

# Health & Views

November

2<sup>nd</sup> issue

2021

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

## FDA Wants Restaurants, Manufacturers to Reduce Salt in Food

### The Best Diet for Prediabetes

Making some simple changes to what you eat can help prevent diabetes down the line.

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### Exercise Guidelines for Diabetes

Working out usually lowers your levels, so if you take insulin or diabetes meds, you may need to adjust your snacks, medication, or both.

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### How Type 2 Diabetes Affects Your Whole Body

Your doctor isn't only interested in your blood sugar. They'll check for signs of complications in your kidneys, heart, limbs, and eyes, too.

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### Tests for Diabetic Macular Edema

### Low Iron in Midlife May Boost Risk for Heart Disease

New findings suggest that sufficient iron in the blood might prevent about 1 in 10 diagnoses of coronary heart disease and reduce your risk of premature death.

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### Lyme Disease vs. Multiple Sclerosis

These two conditions can have overlapping symptoms -- and those symptoms may look very similar on brain scans, MRI, and other tests.

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### Easy Swaps for Low-Carb Dinners

It's not hard to make your favorite meals more blood sugar friendly. Try these simple (and delicious) ways to substitute ingredients in your favorite dinners.

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## Top Cancer-Fighting Foods

No single food can prevent cancer, but the right combination of foods may help make a difference. These are particularly powerful.

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

### The Truth About Antidepressants

Most people on antidepressants see improvements in symptoms such as sadness, loss of interest, and hopelessness. But these drugs don't work right away.

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### What's So Bad About a High-Salt Diet?

Your body needs sodium to work properly, but too much can harm your heart and kidneys. What's the easiest way to cut down?

[Take Quiz](#)

### 15 Ways to Relieve Low Back Pain

Common activities like climbing stairs and driving might be more difficult when you have low back pain. Try these strategies to help manage your pain through the day.

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### Everyday Exercises for Ankylosing Spondylitis

While there is no cure for AS, regular exercise is key to keeping your mobility and flexibility. Learn how each type of movement can help.

[Watch Now](#)

## Remembrance Day – November 11th.



With every breath you take  
You feel the concept of “Born Free; Live Free”  
In our daily lives there are many obstacles we  
surmounted  
Making us feel heroes among family; and  
among friends admired  
But remember, this could not have been  
possible and achieved  
If not for the Veterans who gave their today  
for our tomorrow  
With sacrifices supreme; in blood, toil and  
valour  
Never to be forgotten, but always to be  
remembered  
Undeniable is the fact that we owe these few  
who ventured  
To pave the way for our freedom that needs to  
be acknowledged  
For in our hearts and prayers we must  
remember them for what they sacrificed  
May the Good Lord keep them forever blessed  
and protected  
Noor Rahim  
November 05, 2021

## Living the Dream of a Lifetime.

Childhood dreams start off in fantasy  
Influenced by media, fables and super heroics  
With reality setting in as the “Dreamer” matures  
For dreams can be manipulated; but not necessarily in reality

Choosing a dream (career) is dependent on a person’s  
educational quality  
And require the pursuit of the selected dream in all its glories  
For nothing ventured, nothing won; is how it goes  
So, follow that dream of yours until it doth satisfy

Selection and maintenance of your dream that is worthy  
Should be followed without wavering as it goes  
Staying on track to achieve that dream in its splendours  
Until it reaches the required fruition and fertility

But a dream is like a bubble with its vulnerability  
Which! Lack of effort and enthusiasm easily deflates  
And susceptible to outside influences that could place obstacles  
Hence a resolute will to succeed requires determination and  
tenacity

So do pursue your dreams with purpose and very diligently  
For it is one’s own future that one seeks  
Always remembering to protect, nurture and fortify ones’  
dreams  
To ensure that your dream reach its goal in sustained safety  
Else! Dear Readers – “You’ll be forever blowing bubbles”.  
*Noor Rahim*

## Why We Eat When We're Not Hungry

Do you eat out of true hunger, or is there something else behind  
your snack sessions?

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## Caffeine-Free Energy Boosters

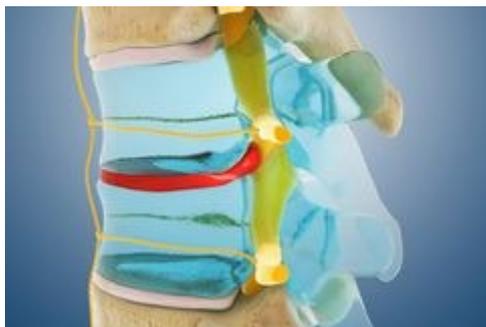
If you drag in the afternoons,  
here are some ways to get  
energy without a caffeine buzz.

