a serious problem with your spine, like a spinal tumor.

[Read More](#)

## Dementia: Active music making helps thinking and memory

Written by Robby Berman on May 24, 2021

Researchers perform a meta-analysis of studies investigating the benefit of music for older adults with dementia, focusing on the value of active music making.

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## What Beauty Products Are Safe?

When you cover your blemishes, give yourself a sunless tan, or straighten your hair, chances are you use a product with a long list of ingredients. [Read more...](#)

## Biofeedback for Pain Relief

By helping you identify tight muscles and then learn to relax them, biofeedback may help relieve the pain of certain conditions. Here's what you should know.

## The 4 Signs of Alcoholism

How long does it take to have enough alcohol in your blood to measure?

[TAKE THE QUIZ](#)

## Alcoholism vs. Alcohol Abuse

Alcohol, especially when consumed in excess, can affect everyone quite differently.

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### [HEADACHE / MIGRAINE](#)

## What is visual migraine?

Written by Lauren Martin on May 24, 2021

Types of visual migraine include migraine with aura and retinal migraine. These are similar, but some symptoms do vary. Learn more about visual migraine here.

[READ ON](#)

### [HEART DISEASE](#)

## Can heart failure cause swollen feet?

Written by Zawn Villines on May 24, 2021

Heart failure can cause a buildup of fluid in the body, which can result in swelling in the feet, ankles, and legs. Learn about this and other possible causes of the swelling here.

[READ ON](#)

## Causes of Impotence

Erectile dysfunction can be caused by factors that are medical, physical, or psychological. Find out more.

[TAKE THE QUIZ](#)

### [RESPIRATORY](#)

## What is an albuterol nebulizer?

Written by Lauren Martin on May 24, 2021

An albuterol nebulizer opens up the airways so a person can breathe more easily. Learn more about using an albuterol nebulizer here.

[READ ON](#)

## What we know about B.1.617 variants

Since the SARS-CoV-2 variant known as B.1.617 was first reported in India late last year, it has spread to dozens of other countries and become dominant in some regions. Three subtypes, known as B.1.617.1 (the 'original' B.1.617), B.1.617.2 and B.1.617.3, each have a slightly different genetic make-up. Researchers are rushing to investigate [how these variants might affect the trajectory of the pandemic](#). Discover how scientists are uncovering how quickly the variants can spread, their potential to evade immunity and whether they cause more severe disease.

[Nature | 7 min read](#)



### **Delightful VACD Supporter News:**

Ms. Rosemary Spector - Clinical Audiologist at Audiology Solutions, Suite 25, The Madison 25-29 Hunter Street, Hornsby NSW 2077 Australia <https://audiologysolutions.com.au/> has generously offered to collect and donate used hearing aids that would be cleaned and sanitized, and accessories such as drying kits (to keep hearing aids working optimally in humid conditions) to VACD to be used by our VACD children and children at our collaborative partners MJF Charitable Foundation: <https://www.mjffoundation.org/> who have hearing impairments. Community support of this nature is vital for the success and longevity of missions such as ours. We are delighted by this outcome. "Thank you", dear Rosemary & Audio Solutions.

### **Bandarawela Hospital Upgrade Project – Update**

The Bandarawela Hospital upgrade project was successfully completed after the campaign raised required funds and donations in kind totaling approximately A\$130,000 within a relatively short space of time. The full report on this project can be viewed on the hyperlink:

[https://www.vacd.org.au/wp-content/uploads/2021/08/Bandarawela-Hospital-Upgrade-Project\\_August-2021.pdf](https://www.vacd.org.au/wp-content/uploads/2021/08/Bandarawela-Hospital-Upgrade-Project_August-2021.pdf)

Unutilized funds from the Bandarawela project are now being deployed to upgrade the Haputale, Diyatalawa, Welimada, Haldumulla and Koslanda hospitals to cope with the escalating COVID19 pandemic.

