

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

**Red Meat Intake Tied to
Higher Coronary Heart
Disease Risk**



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

Texas abortion law: Implications for women's health and safety

Written by Maria Cohut, Ph.D. on September 12, 2021

A new law in Texas effectively bans abortions after the sixth week of pregnancy. What are the long-term implications for well-being and access to healthcare?

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AUTOIMMUNE DISEASE

**Some Patients with Celiac Disease
Rash Say They're So Itchy, 'They
Want to Take Their Skin Off'**



NUTRITION

**The 5 Best Frozen Pizzas, according
to a Nutritionist**



Plant-Based Diet Can Slash Severity Of COVID-19, Finds Major New Study

Following a plant-based diet could help slash the **severity of COVID-19**, according to a new major study. Research published in the *BMJ Nutrition, Prevention & Health* journal investigated the link between the disease and different dietary patterns - [Read the full story!](#)

Deep sleep may help clear the brain of Alzheimer's-related toxins

Written by Jeanna D. Smiley on June 07, 2021

A new study finds links between sleep-dependent brain activity and the excretion of toxic proteins related to Alzheimer's disease.

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What to know about asthma exacerbations

Written by Zia Sherrell on June 07, 2021

An asthma exacerbation is the temporary worsening of asthma symptoms or the appearance of new symptoms. Asthma exacerbations can sometimes occur with no warning. Learn more.

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Moderately high blood pressure: Exercise should be first-line treatment

Written by Robby Berman on June 07, 2021

An AHA statement recommends an increase in physical activity as the first intervention for people with moderately high blood pressure and LDL cholesterol levels.

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Next Pandemic?

Hundreds of thousands of people may be getting infected annually by animals carrying coronaviruses related to the one that causes Covid-19, [according to a new study](#). An average of 400,000 such infections occur each year in China and Southeast Asia, with most going unrecognized because they cause mild or no symptoms and aren't easily transmitted between people. But each one represents an opportunity for viral adaptation that could lead to a Covid-like outbreak, researchers say. Meanwhile, clashes around differing Covid strategies are [tearing Australia apart](#); Japan is planning to lift its virus [restrictions gradually](#); Russian President Vladimir Putin will go [into self-isolation](#) after several of his entourage got infected; and the U.K. will begin offering [booster shots](#) to people age 50 and over and other vulnerable groups next week.

Bloomberg

What Is Genomic Testing in Cancer?

A genomic test could help your doctor tell how fast-growing your cancer might be and how likely it is to spread. Here's how it works.

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The Truth About Cancer

Can artificial sweeteners or deodorant raise your risk for cancer? What can you do to lower your chances of getting cancer? See what's true and what's false.

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Protein Sources That Aren't Meat

Giving up meat -- or just eating less of it -- doesn't mean you'll wind up protein-deficient. Try these delicious nonmeat sources.

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How Your Sleep Needs Change as You Age

You don't need the same amount of sleep as your kids or your parents. See if you're getting enough shut eye for your stage of life.

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Make Advanced Breast Cancer Treatment Work for You

After 19 years of living with advanced breast cancer, Terlisa Sheppard has some words of advice for others who have it.



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How to Have Great Sex

For better intimacy and connection with your partner, try these everyday habits of couples who have great sex lives.

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Skin Lumps and Bumps: What's Scary, What's Not

Warts. Skin tags. Keloids. Our bodies sprout all kinds of interesting things. Most are harmless, but others merit a trip to the doctor.



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SEX

How Long Does Sex Last for Most Couples? We Asked a Sex Therapist



► [Is That Hysterectomy Really Needed?](#)

► [Major Data on COVID Boosters to Be Published This Week](#)

Dementia in the Asian community

Written by Lauren Martin on September 13, 2021

The Asian community is incredibly diverse, so it is difficult to draw conclusions about the factors that contribute to dementia in these populations. Learn more.

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It is with great joy to announce that Operation Hope has taken a momentous step and merged with Compelled By Love.

This means you now have the opportunity to partner with something even bigger, as we expand our reach to help more people, in more countries.

Our values have always framed how we work and operate, and it is these values that have led us to make this exciting decision to merge with Compelled By Love.

Change is not new for Operation Hope. We have had many organisational changes through the years including changing our name. However this change is the most significant.

Operation Hope has functioned with a volunteer board, only one volunteer staff and many other volunteers through the years. However, the ability to grow and deepen our partnerships and work has been limited by both our size and capacity. Not wanting to compromise what has been built over the last 87 years, we felt the need to find a solution that was more sustainable for the future; a solution that would help continue our work where partnership and collaboration was key.

