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# Health & Views

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October 2<sup>nd</sup>  
issue

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2022

Health information for the Sri Lankan ex-pats,  
globally

## Risk of deadly blood clots 'remains elevated' for nearly a year after Covid infection

As time goes by the world is learning more and more about the complications which come as a result of a COVID-19 infection; the risk of blood clots is just one of them.

By [CHRISTOPHER SHARP](#)

Blood clots can occur at any time and cause a range of potentially fatal conditions such as heart attacks or strokes. Normally, their risk can be mitigated by improved cardiovascular health through regular exercise and a balanced diet. However, their risk can also be increased by other factors such as existing infections. One disease which can increase the risk of a blood clot developing is COVID-19. A recent study published by Health Data Research UK shows just how long that risk lasts for as the UK enters autumn.

The data was published in the [Circulation journal](#) by a group of researchers from the Universities of Cambridge, Bristol, Edinburgh, and Swansea who studied health records across the entire population of England and Wales between January and December 2020.

From this research they ascertained the risk of a fatal [blood clot](#) developing as a result of COVID-19 lasted for 49 weeks, almost a year.

Overall patients were 21 times more likely to have a heart attack or stroke in the first week after becoming infected with COVID-19. This figure dropped to just under four times more likely after four weeks.

As a result, they say their research suggests that the COVID-19 pandemic may have resulted in an additional 10,500 cases of [strokes](#), [heart attacks](#), and deep vein thrombosis, increasing the burden on the NHS at a time when it was at its most stretched. With regard to the long-term risk of blood clots, the likelihood of a potentially fatal clot in the arteries dropped to just under one-and-a-half times between weeks 26 and 49 and just under twice as a likely for clots in the veins. This isn't the first time COVID-19 has been associated with an increased risk of blood clots; this paper adds to growing body of research on the long-term health impacts of even a mild case of Covid

Previous studies have shown COVID-19 can increase the risk of heart failure, heart attack, or a stroke by over 50 percent regardless of all risk factors. However, while these studies make for unnerving reading, the authors say the risk of a fatal clot as a result of COVID-19 remains low.

Professor Jonathan Sterne of the University Bristol said in a statement: "We are reassured that the risk drops quite quickly – particularly for heart attacks and strokes – but the finding that it remains elevated for some time highlights the longer-term effects of COVID-19 that we are only beginning to understand."



[The 'first sign' that affects 'most people' with pancreatic cancer](#) Pancreatic cancer is widely associated with bodily pains, loss of appetite and unintended weight loss, but a great number of cases are characterised by changes in urine first. [Express](#)

### [Mediterranean diet could play a key role in preventing cognitive decline](#)

Researchers have found that metabolites from certain diets may linked to better—or worse—cognitive function across different races and ethnicities.

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### [Dairy products may protect against type 2 diabetes, but red and processed meat raise risk](#)

A new study links dairy products with a reduced risk of type 2 diabetes and red and processed meats with a higher risk.

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### [What Can Cause a Spinal Cord Injury?](#)



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### [What Should We Eat for a Smart Brain?](#)

The brain is a vital organ. Consuming the correct meals provides nutritional support to your brain, allowing you to function... [Read more...](#)

### [Osteoarthritis: When to See Your Doctor](#)

A health professional can help you understand treatments and exercises that can ease symptoms and keep you feeling good. Here's when to call on them.



SLIDESHOW

### 10 Worst Foods for Cholesterol?

Do you know the foods that increase cholesterol? Learn the worst and best foods for LDL 'bad' cholesterol. [Read more...](#)

### Therapeutic Ways to Relieve Spasticity Issues

From physical therapy to biofeedback, here's how your doctor may address symptoms of spasticity.

## Cancer warning: Vitamin supplement found to raise the risk of lung cancer - 'important harm'

Multiple studies have identified this risk, prompting a US-based task force to revise its guidelines. Are you dosing?

By [ADAM CHAPMAN](#)

MANY people choose to take vitamin supplements. Barring certain underlying conditions, you should get all the nutrients and vitamins you need through a healthy, balanced diet. Increasing evidence suggests this is not only more beneficial but also safer. Research found beta carotene supplementation increased incidence of lung cancer in smokers.

The finding has been consistent enough for the US Preventive Services Task Force (USPSTF) - an independent, volunteer panel of national experts in disease prevention and evidence-based medicine - to update its guidance on supplementation.

Beta-carotene gives yellow and orange fruit and vegetables their colour. It's turned into vitamin A in the body, so it can perform the same jobs in the body as vitamin A.

To update its 2014 recommendation, the US Preventive Services Task Force (USPSTF) commissioned a review of the evidence on the efficacy of supplementation with single nutrients, functionally related nutrient pairs, or multivitamins for reducing the risk of cardiovascular disease, cancer, and mortality in the general adult population, as well as the harms of supplementation.

