



The Queen has hit the jackpot again. But why does she need so much money?



The Queen has hit the jackpot again. But why does she need so much money? | David McClure



Pile on the Protein-Testosterone

Lean beef, chicken, fish, and eggs are some of your options. Tofu, nuts, and seeds have protein, too. Try to get about 5 to 6 ounces per day, although the ideal amount for you depends on your age, sex, and how active you are. When you don't eat enough of these foods, your body makes more of a substance that binds with testosterone, leaving you with less T available to do its job.



Go Fish

Fatty kinds like salmon, tuna, and mackerel are rich with vitamin D. It's a natural testosterone booster because it plays a crucial role in hormone production. WebMD

What Does Cranberry Contain?



Cranberries are rich in phytonutrients (phenolic acids, proanthocyanidins, anthocyanins, flavonoids, and triterpenoids). They also contain nutrients and minerals such as fiber, manganese, vitamin C, vitamin E, copper, pantothenic acid, and vitamin K. Every category of phytonutrient present in cranberry is also known to play a role in digestive tract support. The high concentrations of anthocyanins (a type of phytonutrient) provides us with stronger health benefits.

Cranberries contain arbutin, a diuretic that helps flush out toxic fluids from the body. This helps in reducing bloat and excess water trapped within the body's tissues. Since they are rich in antioxidants, they help cleanse the body. When toxins, harmful substances, and excess fats accumulate and clog the liver, it cannot burn the excess fat efficiently.

Vitamin C present in cranberry helps in diluting the bile juice in the liver and enables the liver to easily break down fat.

Cranberries are also rich in vitamin A, B1, B2, and its proanthocyanidins are effective in removing blockages in the lymphatic system, which helps reduce cellulite and water weight from the body. Recent research shows that cellulite contains more water-attracting molecules than smooth skin, which may lead to increase in water retention. The phytonutrients in unsweetened cranberry juice are effective in reducing fluid accumulation in tissues.

Cranberries are known to contain many nutrients and are renowned for their ability to help prevent and treat urinary tract infections. Lately, they have been in the news for their ability to help in weight loss. Extract from CureJoy

"One who plants a garden, plants happiness."
— Chinese Proverb

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David Maurice Smith for The New York Times

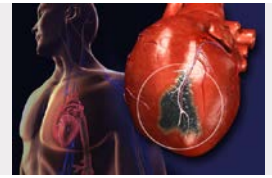
• **In Sydney and Melbourne**, more and more young people have grown up melding Asian heritage and an Australian identity.



22 Awesome Responses to Trump's Announcement on Paris Agreement



[http://elanka.com.au/coconut-industry-going-round-second-](http://elanka.com.au/coconut-industry-going-round-second)



What Is It?-Heart Attack

When blood can't get to your heart, your heart muscle doesn't get the oxygen it needs. Without oxygen, its cells can be damaged or die. The key to recovery is to get your blood flow restored quickly. Get medical help right away if you think you're having symptoms of a heart attack.

Causes

Over time, cholesterol and a fatty material called plaque can build up on the walls inside blood vessels that take blood to your heart, called arteries. This makes it harder for blood to flow freely. Most heart attacks happen when a piece of this plaque breaks off. A blood clot forms around the broken-off plaque, and it blocks the artery.

Symptoms

You may feel pain, pressure, or discomfort in your chest. You could be short of breath, sweat, faint, or feel sick to your stomach. Your neck, jaw, or shoulders might hurt. Men and women can have different symptoms. Men are more likely to break out in a cold sweat and to feel pain move down their left arm.

Symptoms in Women

Women are more likely than men to have back or neck pain, heartburn, and shortness of breath. They tend to have stomach trouble, including an upset stomach, feeling queasy, and throwing up. They may also feel very tired, light-headed, or dizzy. A couple of weeks before a heart attack, a woman might have flu-like symptoms and sleep problems.

About 435,000 women have heart attacks in the U.S. each year. Symptoms can be so mild they're often dismissed as something minor.

