

## Health Education for Sri Lankans & others

### ASK WELL

#### Do M.R.I. Scans Cause Any Harm?

By KAREN WEINTRAUB

Magnetic resonance imaging doesn't carry the radiation risks of X-rays or PET scans. But there are safety issues to watch out for.

## Lactose Intolerance: Symptoms, Treatment & Coping Strategies

By Tanya Lewis, Staff Writer

Lactose intolerance is the inability to digest the main sugar found in milk and other dairy products. This is caused by a deficiency of lactase, the enzyme responsible for metabolizing lactose in the small intestines, according to the National Institutes of Health (NIH).

The prevalence of lactose intolerance in adults varies from less than 5 percent to almost 100 percent among different populations, according to research published in the Scandinavian Journal of Gastroenterology. The lowest prevalence is in northwestern Europe, around the North Sea, and the highest prevalence is in Asians and American Indians. About 30 million American adults are somewhat lactose intolerant by the age of 20, according to the NIH.

People can acquire lactose intolerance at any point in their life, and some people develop it over time, said Dr. Sophie Balzora, a gastroenterologist at NYU Langone Medical Center in New York City.

Lactose intolerance is different from having a [milk](#) allergy, since the latter is a reaction to the proteins in milk rather than lactose. It's also not like celiac disease, an autoimmune disease caused by gluten, which can have detrimental effects if ingested.

### Symptoms and causes

People can be genetically predisposed not to produce the lactase enzyme, or the condition can result from illness or injury to the small intestine, including surgery or infections, according to the NIH.

In lactose-intolerant adults, the lactose is fermented and metabolized by bacteria in the colon to produce gas and short chain fatty acids. This results in [abdominal cramps](#), bloating, diarrhea, flatulence and nausea, Balzora said. The severity of symptoms largely depends on how quickly the lactase available in the digestive system is used up.

Although reduced levels of lactase could result in improper absorption of lactose, only people with low lactase levels who exhibit the common symptoms would be properly considered lactose intolerant. According to the Mayo Clinic, most people with lactase deficiencies do not display any signs or symptoms. Lactose intolerance should be suspected in people with abdominal symptoms — such as cramps and bloating — after consuming milk and other dairy products. The symptoms usually appear 30 minutes to two hours after ingesting a milk product.

The initial diagnosis of lactose intolerance can be very simple.

## Fish as Medicine for Rheumatoid Arthritis

By NICHOLAS BAKALAR

Eating fish may help reduce the joint pain and swelling of rheumatoid arthritis, a new study has found.



### What is Testosterone?

Testosterone is a male sex hormone that is important for sexual and reproductive development.

[Read More](#)

## Back Pain? Try Yoga

By NICHOLAS BAKALAR

Yoga works as well as physical therapy for relieving back pain, a randomized trial found.

Eating a big breakfast An old adage advised people to "eat breakfast like a king, lunch like a queen and dinner like a pauper." This may be the best way plan daily meals, according to Brown-Riggs. Eating a big meal in the morning gives the body plenty of energy to start the day, and sets the pace of metabolism for the rest of the day. It helps people avoid feeling so hungry at subsequent meals that it derails their diets, Brown-Riggs said. But just be careful to eat a big breakfast that is filled with healthy foods healthy foods, such as one serving of lean protein, whole grains, fruits and vegetables. Don't load up on too many carbohydrates first thing in the morning, though, because it could lead to sluggishness later in the day, she said.

By Susan E. Matthews

Relax  
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### PERSONAL HEALTH

Who Really Needs to Be Gluten-Free?

By JANE E. BRODY

There are probably many people walking around with celiac disease who don't know they have it.

## What Is Raspberry Ketone?

Raspberry ketone is touted as a weight-loss aid. But how strong is the evidence that taking raspberry ketone supplements may actually help you lose weight? And is it safe? Here's what experts had to say.



Health & Views' has a vision and a mission, to make Sri Lankans of the world healthier through the power of health information. We do this by selecting health information from various sources relevant to issues applicable to our people, and we expect reciprocation by reading, for health & longevity

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Thank you

## Garcinia cambogia: Does it work?

Written by Jon Johnson Reviewed by Debra Rose Wilson, PhD, MSN, RN, IBCLC, AHN-BC, CHT

[email](#)

The garcinia cambogia fruit has been a focus for many people looking for natural ways to lose weight.

The small fruit, which resembles a cross between a [pumpkin](#) and a tomato, is native to India and Southeast Asia and is exported all over the world.

