

Can You Reverse Type 2 Diabetes?

Diabetes and Your Pancreas

# Health & Views

DECEMBER 1<sup>st</sup> issue 2023

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

## What is the prevalence of colon cancer in Sri Lanka?

Colorectal cancer (CRC) is currently among the top five highest incidence cancers in Sri Lanka (SL), with a age-standardized rate of 10.2 per 100,000 population in 2019.

## What are the statistics of cancer in Sri Lanka?

the year 2019, a total number of 31,848 patients were newly diagnosed with cancer, giving a crude incidence rate (CR) of 146.0 per 100,000 population. Crude incidence rate of males was 140.6/100,000 and Crude incidence rate of females was 151.1/100,000 population.

## What type of cancer is common in Sri Lanka?

Cancers of the breast, oral cavity, oesophagus, cervix, lungs, thyroid, colon & rectum, lymphoma, ovary and leukaemia are the ten most common cancers in Sri Lanka in the years 2001- 2006

## People With Diabetes Have a Higher Risk of Colon Cancer: Study

Written by Lisa O'Mary

**Research shows that people with Type 2 diabetes have a 27% greater chance of developing colon cancer as compared to their non-diabetic peers. Equally or more disturbing is that diabetes has a negative effect on overall survival if you're diagnosed with colon cancer.**

Nov. 14, 2023 – People with diabetes had a 47% increased risk of getting colorectal cancer, compared to people without diabetes, according to results of a large new study. Getting a colonoscopy dramatically reduced the risk, the results showed.

The [findings](#), published today in *JAMA Network Open*, suggest that colonoscopies are particularly important for people with diabetes. People diagnosed with diabetes within the past 5 years have the greatest colorectal cancer risk, the study found, suggesting screening should be part of a person's health care after they're diagnosed with diabetes.

Researchers analyzed data for 54,597 people who contributed at least 2 years of health data as part of a study that recruited people from 12 southeastern states between 2002 and 2009. The people self-reported their diabetes status, and although researchers tried to only include people with type 2 diabetes, it's possible that some people in the study had type 1 diabetes. The average age of those in the study was 51 years old; 64% were women; more than half of them had an income of less than \$15,000 per year; and 66% of them were African American.

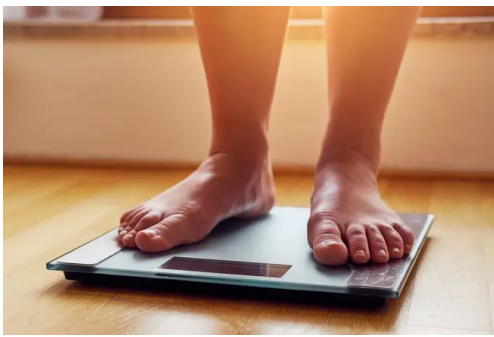
## Turn Your Daily Walk Into a Workout

This accessible and convenient form of exercise can help your body do much more than shed pounds. Here's how to start and stick to a walking routine.

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• [Are Some Alcoholic Drinks Healthier?](#)

[Does Green Tea Lower Your Colon Cancer Risk?](#)



## How to Get Fit When You're Overweight

Focusing on weight loss alone tends to cause an unhealthy up-and-down weight cycle. But exercise has important benefits even if you don't shed pounds.

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## Answers to Your Diabetes Treatment Concerns

See the answers to common questions people have about their diabetes treatment.

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## These 8 Habits Are Hurting Your Heart

Exercising is great. But if you sit down for most of the rest of your day, that could be a problem. See what else could spell trouble for your heart.

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## Best Ways to Remove Hair

Wherever you have unwanted hair, there's more than one way to remove it. See how different methods work, from tweezing to shaving to lasers.

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## Is It Alzheimer's or Just Normal Aging?



You may forget more things as you get older -- that's normal. But if you start to notice any of these signs, check with your doctor.

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## What You're Losing When You're Juicing

Juicing is a popular way to get your fruits and veggies. But you can miss out on important nutrients in the process.

[What's in your juice?](#)



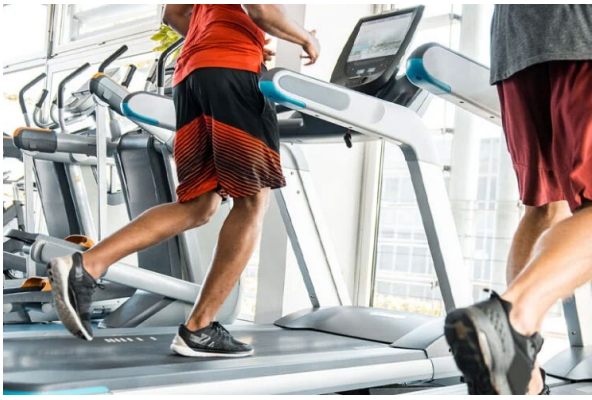
[Men's Health](#)



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## [How Running Impacts Your Knees](#)

Running doesn't cause arthritis in your knees, but running injuries can raise your arthritis risk. Follow these tips to protect your joints.

[Take these steps](#)



### [Pros and Cons of Sleeping in a Bra](#)

Wearing a bra to bed can reduce breast pain, nipple irritation and stretch marks. But there are downsides, too.

[Put comfort first](#)

### [Lower testosterone levels may increase the risk of arthritis](#)

Recent research based on nationally representative data from the United States has confirmed a strong link between low levels of testosterone and a heightened risk of arthritis.