What to Do

If you or someone you're with has symptoms that might be a heart attack, call 911 right away. If it is, you're more likely to survive if you get treated within 90 minutes. While you're on the phone, the person should chew and swallow an aspirin (unless they're allergic) to lower the risk of a blood clot. Are they unconscious? Hands-only CPR can double their chances of survival. WebMD



Loshane 6 yrs.
From Kandy
smartphone
dependence

iPhone Turns 10: Why It Has Isolated, Not Connected, Humans

See This

Sucked in In the beginning, sociologist Sherry Turkle explained, smartphone users would huddle together, sharing what was on their phones. "As time has gone on, there's been less of that and more of what I call the alone together phenomenon. It has turned out to be an isolating technology," she said in the 2015 documentary "Steve Jobs: The Man in the Machine." "It's a dream machine and you become fascinated by the world you can find on these screens."

A million plastic bottles are bought around the world every minute, and scientists predict that by 2050 the ocean will contain more plastic by weight than fish. In this exclusive report the Guardian reveals that the threat from plastic choking the planet may be as serious as climate change. Demand is fuelled by an apparently insatiable desire for bottled water, and the spread of a western, urbanised "on-the-go" culture to China and the Asia-Pacific region.

But as use soars around the globe, efforts to collect and recycle the bottles are failing to keep up, with between 5m and 13m tonnes of plastic leaking into the world's oceans each year. Hugo Tagholm, of the marine conservation and campaigning group Surfers Against Sewage, said: "Current science shows that plastics cannot be usefully assimilated into the food chain. Where they are ingested they carry toxins that work their way on to our dinner plates." Read Margaret Atwood on the evils of plastics here.



3 Wonderful Ways Coconut Oil Benefits Your Teeth And Gums

Just when you thought you've heard of all the benefits of coconut oil, here's a new one that can get you surprised. Did you know that coconut oil can help toughen your teeth and solve other dental problems?. Let's examine how it can help our teeth and how we can add it to our oral hygiene routine...

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Order Oysters

There's a reason why these mollusks are known for being great for fertility. They have almost five times your recommended daily dose of zinc. This mineral helps your body make testosterone. You can also get it in beef and beans. And it's often added to breakfast cereal.

Bonus: Zinc boosts your immune system.-WebMD



More Magnesium

This mineral blocks a protein from binding with testosterone. The result? More of the usable man-stuff floating around in your blood. Spinach is packed with magnesium. Almonds, cashews, and peanuts are good sources, too. WebMD



5 Home Remedies To Cure Eczema

Eczema is an inflammatory disease that brings along flares, redness, and sometimes swelling. If the outbreak starts very young, it's difficult to get rid of it completely in a short span of time...

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[Speech by Roshan Mahanama, Chief Guest - Colors Nite -Gateway College](#)



High-Fat Meats on the Barbecue

The bad news: barbecue can sabotage your waistline. A 20 ounce T-bone steak can weigh in at 1,540 calories and 124 g fat. An average cheeseburger has 750 calories and 45 grams of fat. What about pork or beef ribs? They come from the fattiest part of the animal. The good news: You can go lean with cuts like pork tenderloin, skinless chicken breast, and lean ground beef.

MedicineNet

What is alcohol?



Alcohol is a part of many social occasions, from family dinners to parties, to sporting events and nightcaps. The problems associated with alcoholism are well known, but what about the impact of social drinking or a moderate intake of alcohol? Does alcohol belong in our diet, or does the risk that it presents outweigh any benefits that may be derived from consuming it? The truth is that no one needs alcohol to live, so regardless of what you've heard or want to believe, alcohol is not essential in our diets. We consume alcohol to relax, socialize, and/or celebrate. Depending on your health, age, and the amount that you consume there may be some added health benefits, but the negative consequences when consumed in excess far outweigh these benefits. Many believe that as long as they are not an alcoholic they are not at risk for any health problems. This may or may not be the case depending on many factors. If you want to be able to drink and gain any benefits that exist, while avoiding any of the negative consequences, you need to understand alcohol and learn about the research and guidelines for safely consuming it in moderation.

MedicineNet



Mayonnaise-Based Salads

A small half-cup portion of typical potato salad has 180 calories and 12 grams of fat; the same amount of coleslaw has about 150 calories and 8 grams of fat. To cut calories, try making your salads with light mayonnaise; or mix mayo with low-fat yogurt, light sour cream, or chicken stock. Or why not try a German-style potato salad, using more vinegar than oil? Then toss lots of veggies into any salad to increase the fiber and nutrients.

