

Health newsletter for the ex-pat Sri Lankans world-wide

Reasons to Try the DASH Diet

DASH stands for Dietary Approaches to Stop Hypertension. But even if you don't have high blood pressure, this way of eating is worth a look.

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Foods That Fight Fat

It's not that these foods have magical fat-burning properties. Rather, scientists have found that the compounds they contain can help control your weight.

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10 Signs Your Headache May Be a Migraine

Knowing the difference between a headache and a migraine can help you get treatment before the pain becomes unbearable. Here are 10 key distinctions.

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Injections of Your Own Fat Could Help Arthritic Hands

Do you love coffee? Do you easily put away two or three cups a day? You're not alone. On average, Americans drink just over three cups a day. But if you have [rheumatoid arthritis](#) (RA), is that a habit you need to change? Studies show mixed messages. Some research suggests that coffee might make your RA worse, while others don't see a connection. Here's a look at what experts have to say.

Coffee and RA: What's the Link?

What's Making Your Stomach Ache?

Nerve damage could be a trigger, but things like sugar-free foods and even some diabetes meds may also cause discomfort.

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Many people know [diabetes](#) can raise their odds of having [heart disease](#) and [stroke](#). But it can affect your digestive tract, too. Digestion begins the minute you take a bite of food and ends a day or two later with a trip to the bathroom. The whole process is handled by the same part of your nervous system that controls other body functions



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

Best Exercises for Back Pain

You may feel like resting, but moving is good for your back. See which exercises can help relieve pain, and which might make it worse.

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You've probably already heard that having good posture is pretty important. Did you know that goes for your sleeping posture, too? Different sleeping positions have an effect on your shoulders, neck, and spine. Here's what you need to know when it comes to finding the healthiest sleeping position for you.

What to Know About Your Sleeping Posture

What is a sleep apnea headache?

Written by Mary West on May 20, 2022

Sleep apnea headaches occur in the morning after waking and cause pressing pain on the head. Learn more.

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Why Cottage Cheese Is Making a Comeback

This convenient alternative to yogurt can be used in sweet and savory dishes to give any meal or snack a filling protein boost. See what else it can do for you.



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Common Side Effects of Metformin

click

- It lowers your [insulin](#) resistance, which means it makes your muscles use insulin better so glucose can get into them instead of staying in your [blood](#).
- It helps your [intestines](#) absorb less glucose from your food.

It can lower your A1c, the "average" of your blood sugar control over a few months. It can also delay [prediabetes](#) from becoming [diabetes](#)

What to know about penis piercings

Written by Rachel Ann Tee-Melegrito on May 20, 2022

A penis piercing can enhance sexual pleasure or aid self-expression.

Read on for the types of piercing, who can have one, risks, costs, aftercare, and more.

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Ways to Keep Food Fresh Longer

Eggs, berries, flour, bread: How often do you throw away food because it spoils before you can eat it? See the best way to store all kinds of perishables.

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What Honey Can (and Can't) Do

Honey's been used to heal wounds, ease allergies, and sweeten things for centuries. Can it really do everything it gets credit for?



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Type 2 diabetes: New study identifies 40 more genes linked to the disease

Written by Erika Watts on May 20, 2022

The most diverse genetic study of type 2 diabetes identified 40 previously unreported genes that contribute to developing the condition.

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What to know about monkeypox and the latest cases

Written by Jeanna D. Smiley on May 20, 2022

Here is what experts know so far about the latest cases of monkeypox spreading throughout Europe, Australia, and the United States, and if people should be worried.

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What Are Insulin Dosages for Type 2 Diabetes?

click

Not everyone with [type 2 diabetes](#) has to take [insulin](#). But if you do, you and your doctor will decide the best schedule and insulin dose for you. You may also need to figure out some dosages on your own, especially if your needs change.

Calcium supplements may make some women as much as 7 times more likely to develop dementia.

The diabetes symptoms — and complications — that are more common in women than men.

Your mammogram could reveal early signs of heart disease — what to ask your doctor to find out.

Can Supplements Help Blood Sugar?

Advice to Women About Supplements -- Use Selectively



Once we believed it was possible to compensate for dietary deficiencies by popping a multivitamin every day. But research suggests that multivitamins may not be all they're cracked up to be.

Moreover, many multivitamins contain some micronutrients in amounts greater than those recommended in the government's Dietary Guidelines for Americans. If you choose to take a multivitamin, take one daily—no more. It's an especially bad idea to take extra multivitamins in an effort to ramp up your intake of a single micronutrient. Doing so means you're sure to get too much of other vitamins and/or minerals, which can be harmful.

Best and Worst Foods for Sleep

Does getting enough sleep come down to your diet? What you eat in the hours before bed could make a difference. See which foods hinder your sleep and which foods can help promote restful slumber.



