

Health & Views

Aug 2nd issue 2023

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

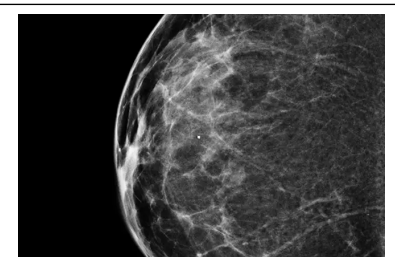
4 Best Supplements to Lower Your Blood Pressure



Only a quarter of people with hypertension have their high blood pressure under control.

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New Approaches to Breast Cancer



Researchers are constantly coming up with new ways to detect and treat breast cancer. See what's new in screening and treatment.

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Eat This Daily to Reduce Your Risk of Early Death

Following this eating pattern can reduce your risk of cardiovascular disease, cancer and respiratory disease.

[Digest This >](#)



18 Bad Habits That Are Thinning Your Hair

Shampooing too frequently—or not enough—can hurt your hair health in the long term. Here's how to make sure you're treating your tresses properly.

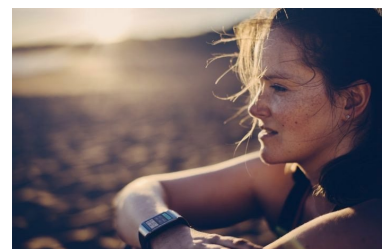
[See the List >](#)



Depression Is 9 Times More Likely for People with This Chronic Disease

The link also extends to family—even their siblings are nearly two times more likely to develop depression.

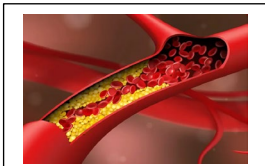
[What to Know >](#)



Could You Have Coronary Artery Disease and Not Know It?

Coronary artery disease doesn't usually cause symptoms early on, so you could be living with partially blocked arteries and not even know it.

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Almost 50% of Tap Water Contains Cancer-Related Chemicals—Here's What to Do

A doctor explains why you might want to pour that tap water down the drain.

[The Shocking New Study >](#)



20 of Our Favorite Summer Cheese Recipes

Whether they're good for the grill or incorporate some of the season's best ingredients, here are our favorite cheese-centric recipes to make in the summertime.

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DIGESTIVE HEALTH

Can Rubbing Your Fists Together Relieve Constipation?



RHEUMATIC CONDITIONS

Psoriatic Arthritis vs. Rheumatoid Arthritis: How the 2 Conditions Differ, According to Experts



How To Store Fresh Tomatoes

 [ALLRECIPES](#)

10 Ways to Boost Your Metabolism

Exercise is a big one -- but they don't all require breaking a sweat. See what you can do to burn more calories and lose weight faster.

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Best Supplements for Joint Pain

Can supplements help relieve joint pain and swelling? Find out how certain compounds may aid your stiff, tender joints.

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[Could eating strawberries daily improve heart and brain health?](#)

Consuming strawberries daily may help improve cognitive function, lower blood pressure, and increase antioxidant capacity, a clinical trial shows.

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[Vegetarian dietary patterns may reduce cardiovascular disease risk](#)

A vegetarian diet may help improve cardiometabolic health by lowering cholesterol and aiding weight loss in people at high risk of cardiovascular disease (CVD), a new study suggests.

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[7 Ways to Treat a UTI without Antibiotics](#)

Written by Jennifer Huizen on July 26, 2023

It is possible to treat a UTI without antibiotics, but there are some caveats and risks to consider. Learn more about 7 of the best ways to treat a UTI without antibiotics.

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[Vitamin D Test: Best At-Home Options in 2023](#)

Written by Rachel Ann Tee-Melegrito, Kristina Iavarone and Stefano Iavarone on July 26, 2023

Vitamin D deficiency is common, though it often does not cause symptoms. A range of at-home vitamin D tests are available. Learn more here.

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[7 Best Hearing Aids for Tinnitus in 2023](#)

Written by Suzy Davenport and Nadia Zorzan on July 27, 2023

Hearing aids can help relieve symptoms of tinnitus by amplifying background noise. Learn more about tinnitus, its causes, and hearing aids that can help.