[Garcinia cambogia: Does it work?](#)

## Rich fly to Singapore for lifesaving dengue vaccine; poor helpless due to Health Ministry delay

With deaths caused by dengue nearing 300, concerned affluent Lankans have been travelling to Singapore to get a lifesaving dose of the vaccine whilst a delay in Health Ministry approval locally has left most poor people helpless.

Sources said the rich in recent weeks have flown to Singapore, one of the 17 countries where the world's first WHO-approved dengue vaccine by pharmaceutical giant Sanofi Pasteur is available for sale. A one-time dose is 128 Singapore dollars, which must be repeated twice within six-month intervals.

The Philippines has become the first country to initiate a public program with the vaccine targeting schools.

In Sri Lanka, Daily FT learns Sanofi Pasteur in June 2016 submitted an application for marketing approval to the Ministry of Health, and patients as well as medical industry analysts are fuming over the undue delay in its final approval.

"What is good in Singapore and 16 other countries is being unnecessarily questioned, opposed or delayed by Sri Lankan doctors and the Ministry of Health," said one parent whose child was diagnosed with dengue.

Among the other Asian countries where the vaccine is available are Malaysia, Indonesia and Thailand. The vaccine has been administered to over 800,000 people since it was released globally following the WHO in July last year issuing its recommendation that countries with a high dengue burden consider the introduction of the dengue vaccine to help better control the disease. Sanofi Pasteur is effective against all four dengue virus types (serotypes). In March 2017, the National Medicines Regulatory Authority had informed Sanofi Pasteur that it needs to assess post-marketing surveillance data from countries in which the vaccine has been used for a period of one year before making a decision on approval of the vaccine.

A spokesperson for Sanofi Pasteur told Daily FT that the company responded to the queries of NMRA in a letter dated 4 April 2017 and provided long-term safety and efficacy data from clinical trials involving over 35,000 subjects and post-marketing safety surveillance.

"Since then we have been closely engaged with the NMRA and await their decision on approval of the vaccine for use in Sri Lanka," the spokesperson added.

Sanofi Pasteur said it has long-term data on the safety of the vaccine for six years post-vaccination from a Phase IIB efficacy study (involving 4,002 subjects) and for five and four years respectively from two phase III studies conducted in 10 dengue-endemic countries of Asia and Latin America (involving over 31,000 subjects).

The results consistently showed a continued reduction of hospitalised dengue cases. In addition, two Periodic Benefit-Risk Evaluation Reports have been published since post-marketing approval.

These include safety data collected by Sanofi Pasteur from worldwide sources till 7 December 2016 and do not warrant any significant regulatory authority actions (e.g., restrictions in approved indications, suspensions or withdrawal of a marketing authorisation, new contraindications for use and new or strengthened warnings).

The long-term data on Sanofi Pasteur vaccine and the post-marketing safety surveillance reassure the long-term efficacy and safety of the vaccine. This new tool will have a significant impact on Sanofi Pasteur's fight against dengue when used along with other dengue control measures such as vector control, best practices for clinical care and strong dengue surveillance.

The vaccine by Sanofi Pasteur is the culmination of over two decades of scientific innovation and collaboration as well as 25 clinical studies in 15 countries involving 40,000 volunteers around the world.

With reference to a Daily FT article which appeared yesterday titled 'Rajitha says dengue vaccine not effective enough', a Sanofi Pasteur spokesperson issued the following clarification.

The article states (as quoted): "The effectiveness of the vaccine is only 52% so we cannot just give the medicine to the people telling them that the vaccine will prevent them from contracting the disease," Cabinet spokesman and Health Minister Dr. Rajitha Senarathne said while addressing the weekly media briefing to communicate Cabinet decisions.

The spokesperson said the Sanofi Pasteur dengue vaccine is the culmination of over two decades of scientific innovation and collaboration, as well as 25 clinical studies in 15 countries, involving 40,000 volunteers, around the world.

Currently approved in 18 countries, it has been proven to be efficacious against all four serotypes that cause the disease. Pooled Phase III clinical study results among at-risk populations of 9+ years old, over a 25-month period, showed that the vaccine can prevent 8 out of 10 hospitalisations, 9 out of 10 severe dengue cases and has an overall efficacy of 65.6%.

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

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Opening ceremony of the only replica of the Sakya Kingdom by the President Of Sri Lanka, The Minister Of Justice & The Vote Of Thanks by ALSTON KOCH.