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MIND & BODY

26 Side Effects of Low Vitamin D You Need to Know About



RHEUMATOID-ARTHRITIS

11 Rheumatoid Arthritis Treatment Options, Explained by Doctors

What Is Atrial Fibrillation?

A Pennsylvania senate candidate made headlines after being hospitalized with AFib. Here's what to know about this form of irregular heartbeat.

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Natural Remedies for Asthma Symptoms

See what you can do aside from taking medication to help yourself breathe more freely.

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Metabolic Syndrome

What Is It?

Turmeric for IBS: Does it work?

Written by Aaron Kandola, PhD on May 20, 2022

We look at the claims mentioning that turmeric can help symptoms of irritable bowel syndrome (IBS), discuss how people might use it, and if there are risks.

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Causes and treatment

options for waking up tired

Written by Jayne Leonard on May 22, 2022

Some people frequently wake up tired after sleeping. This could indicate poor sleep habits or an underlying health condition. Read on to learn more.

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Healthy Blood Sugar Levels

This easy-to-read chart shows where your numbers should be if they're well-controlled.

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AUTOIMMUNE-DISEASE

Vitamin D, Fish Oil Supplements May Reduce Risk of Autoimmune Disease in...

SLEEP

The Best Sleeping Positions for Less Pain and a More Restful Night



DIGESTIVE HEALTH

9 Natural Remedies to Try When You Can't Poop



EYE HEALTH

What Causes Glaucoma? Here's How This Eye Disease Impacts Your Vision



HEART HEALTH

15 Foods That Are High In Potassium



CANCER

Do Wireless Bluetooth Headphones Increase Cancer Risk?



Can CBD, herbal supplements affect the heart?

Written by Jessica Norris on May 22, 2022

A case study indicates that taking high doses of herbal supplements such as cannabidiol (CBD), cannabigerol (CBG), and berberine, could cause a dangerous heart rhythm disorder.

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11 Habits That Help Your Heart

Start by controlling your blood sugar and managing other risk factors with these simple lifestyle and diet changes.

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Are Contact Lenses Safe?

Contact lenses are usually a safe and effective form of vision correction; however, they are not devoid of risks. [Read more...](#)



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10 Worst Foods for Your Eyes

Did you know that the health of your eyes is directly connected to the health of your heart and blood vessels? What you eat and drink can have a lasting impact on both your cardiovascular health and your vision.

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[Flu cases are spiking. How do I know if I have flu or COVID?](#)

Borders are open and COVID restrictions have eased and now cases of the flu have gone from "zero to full-on". So, how do I know if I have COVID-19 or the flu?



SLIDESHOW

Best Foods for Healthy Breasts

All part of a healthy diet, these foods also have antioxidants or compounds that can keep your body strong and healthy... [Read more...](#)



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Treatment for a Brighter Smile

Gray or yellowish teeth are causing you not to smile? Discover which smile-whitening ideas will make your teeth shine their brightest... [Read more...](#)



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What High Blood Pressure Does to Your Body

High blood pressure, or HBP, pushes too hard on your artery walls. This damages the inside and causes fat, or 'plaque,' to collect.

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10 Secrets to a Better Love Life

What does it take to have an active love life? Learn about the secrets to enjoying a better love life and improving your romantic experiences. [Read more...](#)



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Do You Get Enough Iron?

Iron is a mineral, and your body needs it to work right. Find out what it does, how much you need, and the best ways to get it.

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Understanding Blood and Urine Results

Your blood and urine can reveal a lot about your health. Here's how to understand your lab results. [Read more...](#)

Can You Exercise With Exercise-Induced Asthma?

You can continue exercise and normal physical activity even after being diagnosed with exercise-induced asthma (EIA). You can prevent the onset of symptoms of EIA while performing any... [Read more...](#)

Do Stomach Ulcers Go Away on Their Own?

Stress or certain foods may cause stomach ulcers, but studies suggest that the two most common causes of ulcers are... [Read more...](#)

Sleep Disorders: How to Get Back to Sleep

About 20% of people wake up in the middle of the night, then struggle to get back to sleep. This type of insomnia can be... [Read more...](#)



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Vitamins You Need as You Age

Your body needs more of certain vitamins and minerals as you hit your 40s and beyond. Find out which ones will benefit you -- and which won't.

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10 Fast Acting Ways to Relieve Heartburn

Heartburn is a symptom of acid reflux that causes chest pain when stomach acid backs up into the esophagus. Symptoms may mimic chest pain that occurs... [Read](#)

[more...](#)



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Ugly Truth About Your Toothbrush

How many germs are on your toothbrush? See how to store and keep your toothbrush clean from the millions of bacteria that can cause...

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What Reduces Cholesterol Quickly?