MedicineNet

Alcohol is actually classified as a drug and is a known depressant. Under this category, it is the most widely used drug in the world. According to the National Institute of Alcohol Abuse and Alcoholism (NIAAA), in the United States, 17.6 million people -- about one in every 12 adults -- abuse alcohol or are alcohol-dependent. The majority of the population consumes alcohol moderately or occasionally. You do not need to be an alcoholic for alcohol to interfere with your health and life. The potential to become addicted to alcohol is a serious problem that can affect anyone. [Continue Reading](#)

Why Root Canals Are Necessary

If your tooth ache is extremely painful, it may require a root canal. Learn about the procedure, cost, and recovery. [Read more...](#)

Coated aspirin is *better* if you are taking it daily for your heart.

FALSE: If you're taking daily aspirin for your heart, don't use coated aspirin. It won't protect your stomach AND not all the aspirin will get into your blood stream. You're better off with chewable "baby aspirin."

[This Unknown Vitamin Plays an Essential Role in Our Health](#)

Could weed be used to treat period pain?

There are reports cannabis will be approved by New York legislators to treat period pain. The evidence is unclear, but that doesn't mean the drug can be ruled out

[Luisa Dillner](#)

[According to reports this week](#), marijuana is about to be approved to treat period pains by legislators in New York. Cannabis is already allowed for medicinal use in 29 American states for a variety of conditions such as cancer, HIV or Aids, severe nausea, seizures and persistent muscle spasms (for example with people who have multiple sclerosis). Could period pains really be joining that list, and is there any evidence that it works?

Solution

[It is certainly clearly stated in bill number A582:](#)

"Medical marijuana can alleviate many of the painful effects of dysmenorrhea." The bill also states that "Not only will this improve women's wellbeing and productivity during menstruation, but it will advance New York State in one of the country's fastest growing industries." So cannabis will help women, and industry too. It's win win.

Green dreams: the growing case for medical marijuana

Should medical cannabis be legalised? It makes sense to the woman with MS who pays £500 a month on it, and the neurologist whose patients resort to street drugs
[Read more](#)

Except that Dr Penny Whiting, [the lead author of a large systematic review in Jama](#) on the medicinal uses of cannabinoids confirms my suspicion that there is no research showing that cannabis relieves period pains – though she points out that because of the lack of research, there's also no evidence it doesn't work ... Her review found moderate evidence that cannabinoids work for chronic pain and spasticity (severe cramps such as in multiple sclerosis) and "low quality evidence" that it relieves nausea and vomiting from chemotherapy and sleep disorders. [Another review published by the National Academies of Sciences, Engineering and Medicine](#) found similar results.

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How Is Anorexia Nervosa Treated?

Different kinds of psychological therapies are used to treat people with anorexia. Learn which treatments may work best. [Read more...](#)

Thinner is better as you get older.

You want to be healthy, not frail. Some seniors become thinner and weaker. Health risks come with being overweight, of course. For older adults, what matters most is how active you are and whether you can do all your everyday activities. It's less about what you weigh and more about how much of your weight is muscle instead of fat. Your doctor can tell you if your weight is on track, in light of your age and overall health.

Aging changes your body. Your metabolism slows down. You have to work harder to hang on to your muscle mass. So even if you're eating exactly the way you did when you were younger, age-related changes stack the deck in favor of gaining weight. Food still matters, but it's not shifting the numbers on your scale by itself. -WebMD

Taking blood pressure in both arms may reveal a higher heart attack risk.

TRUE: You should measure blood pressure in both arms. A difference of 10 points or more means a 38% greater chance of having a heart attack — something you should talk to your doctor about.

Harvard Medical School

Dietary fat wrecks havoc on your heart and your memory.

FALSE: Not all dietary fat wrecks havoc on your heart and memory. Saturated fat (in butter and red meat) can *harm* both memory and artery health while monosaturated fats (in olive oil and fish) actually *improve* both memory and heart health.

Harvard medical School

Lorraine Chow

Stephen Hawking: 'I Am Convinced That Humans Need to Leave Earth'

Mediterranean Diet

You won't need a calculator for this meal plan. Instead of adding up numbers, you swap out bad fats for heart-healthy ones. Go for olive oil instead of butter. Try fish or poultry rather than red meat. Enjoy fresh fruit and skip sugary, fancy desserts.

