

Health & Views

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

Today's Must Read!

Alabama Man Dies After 43 Hospitals With Full ICUs Allegedly Turn Him Away

October 2nd issue
2021



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

8 Normal Reasons Your Belly Is Bloating (And 4 Times to Worry)

Belly bloating is often related to diet—but sometimes more serious conditions could be a factor. Here's what to watch out for.

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Today's Must Read!

'COVID Toes' Might Be a Sign of a Strong Immune Response to the Virus, New Study Says—Here's What to Know About This Symptom

The Best Healthy Breakfast Recipe for Coffee Lovers

A registered dietitian shares one of her favorite healthy breakfast recipes, a protein coffee smoothie. Yes, you can have a smoothie as a meal!

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10 Foods With More Fiber Than Broccoli

Registered dietitians and nutritionists reveal the high-fiber foods you should add to your diet to meet your daily recommended intake.

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FEATURED QUIZ

Why We Remember and Forget

Learn how the brain processes memories, why we're forgetful and what to do about it.

[TAKE THE QUIZ](#)

More than one-third of COVID-19 patients may experience long COVID symptoms



New research finds that more than one in three individuals experienced at least one long COVID symptom 3–6 months after receiving a COVID-19 diagnosis.

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Exercises for Better Sex

Physical activity in general can help heat up your sex life. But these moves can increase your blood flow, boost endurance, and improve flexibility.

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A new cancer treatment can wipe out tumours in terminally ill head and neck cancer patients, [scientists have discovered.](#)



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10 Reasons to Eat More Oranges

Yes, oranges have tons of immune-boosting vitamin C, but they're also packed with potassium, fiber, antioxidants, and more. Explore every part of the orange, from peel to juicy fruit.

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Sabrina Parr, 34, Opens Up About Her Ovarian Cancer Diagnosis and the Surgery to Remove the 5-Inch Tumor



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15 Causes of Droopy Eyelids

Ptosis is when one or both of your eyelids sag or droop. It can happen for lots of reasons. Here's what you need to know.

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SLIDESHOW

How to Keep Your Skin Beautiful

The choices you make every day -- what you eat, where you go, how you feel -- affect how your skin looks. [Read more...](#)



Filters could clean SARS-CoV-2 from air

Research at a hospital in the United Kingdom suggests that [portable HEPA air filters effectively remove SARS-CoV-2 virus particles from the air](#) — the first such evidence in a real-world setting. The results indicate that air filters might be an affordable and overlooked tool to reduce the risk of COVID-19 transmission in hospitals.

[Nature | 4 min read](#)

Seeking biodiversity winners and losers

Globally, we are experiencing a biodiversity crisis: a landmark report shows that some one million animal and plant species face extinction. But in some locations, the variety of species is increasing. In others, some types of plant and animal are thriving while others struggle.

Scientists are scrambling for [data that will help them to better understand the well-being of rapidly changing ecosystems and where conservation efforts can best be targeted](#). At the forefront is a

European network, called EuropaBON, that will combine research plots, community scientists, satellite sensors, models and other methods to generate a continuous stream of biodiversity data for the continent.

[Nature | 14 min read](#)

Reference:

[Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services \(IPBES\) Global Assessment report](#)



WHAT IS SLEEP PARALYSIS?
WHY IT HAPPENS AND WHAT TO DO ABOUT IT



5 HEALTH BENEFITS OF ARTICHOKES, ACCORDING TO A NUTRITIONIST



HOW TO PREVENT AND TREAT RAZOR BURN, ACCORDING TO EXPERTS



Fried foods, sugary drinks linked to sudden cardiac death

Written by Timothy Huzar on July 01, 2021

New research examines five different dietary patterns and looks at which of them raises or lowers the risk of sudden cardiac death.

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Anatomy and common conditions of the ear canal

Written by Zia Sherrell on July 01, 2021

The ear canal connects the outer cartilage of the ear to the eardrum, which allows people to hear. Read on to learn more about the ear canal.

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Here's What a G-Spot Is— And How to Find It



Where is the G-spot? Many people say that stimulating this area in the vagina can lead to better orgasms. Here's how to find it.