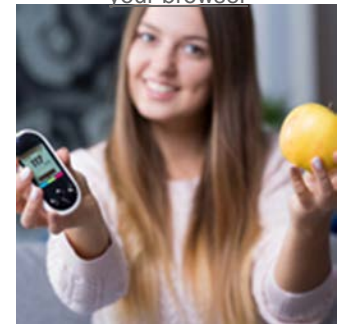
[Opening Ceremony - Sākya Kingdom - Phase 1](#)

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### Sugar and Digestive Problems

Discover which foods to avoid in order to prevent diarrhea and other digestive problems. [Read more...](#)



SLIDESHOW

### Managing Blood Sugar

Get tips to learn how to better control your glucose levels by preventing blood sugar swings. [Read more...](#)

Life in Jaffna

<https://youtu.be/b5O142F5hKc>

## Could Medical Marijuana Be Right for You?

Can it help people with cancer? Where is it legal? What are the possible side effects? We have the answers.

[Donald Trump says US military will not allow transgender people to serve](#)

[What will the car of 2040 be like?](#)



# NHS ranked 'number one' health system

By Nick Triggle Health correspondent  
14 July 2017



JOHNNYGREIG

The NHS has been ranked the number one health system in a comparison of 11 countries.

The UK health service was praised for its safety, affordability and efficiency, but fared less well on outcomes such as preventing early death and cancer survival.

The research by the Commonwealth Fund, a US think tank, looked at countries across the world, including the US, Canada, Australia, France and Germany.

**The US came bottom.**

It is the second time in a row that the UK has finished top. Three years ago, when the survey was last done, the UK was also number one.

It comes despite the NHS being in the grip of the tightest financial squeeze in its history with lengthening waiting times.

**The good and the bad**

The NHS was praised for the safety of its care, the systems in place to prevent ill-health, such as vaccinations and screening, the speed at which people get help and that there was equitable access regardless of income.

Only in one of the five themes looked at did the NHS perform poorly compared with the other nations - health outcomes. This covers general health of the population, early deaths and cancer survival among other measures.

**The ranking**

1 UK, **2 Australia**, 3 Netherlands, 4 = New Zealand  
4 = Norway, 6 = Sweden, 6 = Switzerland, 8 Germany  
9 Canada, 10 France, **11 US**

England's Health Secretary Jeremy Hunt said: "These outstanding results are a testament to the dedication of NHS staff, who despite pressure on the front line are delivering safer, more compassionate care than ever.

"Ranked the best healthcare system of 11 wealthy countries, the NHS has again showed why it is the single thing that makes us most proud to be British."

But others pointed out that in terms of quality of care - as shown by the health outcomes - the findings were more damning.

Kate Andrews, of the Institute of Economic Affairs, said the NHS was "far from being the envy of the world".

"The UK has one of the highest rates of avoidable deaths in western Europe, and tens of thousands of lives could be saved each year if NHS patients with serious conditions such as cancer were treated by social health insurance systems in neighbouring countries, such as Belgium and Germany.

"It is not just low-income earners who receive poor care, the NHS's provision of care is equally poor for everybody, irrespective of income."

<http://elanka.com.au/health-views-july-3rd-issue-2017->

[health-education-sri-lankans-others-dr-harold-](#)

St Patric College-Jaffna

<http://www.ferdisathi.com/Blue-wave/Souvenir2017.pdf>

## RED CROSS TRAUMA TEDDIES TO VALAICHENNAI



The Beaumaris Branch of Red Cross Australia send us many trauma teddies prior to each of our medical missions to Sri Lanka. This picture was taken at the Valaichennai hospital on Tuesday 4th July - a trauma teddy bringing relief to a young child. AuSLMAT visit this hospital on each of our trips to the east coast and enjoy the interaction with patients and their families.

The hospital is clean and well organised. We did a free general medical clinic at Main Street Valaichennai on the same evening.

Dr Quintus De Zylva

## Most Christians in Australia support marriage equality and want a free vote



Galaxy poll finds 54% support for allowing same-sex couples to marry, and 77% believe parliamentarians should be free to vote as soon as possible

<http://elanka.com.au/looking-diabetes-prevent-complications-written-dr-harold-gunatillake-frcs-fiacs-fics-sing-mbbs-health-writer/>



## How to Choose the Right Carbs



You need carbs to make sugar for energy, but they're not all created equal. See which fruits, grains, and other foods to add to your diet.