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[In Conversation: Why Parkinson's research is zooming in on the gut](#)

Hosted by Dr Hilary Guite

In this episode of our podcast, we discuss why the gut microbiome is important in Parkinson's disease and what researchers are doing to discover more about the link between Parkinson's and gut health.

[LISTEN TO THIS EPISODE](#)

Signs You May Have Worms

See the types of worms that humans can get, symptoms to watch for, and what you can do about them.

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Ways to Keep Your Kidneys Healthy

These important organs help filter waste from your blood and send it to your bladder. Find out how to keep yours in tip-top shape.

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Top Cancer-Fighting Foods



No single food can prevent cancer, but the right combination might help. See which foods to enjoy -- and which ones to steer clear of.

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Health Effects of Air Pollution

Indoor and outdoor air pollution can cause a variety of problems, from asthma attacks to lung cancer to premature death.

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New Report Shows U.S. Counties With Highest Alzheimer's Rates

Man throws himself under moving bus in Dambulla

A 37-year-old died after intentionally coming under a bus travelling from Dambulla to Galkiriyagama, yesterday (26).

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Surprising Symptoms of IBD

Inflammatory bowel disease refers to chronic conditions that can cause pain and serious digestive problems. They can lead to symptoms all over your body, not just in your digestive tract.

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6 Carbs To Eat To Help You Lose Weight



‘Suwa Seriya’ marks 7th Anniversary

Dr. Harsha de Silva, the founder of the 1990 Suwa Seriya Ambulance Service said he is elated to commemorate its 7th anniversary today (28), adding that with a staggering 6,609,357 calls answered and 1,581,554 emergencies attended, the service has proven to be a lifeline for countless individuals in critical situations.

10 Tips to Cut Back on Your Drinking

If you think you may be drinking too much, these simple suggestions can help you dial it down or quit drinking altogether.

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12 Ways Sex Is Different After Menopause

It's 2023. Menopause does not have to mean the end of good sex.



VACD Australia Chairman's Annual Report for FY 2022/23 to the VACD Australia Board:

The hyperlink below will take you to my annual report to the VACD Australia board for FY 2022/23:

<https://www.vacd.org.au/2023/07/26/chairmans-fy-2022-2023-annual-report/>

Save the date: Sunday, 8th October 2023

The inauguration of the VACD Melbourne chapter will take place over a luncheon session on Sunday, 8th October 2023 at the main Clayton Community Centre Hall, Clayton, Victoria. Please save this date in your diaries. More news on this inauguration program will follow via our regular newsletters and local media.

VACD's Team, Projects, Programs & Newsletters:

Please visit our [VACD Webpages](#) to find details of our team, projects, programs, and newsletters.

Multiple donation options to support our mission:

The following hyperlink will enable you to find all donation options that are available to you on our webpage:

<https://www.vacd.org.au/donate/>

Donations to VACD by Australian Taxpayers are tax deductible.

Multicurrency Benevity Causes Portal for International Donations:

International donors who wish to support our mission can do so through the Benevity Causes portal via the hyperlink below for all your multi-currency donation options:

<https://mygoodness.benevity.org/community/search?query=vacd&country=036>

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 share this newsletter with your network! Together, we certainly 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 – <https://www.vacd.org.au/>

Member of the Advisory Board – VACD Sri Lanka

Member of the Advisory Board – Two Leaves Foundation Sri Lanka

Senior Associate – Cognoscenti Group – Sydney – Australia- <http://www.cognoscenti.global/>

Member of Investment Committee - Arrive Wealth Management - Brisbane – Australia –

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

What are the 5 best sources for prebiotics?

Scientists have found that five foods in particular—including onions and dandelion greens—are the top prebiotic-rich food sources.

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Is type 2 diabetes reversible?

Written by Mary West on July 23, 2023

Under certain conditions, type 2 diabetes can go into remission. It depends on a person's lifestyle. Learn more, including diet, health, and prevention tips.

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How long does it take for fatty liver to turn into cirrhosis?

Written by Ben Koprowski on July 23, 2023

It can take years for fatty liver to become cirrhosis, depending on the underlying cause. It is also possible for an individual to prevent fatty liver from becoming cirrhosis. Learn more here.

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