[Read More](#)

## 14 Spine Problems: When to See Your Doctor

That stack of little bones along the center  
of your back plays a key role in supporting  
your body. What happens when something  
goes wrong?

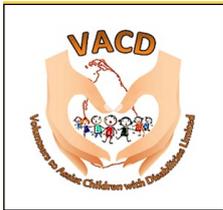
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## 5 Major Signs of a Stroke

A stroke is a medical  
emergency. Without treatment,  
cells in the brain quickly begin to  
die, which is why spotting the  
signs early is so important.

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# "Their Future in Our Hands"

## VACD Australia October/November 2021 Newsletter

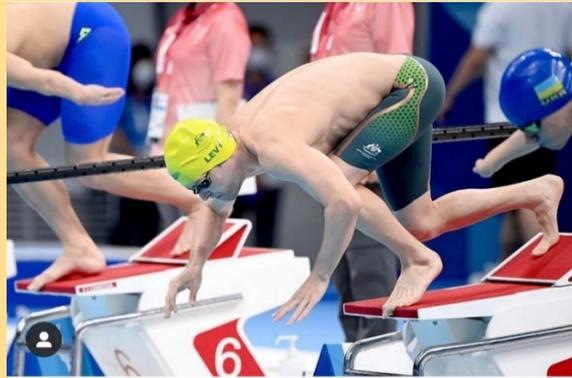
**"When we give alms with our hearts, we give well"**

### **Dear friends, colleagues, supporters, and collaborative partners,**

Trust this finds you and your loved ones safe and well notwithstanding the challenges and uncertainties we have had to confront and overcome over the past 18+ months. Let us hold fast to our faith and confidence that we will soon be out of the woods and living in a far better world in 2022 and beyond.

### **Delightful News!!!**

Mr. Matt Levy – VACD Australia Director & VACD Ambassador pictured below won a bronze and a gold medal at his fifth and recently concluded Paralympic 2021 games in Tokyo.



Matt has won 3 Gold, 1 Silver and 6 Bronze medals over these past years in Men's Paralympic Swimming in freestyle, butterfly, and medley. You can find more information on Matt on the following weblink:

[https://en.m.wikipedia.org/wiki/Matt\\_Levy](https://en.m.wikipedia.org/wiki/Matt_Levy)

**Please continue to support our mission by donating via:**



**Donations in Australian Dollars (tax deductible for Australian taxpayers) can be made via:**

<https://www.vacd.org.au/donate/by> credit card, PayPal & direct deposits while cash, cheque or direct transfers can be made to:

### **The VACD Australia Bank account:**

**Account Name:** 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

**Branch No:** 062-016

**BIC/SWIFT Code:** CTBAAU2S

## Symptoms of Spinal Stenosis

You may have numbness, weakness, cramping, and pain in your arms and legs. In more severe cases, you may notice issues like these.



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## Chiropractic Care Explained

The theory is that proper alignment of your body, particularly the spine, will enable your body to heal itself without surgery or medication.

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## Why You Might Need a Muscle Relaxer

If other medications and treatments aren't helping your back pain, your doctor may prescribe a muscle relaxer. Here's what you need to know about these medications.

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## 14 Things That Cause Memory Loss

Did you know that lack of sleep curbs your ability to form memories? See what else can lead to brain decline and memory problems.

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## 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 boost your performance.

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## Should All Bariatric Surgery Patients Take Ursodeoxycholic Acid to Prevent Gallstones?

## 7 Tips to Minimize COPD Episodes

From using air purifiers to keeping your home organized, these lifestyle changes may give you relief from COPD symptoms.

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## How Your Hormones Affect Irritable Bowel Syndrome

No one knows the exact reason for IBS, but one thing that experts are certain about: Your gender plays a role.

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## 6 Signs You May Have a Cataract

Many things can cause blurry vision. But cataracts also produce these other distinctive symptoms.



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## Ways to Keep a Loved One With Alzheimer's Active

Whether it's gardening or listening to music, it's important to keep a person with Alzheimer's engaged. See how to match the activity to the person's capability.

