

Health & Views

September
2022

1st issue

Health news for ex-pat Sri Lankans worldwide

If You're 'Diet-Resistant', Exercise May Be Key to Weight Loss

New research suggests there are "diet-resistant" people who must both work out and watch what they eat if they want to shed pounds. In fact, those folks should prioritize exercise.

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[AstraZeneca's Farxiga cuts death risk in heart failure patients -study](#)

AstraZeneca's blockbuster diabetes drug Farxiga led to significant reductions in the risk of hospitalisation and death in people with all types of heart failure, according to study data released on Saturday, opening the door to a substantial increase in patients who could benefit.

[Abbott restarts Similac infant formula production at Michigan facility](#)



[Foods That Support Fitness](#)

What should you eat before you work out? How about after exercise? Get ideas for powerful foods to fuel you through every move and to help your body recover.

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[Reasons to Eat More Tomatoes](#)

This time of year, tomatoes in a variety of colors are everywhere you look. They're not just delicious, that juicy fruit can do a lot for your health.

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[Moderna sues Pfizer/BioNTech for patent infringement over COVID vaccine](#)

Moderna sued Pfizer and its German partner BioNTech on Friday for patent infringement in the development of the first COVID-19 vaccine approved in the United States, alleging they copied technology that Moderna developed years before the pandemic.



[The Best Time to Take Your Vitamins](#)

Food is the best way to get nutrients, but if you're low on a certain vitamin or mineral or just want to cover all bases with a daily multivitamin/mineral, these tips will help you maximize the benefits.

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Risk Factors for Blood Cancer

Find out about the types of blood cancer, including lymphoma, leukemia, and myeloma, and how they're diagnosed and treated. [Read More](#)

FITNESS

How to Work Out at Home—and Actually See Results

[Cannabis for Pain Linked to Slight Risk for Arrhythmia](#)

Symptoms of a Vitamin C Deficiency

Your body doesn't make or store vitamin C, so you have to take it in every day. If you're among the 7% of Americans who don't get enough, you'll notice symptoms like these. [Read More](#)



[Fried Green Tomato BLTs](#)



[Grilled Cheese-and-Bacon Sandwiches](#)



[BLT Hot Dogs With Caraway Remoulade](#)



[BLT Fried Egg-and-Cheese Sandwich](#)

How Climate Change Is Worsening Infectious Diseases Across the Globe

4 Tests That Diagnose Diabetes

While newer guidelines use just an HbA1c blood test to check for diabetes, your doctor may order these other screenings as well. [Read More](#)

You'll love this newsletter, we just know it

Mealtime Is Going to Be Fun Again



The Food Feed newsletter curates the best recipes and cooking tips from your favorite sites so you don't have to.

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Yoga

10 Exercises to Help You Sleep Better



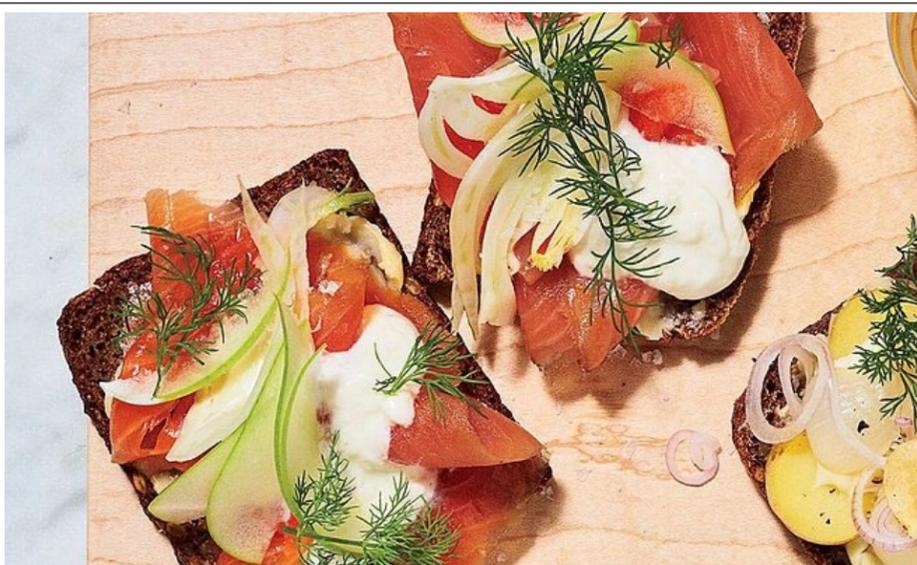
[Feta-Stuffed Marinated Olives](#)



[Popcorn With Sesame-Glazed Pistachios](#)



[Crab-and-Avocado Toasts](#)



13 of Our Favorite Quick and Fancy Snack Recipes

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Dangerous Medication Side Effects

Many OTC and prescription drugs can have side effects. While most are mild, some are serious enough that you shouldn't ignore them.

