

The Truth About Menopause

You may have heard that hormones make you cranky, that your sex life is over, and that weight gain is certain. Separate fact from fiction.

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Health newsletter dedicated to ex-pat Sri Lankans, globally

Aspirin Warning: Anemia May Increase With Use in Older Adults

Health & Views

June 3rd Issue 2023

Compiled and presented by Dr. Harold Gunatillake OAM, FRCS, FICS.FIACS, AM(Sing), MBBS(Cey)

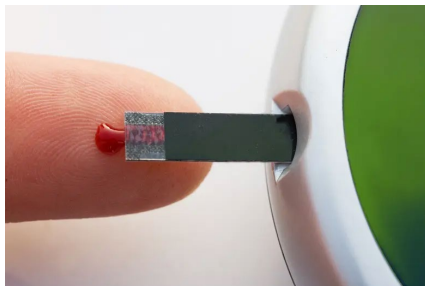
Best Diets for Diabetes



Not all diets do a good job of keeping your blood sugar under control while you lose weight. Here's what to try.

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How Often Should You Check Your Blood Sugar?



Some folks will be fine with just a few readings a day, while others may need eight to 10 to stay on top of their levels. Here's what your doctor will take into account for you.

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Depression Trigger: Overload



Squeezed between the demands of children, aging parents, marriage, and your job? Feeling sad, worthless, and guilty? Women tend to shoulder more of the "sandwich generation" burdens -- and up to half become depressed as a result.

Solution: Make sure you're caring for yourself, too. Exercise, get enough rest, eat healthy, see friends, and get help -- for caregiving demands and depression -- if you need it.

Trigger: Low Vitamin B12

If you're feeling lethargic or depressed, too little vitamin B12 may be to blame. If you're older, you're more at risk for the B12 blues because you may not have enough stomach acid to release B12 from food.

Solution: Ask your doctor to measure levels of B12 in your blood. If it's low, talk to your doctor about diet, oral supplements, or an injection to see what might be right for you.

WebMD

FDA Approves Adult Diabetes Drug for Children

Written by Lisa O'Mary

June 21, 2023 – The FDA has approved the drugs Jardiance and Synjardy to be taken by children ages 10 and older who have type 2 diabetes.

Type 2 diabetes affects more than 30,000 children in the U.S., and health officials predict that number will increase to 220,000 children by the year 2060, the FDA said in a [news release](#).

Until now, the drug metformin has been the only other oral option available for the treatment of pediatric type 2 diabetes. Type 2 diabetes is a condition in which the body cannot properly process sugar, most of which comes from food. Both Jardiance and Synjardy contain a drug called empagliflozin, which works by increasing the release of glucose in the urine. Synjardy also contains metformin. The drugs are intended to be used along with a healthy diet and exercise.

Both drugs are already FDA-approved for use by adults with type 2. Synjardy was approved in 2015, and Jardiance was approved in 2014. In addition to helping control glucose levels, both are known to have cardiovascular benefits for adults.

The new approval was based on results from a [study](#) of 157 kids ages 10 to 17 years old with type 2 diabetes that wasn't well-controlled, the FDA said in its news release. That study concluded in May, and the FDA fast-tracked the approval of the medicine based on the results.

Health officials are concerned about the rate of children being diagnosed with type 2 diabetes. Among youths ages 10 to 19 years old, the [CDC](#) says 34 per 100,000 had the condition in 2001. That rate rose to 67 per 100,000 in 2017. Type 2 diabetes in children disproportionately affects Black, Hispanic, and American Indian children.

The [Mayo Clinic](#) says it's unclear what causes some people to develop type 2 diabetes, although family history and genes play a role.

Uncontrolled diabetes can cause heart and blood vessel problems, stroke, nerve damage, kidney disease, and vision problems, including blindness.

“Until recently, young children and teens almost never got type 2 diabetes, which is why it used to be called adult-onset diabetes,” the CDC explains on its [diabetes prevention website](#). “Now, about one-third of American youth are overweight, a problem closely related to the increase in kids with type 2 diabetes, some as young as 10 years old.”

The Dangerous Body Fat You Can't Always See or Feel

Unlike the kind just under your skin, visceral fat wraps around internal organs and is linked to many health problems, including diabetes.

Visceral fat is **fat** that wraps around your abdominal organs deep inside your body. You can't always feel it or see it. In fact, you may have a pretty flat tummy and still have visceral fat. That's sometimes called TOFI, or "thin outside fat inside."

Only an expensive scan can measure how much **belly fat** is hiding in you, but your doctor won't order a test just for that reason.