### These Foods Can Help Lower Your Blood Pressure

Did you know that of all tree nuts, pistachios are the best pick to help you dial back your blood pressure? See which other eats may bring your numbers down.

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### Loneliness may be linked to a higher risk of developing type 2 diabetes

Researchers have found that people who felt the most lonely had a two-fold higher risk of developing type 2 diabetes, compared to those who did not feel lonely.

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## Tinnitus and migraine: What is the link?

Written by Zawn Villines on October 3, 2022

Tinnitus and migraine appear to have links, as people with one condition seem more likely to have the other. Learn more here.

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Inflammation from diet could lead to several diseases that interfere with blood clotting mechanisms (Image: Getty )

## Blood clot warning: Five foods that could 'keep blood from moving' - 'steer clear'

Foods that contribute to a build-up of plaque in the arteries may also predispose the body to other diseases through inflammation, researchers warn. These, in time, could start interfering with the body's blood clotting mechanisms and pave the way to deep vein thrombosis.

By [SOLENE NET](#)

Deep vein thrombosis (DVT) is characterised by a stationary blood clot that usually forms in the lower limbs. It becomes deadly if the clot breaks loose and travels through the bloodstream. As with all conditions, prevention is preferable to treatment, particularly for patients at high risk.

Five **foods**, that could interfere with the **body's clotting** mechanisms, may best be avoided.

According to WebMD, inflammation is the way of healing cell damage from random invaders in the body.

Certain foods, however, can cause lingering inflammation which may set the body up for serious illness.

This, in turn, may "keep the blood from moving properly", or prevent its ability to clot, explains the health body.

In basic terms, the same foods that cause a build-up of plaque in the blood vessels are the ones that can increase the risk of DVT.

WebMD, therefore, advises anyone wanting to lower their risk of DVT to "steer clear of":

- **Refined/processed foods like white bread, white rice, pre-packaged foods, and fast food, pastries, crackers, french fries**
- **Sodas and other sugary drinks**
- **Candy**
- **Trans fats like margarine and lard**
- **Red and processed meat.**

For intakes of red and processed meats and trans fats, some research has found the risk to be greater for women than men.

This was the conclusion of one study published in the [American Journal of Epidemiology](#), which explained: "For intakes of red and processed meat and trans fatty acids, no association was found in women".



FEATURED

## 15 Surprising Things That Raise Blood Pressure

Salt -- and worry, and anger -- aren't the only things that can raise your blood pressure. Although temporary 'spikes' aren't necessarily a problem, numbers that remain high...

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## What Is a Biceps Rupture?

This painful injury is sometimes called "Popeye's muscle" or "Popeye deformity."

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## 14 Reasons Your Stomach Hurts

From a peptic ulcer to a gallbladder attack, these problems can bring on stomach pain. Here are the signs you need to see a doctor.

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## Can Peripheral Artery Disease Affect the Heart?

Peripheral artery disease is also likely to be a sign of more widespread accumulation of fat deposits in the arteries... [Read more...](#)

## 3 Ways to Deal With a Growing Prostate

During the first half of your life, you may hardly know your prostate is there. Then things may get uncomfortable.

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SLIDESHOW

## Types of Warts: Removal, Treatment

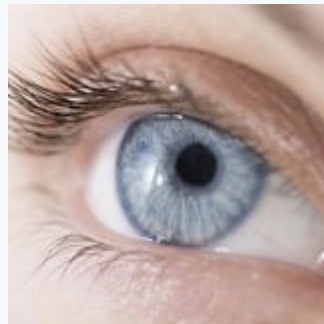
Plantar, genital, common, flat, and filiform warts are caused by infection with members of the HPV family. [Read more...](#)



SLIDESHOW

## Kitchen Hacks for Solo Cooks

Cooking for one requires a different approach in the kitchen than cooking for a family. Here are tips and tricks... [Read more...](#)



SLIDESHOW

## 15 Reasons for Droopy Eyelids

Ptosis is when one or both of your eyelids sag. It can happen for lots of reasons. Here's what you need... [Read more...](#)

## Benefits of Black Cohosh for Women

This plant has become a popular alternative to hormone therapy for relieving symptoms of menopause. Here's what science has to say about it.

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## Signs of Negative Energy

Negative energy can leave you exhausted, both mentally and physically. Learning to deal with it is important for your health and happiness.

[Read More](#)

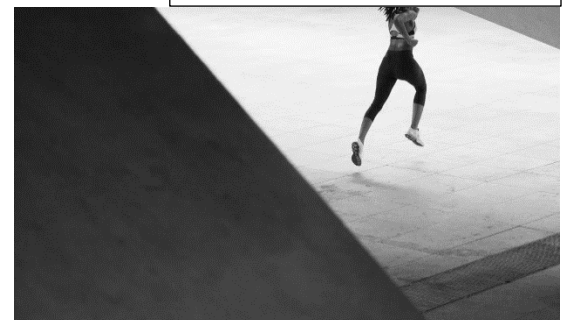
## 10 Foods to Help Ease RA and Reduce Inflammation

Diet alone won't cure rheumatoid arthritis, but the right foods can help keep inflammation under control. Try adding these foods to your plate.