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Worst Things You Put on Your Face

People put lots of unusual stuff on their faces in pursuit of beautiful skin. Here are some that simply don't work or may even do... [Read more...](#)



[We're Putting Spanish Ham on Our Burgers Until Further Notice »](#)

Bacon Sandwich Recipes

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What to Do About Dry Eyes

Your body normally makes moisture for your eyes when you can't -- or it's not good quality -- then your eyes hurt and affect your eyesight. [Read More](#)

Irritable Bowel Syndrome: Be Prepared

IBS can be a challenge to live with. Going out brings bigger challenges. If you plan ahead and keep supplies handy, you can better manage your symptoms. [Read More](#)



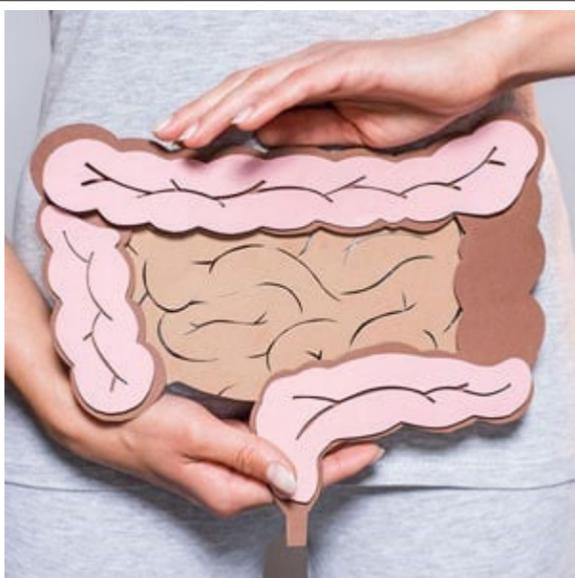
ARTICLE

How to Get Rid of Gas Immediately

The average person produces one to four quarts of gas every day and typically flatulates 14 times per day. The two... [Read more...](#)

What to Eat When You Have Prediabetes

When you've been diagnosed with prediabetes, dietary adjustments like these can help you avoid type 2 diabetes. Here's what to add to your plate. [Read More](#)

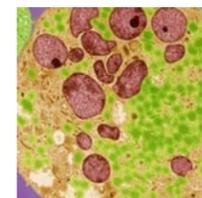


FEATURED

Warning Signs of Ulcerative Colitis

Ulcerative colitis is a form of inflammatory bowel disease and is slightly different than Crohn's disease. Learn the causes, symptoms, and treatment options associated with ulcerative colitis.

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Bladder Cancer Symptoms

Bladder cancer sometimes causes changes in bladder habits and in some, it doesn't cause any symptoms until it reaches an... [Read more...](#)



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How Cataracts Affect Vision

Cataracts are a painless clouding of the internal lens of the eye. Learn about symptoms like blurry vision, glare, and poor night vision... [Read more...](#)

Statins for cardiovascular health: Latest guidelines and evidence

Statins can benefit those ages 40 to 75 with at least one risk factor for heart disease, according to updated guidelines from the U.S. Preventive Services Task Force (USPSTF).

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Best medication for toothache: Types

Written by Louise Morales-Brown on August 25, 2022

Many medications, such as analgesics, antibiotics, and anesthetics, are available to help alleviate discomfort experienced with a toothache. [Read more here.](#)

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Is liver cancer genetic?

Written by Kristina Iavarone on August 25, 2022

Some genetic risk factors can increase a person's likelihood of developing liver cancer. These include a family history of liver cancer. Testing can make people aware of their risk.

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[MNT RESOURCE](#)

Depression

In-depth resources on depression, including information on the types, signs and symptoms, management, treatment, and more.

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Can CBD help ease the symptoms of OCD?

Written by Jon Johnson and Hayley Osborne on August 25, 2022

Cannabidiol (CBD) may help with some symptoms of obsessive-compulsive disorder (OCD), such as anxiety. Learn more here.

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Diabetes and COVID-19: When to go to the hospital

Written by MaryAnn De Pietro, CRT on August 25, 2022

At what point should a person with diabetes go to the hospital with COVID-19? Learn more about the two conditions and when a person may require hospitalization.

How to Cook Your Food for the Biggest Health Benefits

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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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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 major health risks. [Read more...](#)



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The Healthiest Coffees

You may be in it for the caffeine, but coffee can actually be good for you. Here's how to enjoy a healthy cup, and what to... [Read more...](#)



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What Temperature Is the Best for Roasting Vegetables?