The merge with **Compelled By Love** solidifies this search. Compelled By Love not only share a similar philosophy, mission and vision with Operation Hope but our values are also very aligned. So, after many conversations, meetings and prayer, Operation Hope merged with Compelled By Love at the start of July 2021.

As part of our work both local and overseas, Operation Hope has been privileged to be part of many people's stories and for this we are truly thankful. Our impact is your impact, so we are grateful that you have journeyed with us.

To learn more about our history and impact please [click here](#).

This exciting new phase will ensure our 87-year legacy that was started by Shelton Schokman Snr in Sri Lanka will continue, that our resources will be shared and maximised, that our work will be more efficient and as a result, our impact increased. To learn more about CBL and the merge please [click here](#).

Fiona will continue on the CBL Board and as paid staff managing the projects in Sri Lanka, eSwatini (formerly Swaziland), Rwanda and India. If you have any questions about the merge or would like to continue to give of your time and resources, please do not hesitate to contact Fiona at fiona.grech@cbl.org.au. You will continue to receive news and updates as we merge our database with CBL. But if you'd like to learn more about CBL, please visit the Compelled By Love [website](#), like us on [Facebook](#) and on [Instagram](#).

operation
hope

eNews



Operation Hope would like to thank everyone for your love, support and generosity over the years. Without you, this next phase of our development couldn't have taken place. We truly value your continued support!

If you have any questions please contact us on the link below



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If you have any questions please contact us on the link below.



Email Us

Anxiety disorders: Does physical activity reduce risk?

Written by Robby Berman on September 13, 2021

A study finds that participants in an ultra-long cross-country ski competition developed fewer anxiety disorders over time than a control group.

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FEATURED QUIZ

How to Prevent Food Poisoning

1 in 6 people in the U.S. become ill after eating contaminated food each year.

[TAKE THE QUIZ](#)

5 surprising benefits of walking



The next time you have a check-up, don't be surprised if your doctor hands you a prescription to walk. Yes, this simple activity that you've been doing since you were about a year old is now being touted as "the closest thing we have to a wonder drug," in the words of Dr. Thomas Frieden, former director of the Centers for Disease Control and Prevention. Of course, you probably know that any physical activity, including walking, is a boon to your overall health. But walking in particular comes with a host of benefits. Here's a list of five that may surprise you.

- 1. It counteracts the effects of weight-promoting genes.** Harvard researchers looked at 32 obesity-promoting genes in over 12,000 people to determine how much these genes actually contribute to body weight. They then discovered that, among the study participants who walked briskly for about an hour a day, the effects of those genes were cut in half.
- 2. It helps tame a sweet tooth.** A pair of studies from the University of Exeter found that a 15-minute walk can curb cravings for chocolate and even reduce the amount of chocolate you eat in stressful situations. And the latest research confirms that walking can reduce cravings and intake of a variety of sugary snacks.
- 3. It reduces the risk of developing breast cancer.** Researchers already know that any kind of physical activity blunts the risk of breast cancer. But an American Cancer Society study that zeroed in on walking found that women who walked seven or more hours a week had a 14% lower risk of breast cancer than those who walked three hours or fewer per week. And walking provided this protection even for the women with breast cancer risk factors, such as being overweight or using supplemental hormones.
- 4. It eases joint pain.** Several studies have found that walking reduces arthritis-related pain, and that walking five to six miles a week can even prevent arthritis from forming in the first place. Walking protects the joints — especially the knees and hips, which are most susceptible to osteoarthritis — by lubricating them and strengthening the muscles that support them.
- 5. It boosts immune function.** Walking can help protect you during cold and flu season. A study of over 1,000 men and women found that those who walked at least 20 minutes a day, at least 5 days a week, had 43% fewer sick days than those who exercised once a week or less. And if they did get sick, it was for a shorter duration, and their symptoms were milder.

To learn about additional benefits of walking, check out [Walking for Health](#), a Special Health Report from Harvard Medical School

[ASTHMA](#)

What to know about LABAs and asthma

Written by Zia Sherrell on June 10, 2021

Long-acting beta agonists, or LABAs, are a type of medication that doctors use to treat asthma. Learn more about them, their use, and risks here.

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Yoga for migraine: What to know

Written by Caitlin Geng on June 10, 2021

Yoga could help reduce the severity and frequency of migraine headaches. Learn more about the current research and poses that might help here.

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[LUNG CANCER](#)

What is the life expectancy for small cell lung cancer?

Written by Jon Johnson on June 10, 2021

Small cell lung cancer is aggressive and survival rates can be relatively low compared with other conditions. Learn more about how they change and more.