Given the extent of support needed at these hospitals to cope with the pandemic, the campaign to raise funds and generate donations in kind has been extended. Please contact **Mr. Somasundaram Skandakumar** (Philanthropist, former Chairman of George Steuart Group of Companies Sri Lanka and former Sri Lankan High Commissioner to Australia) directly on his email address: [somaskanda21@gmail.com](mailto:somaskanda21@gmail.com) if you are in a position to lend a much-needed helping hand to this humanitarian undertaking. A comprehensive report on this new initiative will be made available no sooner the extended project is completed.

### **Felix Stephen**

**Chairman of the Board of Directors - VACD Ltd.**

**Sydney – Australia – <https://www.vacd.org.au/>**

**Member of the Advisory Board – VACD USA – <https://vacdusa.org/>**

**Member of the Advisory Board – VACD Sri Lanka**

**Member of the Advisory Board – Two leaves**

**Foundation Sri Lanka**

**Senior Associate – Cognoscenti Group – Sydney – Australia- <http://www.cognoscenti.global/>**

**Member of Investment Committee - Arrive Wealth Management - Brisbane – Australia – <https://www.arrivewealthmanagement.com.au/>**

### **AUSLMAT (Australia Sri Lanka Medical Aid Team) : <https://auslmat.org/>**

Our collaborative partner, AUSLMAT, led by philanthropically motivated Dr. Quintus De Zylva (Chairman) who has supported, equipped and funded hospitals across Sri Lanka since 2005 and played a significant role in the advancement of Sri Lanka Cricket, particularly in the late eighties and nineties through the Sri Lanka Cricket Foundation of Victoria together with a dynamic and committed Dr. Erosha Premaratne (President) and their team airfreighted critical medical equipment via diplomatic channels to the Bandarawela Hospital project worth around A\$ 36,000. With the Bandarawela Hospital upgrade project costing approximately A\$ 130,000, AUSLMAT's contribution towards this cause was an impressive 27% of total project cost. Their note of appreciation to their sponsors and donors can be read on the following hyperlink: <https://auslmat.org/2021/08/08/thank-you-generous-contributors/> 1AUSLMAT are once again soliciting your generous support and assistance to continue on their mission to support rural hospitals grappling with multiple challenges due to the COVID19 pandemic in Sri Lanka. Their appeal can be found on the following hyperlink: <https://auslmat.org/2021/08/09/covid-assistance-appeal-for-sri-lanka-donations-needed/>

### **Teardrop Hotels, Sri Lanka News update:**

<https://www.teardrop-hotels.com/>

Welcoming news that travel and holidaying in Sri Lanka is open to fully vaccinated travelers can be found on the Teardrop Hotels newsletter found via the following hyperlink:

<https://mailchi.mp/7e632bbbe152/sri-lanka-open-to-fully-vaccinated-travellers>

### **Two Leaves Foundation News:**

The vision and mission of Mr. Manik Jayakumar, late Mr. Godwin Rajendranath Samuel, Mr. Gnanasekaran Rajaratnam, Ms. Sathya Reka Godwin, Ms. Fazana Ibrahim, Dr. Naj Nagendran, Mr. Somasundaram Skandakumar, Mr. Devendranath Mariano Godwin and many more like minded humanitarians and volunteers was to enhance the lives of organic farmers through holistic health care and remodeling of organic tea farming in the Haldumulla region through the Two Leaves Foundation.

They set out to create an awareness of the importance of mental health among the rural plantation community and to implement programs on prevention, rehabilitation & hospitalization through mental health caregivers, mental health professionals and patrons while also providing income generating facilities to households.

The late Mr. Godwin R Samuel who was dedicated and passionate about the foundation's initiatives in the plantation sector was also a strong advocate of a library project for people in the surrounding areas who would benefit from reading and learning in order to bring about meaningful change in their local communities. He often quoted the famous saying: "A Reader Lives a Thousand Lives Before He Dies. The Man Who Never Reads Lives Only One"

The dream and story behind "An Unfinished Odyssey Community and Academic Library" at the Two Leaves Foundation in Haldumulla, Sri Lanka can be read on the hyperlink:

<http://island.lk/an-unfinished-odyssey-library/>

The VACD Australia Bank account

Name of Account: Volunteers to Assist Children with Disabilities Limited

Bank: Commonwealth Bank of Australia

Branch: Cnr of Liverpool & Castlereagh Streets, Sydney NSW 2000

Account No: 1130 2156

BSB: 062-016

Donations in US Dollars (tax deductible for USA Taxpayers) by cheque to:

The Treasurer,

Volunteers to Assist Children with Disabilities Limited (USA) Inc.