Dangers of Visceral Fat

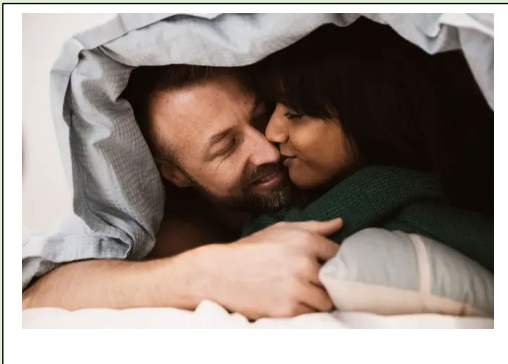
Too much of any body fat is bad for your health. But compared to the fat that lies just underneath your **skin** (subcutaneous fat), the visceral kind is more likely to raise your risk for serious medical issues. **Heart disease**, Alzheimer's, **type 2 diabetes**, **stroke**, and **high cholesterol** are some of the conditions that are strongly linked to too much fat in your trunk.

Researchers suspect that visceral fat makes more of certain proteins that inflame your body's tissues and organs and narrow your **blood** vessels. That can make your **blood pressure** go up and cause other problems.

12 Ways to Have Better Sex

Regular rolls in the hay could improve your heart health and self-esteem, among other benefits. Try these tips to boost the frequency and make it more satisfying.

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How to Fight the Aging Process



You can't slow down the clock, but you can make these changes to help ward off wrinkles, weight gain, memory glitches, and other parts of aging.

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How to Help Your Hair Grow Faster and Stronger



Some of the things you do every day could be weakening or breaking your hair. See what to do (and what not to do) to help it grow.

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Enzyme coffee for weight loss: What to know

Written by Zawn Villines on June 22, 2023

There are no studies on enzyme coffee for weight loss, but the caffeine content of these products may have a small effect on metabolism. Learn more.

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What is loneliness, and how can a person cope with it?

Written by Beth Sissons on June 22, 2023

Loneliness can affect people of all ages and can negatively affect a person's mental and physical health. Learn more about seeking help here.

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Active Living With Osteoarthritis

You don't have to sacrifice your favorite activities when you have arthritis. Here are tips to keep up your active lifestyle. [Read more...](#)

What Are the Symptoms of ADHD in Kids?

If a child makes repeated, careless mistakes, is it ADHD? Learn to recognize ADHD symptoms. [Read more...](#)



[Shrimp Oreganata](#)

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Prostate cancer treatment explained by stage

Written by Janelle Marie Barowski and Mandy Baker on June 22, 2023

There are 4 stages of prostate cancer. Doctors determine the stage based on the size of the tumor and whether it has spread outside of the prostate gland. Learn more here.

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Signs You Might Have IBS

Frequent belly pain, constipation, and diarrhea could be symptoms of this digestive condition. Here's what else you need to know.

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Can healthcare professionals cure diabetic macular edema?

Written by Jenna Fletcher on June 22, 2023

Is a cure available for DME? Read on to learn more about the treatment options for this complication of diabetes and what steps can help prevent the condition from progressing.

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How to Lose Weight the Healthy Way

Find healthy weight loss by eating right, sleeping more, and understanding portion sizes. Learn how to set a reasonable diet.

[Read more...](#)

Daytime Naps May Keep Aging Brains Young

Surprising Things That Hurt Your Kidneys

You may know that too much red meat and salty foods can cause problems for your kidneys. Here's what else you should watch out for.

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Knee Pain Dos and Don'ts

Is your daily routine killing your knees? See how your shoes, sleep habits, and other things can make knee pain worse.

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Natural Ways to Boost Testosterone

Find out what you can do to raise your testosterone levels naturally, including changes to your diet and lifestyle. [Read more...](#)

At What Stage of Cancer Is Chemotherapy Used?

The decision to use chemotherapy may vary depending on the aggressiveness, stage, and type of cancer. Usually...

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Alcohol: How It Can Affect Your Body

How does alcohol affect the brain and body? Alcohol starts to alter your brain about 30 seconds after you drink it. You may... [Read more...](#)

The story on fish and heart health



A diet that includes fatty fish (fish with more than 5% fat) has long been touted to support heart health. Population-based studies have found that people who regularly eat fatty fish have a lower risk of heart disease compared with those who don't eat fish.

While these were observational findings, when scientists looked closer, they found that the health benefit from fatty fish appears to be high levels of omega-3 fatty acids. "The science linking fatty fish and heart health continues to evolve, but the evidence still points to omega-3s as a way to further protect against heart attacks and strokes," says Eric Rimm, a professor of epidemiology and nutrition at Harvard's T.H. Chan School of Public Health.

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