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13 Myths About Alzheimer's Disease

Is there any difference between Alzheimer's disease and dementia? Find out the truth about Alzheimer's disease and its related causes, symptoms, and treatments.

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25 Ways to Relieve Menstrual Cramps

Menstrual cramps happen when prostaglandins force the uterus to contract. Endometriosis may also cause... [Read more...](#)



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A Yearly COVID Booster Vaccine?

How long will vaccine immunity last, and will we need a booster to maintain protection?

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Type 2 Diabetes Signs

Type 2 diabetes can affect all people, regardless of age. Early symptoms of type 2 diabetes may be missed, so... [Read more...](#)



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10 Benefits of Walking

How much should you walk to reap the health benefits of walking?

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[Diets That Lower Brain Iron Could Keep You Sharp](#)

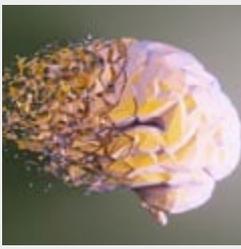
Vitamins and Supplements: What Can You Take to Fight Inflammation?

Arthritis, intense exercise, and sugary or fatty foods are some of the things that can lead to inflammation. Here's what you can take to help fight it.

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The Health Risks of Drug Abuse

Learn how prescription drug and over-the-counter (OTC) drug abuse can endanger your health. [Read more...](#)



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13 Alzheimer's Myths You May Still Believe

Is there a difference between Alzheimer's and dementia? Discover the truth about Alzheimer's including causes, signs... [Read more...](#)

What are the benefits of liquid collagen?

Written by Jennifer Huizen on June 07, 2021

Liquid collagen is a mixture of collagen peptides suspended in a liquid, such as purified water. Learn the benefits and risks of taking it.

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SLIDESHOW

The Truth Behind Hangovers

Separate myth from fact and explore popular hangover remedies and other common hangover beliefs. [Read more...](#)



SLIDESHOW

Depression Myths and Facts

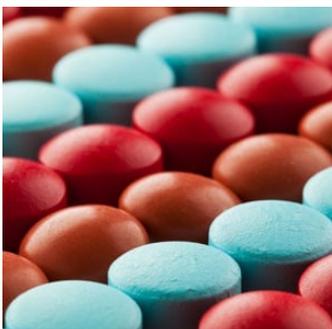
Folk remedies and half-truths prevent many from getting proper treatment for their depression. [Read more...](#)



MEDHELP DISCUSSION

What Is Multiple Sclerosis?

It's a disease that can strike you in your prime. Symptoms come and go, making it hard to diagnose. MS can be debilitating... [Read more...](#)



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Best Ways to Take Different Vitamins

Taking a vitamin supplement to cover your nutritional bases? Find out how and when to take it so your body gets the most from it.

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High Blood Pressure Symptoms

I am 25. Last week I checked my BP, and the top number was 160mm/hg. I have symptoms that I'm not sure are... [Read more...](#)

Daily Fruit Consumption Decreases Risk of Type 2 Diabetes

Daily fruit consumption decreases risk for type 2 diabetes, according to a study published in *The Journal of Clinical Endocrinology and Metabolism*. Researchers compared fruit intake with blood sugar levels for 7,675 participants from the Australian Diabetes, Obesity and Lifestyle Study. Those with moderate fruit intake of two servings per day had better blood sugar control and a 36% less chance of developing diabetes after five years when compared to those who ate the lowest amount of fruit. Fruits such as apples, oranges, and bananas have a low glycemic index, which is associated with better blood sugar control, and are rich in fiber, vitamins, minerals, and phytochemicals linked to diabetes prevention.



Reference

Bondonno NP, Davey RJ, Murray K, et al. Associations between fruit intake and risk of diabetes in the AusDiab cohort. *J Clin Endocrinol Metab*. 2021;dgab335. doi: 10.1210/clinem/dgab335

Alzheimer's drug controversially approved

The US Food and Drug Administration (FDA) has [approved the first new drug for Alzheimer's disease in 18 years](#): aducanumab, developed by US biotechnology company Biogen. It is also the first approved drug that attempts to treat a possible cause of the neurodegenerative disease — plaques of amyloid- β protein in the brain — rather than just the symptoms. But many researchers do not welcome the FDA's decision. Evidence that links reductions in plaque levels to improvements in cognition is "thin, at best", says geriatrician Jason Karlawish. Approval of a drug that focuses on amyloid might dampen efforts to find other treatments. "This is going to set the research community back 10–20 years," says neurobiologist George Perry.