Eat your fill of flavorful veggies and beans. Nuts are good, but stick to a handful a day. You can have whole-grain bread and wine, but in moderate amounts.



The Food Is Really Fresh

You won't need to roam the frozen food aisle or hit a fast-food drive-thru. The focus is on seasonal food that's made in simple, mouth-watering ways. Build a yummy salad from spinach, cucumbers, and tomatoes. Add classic Greek ingredients like black olives and feta cheese with a [Quick Light Greek Salad](#) recipe. You can also whip up a colorful, veggie-filled batch of [Grilled](#)

[Tomato Gazpacho](#).

You Can Have Bread

Look for a loaf made with whole grains. It's got more protein and minerals and is generally healthier than the white flour kind. Try whole-grain pita bread dipped in olive oil, hummus, or tahini (a protein-rich paste made from ground sesame seeds).

Fat Isn't Forbidden

You just need to look for the good kind. You'll find it in nuts, olives, and olive oil. These fats (not the saturated and trans fat hidden in processed foods) add flavor and help fight diseases from diabetes to cancer. [Basic Basil Pesto](#) is a tasty way to get some into your diet.

The Menu Is Huge

It's more than just Greek and Italian cuisine. Look for recipes from Spain, Turkey, Morocco, and other countries. Choose foods that stick to the basics: light on red meat and whole-fat dairy, with lots of fresh fruits and veggies, olive oil, and whole grains. This [Moroccan recipe](#) with chickpeas, okra, and spices fits the healthy Mediterranean profile

WebMD

"My grandfather used to say that once in your life you need a doctor, a lawyer, a policeman and a preacher but every day, three times a day, you need a farmer."
— Brenda Schoepp

eLanka, Lankan-Australian "News-King": Always read eLanka!

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8 Food Products To Avoid At Your Local Supermarket

Have you ever gone all out and bought products that claim they are healthy for you, yet you don't see any promised results? Be warned, most of the foods you get at supermarkets are imposters and might pose a serious threat to your health. Here are list of the most common foods to avoid buying from supermarkets should be a good start...

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Think You're Eating '100% Natural' Chicken? Think Again



Wrinkle Remedies

If forehead creases are bringing you down, injections of botulinum toxin (Botox, Dysport, and Xeomin) can provide a temporary fix. They're made with a purified version of the toxin from botulinum bacteria. In tiny doses, this toxin relaxes the clenched facial muscles that cause crow's feet, frown lines, and the like. The shots take only a few minutes and cause little pain. WebMD

[Risk Factors for Atrial Fibrillation](#) ←

[Signs of Tooth Decay](#) ←

[Recognize These Common Eye Conditions](#) ↑

Women with BRCA gene mutations given clearer picture of breast and ovarian cancer risk

Results of Australian study will provide carriers with greater confidence in decisions they make about prevention strategies

Women with BRCA1 mutations have on average a 72% risk of developing breast cancer by the age of 80. For BRCA2 mutation carriers, the risk of breast cancer is 69%. Photograph: Lester Lefkowitz/Getty Images

Women who carry the BRCA1 or BRCA2 gene mutations now have the clearest picture yet of their risk of developing breast and ovarian cancer.

An Australian study led by the University of Melbourne, Peter MacCallum Cancer Centre and [Cancer Council Victoria](#) tracked almost 10,000 women with these mutations for up to 20 years.

What they found has given clinicians "enormous power" to assess a carrier's risk of developing these cancers.

New therapy offers hope against incurable form of breast cancer

It will also provide carriers with greater confidence in the decisions they make about prevention strategies including surgery, says the oncologist Prof Kelly-Anne Phillips, founder of the Peter Mac Breast and Ovarian Cancer Risk Management Clinic.

"This is the largest and most scientifically rigorous study to date without question," Phillips said. "We used data from a large number of studies running internationally in over 18 around the world."

The study published in JAMA: The Journal of the American Medical Association found that women with BRCA1 mutations have on average a 72% risk of developing breast cancer by the age of 80.

For BRCA2 mutation carriers, the risk of breast cancer is 69%.