High blood cholesterol levels can be managed to a great extent with lifestyle changes. Learn about 4 lifestyle changes that... [Read more...](#)



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Life After Baby Arrives

Congratulations! Your baby's schedule is now your schedule. It's called parenthood. After the first hectic weeks, babies take longer naps at... [Read more...](#)



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9 Bad Foods That Are Good for Weight Loss

This slideshow reveals which tempting foods can actually help you lose weight and keep it off.

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What to Expect in Your 70s

These changes happen in everyone who lives long enough. You can't avoid them, but you can prepare if you know what to expect.

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12 Ways Too Much Sugar Harms Your Body

Too much of the sweet stuff can throw your whole body out whack and cause serious health problems like these.

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Worst Foods for Your Heart

To keep your heart in good shape, there are some foods you should only indulge in every now and then. See which ones -- and how to make smart substitutions.

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Stay Healthy in Retirement

You can do some things to make your golden years truly golden. Here are a few ideas to help you prepare for -- and have -- a healthy retirement. [Read more...](#)

The Truth About Antidepressants

See what each kind does and what to expect when you take one.

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I Tried CBD Cream for My Pain: Here's How It Worked

After enduring an immense amount of pain following three surgeries for triple-negative breast cancer, a woman turned to topical cannabidiol for relief.

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Blood Clot Symptoms You Shouldn't Ignore

An unexpected clot can lead to serious problems and even death. That's why it's so important to recognize the signs and get help early.

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Surprising Reasons You're So Gassy

Most people pass gas up to 15 times a day. But if you feel like you've got more gas than others or more than you used to, one of these things could be the culprit.

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10 Physical Effects of Depression

Depression can affect your body as well as your mind. It can also cause chest pain, aching joints, and these other physical symptoms.

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8 Signs That Could Mean You're Not Getting Enough Vitamin D

If you notice any of these signs, consider seeing a doctor for a vitamin D blood test.

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10 Strange Skin Problems That Could Be a Sign of a Serious Disease

Your skin can sometimes show signs of what's happening inside your body, from diabetes to cancer, tick bites, and more.

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Get Well-Rested

Try these the next time you're tossing and turning.

[9 Things to Do When You Can't Sleep Because Your Mind Is Racing](#)

[The Best Sleeping Positions for Less Pain and a More Restful Night](#)

[This Is How Much Sleep You Need, According to Experts](#)

12 Dangerous Foods You Have in Your Kitchen

You may have potatoes, almonds, nutmeg, and kidney beans in your pantry. They seem innocent enough, but under the right conditions these and other foods can make you very, very sick.



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Brain Supplements That Do and Don't Work

One-quarter of adults over age 50 take something to try to keep their brains healthy. Here's what experts know about some of these popular items.

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The Best Times to Drink Water

Benefits of drinking water: general hydration, as an aid in brain function, to promote weight loss, to replace sweat... [Read more...](#)

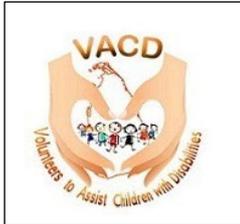


SLIDESHOW

Hair Loss Treatments, Prevention

About 50% of men will have some hair loss by the time they turn 50. Hair loss can have... [Read more...](#)

Traditional Sinhala/Tamil New Year celebrations:



VACD Sri Lanka held their traditional annual April new year 2022 celebrations in late April (Low-key) when it was deemed safe and convenient for our children and their families. Celebrations were held at the Sir Robert Clark centre in Bandarawela on Wednesday, 7th April followed by the Dora Jeanne centre in Badulla that same weekend.

Photos from our Sir Robert Clark Centre - Bandarawela:



Photos from our Dora Jeanne Centre - Badulla:



VACD's Projects & Programs for 2022/23

Please visit our VACD Webpage to find features of our projects and programs for 2022/23 via the hyperlink: <https://www.vacd.org.au/ongoing-projects/>

This information is also available on the Good Company donation webpage via the hyperlink:

[https://www.goodcompany.com.au/au/charities?if\[0\]=charitygifts-v2&q=vacd](https://www.goodcompany.com.au/au/charities?if[0]=charitygifts-v2&q=vacd), (type VACD in the search bar) and the Benevity Causes Donation Portal: <https://mygoodness.benevity.org/community/search?query=vacd&country=036>

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

Our journey is bound to be long and challenging. The official and unofficial number of children and families who need our love, support, compassion, and care are sizeable. We look forward to your continued generosity, active support for our undertaking and you being partners with us in this most fulfilling and noble 10+ year journey that we traverse together.

Please visit us at: <https://www.vacd.org.au/> and reach out to us at: fstephen@bigpond.net.au should you choose to support our mission. Please also do share this newsletter with your family, friends, loved ones and work colleagues. We can make a difference in the lives of children with disabilities, one by one!!!

Many thanks, best wishes, and warmest regards.... Felix

Felix Stephen

Chairman of the Board of Directors - VACD Ltd. Sydney – Australia –

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