[The 6 Best Supplements to Gain Muscle](#)



## THE VALUE OF A LAPTOP IN SRI LANKA



SUMANADASA is a humble fisherman at Unawatuna that AuSLMAT met in the early days soon after the tsunami. With funds provided by the Lakes Entrance Fisheries Co-Operative we gave him a boat to sustain his occupation and income. He told us of a grandson who needed a laptop for his studies. We provided this too. His grandson MINOL AVISHKA has now obtained 3 A Level passes in Business Studies, Accounting and Economics and will enter the Kelaniya University to do a Bachelor of Commerce degree shortly.

AuSLMAT extended our sphere of activity in Sri Lanka to include studies in English and have provided many computers to children in southern Sri Lanka who were affected by the tsunami. We remain grateful to the many donors in Melbourne who have given us good used laptops that we have given children in Sri Lanka to further their studies.

Children in Sri Lanka don't seem to get anywhere without competency in English and Computer Studies. Waruni, Pushpika, Nishaji and Anjala are just some of the children from Urahasmahandiya, Weligama and Matara that have come on well in English and Computing. AUSLMAT will continue to support them in their studies.

Dr Quintus De Zylva



## Get Smart About Bread

Does your loaf have the complex carbs that are good for you? It depends on the grain used to make it.

Look for bread made with whole grains. Barley, rye, oats, and whole wheat are some top choices.

WebMD

[How to make the perfect vegetarian scotch eggs](#)





## Volvo Announces 'Historic End' to Combustion Engine, All Cars Going Electric



## Drink plenty of water or other calorie-free beverages.

Before you tear into that bag of potato chips, drink a glass of water first. People sometimes confuse thirst with hunger, so you can end up eating extra calories when an ice-cold glass of water is really all you needed. If plain water doesn't cut it, try drinking flavored sparkling water or brewing a cup of fruit-infused herbal tea. WebMD



### Alzheimer's Disease and Dementia

Alzheimer's disease is a progressive brain disease that destroys cognitive function: memory, thinking, and reasoning. Eventually patients can no longer carry out even simple daily tasks. People with Alzheimer's experience signs and symptoms in varying degrees.

### The Seven Stages of Alzheimer's Disease

Alzheimer's disease develops gradually. The nerve damage it causes first affects learning and memory. Stages of the disease are as follows:

Stage 1: No Impairment -- The individual does not experience any symptoms, and none can be assessed by a professional either.

Stage 2: Very Mild Impairment -- The individual subjectively feels they forget words or common objects, but a professional cannot assess any impairment.

Stage 3: Mild Cognitive Decline -- A professional can diagnose early-stage Alzheimer's in some individuals by stage 3. Friends and family will begin to notice deficiencies. Common problems include difficulty planning, remembering names of close friends and family, and reading with very little retention.

Stage 4: Moderate Cognitive Decline (Early-stage Alzheimer's Disease) -- An expert will recognize clear deficiencies in several areas, including the ability to perform complex tasks like planning for dinner guests or paying bills.

Stage 5: Moderately Severe Cognitive Decline (Mid-stage Alzheimer's Disease) -- At this stage, individuals will need help with day-to-day living as the disease creates major memory gaps. Simple arithmetic and choosing clothes may become difficult, for instance. However, they will usually know basically who they are, names of close relatives (spouse and children) and need no help eating or with the toilet.

Stage 6: Severe Cognitive Decline -- At this stage, mental difficulties continue to worsen. Individuals at stage 6 will need help with the toilet, they often become suspicious of those who help them (they often forget their identities), and tend to wander from home and become lost.

Stage 7: Very Severe Cognitive Decline (Late-stage Alzheimer's disease) -- This stage of Alzheimer's disease deprives people of their ability to speak, respond to their environment and eventually all motor control. Individuals with late-stage Alzheimer's need near-constant assistance for basic needs, including holding their heads up.

### How is Alzheimer's Diagnosed?

Alzheimer's disease is assessed based on several criteria. Cognitive tests of memory, counting, language and so forth are often used. The affected person and their friends and family may be interviewed to determine changes in behavior, personality, and ability to carry out tasks. Various brain scans may be administered to rule out other possible causes, and for the same reason blood and urine samples may be drawn.

With some help from the Alzheimer's Association, here are the top 10 warning signs and symptoms to look for with Alzheimer's disease

## Eat several mini-meals during the day.

If you eat fewer calories than you burn, you'll lose weight. But when you're hungry all the time, eating fewer calories can be a challenge. "Studies show people who eat 4-5 meals or snacks per day are better able to control their appetite and weight," says obesity researcher Rebecca Reeves, DrPH, RD. She recommends dividing your daily calories into smaller meals or snacks and enjoying most of them earlier in the day -- dinner should be the last time you eat.