NUTRITION

Good News, Potato Lovers—the Veggie Has Some Serious Health Benefits

[Too Little Iron in Your Diet May Lead to Heart Disease](#)

[Pfizer Vaccine Starts to Wane After Two Months](#)

[New Yezo Virus Disease in Ticks](#)

MEDHELP DISCUSSION

High Direct Bilirubin in Blood

My DBIL is high at 8.4, max is 5.1. My leukocytes are a bit low, 4.88. All other tests are fine. I've been a heavy... [Read more...](#)



SLIDESHOW

Painful and Frequent Urination?

Bladder infections can be painful and often require medical treatment. Learn how UTIs are diagnosed in infants, adults, and the elderly. [Read more...](#)

“The Certain Nip in the Air”.

One can feel the nip in the air; as the days are now getting cooler; making it so pleasant to sit outside. The birds appear to have all flown away to warmer climes and the absence of the squirrels is apparent; as it is certain that they are too busy making their nests or abodes to keep the warmth during the foreseen much colder days that appear to be imminent. You do see the bee population extremely busy gathering all the honey they could from whatever flower that remain. Those bountiful, colourful and magnificent creation of Mother Nature is now on the wane. Most of it wilted and withered and the petals lying forlorn on the surround grounds around it. But fret not; as they create compost for the future growth – a magnificent and marvellous concept of Mother Nature to keep the propagation of life; is what it is.

The leaves on the trees too will no doubt follow suit with the dropping of the temperature. One sees the leaves commencing to turn colours. Very soon it will turn out to a kaleidoscope of panoramic colours that will touch our body, soul and mind. Giving most of us the respite from a World full of stress that abounds us in myriad ways. Just to imbibe on the show put up by Mother Natures’ splendour which is so ever present in our daily lives; that surely will alleviate our stress & worries that abounds. But alas! How many of us take the time from our busy lives to marvel at the wonders of Mother Nature; which we are blessed with throughout the year and at absolutely no cost at all?

One must really marvel in sheer amazement at The Almighty’s creations and the resilience of all life on the Planet of ours. We see the Birds; Bees; Creatures; and vegetation go living undaunted by the vagaries of weather and other Nature induced calamities. As human beings we too are a resilient lot; but we are now reeling in the raging pandemic that has befallen us; revealing that we are susceptible to this disease, that have affected our way of life. Unfortunately some have succumbed and yet others have their life style cramped and in disarray. Confined mainly to our abodes; is wherever and what it is. In venturing out we are strictly required to adapt to the concept of “Social Distancing with a Mask worn”, while venturing out. To be stopped at various public places and questioned if we had our vaccinations taken and with a slew of questions being asked pertaining to the Pandemic.

Thus virtually confining one to their homes; unless venturing out to cater to ones needs. How long this will go on is an oft asked question with the answer lying in the Hands of The Almighty. It is only in such times of calamity that most seek answers from The Almighty; and that too by posing the question – “Why God! Why”? Reeks of hypocrisy doesn’t it? And who are we mortals to question The Almighty on His decisions; for He is our Creator and to Him do we belong. In fact is it an awakening to us humans for the requirements to adhere to the tenets of the Spiritual teachings; by way of bringing family togetherness and concern for others. To bring back the necessity of frugal and simple living in comfort and a simplistic way of life-life style, sans luxury and exuberance. Finally to follow and savour the free beauty of life; which is enjoyed in gay abandon, by the animal & plant living on the very Planet we live-in. Sure does make sense when there suddenly appears more time on ones’ hands – doesn’t it? Another worthwhile factor created by the pandemic, it is.

Well in these pandemic times we do remain mostly confined to our homes; spending a lot of quality time with the family and reminiscing of the past and venturing into to seek what lies in the future. The major outlet to seek some solace is viewing the TV and listening to audio devices. But lo & behold what we see and hear most of the time is news of “Gloom & Doom”; and recent times leading up to the 20th of this month would be the throwing of bricks by candidates; at each other –which they think will build a House of Parliament at Parliament Hill in the Capital or another #22 Sussex Drive; with all the bricks and the mud slung at each other. But they have to be cautious in the build, as the lightest rainfall will cause the mud to flow away; and the bricks will just end up being a pile of rubble. However, the common factor or denominator would and will always remain; as how they are going to do a lavish spending of the Tax-payers money. Oh! How I await to listen to someone say how – this is how we will earn the funds to balance the extravaganza of spending that money; instead of asking us tax-payers to drill extra holes in our belts to stomach extra taxes. A bitter pill that may await us after the sugar coat has worn out; and that may lead to the bitterness of the pill; no doubt.