[Watch Video](#)

## Constipation Myths and Facts

Is it safe to hold it in? Can chewing gum get stuck in your digestive system? Here's what you need to know.

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## Foods That Can Calm Your Nerves

As much as you may want to, you can't make yourself feel better with a bowl of your favorite ice cream. But there are other foods that may help boost your mood.

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## Staying Fit When You Have Arthritis

You don't have to sacrifice your favorite activities when you have arthritis. Use these tips on specific exercises and habit-building to keep up your active lifestyle.

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## Why Does Your Urine Look Like That?

You might think urine is always yellow, but it's not that simple. Different colors can mean different things. See what yours may be telling you about your health.

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## How a Woman Who Never Smoked Lives With Lung Cancer

See how Lin rose above the shock of her lung cancer diagnosis to keep a positive outlook and live a full, rewarding life.



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## Rheumatologists: What They Do, and What to Expect

Rheumatologists are like detectives looking for clues to relieve your specific symptoms and treat your RA.

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## The Healthiest Way to Eat Onions

OK, so maybe you'll never pick up an onion and bite into it the way you would an apple. But onions, especially raw ones, offer a surprising array of health benefits. See what they can do for you.



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## Strategies for Beating Arthritis Fatigue

Fatigue is a common problem that comes with arthritis -- and it can be a side effect of treatments, too.

[Watch Video](#)

## Experts warn childcare will be the next COVID frontline as sector calls for safety plan

Children aged under five will soon make up almost two-fifths of Australia's unvaccinated population, but there are few sector-wide policies for how to deal with COVID at childcare services.

By Katina Curtis

## Symptoms of Alzheimer's

Mild memory loss can be a normal part of getting older. It doesn't necessarily mean you're going to have dementia. Here are the signs it's not just regular aging.

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## 'Not a solution itself' / India questions net zero targets ahead of Cop26

Third largest emitter of greenhouse gases committed to 'being part of the solution' but calls on rich countries to acknowledge 'historic responsibility'

The Guardian

## Unexpected Signs of Inflammation

Chronic inflammatory diseases (CIDs) cause your body to overreact and, in some cases, attack itself. That can emerge in some surprising ways.

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## The Best Foods to Feed Your Brain

Listen to the buzz and you'll believe some foods can do everything from sharpen focus to enhance memory, attention span, and brain function. See what really helps.

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## How Exercise Keeps You Youthful

You can come up with a million reasons not to move. But know this: Roughly 3.2 million people die each year due to inactivity. Regular exercise, especially as you age, is critical to good health.



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## Signs You May Have Metabolic Syndrome

It's not a single disease, but a group of related health problems that make diabetes, heart disease, and stroke more likely. Here's what to watch for.

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## Warning Signs of Atrial Fibrillation

This form of irregular heartbeat raises your risk of stroke and heart failure. But for many people, AFib doesn't cause obvious symptoms.



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## Symptoms of Leukemia and Other Blood Cancers

There are many types of blood cancers, and certain things can raise your chances of getting one. Here's how to recognize the most common signs.

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## 9 Ways Owning a Pet Can Help With Breast Cancer

Having an animal in your life can be good for your heart, mind, and body, especially if you have breast cancer. Pets can ease feelings of loneliness, promote rest, and encourage movement, among these other benefits.



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## 11 Natural Testosterone Boosters

To help your body make more testosterone, order the oysters, prioritize sleep, and commit to these other simple habits.

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### What to Do When Breast Cancer Spreads

When cancer spreads to your bones, liver, and these other spots in the body it's considered metastatic. Here's what you need to know.

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### Signs You May Have Metabolic Syndrome

It's not a single disease, but a group of related health problems that make diabetes, heart disease, and stroke more likely. Here's what to watch for.

[Read More](#)

### Ways to Lower Your Breast Cancer Risk

See how tweaks to your diet (5 cups of plant-based fare per day) and these other habits may help cut your odds.

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### Best Anti-Aging Ingredients for Younger-Looking Skin

There's no magic wand, but a number of ingredients in over-the-counter treatments may help your skin appear more youthful.

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### Symptoms of Leukemia and Other Blood Cancers

There are many types of blood cancers, and certain things can raise your chances of getting one. Here's how to recognize the most common signs.