WebMD

## Eat protein at every meal.

Protein is the ultimate fill-me-up food -- it's more satisfying than carbs or fats and keeps you feeling full for longer. It also helps preserve muscle mass and encourages fat burning. So be sure to incorporate healthy proteins like seafood, lean meat, egg whites, yogurt, cheese, soy, nuts, or beans into your meals and snacks.

## Spice it up.

Add spices or chilies to your food for a flavor boost that can help you feel satisfied. "Food that is loaded with flavor will stimulate your taste buds and be more satisfying, so you won't eat as much," says American Dietetic Association spokeswoman Malena Perdomo, RD. When you need something sweet, suck on a red-hot fireball candy. It's sweet, spicy, and low in calories.



How to Increase the Absorption of Iron From Foods



## Get The Best Out Of Apple Cider Vinegar For Beautiful Hair

Since a few years, apple cider vinegar has gained a lot of popularity for its amazing health benefits. Its use has been more than just a salad dressing due to its great medicinal values. This tonic has not only proved to be helpful for various health issues, but it has also become an effective form of remedy for hair and skin...

Learn the top 10 early warning signs and symptoms of Alzheimer's disease. See the 7 stages of Alzheimer's and know when to see a doctor.

[READ MORE](#)





'We've Made History': Ireland Joins France, Germany and Bulgaria in Banning Fracking

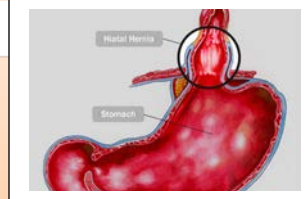


Trump's Energy Week Looks Like His Health Care Bill: A Disaster for America



## Hernia

Underneath your lungs, there's a small area where your stomach and esophagus (your food pipe) meet. Coughing, heavy lifting, or straining during bowel movements can put pressure on this area. If there's too much pressure, part of your stomach can get pushed into the opening. That's called a hiatal hernia. Chest pain is a symptom, and so is stomach or esophagus pain, bloating, belching, and a sour taste in back of your throat. Most hernias don't need WebMD



## VIDEO: Venezuela on the Brink

The country has been rocked by clashes between the opposition and the government of President Nicolás Maduro, who, despite deadly protests, promises to hold national elections on Sunday.

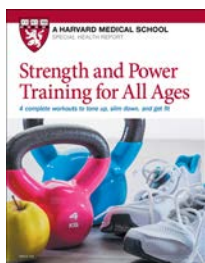


Want to live longer and better?  
Do strength training

Regular physical activity promotes general good health, reduces the risk of developing many diseases, and helps you live a longer and healthier life. For many of us, "exercise" means walking, jogging, treadmill work, or other activities that get the heart pumping.

But often overlooked is the value of strength-building exercises. Once you reach your 50s and beyond, strength (or resistance) training is critical to preserving the ability to perform the most ordinary activities of daily living — and to maintaining an active and independent lifestyle.

Get your copy of *Strength and Power Training for All Ages*



Studies attest that strength training, as well as aerobic exercise, can help you manage and sometimes prevent conditions as varied as heart disease, diabetes, arthritis, and osteoporosis. It can also protect vitality, make everyday tasks more manageable, and help you maintain a healthy weight. This report helps you take strength training to the next level by developing a program that's right for you.

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## Fish Tacos

Take a break from meat with a helping of heart-healthy fish. Any firm-fleshed white fish will do for fish tacos. Pick your favorite cooking method: Marinate your fillets and broil or grill them, or give them a quick milk bath and dredge in flour to fry in a little oil, or even microwave. Lay the fish on a warm corn tortilla and top with shredded cabbage, fresh salsa, and a squeeze of lime.



## Spicy Fish Curry

Leaner fish like cod and sole will shrivel if cooked with dry heat, but they are good for poaching and other moist heat cooking. Gently simmer chunks of lean fish in low-sodium chicken or vegetable stock with a touch of coconut milk and Thai curry paste, along with sautéed veggies like zucchini, eggplant, and mushrooms, for an easy weeknight dinner.

WebMD

## Know Good and Bad

Your body needs a small amount of cholesterol. But many people have too much, especially the "bad" kind, or LDL cholesterol. That can happen if you eat too much saturated fat, found mainly in foods from animals. If your LDL level is too high, plaque can build up in your heart's arteries and lead to heart disease. The "good" cholesterol, HDL, helps clear LDL from your blood.