No: 629, Vermont Street,

Westfield NJ 07090, USA

Donations in Sri Lanka rupees can be made via the VACD Sri Lanka bank account as follows:

Name of account: Volunteers to Assist Children with Disabilities Private Limited

Bank: Seylan Bank

Branch: 240 Badulla Road, Bandarawela, Sri Lanka

Account No: 046035439722001

### **A big "Thank You" to all of you...**

Your generosity and the commitment of our VACD colleagues have enabled us to achieve many of our objectives for children with disabilities and their families since we began our journey on 27th December 2011. We remain deeply appreciative of the support from each and every one of you to sustain our mission and accomplish so much for our children and their families over the past years. Our journey is bound to be long and challenging given the sheer number of children and families we need to care for and who need your love, compassion, and support.

SLIDESHOW

## 13 Ways to Tame Eye Allergies

Red, burning, itching, tearing eyes are the main symptoms of allergic conjunctivitis. The condition affects millions of people in the US. [Read more...](#)

## Painkillers and Opioid Use Disorder

## Optogenetics restores blind man's vision

After 40 years of blindness, a 58-year-old man can once again see images and moving objects, thanks to an injection of light-sensitive proteins into his retina. The trial is the first successful clinical test of a technique called optogenetics, which uses flashes of light to control gene expression and neuron firing. In this case, [the person's damaged photoreceptor cells were supplanted by light-sensitive bacterial proteins](#), delivered by a virus into cells on his retina. Special goggles simplified incoming visual information from the real world into monochromatic images, to make it more easily detected by the bacterial proteins.

[Nature | 5 min read](#)

Reference: [Nature Medicine paper](#)

## Immunotherapy Drug Fights Early-Stage Lung Cancer

## 7 Cancers That Are Notoriously Tricky to Detect Early

While research has come a long way in detecting various forms of cancer, there are still many that don't get detected until it's too late.

[Read More](#)

## Potassium: How Much Do You Need?

Potassium is a mineral that helps your cells work the right way. It helps make the electricity that lets your cells do their jobs. Your nerves and muscles -- including your heart -- might not work the way they should if you don't get enough.

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## Ease Inflammation With These Daily Habits

It's true that your body needs some inflammation to fight infection. But too much for too long can lead to arthritis and other health conditions.

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## Compression Fractures and Osteoporosis Pain

A spinal compression fracture is the most common cause of osteoporosis pain. See the symptoms it can cause, and what you can do to feel better.

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## Myofascial Release Therapy: Benefits and Concerns

Myofascial release therapy can help relieve tightness and stiffness in your body. Learn what myofascial tissue is and how this massage technique works.

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## Signs of Rotator Cuff Injuries

They are one of the most common causes of shoulder pain for everyday folks...

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## This Type of Fat Is Especially Deadly

No matter whether people were thin, overweight or obese, this type of excess fat...

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## No Time to Shower? Then You Need These 8 Genius Morning Hacks

[If there are zero minutes to jump in the shower before heading out, here are the household items you can use to freshen up.](#)

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## 9 Surprising Uses for Epsom Salts You've Probably Never Thought Of

Epsom salts have been a staple for creating a soothing bath to wash away aches and pains.

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## The Best Foods for Women

Healthy eating is important for everyone, but certain foods are especially good for issues that affect women -- like brittle bones, pregnancy, and breast cancer.

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## What Is Metabolic Syndrome, Exactly?