The average lifetime risk of ovarian cancer is 44% for BRCA1 and 17% for BRCA2.

It was also found that the location of where the abnormality is found in the gene and family history influenced the risk.

"So women who had these gene mutations who had more people in their family who'd been affected with breast and/or ovarian cancer had a higher likelihood of developing these cancers than women with the same mutation who had less of a family history," Phillips said.

She said the findings also had significant implications for older women with these mutations. The study found cancer risk increased rapidly at a young age and peaked in the 30s for BRCA 1 mutation carriers and in the 40s for BRCA 2 mutation carriers.

But it remained as the woman aged, overturning previous thinking that the risk reduced when a woman turned 60 without a diagnosis.

"Our study really showed that the risk reaches its highest level in a woman's 30s and remains well into their 80s," Phillips said.

Further analysis of the data will examine whether modifiable lifestyle-related factors such as timing of pregnancies, contraceptive use or alcohol and smoking can influence the risk of cancer for these women. -The Guardian.com



Before and After

These treatments usually take 3 to 7 days before you start to see results. You'll notice smoother skin where you got the shots. As the muscles slowly are able to contract again, lines and wrinkles reappear. To keep them away, you'll need injections every 3 to 6 months at first, and less often after that. -WebMD

Preventing Prostate Cancer

Prostate cancer is the most common cancer in men. Some grow slowly while others are very aggressive and spread quickly.

[Read more...](#)

[Combining surgery, radiation, and hormonal therapy dramatically extends survival in men with advanced prostate cancer](#) ↑

Alcohol is a direct cause of seven forms of cancer, finds study



Analysis implicates alcohol in development of breast, liver and other types of cancer and says even moderate consumption is a risk

[Denis Campbell](#) Health policy editor

[Alcohol](#) causes seven forms of cancer, and people consuming even low to moderate amounts are at risk, according to new analysis.

[Health](#) experts endorsed the findings and said they showed that ministers should initiate more education campaigns in order to tackle widespread public ignorance about how closely alcohol and cancer are connected. The study sparked renewed calls for regular drinkers to be encouraged to take alcohol-free days, and for alcohol packaging to carry warning labels.

Fresh analysis of evidence accumulated over recent years implicates alcohol in the development of breast, colon, liver and other types of cancer.

The study, [published in the scientific journal Addiction](#), concludes that there is more than simply a link or statistical association between alcohol and cancer that could be explained by something else. There is now enough credible evidence to say conclusively that drinking is a direct cause of the disease, according to Jennie Connor, of the preventive and social medicine department at Otago University in New Zealand.

"There is strong evidence that alcohol causes cancer at seven sites in the body and probably others," Connor said.

"Even without complete knowledge of biological mechanisms [of how alcohol causes cancer], the epidemiological evidence can support the judgment that alcohol causes cancer of the oropharynx, larynx, oesophagus, liver, colon, rectum and breast."

Alcohol-related deaths in England up 4% in one year

Growing evidence suggested that alcohol was also likely to cause skin, prostate and pancreatic cancer, she added. Emphasising that a drinker's risk increased in relation to the amount consumed, Connor said: "For all these there is a dose-response relationship."

Connor arrived at her conclusions after studying reviews undertaken over the past 10 years by the World Cancer Research Fund, the International Agency for Research on [Cancer](#), the World Health Organisation's cancer body, and other authoritative bodies. -The Guardian.com

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Drinking Tea Alters Women's Genes

New research show that tea consumption in women leads to epigenetic changes in genes that interact with cancer and estrogen metabolism. New research from the University of Uppsala in Sweden has proven that drinking tea causes epigenetic changes in women. The team published their results in the *Human Molecular Genetics* medical journal. The study was led by Weronica Ek from the university's Department of Immunology, Genetics and Pathology.

Epigenetics

Epigenetics is the study of bodily changes caused by variations in the way genes express themselves. While the underlying genetic codes stay the same, affected genes act differently when influenced by environmental and lifestyle factors.

Previous studies have conclusively shown that smoking, diet, exposure to chemicals, and levels of physical activity can cause gene functions to mutate. These mutations can contribute to cancer growth, heart disease, and other chronic illnesses.