## For low cholesterol Diet



## Think Delicious and Nutritious

Load your plate with fruits and vegetables -- aim for five to nine servings each day -- to bring down your LDL level. Antioxidants in these foods may provide the benefit, along with fiber. And you may eat less fatty food if you fill up on produce. Bonus: You'll also help lower blood pressure and keep your weight in check.

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ARTICLE

## Is White Bread OK for Some People?



Depending on your gut bacteria, you don't have to stick to whole grains, a study suggests.

## What Makes HDL Cholesterol So Good?

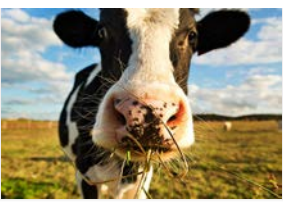


Experts believe it can help cut your odds of having heart disease. Here's how to boost yours if your level is too low.

## Indo-China border tension intensifies; both deploy 3,000 troops



The ongoing troop face-off between India and China on the Sikkim-Bhutan-Tibet tri-junction has emerged as the biggest such confrontation in the region in decades, with both sides continuing to pump in reinforcements. "Both sides are as yet not willing to budge from their positions," a source said



## Cheese: A Happy Accident

For as long as humans have tended sheep, goats, and cows, we've been making cheese. Rumor has it the first cheese was formed accidentally -- nomads in the Middle East or Central Asia carried milk in containers made from animal stomachs. As they walked, it mixed with enzymes (called rennet) and separated into curds and whey. The result: cheese. Egyptians loved their cheese, too: Tomb murals dating back to 2000 BC show people making cheese.



## Make a Gouda Impression

If you're cooking with cheese, you can use it straight from the fridge. If it's part of an appetizer plate, serve it at room temperature, and try to limit it to five varieties of different flavors, shapes, and textures. Let it sit out 20 minutes to 1 hour before serving to help bring out its true personality. =WebMD



## Get Fresh

Cream cheese (Neufchatel), ricotta, feta, goat (chevre), queso fresco, and cottage cheese are considered soft or fresh cheeses. These have been aged for a short time or not at all. They're creamy and soft and have a mild taste. Cream cheese is great for making dips and cooking. Add feta to your salad to get a salty kick without a lot of sodium, or sprinkle it over baked eggplant and tomatoes.



## The Softer Side

Brie, that oozing, runny cheese with the dusty rind, is soft-ripened, as is Camembert. These are typically creamy, almost runny at room temperature. And yes, you can eat the rind. For a quick appetizer, wrap brie topped with a slathering of jam in puff pastry and bake until golden, then serve with crackers, or try [Spinach and Brie Topped Artichoke Hearts](#).

[Hearts](#).

WebMD

## Causes of UTI

Often UTIs are caused by bacteria that infect the urinary tract. This can happen for numerous reasons. For example, bacteria may enter the urinary tract during sex, or after using the bathroom. UTIs can be related to other conditions, too, for example, [kidney stones](#). If a person has kidney stones, these may block the urinary track, causing infections.

Those with [diabetes](#) also have an increased risk, as do people with a weakened immune system.

Further risks include certain medical treatments, such as [chemotherapy](#) or a urinary catheter, both of which may increase the risk of UTIs.

## Symptoms

UTIs can be identified through a range of different symptoms. These may include:

The need to urinate more frequently than usual: If needing to urinate becomes disruptive to day-to-day life, it can be a sign of a UTI.

Pain or discomfort around the bladder and urethra: This can be felt before or after urinating, though it is mainly noticed when urinating. Sometimes, it is described as a burning sensation.

Changes in the quality of urine: This may include the color, smell, or appearance. Blood in the urine may also be a symptom of UTIs.

These symptoms may be accompanied by a general feeling of being unwell, such as being tired or having a fever.

Certain foods can worsen symptoms. These include foods that are:

- hot or spicy
- fizzy
- caffeinated
- alcoholic

High fiber foods may help to quicken recovery. Getting a range of essential nutrients is also important to allow the body to heal itself.

[Vitamin C](#) can inhibit the growth of bacteria in the urinary tract

since it makes urine more acidic. Although it is usually advised that vitamin C intake be increased via a varied diet, supplements may be recommended.

Cranberry juice is often considered to be a home remedy for UTIs. However, there is no conclusive study proving this to be true.

MNTWritten by Alice Porter



*Increasing vitamin C intake can help prevent the growth of bacteria in the urinary tract.*

## Nine effective home remedies for earache

People may think that earaches are just a minor nuisance, but they can cause debilitating pain. While waiting for medical care or for antibiotics to work, some home remedies can help.