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### [Alcohol and caffeine hurt sleep quality and quantity, study finds](#)

Sleeping better with alcohol or caffeine may be a false perception that leads to poorer sleep, a new study finds.

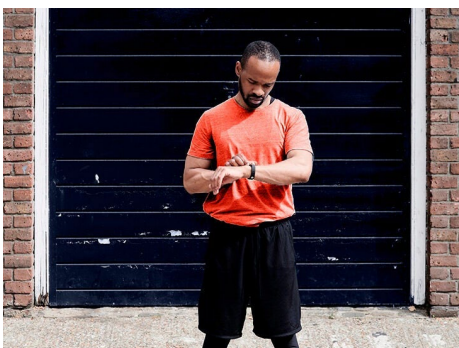
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## [What causes a swollen eyelid and what to do about it](#)

Written by Zawn Villines on November 14, 2023

Styes and allergies are two reasons an eyelid might become swollen. Here, learn about some causes of a swollen eyelid, what to do if they happen, and when to see a doctor.

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## [What should my heart rate be?](#)

What is a resting heart rate and what is normal for an adult? Learn more about heart rates, including target rates with exercise, and abnormal rates.

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## VACD/MJFCF Health & Rehabilitation Clinic – November 2023



VACD and Merrill J Fernando Charitable foundation (MJFCF) collaborated to conduct a two-day workshop for children with disabilities and their parents in the Uva province, at the Bandarawela Town Hall on Tuesday, 14<sup>th</sup> and Wednesday, 15<sup>th</sup> November. A total of 500+ (children and parents) joined these sessions over the two days.

The MJFCF team of therapists was led by Mr. Rajkaran Mahendran (Physiotherapist). The physiotherapy team were Dhanushka Malith Bandara, R. M. V .S. Rathnayake, M. K. T. R. S. Bandara, S.D Praneeth, Madhava Siriwardana, Charith Kandambi and Thilini Fernando, and speech therapy team were Thatthsarani Jayatissa, Maleesha Wijesinghe, Sakuni Chanika and E.K Harshani Ishara (VACD and MJFCF teams seen below).

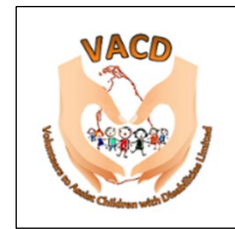
We wish to congratulate Mr. Rajkaran Mahendran and his youthful team for examining children with a range of disabilities with tender care, love and compassion while treating their parents and family members with respect, gentleness, and patience.

## The complete guide to omega-3-rich foods

Written by Kat Gál and Charlotte Lillis on November 14, 2023

Omega-3 fatty acids are essential nutrients. Oily fish, seeds, and nuts are among the best sources. In this article, we take a look at 15 omega-3-rich foods.

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Aloyna is a specialist in digital communication, a Neuro Change Practitioner, Business Specialist, and National Disability Insurance Scheme (NDIS) Provider. She has substantial practical experience in connecting and collaborating with people using up-to-date digital technology as her mode of communication and is dedicated to helping women rebuild their lives through education while also inspiring and motivating the younger generation to create positive changes for a better future. Aloyna presently serves as a coordinator at “We Rise Networking”

<https://werisenetworking.com/> and “Women Making it Work” <https://wmiw.com.au/> where her main goal is to foster connections and collaborations among businesses and associations, empowering women to achieve their maximum potential.

### **Felix Stephen**

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## Benefits of drinking lemon water

Written by Joe Leech, MS on November 15, 2023

Many people claim that drinking lemon water has powerful health benefits. This article examines the benefits and myths related to lemon water.

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## How much protein is too much?

Written by Jennifer Huizen on November 14, 2023

Protein has many advantages for health. However, consuming too much protein may negatively affect health. Learn about how much protein a person should consume.

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## How to use rosemary oil for hair growth

Written by Zawn Villines and Mandy French on November 14, 2023

Some research shows that rosemary oil may help stimulate hair growth and slow hair loss. Learn more here.

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## The 13 Best Foods to Lower Cholesterol

### 4 Impressive Ways Pomegranates Can Boost Your Health

### 13 Ways to Lower Your Breast Cancer Risk

Mammograms are important tests, but adopting these healthy habits can also make a difference.

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## Vitamins and Supplements That Fight Inflammation

Inflammation often comes with conditions like diabetes, heart disease, and arthritis. Here's what you can take to help fight it.

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## Tai Chi May Boost Memory, Protect Against Dementia

## Signs of Inflammatory Bowel Disease

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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## How Alcohol Affects Your Body

NUTRITION

## The Ultimate Ranking of the Best and Worst Artificial Sweeteners for Your Health

## 12 Reasons You Can't Concentrate

Lack of sleep can zap your attention span and short-term memory. See some other concentration killers, plus fixes to help you focus.

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## Meningitis Warning Signs

Symptoms depend in part on your age and the type of meningitis you have, but here are some of the possible signs.

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## Never Put These Things on Your Face

People apply some pretty strange things to their face in pursuit of clear, supple skin. Many can backfire, and some can even cause damage.

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## 10 Surprising Causes of Bad Breath

It might not be what you ate. See some unexpected things that can cause stinky breath -- like a hangover.

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## Researchers Take On Mystery of Red Wine Headaches