Use a good pan. If you have a sturdy rimmed baking sheet, you are all... [Read more...](#)

MENTAL HEALTH

If You're a Highly Sensitive Person, You Experience the World Differently—Here's What It Means

[NSAIDs Linked to Heart Failure Risk in Diabetes](#)

What You Should Know About Medical Marijuana

The federal government still considers marijuana illegal, but some states allow it to treat specific health problems. Get the facts.

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Asthma and the Weather

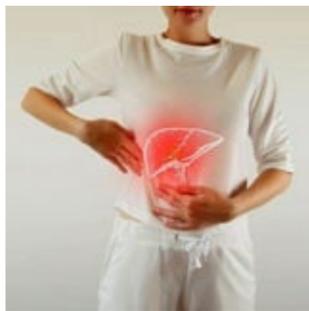
Does the weather affect your asthma? Find out how heat, cold, and thunderstorms can make it hard to breathe... [Read more...](#)



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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 such as... [Read more...](#)



SLIDESHOW

How Common Is Hepatitis C?

The virus is most common in baby boomers who represent 75% of infected adults. The rates of hepatitis C were the highest in the... [Read more...](#)

Discover the secrets to better mental focus and concentration



This instructive guide from Harvard Medical School offers practical, proven, commonsense strategies to recapture your concentration and maintain your brain's alertness and fitness. *Improving Concentration and Focus* addresses four focus-hindering factors you can control. You'll discover why multi-tasking can actually erode memory skills and learn ways to give your brain essential "downtime." You'll also learn what you can do to improve cognitive function and speed.

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How aging affects focus



Why Inflammation Is So Dangerous

In some conditions, like rheumatoid arthritis, you feel heat, pain, redness, and swelling. But in other cases -- like heart disease, Alzheimer's, and diabetes -- it's not so obvious.



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Compiled, edited & published by
Dr Harold Gunatillake
Compiled edited & published by
Dr Harold Gunatillake OAM
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.

13 Common Walking Mistakes and How to Fix Them

Walking is as simple as putting one foot in front of the other, but you can make some missteps. Find out how to avoid these 13 common walking mistakes.

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How Do You Treat a Strained Neck Muscle?

If you suddenly have a pain in your neck after exercising or waking up from a nap, you might have pulled a muscle in your... [Read more...](#)

New Multiple Sclerosis Treatment Shows Promise in Trial

Smoking Can Really Weaken the Heart

Get Moving! Any Sports Can Lower Seniors' Odds of Early Death

Just as you may not run as fast or jump as high as you did as a teenager, your brain's cognitive power—that is, your ability to learn, remember, and solve problems—slows down with age. You may find it harder to summon once familiar facts or divide your attention among two or more activities or sources of information. These changes affect your ability to focus, so you may find yourself getting more easily distracted than you were when you were younger. Hearing loss that often accompanies aging makes it more difficult to distinguish speech in a noisy environment. Because hearing then requires more concentration than usual, even mild loss of the ability to focus can affect speech comprehension. Most people start to notice changes as they enter their 50s and 60s. Although these changes can cause consternation, most age-related memory and thinking problems don't stem from an underlying brain disease such as Alzheimer's disease. Instead, what appears to be a memory problem may simply reflect a slower processing speed and poor encoding and retrieval of new memories as a result of diminished attention. However, even though your brain may be slower to learn and recall new information, your ability to make sense of what you know and to form reasonable arguments and judgments remains intact. Many of these limitations are reversible and related to poor sleep, but structural changes that take place in your brain as you age can explain some of these developments, too. Brain regions involved with memory processing, such as the hippocampus and especially the frontal lobes, undergo anatomical and neurochemical changes over time. The result is that as you age, it takes longer to absorb, process, and remember new information. The natural loss of receptors and neurons that occurs with aging may also make it harder to concentrate. Therefore, you not only learn information more slowly, but you also may have more trouble recalling it because you didn't fully learn it in the first place. With slower processing, facts held in working memory may dissipate before you have had a chance to solve a problem. In addition, the ability to perform tasks that involve executive function declines with age. Many people learn to compensate for these changes by relying on habit most of the time and devoting extra effort to focus on new information they are trying to learn. Even the aches and pains of getting older can affect focus. Pain itself is distracting, and some of the medications used to treat it also can affect concentration.

For more information on conquering distractions and finding focus, check out [Improving Concentration and Focus](#), an

What to Eat When You Have Prediabetes

When you've been diagnosed with prediabetes, dietary adjustments like these can help you avoid type 2 diabetes. Here's what to add to your plate.