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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## HOW TO DETERMINE HOW MUCH EXERCISE YOU REALLY NEED

## WHAT EATING THE \*RIGHT\* AMOUNT OF PROTEIN EVERY DAY ACTUALLY LOOKS LIKE

## 15 Ways to Be Happier

Want to boost your mood? See these 15 pictures of pick-me-up ideas that will help you feel... [Read more...](#)

## [5-Ingredient Peanut Butter Cookies](#)

## What's New in Cholesterol Treatment?

## Steroids to Treat Arthritis

See what kind of steroids are used to relieve inflammation caused by conditions such as arthritis, and side effects that you should be aware of.

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## Steroids to Treat Arthritis

See what kind of steroids are used to relieve inflammation caused by conditions such as arthritis, and side effects that you should be aware of.

## Foods That Slow the Signs of Aging

The fountain of youth sounds like an urban legend, but what you eat really can improve how you look and feel. Get the secret recipe for healthy aging, and see how food can help you turn back time.

[Watch Video](#)

## Symptoms of a Vitamin C Deficiency

Your body doesn't make or store vitamin C, so you have to eat it every day. If you're among the 7% of Americans who aren't getting enough, you'll notice symptoms like these within 3 months.

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## Foods You're Not Grilling but Should Be

Here's how to grill up healthier hotdogs and hamburgers, kebabs, fish -- even fruit and pizza.

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## [Grilled Chicken With Zucchini-Asparagus Sauté](#)

## Workouts That Boost Your Sex Life

Getting physical can ramp up the pleasure for you and your partner. Find out what kinds of exercise are helpful for sending blood to the right places.

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SLIDESHOW

## What Causes You to Sweat?

On one hand, we all know it when we feel it. Sweating is that damp feeling on our skin when it's hot outside. [Read more...](#)

## How to Spot Vein and Artery Problems

## Alcohol: Is It OK to Drink When You're...?

You might know that more than a drink or two a day is bad for your health. But in some cases, any alcohol at all may not be a great idea.

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## 13 Foods That Lower 'Bad' Cholesterol

Just because you need to curb your cholesterol doesn't mean you have to forgo flavor. See which delicious eats - from dark chocolate to halibut -- boast heart-healthy benefits.

[Read More](#)

## 'My Defensive Strategy for High Cholesterol'

How do you manage high cholesterol instead of letting it manage you? Get strategy tips from someone who does it every day.

[Read More](#)

## Top 12 Behavioral Problems in Dogs

Chewing, excessive barking, aggression, and biting. Learn how to eliminate these common problems. [Read more...](#)

## 'My Defensive Strategy for High Cholesterol'

How do you manage high cholesterol instead of letting it manage you? Get strategy tips from someone who does it every day.

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MEDHELPER

## Type 2 Diabetes and Sugar Consumption

My husband has type 2 diabetes and consumes large amounts of sugar daily. He becomes violent, blacks out, sleep... [Read more...](#)

## What to know about nocturnal asthma

Written by Zia Sherrell on May 25, 2021

Nocturnal asthma is a condition where asthma symptoms appear or worsen at night, and it can affect people of all ages. Learn more.

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## What types of breast lumps indicate cancer?

Written by Lauren Martin on May 25, 2021

Not all breast lumps are cancerous. However, cancerous lumps tend to present with other symptoms, such as nipple discharge, and may feel fixed to the person's body. Learn more about cancerous breast lumps here.

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[LEUKEMIA](#)

## What to know about home care for people with leukemia

Written by Zia Sherrell on May 25, 2021

Home care for leukemia can involve several healthcare professionals, including therapists, nurses, and dietitians. Learn more about the different aspects of home care here.

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## Everything to know about potato starch

Written by Adam Rowden on May 25, 2021

Potato starch is extracted, dried starch from potatoes. It has many benefits in food preparation and health. Learn more.

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[Common Immune Drug Methotrexate May Hamper Response to COVID-19 Vaccine](#)

## Tapioca flour substitutes for thickening, frying, baking, and keto

Written by Adam Rowden on May 25, 2021

There are many substitutes for tapioca flour, including gluten-free or low-carb options. They can be useful when thickening, frying, or baking.