Ear pain can feel unbearable, making it difficult to sleep, eat, or do anything but think about the pain. Many children find it particularly difficult to deal with an earache.

People who are experiencing severe ear pain should always speak to a doctor, especially for the first time. However, there are remedies that people can use at home to relieve less severe earaches, or as a means of reducing pain.

This article explores nine effective home remedies that may help people experiencing ear pain.

[Nine effective home remedies for earache](#) ←

Written by Zawn Villines

## Iron deficiency anemia: Causes, symptoms, and management

Written by Jenna FletcherReviewed by Alana Biggers, MD, MPH  
[email](#) ←

Iron deficiency anemia is a condition where there are too few red blood cells in the body due to a shortage of iron.

The body uses iron to produce red blood cells, which transport oxygen around the body. Without enough iron, there may be too few healthy red blood cells to carry sufficient oxygen to satisfy the body's needs.

The result of this situation is called iron deficiency [anemia](#), which can leave a person feeling extremely tired and out of breath.

[Iron deficiency anemia: Causes, symptoms, and management](#)

## Vitamin D deficiency: Symptoms, causes, and prevention

Written by Zawn VillinesReviewed by Debra Rose Wilson, PhD, MSN, [email](#)

Too much time spent indoors plus poor nutrition have driven a rise in vitamin D deficiency in people in the past two decades. But what are the symptoms of a deficiency, and how can it be prevented?

According to the [Centers for Disease Control and Protection \(CDC\)](#), about a quarter of the population is at risk for [vitamin D "inadequacy"](#). A simple blood test can detect if this becomes [vitamin D](#) deficiency.

[Vitamin D deficiency: Symptoms, causes, and prevention](#)



# Vegans, vegetarians and now... reductarians

Nell Frizzell

Unlike drinking, exercise and home cooking, being vegetarian is seen as a black-and-white deal. You either are or you aren't. Go meat free all year and you're a vegetarian; eat one chicken burger on New Year's Eve and you've failed.

According to the [Vegan Society](#), there were three and a half times as many vegans in 2016 as 10 years earlier. The NHS states that more than 1.2 million people in the UK are vegetarian. And a YouGov survey found that 25% of people in Britain have cut back how much meat they eat. Despite this, too many of us still hold on to the idea that to eat less meat means nothing unless you can manage to eat no meat at all.

The Vegan Society's formal definition may be that "veganism is a way of living which seeks to exclude, as far as is possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose," but what we hear is "veganism is a way of life that ruthlessly excludes anyone who enjoys milk in their tea and will joylessly judge every element of your life until you give in and start wearing hemp."

The reason people eat less meat isn't for some public status, it's because it has a meaningful impact on the world

"But we know that's not true," says Brian Kateman, the co-founder of the [Reductarian movement](#), a group committed simply to eating less meat. "We know we make choices about food every day. When a friend gave me a copy of *The Ethics of What We Eat* [by Peter Singer and Jim Mason], I was eating a hamburger at the time. But I read the book and I just couldn't believe that factory farming was responsible for climate change and biodiversity loss, the poor treatment of 70m land animals worldwide, as well as the increase in heart disease, cancer, heart disease and obesity. If people were to cut back by just 10% that would be a huge win in terms of all these issues."

Kateman is a self-described pragmatist. He grew up eating steaks and buffalo wings, but as a student decided to go vegetarian. When his sister called him out for eating a small piece of turkey at Thanksgiving, he explained his decision wasn't about being "perfect"; it was just about trying to eat as many foods as possible that were good for his body and good for the planet.

"I'm a utilitarian," he says. "I'm more interested in outcomes than processes. The reason people eat less meat isn't for some badge, some public status, it's because it has a meaningful impact on the world."

Kateman's philosophy certainly seems appealing. But can you really consider yourself a principled, ethical eater and still eat a piece of pork pie? "The central premise of reductarians is that vegans and vegetarians – who have reduced their animal intake so successfully that they're not eating any at all – are part of the same spectrum as people who are dissatisfied with factory farming and so have decided to, say, only eat meat once in a while," says Kateman. "It's about moderation for everyday omnivores. Every time we sit down to eat, we make a vote for the issues we care about."

As well as publishing a book, *The Reductarian Solution*, the Reductarian Foundation has hosted its own summit in New York. The website is full of videos, recipes and a place where fans can "pledge" to reduce how much meat they eat. [Kateman has held his own Ted talk](#) on the subject and they even have their own "Reductarian Lab" where they conduct behavioural studies into how best to reduce meat consumption.