All this gets mind boggling and leads one to think of an old saying – “Like jumping from the frying pan and into the fire”. Exhausted with these thoughts of facts of negative impression will exhaust one and lull you to sleep. But sleep will not come easy with such thoughts. So please read this article and I am sure it will give you the sleep you require; for tomorrow is another day to mull over the future and pray for the best. If you feel selfish you can always say – “Each for themselves and God for us all”. But a great Spiritual Faith has it as: “Peace on Earth; and goodwill to all Mankind”.

But one must remember that we certainly are our own enemy; and remember a verse in The Bible, “Do unto others as you would have them do unto you”; which is certainly a saying that is advocated by the other Spiritual Faiths too. So stay safe; keep well and God Bless you all dear readers.

Noor Rahim
September 13 2021

How to Keep Your Skin Beautiful

The choices you make every day -- what you eat, where you go, how you feel -- affect how your skin looks. [Read more...](#)

'I usually end up calling an ambulance' / Migraine pain is not just a bad headache

The neurological disease affects up to 20% of people, but research funding is sorely lacking. Women are more than three times likely to suffer from it than men

The Guardian

MEDHELP DISCUSSION

High Direct Bilirubin in Blood

My DBIL is high at 8.4, max is 5.1. My leukocytes are a bit low, 4.88. All other tests are fine. I've been a heavy... [Read more...](#)

What is the link between hearing loss and rheumatoid arthritis?

Written by Zawn Villines on July 01, 2021

People with rheumatoid arthritis are more likely than other people to experience hearing loss, especially sensorineural hearing loss. Learn more here.

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[CROHN'S / IBD](#)

International study links ultra-processed foods with IBD risk

Written by Jeanna D. Smiley on July 18, 2021

A recent multinational study suggests that regularly eating highly processed foods and beverages is linked with gut inflammation and IBD.

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3 Signs of Lyme Disease

Lyme disease is caused by spiral-shaped bacteria called Borrelia. Two different species of ticks transmit the bacteria to humans via bites.

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What Can Honey Do for You?

Humans have gathered honey for thousands of years. When early people cleared forests into pastures, they created bee-friendly habitats where flowers and bushes grew.

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Symptoms of Lung Cancer

Many with the disease don't have any symptoms until later in the illness, and many symptoms of lung cancer are similar... [Read more...](#)

[FREE Cookbook](#)



Huge DNA 'Borg' structures discovered

The Borg have landed — or, at least, researchers have discovered their counterparts here on Earth. Scientists analysed samples from muddy sites in the western United States and found [DNA structures that seem to scavenge and 'assimilate' genes from microorganisms in their environment](#), much like the fictional *Star Trek* 'Borg' aliens who assimilate the knowledge and technology of other species. These extra-long DNA strands, which the scientists named in honour of the aliens, join a diverse collection of genetic structures — circular plasmids, for example — known as extrachromosomal elements.

[Nature](#) | 8 min read

[ALZHEIMER'S / DEMENTIA](#)

Reading, writing, and playing games delay Alzheimer's by 5 years

Written by Annie Lennon on July 19, 2021

The authors of a new study conclude that older adults who participate in cognitively stimulating activities could delay the onset of Alzheimer's by 5 years.

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[ASTHMA](#)

Yellow phlegm and asthma: What to know

Written by Adam Rowden on July 19, 2021

A person with asthma may sometimes notice phlegm when they cough. However, yellow phlegm may be a sign they have an infection. Learn more.

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The Stages of Menopause

Menopause can be seen as a positive beginning of a new phase of life, with opportunities to take preventive action against... [Read more...](#)



SLIDESHOW

Quick Coverups for Acne

When acne strikes right before your wedding or other big event, it's no time for wimpy concealer. Use a product with more pigment. [Read more...](#)

CANCER

This Factor Increases Your Cancer Risk—But No One Talks About It

[PSORIATIC ARTHRITIS](#)

Psoriatic arthritis and chest pain: What is the link?