[Nature | 7 min read](#)

It takes a wood to raise a tree

In 1997, ecologist Suzanne Simard made the cover of *Nature* with [the discovery](#) of a subterranean lace of tree roots and fungal filaments, or hyphae, in British Columbia, Canada. It was "a network as brilliant as a Persian rug", [she recalls in her book *Finding the Mother Tree*](#) — a network through which many tree species were cooperating. In this scientific memoir, Simard weaves the threads of her life and career into a meditation on the power and beauty of connectedness.

[Nature | 5 min read](#)

[America Is Losing the War Against Diabetes](#)



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16 Natural Remedies for RLS

Restless legs syndrome treatment includes natural remedies that you can implement at home. Use exercise, sleep hygiene... [Read more...](#)



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Causes of Swollen Feet

Swollen feet may be painful, uncomfortable, and can make it hard to walk. It can happen for a variety of reasons. [Read more...](#)

[Could a Plant-Based Diet Help Ward Off Severe COVID?](#)

[Symptoms of Type 1 Diabetes](#)

[How to Prevent Food Poisoning](#)

[10 Benefits of Walking](#)

[Causes of Low Back Pain](#)

Hotter world leave lakes gasping for life

Lakes are getting hotter and their concentration of dissolved oxygen is dropping, writes physical geographer Antonia Law. Researchers analysed 393 temperate lakes between 1981 and 2017 and found that their temperatures rose by 0.39 °C every decade, and dissolved oxygen fell by 5% at the surface and 19% in the depths. We can expect [more harmful algae blooms, a rise in fish pathogens and the loss of cold-water habitats that shelter fish such as trout and salmon](#), writes Law.

“Without immediate action to curb emissions and slow climate change, many of the world’s lakes are on course for a sweltering, breathless and lifeless future,” she argues.

[The Conversation | 5 min read](#)
Reference: [Nature paper](#)

What are the different types of brain cancer?

Written by Lauren Martin on June 09, 2021

There are multiple types of brain cancer. One of the most common is gliomas. [Learn more.](#)

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Eating Habits That Pile on the Pounds

Do you know the two main causes of overeating and weight gain?

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Calories Burned by Household Chores

Hate going to the gym? You can burn calories when you do chores around the house.

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FEATURED QUIZ

Narcolepsy Quiz: Test Your Medical IQ

What is narcolepsy? Who is affected the most with this disorder? What causes it?

[TAKE THE QUIZ](#)

What might cause head pressure and dizziness?

Written by Zawn Villines on June 09, 2021

Some causes of head pressure and dizziness include allergies, ear infections, and high blood pressure. [Learn more about the causes and how to treat them here.](#)

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COVID-19: New study highlights potential role of diet

Written by Robby Berman on June 09, 2021

New study finds that doctors and nurses who ate a plant- or fish-based diet experienced milder COVID-19 symptoms than those eating low carb, high protein diets.

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13 Early Signs of Multiple Sclerosis (MS)

Symptoms of multiple sclerosis may be single or multiple. They may range from mild to severe in intensity. They may also be long-term or short-term in duration.

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Signs of Cancer in Men

Learn possible clues to finding and detecting cancer early. Cancer symptoms men need to watch out for include skin changes, rapid weight loss... [Read more...](#)



SLIDESHOW

Foods to Watch When You Have AFib

When you have AFib, an irregular heartbeat, you need to watch what you eat. Think twice before you eat or drink these foods to help your heart.

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Anti-dengue mosquito trial success

Cases of dengue fever plummeted by a “staggering” 77% after researchers released modified mosquitoes that are resistant to the virus. [These mosquitoes carry dengue-blocking Wolbachia bacteria](#), which they spread through local mosquito populations. *Wolbachia*-carrying mosquitoes were released over a six-month period in randomly designated parts of Yogyakarta in Indonesia, starting in 2017. Early results last August were so encouraging that researchers have since released *Wolbachia*-carrying mosquitoes over all of central Yogyakarta and plan to expand the project.

[The Atlantic | 6 min read](#)

Read more: [Meet public-health researcher Adi Utarini, who is leading this completely new approach to controlling dengue](#) (*Nature's 10* | 4 min read, from December)

Reference: [New England Journal of Medicine paper](#)

[10 Tips for a Healthy Night's Sleep](#)

Unexpected Ways You're Hurting Your Kidneys

Your kidneys do a lot to keep you healthy. When they're damaged, waste products can build up in your body. See if you're accidentally putting these organs at risk.

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FEATURED NEWS

Dengue Fever Infection and Death

A Miami woman in her 30s died from locally acquired dengue fever, a mosquito-borne virus.

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