Beverage Consumption Study

Medical research has confirmed that consuming coffee and tea reduces risks of certain diseases. These drinks are known to halt the growth of tumors, reduce inflammation, and increase the body's ability to process estrogen. However, the exact chemical mechanism that allows these benefits is not known. Researchers believe these side effects are caused by epigenetic changes caused by substances in the beverages.

In their study, the Uppsala team found that female tea drinkers showed changes in genes that affect cancer and estrogen metabolism. These changes were not found in male participants. This may be because the active compounds in tea only affect estrogen hormones, which is more abundant in the female body. Researchers also theorize that, on average, women seem to consume more tea than men, making the effects more pronounced.

Higher estrogen levels positively correlate with a higher risk of certain cancers. Increasing the body's ability to process estrogen can significantly lower that risk.

Coffee was not observed to mediate epigenetic changes.

Implications and Future Research

The study's results prove that pharmacologically active compounds in tea influence cancer production and estrogen metabolism. This is consistent with previous studies that proved a link between tea drinking mothers and in vitro epigenetic changes. However, this study does not show if it is healthy or not to drink tea and further research is needed to better understand how epigenetic changes found in this study affects our health. These results have also been seen in previous laboratory experiments using cultured cancer cells.

While the effects of tea have been verified, the exact chemical mechanism used to produce changes is not yet understood. To develop these findings into usable therapies, researchers will need to pinpoint the active compounds and how they are used by the body. World Health Forum

Fish May Reduce Arthritis Pain

Eating fish may significantly reduce the pain and swelling associated with arthritis.

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How Well Do You Know the Human Body?

Learn about the anatomy of the human body, systems, and organs. How many bones are in the human body? How much blood is in the human body?

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11 Home Remedies To Get Rid Of Bed Bugs Naturally

Bed bugs are parasites that belong to the cimicid family. They are small, oval, brownish insects that feed exclusively on blood. While there are quite a few parasites of the cimicid family that feeds on animal blood, the cimex lectularius, the common bedbug, is the famous one as it prefers feeding on human blood...

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7 Amazing Beauty Benefits Of Apple Cider Vinegar

Apple cider vinegar is a very useful product to have around in the house. It is a versatile ingredient that benefits your health inside and out. It lowers your blood sugar levels, helps you lose weight, improves diabetes symptoms, reduces heartburn, and acts as a remedy for indigestion, infections, and inflammations...

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Durian



This fruit is available in Sri Lanka during July/August months. The skin is smelly and spiky. The creamy and almond like flavored inside fruits in compartments are healthy and provides your body with essential vitamins, proteins, carbs, and has a known aphrodisiac effect. It can cause dilatation of your blood vessels giving a flushed skin, and keeps you hot due to the increased metabolism it causes.

Climate conundrum: The amount of carbon dioxide humans are pumping into the air seems to have stabilized — but data gathered at the world's monitoring stations, like the one above in Tasmania, show that excess carbon dioxide is still on the rise



Go for the Bronze

Woke up late? Grab some bronzing powder instead of your usual multi-step makeup. Using a large brush, sweep bronzer all over your face to create a warm glow. Then dust a little extra on your cheekbones. With a small eye shadow brush, dab some on your eyelids and brows. You can even mix it with clear gloss for bronze-toned lips.



Lash Out!

Nothing wakes up your face like mascara, but it's hard to apply neatly when you've got to run. Think about eyelash extensions, where a professional adds individual lashes to your real ones. The process is painless, and voila! You'll look well-rested without any makeup at all. Extensions last up to two months, with touchups every few weeks.



Wash Just Your Bangs

You don't need to wash and blow-dry your hair every single morning. Wash, rinse, and blow-dry just your bangs. They get the dirtiest because of the oils and sweat from your forehead. Try it!

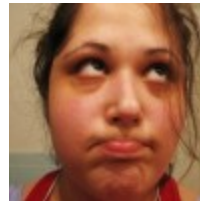


Multitask With a Blow Dryer

When you're blow-drying your hair, stop when it's almost dry and apply your facial moisturizer. Then, set the blow dryer to cool and dry your hair and face at the same time.