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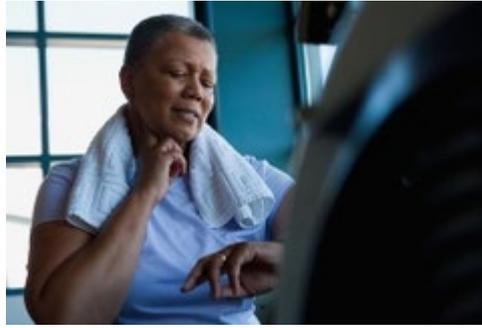
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CARDIOLOGY](#)

## Common heart valve disorders

Written by Caitlin Geng on November 03, 2021

Heart valve disorders can cause valves to narrow or leak. Sometimes this is the result of congenital conditions, certain diseases, or aging.

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[ALCOHOL / ADDICTION / ILLEGAL DRUGS](#)

## Psychedelic use and lower heart disease, diabetes risk: Is there a link?

Written by Robby Berman on November 03, 2021

A new study finds a correlation between classic psychedelic use and a reduced risk of developing heart disease and diabetes.

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## Are supplements beneficial for macular degeneration?

Written by Helen Millar on November 03, 2021

Can supplements help prevent or delay macular degeneration? Read on to learn more about supplements and eye health, including which supplements to take.

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## What is the connection between hepatitis C and kidney damage?

Written by Karen Veazey on November 03, 2021

People with hepatitis C have a higher risk of developing acute kidney injury or chronic kidney damage. Learn more.

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[NUTRITION / DIET](#)

### Genetic evidence links vitamin D deficiency to mortality risk in some

Written by Annie Lennon on November 03, 2021

New research examines whether genetic predisposition to high vitamin D levels affects overall health and mortality risk.

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## Side Effects of Cholesterol-Lowering Statin Drugs

These are the common side effects associated with cholesterol-lowering statin drugs and their potential warning signs.

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[Heart Disease Warning Signs](#)

## Reasons to Take a Nap

A short nap in the midafternoon can boost your memory, improve your job performance, and provide these other benefits.

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## Cancer Symptoms You Might Not Know

Testicle changes, problems when you pee, a nagging cough, and other warning signs: Know what to look for and when to see your doctor.

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## 13 Things You're Doing Wrong When You Shower

You might be washing your body more than you should -- or using soap where you shouldn't.

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### [5 big reasons people don't exercise](#)

Exercise is great in theory! But actually doing it can be a different story altogether.

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### [The human cost of buying clothes from China](#)

About 2 million people die annually as a result of pollution linked to the production of goods for richer nations.

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### [Vaccines for children are coming](#)

The United States has given the green light to Pfizer for children as young as five.

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### [Ivermectin-COVID-19 Study Retracted; Authors Blame File Mixup](#)

**Compiled, edited & published by**  
**Dr Harold Gunatillake**  
**To unsubscribe email:**  
**haroldgunatillake1@gmail.com**

Dr Harold Gunatillake, Health Editor, is a Member of the Academy of Medicine, Singapore. Member of the Australian Association of Cosmetic Surgery. Fellow of the Royal College of Surgeons (UK), Corresponding Fellow of the American Academy of Cosmetic Surgery. Member of the International Societies of Cosmetic Surgery, Fellow of the International College of Surgery (US). Australian diplomat for the International Society of Plastic, Aesthetic & Reconstructive Surgery. Board Member of the International Society of Aesthetic Surgery. Member of the American Academy of Aesthetic & Restorative Surgery. Life Member of the College of Surgeons, Sri Lanka. Bachelor of Medicine & Bachelor of Surgery (Cey). Government scholar for higher studies in the UK.

### NEUROLOGICAL DISORDERS

#### [These Are the Most Common \(and Unexpected\) Triggers of Seizures](#)



The U.S. government is poised to withdraw longstanding warnings about cholesterol

<https://emea01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.washingtonpost.com%2Fnews%2Fwonk%2Fwp%2F2015%2F02%2F10%2Ffeds-poised-to-withdraw-longstanding-warnings-about-dietary-cholesterol%2F&data=04%7C01%7C%7C039e063aeace4c3f34d608d99f7d4b76%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637716182753837130%7CUnknoun%7CTWFpbGZsb3d8eyJWljiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6IklhaWwiLCJXVCi6Mn0%3D%7C1000&data=Nv0DHsj1iTMmvoqibV%2B3dPdTqqZnFdhcM2Wv4IEF%2BVg%3D&reserved=0>