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## How Chemo Affects Your Body After Treatment

From "chemo brain" to hair loss to heart damage, here's what may happen -- and what you can do to manage chemo aftereffects.

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## 9 Reasons You Can't Lose Weight

You try hard, but the scale won't budge. Don't raise the white flag just yet. See if one of these sneaky things is secretly messing with your weight loss goals.



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## 8 Habits to Help Prevent or Slow Prostate Cancer

Did you know that certain foods and healthy practices may curb the growth of tumors in the prostate? From drinking pomegranate juice to doing yoga, here are a few ways you can help fight the disease.



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## Health Benefits of an Ice-Cold Plunge

A new study finds a litany of both physical and mental health benefits to taking an icy plunge, from boosting your libido to speeding up recovery.

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## How Chemo Affects Your Body After Treatment

From "chemo brain" to hair loss to heart damage, here's what may happen -- and what you can do to manage chemo aftereffects.

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## 15 Early Signs of Cancer

Bloating, problems when you pee, trouble swallowing, and these other signs merit a visit to your doctor.

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## Surprising Symptoms of Heart Disease

Sleep apnea, poor grip strength, and dark spots under your nails are just three signs that your heart health needs attention.

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## Lung Cancer Warning Signs

Lung cancer begins quietly. There are usually no symptoms in the early stages. Here are some of the first things you may notice.



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## Losing Weight May Help Prevent Knee Osteoarthritis

Losing weight and lowering your BMI may help you delay, slow, or even prevent the worsening of degenerative knee arthritis, a large study reports.



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## Why Does My Calf Muscle Hurt?

There's a group of muscles on the back of each lower leg that doctors call "calf muscles." They play a key role in helping you walk and run. Learn the things that can make them hurt, from a minor sprain to more serious problems like deep vein thrombosis.



[Go >](#)

## Heat and Cold Therapy for Psoriatic Arthritis

Warming up or cooling down your joints is an easy way to get relief from symptoms of PsA. Here's when to use which type.

[Watch Video](#)

## Medical Marijuana, CBD Oil, and Arthritis

Researchers still don't know a lot about how marijuana affects your body, but there's substantial evidence it can help relieve long-term pain. Here's what you need to know.

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SLIDESHOW

### **Best Foods for Healthy Skin**

When you don't eat healthy foods, it will show on your skin and you may find you look older and also more tired. [Read more...](#)



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### **Breast Cancer Growth Rate**

Available evidence suggests that breast cancer may begin to grow around 10 years before it is detected. However... [Read more...](#)

## TOP SCIENCE NEWS

### A 'galactic underworld' of ancient, blown-up stars lurks just beneath the Milky Way's surface



(NASA/JPL-Caltech)

During the Milky Way's roughly 13.6-billion-year history, billions of stars have formed, grown and ultimately died in spectacular supernova explosions. So, where are all of their corpses hiding?

In new research published Aug. 25 in the Monthly Notices of the Royal Astronomical Society, astronomers set out to dig up those long lost stellar bodies (so to speak). Using a computer simulation, the team modeled the initial positions of millions of stars in the early Milky Way (long before its iconic spiral arms developed), then hit a cosmic fast-forward button to show where the shriveled remains of those stars may have ended up after going supernova.

**Full Story:** [Live Science](#) (10/4)



## LIFE'S LITTLE MYSTERIES

### Is it possible to avoid unwanted thoughts?



(Shutterstock)

After a breakup, you might think you're doing fine until you drive past that one street corner, or bump into a mutual friend, or hear a particular love song on the radio. No matter how much you'd like to stop thinking about that person, everything is a reminder of the relationship. Short of erasing whole chunks of your memory, à la Jim Carrey's character in the movie "Eternal Sunshine of the Spotless Mind," is it possible to banish unwanted thoughts?

The short answer is: maybe. But whether it's advisable to do so in the long term is more complicated.

**Full Story:** [Live Science](#) (10/2)



## HISTORY & ARCHAEOLOGY

### Who was the ancient Egyptian god of death?



(duncan1890 via Getty Images)

The ancient Egyptians are known for many things, such as mummification, the great pyramid, a sophisticated writing system and belief in the afterlife. Considering that death and devotion to many deities was featured so prominently in this culture, who was the ancient Egyptian god of death?

### What Is Neutrophilic Asthma?

Neutrophilic asthma is the most common type of severe asthma in adults and usually starts after age 12, affecting... [Read more...](#)

**Compiled, edited & published by  
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**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.