[Struggling to get results from exercise? Here are some hard truths](#)

Exercise and fat loss are sensitive subjects to broach, even for personal trainers. There are uncomfortable truths every trainer has needed to drop on clients who struggle to get results. Here are the four most common nuggets of advice you probably don't want to hear but perhaps need to.



[Does This Cause Cancer?](#)

X-rays, cellphones, meat: Could any of these things raise your odds of having cancer? Here's the truth about what might cause cancer -- and what won't.

[Highest-Risk Times for Those With BRCA Gene?](#)

Research sheds light on when those with the gene might want to remove a breast or ovary to prevent cancer.

Breast implants may cause false ECG diagnosis of heart attack

By Catharine Paddock PhD



Electrocardiogram recordings are often used to diagnose heart attacks and other conditions. But a new study suggests that in the case of patients with breast implants, the recordings can often be misleading. It recommends that doctors use other tests to confirm any indications. The study, which was presented recently at the European Society of Cardiology meeting EHRA EUROPACE-CARDIOSTIM 2017, held in Vienna, Austria, is published in the Society's *Europace* journal.

Dr. Sok-Sithikun Bun, lead author of the new study and a cardiologist at Princess Grace Hospital in Monaco, explains why they carried out their investigation. "Our experience shows that breast implants make it difficult to see the heart with echocardiography because ultrasound cannot penetrate through the implant. We wanted to find out if implants also disrupt an ECG."

When they examined the ECGs of the group with breast implants, one physiologist said that 38 percent of them were abnormal, while the other said that 57 percent of them were abnormal.

Dr. Bun says that since "the main difference between the two groups of women was the breast implants," he and his colleagues concluded that the abnormal ECG recordings were due to the implants.

"Albeit echocardiography is difficult in women with implants, these measurements indicated that they had normal hearts and no structural heart disease, which suggests that there was no heart problem that could explain the abnormal ECGs," he adds. Doctors look at various patterns in an ECG - such as "ST depression" and "T wave inversion" - to diagnose a heart attack.



The BOEING 797
Boeing is preparing this 1,000 passenger Jet Liner that could reshape the Air Travel Industry. Its radical 'Blended Wing & Fuselage' design has been developed by Boeing in cooperation with NASA Langley Research Centre. The mammoth aircraft will have a wing span of 265 feet compared to 211 feet of its 747, and it has been designed to fit within the newly created Air Terminals for the 555 seat Airbus

A380, which is 262 feet wide.

Sent by Rohantah G

Staging prostate cancer

Prostate cancer is the second most common form of cancer in American men, behind skin cancer. The American Cancer Society estimate that there will be around 161,360 new cases of prostate cancer in 2017, and 26,730 deaths from the disease. The prostate is a gland that sits between the penis and the pelvis and produces the white sticky liquid that is mixed with sperm to make semen. The type of treatment offered depends on how advanced the prostate cancer is. This is known as the stage of cancer.

- **Stage 1:** The cancer is smaller than one half of the prostate and is contained within the gland. This is known as localized prostate cancer.
- **Stage 2:** The cancer is larger than one half of the prostate, but is still located within the gland. This is also known as localized prostate cancer.
- **Stage 3:** The cancer has broken through the outer layer of the prostate and may have spread into the seminal vesicles, the tubes that carry semen. This is known as locally advanced prostate cancer.
- **Stage 4:** The cancer has spread to another part of the body. This may be nearby lymph nodes or organs such as the rectum or bladder, or the pelvis, bone, lungs or liver. This is known as advanced or metastatic prostate cancer.



KETOGENIC DIET What Is It?

"Ketogenic" is a term for a low-carb diet (like the Atkins diet). The idea is for you to get more calories from protein and fat and less from carbohydrates. You cut back most on the carbs that are easy to digest, like sugar, soda, pastries, and white bread.

How It Works

When you eat less than 50 grams of carbs a day, your body eventually runs out of fuel (blood sugar) it can use quickly. This typically takes 3 to 4 days. Then you'll start to break down protein and fat for energy, which can make you lose weight. This is called ketosis.

Chemo Side Effects We Don't Always Talk About



Nail damage happens to many, but it's less discussed than hair loss or nausea. Our blogger has some helpful tips for getting through it.

The information contained in this newsletter is informational only and not designed to be a substitute for medical guidance. At all times a practitioner should be consulted.

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