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## When Diabetes and Depression Overlap

Managing a condition like diabetes can take a toll on your mental health, which can make it harder to control your blood sugar. Here's how to get the help you need.

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## Are These Habits Really Healthy?

Calorie-counting, antioxidant supplements, daily showers: Are such practices really good for you, or is there a better way?

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## What to Eat and What to Skip

Whether you're dining out or cooking at home, it's easy to opt for these healthier versions of your favorite food combinations.

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## 3 Good Foods With Bad Reputations

Each of these foods has several important nutrients and, like most foods, you can eat them in moderation. See why you shouldn't write them off just yet.

[Watch Video](#)

## Connections Bring Hope to Living With Migraines

## Tips for Weight Loss

Here's what you need to know if you're trying to lose weight.

- [The 5 Best Weight Loss Tips If You're Over 40](#)
- [These 6 Foods Are Tied to Weight Gain—Here Are Their Healthy Alternatives](#)
- [Cutting Calories to Lose Weight? Here's What a Nutritionist Wants You to Know](#)

## Catch the Early Signs

Knowing the early signs of these medical emergencies can help you or a loved one get the help they need.

- [Blood Clot Symptoms: What to Watch Out for, and When to See a Doctor](#)
- [Warning Signs of High Blood Pressure, "The Silent Killer"](#)
- [The Early Signs of Stroke You Need to Know—Even If You're Young](#)

## Who Can Get Inflammatory Bowel Disease (IBD)?

Inflammatory bowel disease (IBD) refers to two different chronic conditions or diseases that may be related... [Read more...](#)

## A Diet to Help Prevent Type 2 Diabetes

Eating the right kind of fuel makes it easier for your body to keep your blood sugar levels steady. Try these tips for a natural boost.

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## 24 Ways to Lose Weight (Without Dieting)

## What to Know Before Buying Another Pair of Shoes

When you have diabetes, footwear that fits properly can help prevent problems. Keep these tips in mind the next time you go shoe shopping.

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## How can we prevent the spread of SARS-CoV-2 in children?



MNT spoke with seven experts about the risk of children contracting SARS-CoV-2 and strategies to stop this from happening.

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## What Is Brittle Diabetes?

About three of every 1,000 people who take insulin will have blood sugar that's very hard to control. New technology and treatments can help.

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# Delta variant: What kind of immunity offers the highest protection?



Researchers in Israel have compared the relatively long-term protection of natural immunity with that acquired from a COVID-19 vaccine.

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## How to Stop Emotional Eating

Do you eat out of true hunger, or is there something else behind your snack sessions? Learn some of the reasons behind your need to nosh.

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## Global COVID-19 vaccine summary: Side effects



In this feature, we look at the side effects of each of the 22 COVID-19 vaccines that have been authorized for use in at least one country.

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## Low-Sodium Cooking Hacks

Most Americans are getting double or triple the sodium they need each day. Here's how to limit the salt in your meals and still have food that tastes great.

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Consciousness / Neuroscientist Anil Seth: 'We risk not understanding the central mystery of life'

## 10 Hydration Mistakes You May Be Making

Drinking water seems like such a simple thing: Pour and sip. But there are a lot of choices to be made along the way, from the type of bottle you use to the temperature you serve it at.

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## Diabetes and Your Mouth

If you have diabetes, keep an eye out for these oral health conditions, especially if you've over 50.

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## Diagnosing Diabetic Macular Edema

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Website: [www.Doctorharold.com](http://www.Doctorharold.com)

## How Your Blood Type Can Affect Your Health

Does your blood type play a role in your risk for disease? Find out how it fares in the face of certain conditions.

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## How Blood Sugar Levels Affect You

High blood sugar can be a sign of diabetes or prediabetes. Your kidneys may have to work hard... [Read more...](#)

## Has the Pandemic Made Us Forget About Heart Disease?

WebMD's chief medical officer speaks with two experts about the role of COVID-19 in heart health, and the fact that heart disease is still the top cause of death globally. [Watch Video](#)

[Most Hospitalized COVID Patients Have Long-Haul Symptoms](#)