Written by Lauren Martin on July 19, 2021

Psoriatic arthritis chest pain can occur if the cartilage connecting the ribs to the breastbone becomes inflamed. Learn more about the causes, symptoms, and treatments.

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Common Foods That Can Be Toxic

Could a common food poison you? Find out which foods may be home to hidden toxins. [Read more...](#)

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SLIDESHOW

The Benefits of Mushrooms

Almost all the mushrooms we eat in the U.S. are the white button variety. Why not branch out? Other common types... [Read more...](#)

[How much of the world's food production is dependent on pollinators?](#)

The populations of many pollinator insects — bees, wasps, and butterflies — are in decline. Many crops rely on pollinators, which raises concerns about the future of our food.

In this article we show that three-quarters of our crops depend on pollinators to some extent, but only one-third of global crop production does. This is because many of our largest producing crops (staples such as cereals) are not dependent on them at all.

Studies suggest that if pollinator insects vanished, crop production would decline by around 5% in high income countries and 8% at low-to-middle incomes.

'Historic moment' for malaria vaccine

A long-awaited moment has arrived: [the World Health Organization \(WHO\) has recommended that a malaria vaccine be distributed widely across Africa](#). RTS,S is the first proven vaccine against the shape-shifting malaria parasite, but it has its limits: it prevents only roughly 30% of severe cases in children, and it requires 4 injections over 18 months. It's also relatively expensive, despite manufacturer GlaxoSmithKline offering a discount, following a three-decades-long, multimillion-dollar development programme. The approval demonstrates how valuable any bulwark is against the parasites, which kill an estimated 260,000 young children in Africa every year and are unusually good at evading the immune response. "We've been looking for a malaria vaccine for over 100 years now," Pedro Alonso, the director of the WHO Global Malaria Programme, [told the BBC](#). "It will save lives and prevent disease in African children."

[Science | 6 min read](#)

7 Things That Happen to Your Body When You Watch Scary Movies

[Discover what the "boo!" factor can do to your body—and your mind.](#)



If You Don't Eat Strawberries Every Day, This Might Convince You to Start

The bona fide sweet and juicy fruit boasts nutrients that can boost [your health](#).

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6 Signs of a Stroke You Might Be Ignoring

Stroke is the fifth-leading cause of death nationwide. It's common to mistake signs of a stroke for other health problems, which delays [treatment](#).

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15 Causes of Droopy Eyelids

Ptosis is when one or both of your eyelids sag or droop. It can happen for lots of reasons. Here's what you need to know.

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14 Vegetables You Really Should Stop Avoiding

Tired of the same old veggies every single day? Branch out into new horizons and enjoy the health benefits of these lesser-used vegetables.



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[ENDOCRINOLOGY](#)

Thyroid supplements: Which ones are safe?

Written by Louisa Richards on August 17, 2021

Some supplements that claim to boost thyroid health are now commercially available. However, they could lead to dangerous complications. Learn more.

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[SLEEP / SLEEP DISORDERS / INSOMNIA](#)

Sleep apnea may almost double the risk of sudden death

Written by Leigh Ann Green on August 17, 2021

Researchers from Penn State have found that those experiencing sleep apnea are at a higher risk of sudden death and death from cardiovascular conditions.

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[LEUKEMIA](#)

Mast cell leukemia explained

Written by Adam Rowden on August 17, 2021

Mast cell leukemia is a subtype of mastocytosis. It is extremely rare but very aggressive. Due to its rarity, there are few clinical trials on this condition.

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[SENIORS / AGING](#)

Adult metabolism remains stable until 60, study reveals

Written by James Kingsland on August 17, 2021

An international study has found that, after accounting for body size, energy expenditure peaks in infancy and then steadily declines until the age of about 20.

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[ULCERATIVE COLITIS](#)

What medications should a person with ulcerative colitis avoid?

Written by Adam Rowden on August 17, 2021

Some medications, such as ibuprofen, may cause flare-ups in people with ulcerative colitis. Learn more.

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[ATOPIC DERMATITIS / ECZEMA](#)

What to know about steroid creams and eczema

Written by Rachel Ann Tee-Melegrito on August 17, 2021

Topical steroids can manage eczema in many ways, including by easing inflammation. Learn about the types of these medicines and how to use them here.

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