Since the rise in "neo hippies" with their Instagram-friendly vegan breakfast bowls, being vegetarian or vegan has become fashionable, rather than simply well-meaning. "There's a very small percentage of people who are loud and annoying," says Kateman. "But most vegans and vegetarians are wonderful people who understand we should be pragmatic about this. Making meaningful changes to our diet seems to be the way to go. Part of what we do is explain that plant-based foods can be delicious, affordable and easy to find. We celebrate anyone who decides to reduce the number of animal products they eat – and the motivation doesn't matter."

According to the reductarians, to eat less meat is an accomplishment; but to eat meat occasionally isn't a failure. You cannot "fail" at trying to eat better; and you're not a hypocrite if you do your best. Are reductarians just vegans without the willpower? Or, are they simply doing what they can do without the resolution-snapping burden of guilt? Let them who hath not buttered a crumpet cast the first stone.

For more information, go to [reductarian.org](#)

*It is easier to go down a hill than up, but the view is from the top.*

— Arnold Bennett

## Who needs surgery-for prostatic Cancer?

Men diagnosed with prostate cancer may be offered surgery, depending on various factors. These include their age, overall health, and the stage of the cancer.

Not everyone who is diagnosed will be treated for prostate cancer, as the treatments come with side effects that can affect quality of life.

Because prostate cancer grows slowly, doctors may recommend watchful waiting or active surveillance, if the condition is not causing any symptoms. Watchful waiting or active surveillance mean being monitored closely for signs that the cancer is growing. Treatment will only be offered if and when it is necessary.

MNT

### Types of prostate cancer surgery

There are two main types of prostate cancer surgery: radical prostatectomy and transurethral resection of the prostate (TURP).

Radical prostatectomy

A radical prostatectomy may be offered to men with localized prostate cancer who are otherwise fit and healthy. If the cancer has spread outside of the prostate, this operation may not be suitable. During a radical prostatectomy, the whole prostate gland, and the cancer within it, are removed. The seminal vesicles are also taken out, along with the nearby lymph nodes, if there is a risk the cancer may have spread to them.

The type of radical prostatectomy performed will depend on the hospital.



*Laparoscopy is carried out by making several small cuts into the abdomen and removing the prostate.*

Keyhole surgery, also called a laparoscopy or minimally invasive surgery, involves the surgeon making five or six cuts in the abdomen to remove the prostate. This is done by hand with the surgeon guided by a camera and lighted tube.

In robot-assisted surgery, the surgeon uses three robotic arms controlled from a computer.

During open surgery or retropubic prostatectomy, a single cut is made in the stomach. A less common form of open surgery is a perineal prostatectomy. This is when a cut is made between the testicles and the back passage.

#### Advantages

Removing the prostate can remove the cancer if it is contained within the gland.

#### Disadvantages

The prostate is involved in making semen. Removing it means that men are unable to ejaculate or to father children through sex. After surgery, men experience "dry orgasms," which is the sensation of orgasm without the ejaculation. This may feel different to the experience men are used to having.

Men planning on having a radical prostatectomy can consider storing sperm for fertility treatment at a later date.

MNT

What to Do About Dry Eyes



# Nutritional content of honey vs. white sugar

*Honey is sweeter than sugar, making it easy to use less.*

Raw honey, much like white sugar, is a sweetener that contains carbohydrates and calories.

One tablespoon of honey has about 64 calories, and one tablespoon of sugar is around 49 calories.

While the calorie amounts in each teaspoon appear high, honey is very sweet, so most people only use between one and two teaspoons at a time.

The reason honey is higher in calories than sugar is that it is much denser and heavier.

Another big difference between the two is in how the body digests them. Honey is broken down in the body by enzymes already within the honey, while sugar requires enzymes from the body.

The glycemic index (GI) measures how much a particular carbohydrate may raise blood sugar levels. The GI for honey is around 55, which is considered a low GI food. Table sugar's GI is 65.

Foods with low GIs only cause small increases in blood sugar. As such, they may provide a reduced risk for [type 2 diabetes](#).

## Honey consumption may affect blood glucose and insulin

Several studies have found eating honey may increase insulin levels and decrease blood sugar.

A [small study](#) carried out in Dubai, United Arab Emirates (UAE), looked at how honey and sugar affect blood sugar.

The study found that 75g of honey raised blood sugar and insulin levels in people without diabetes within 30 minutes. A similar test, using the same amount of pure glucose, saw blood sugar levels rise to slightly higher levels. The effect was similar in people with type 2 diabetes.

In the UAE study, the participants experienced an initial rise in blood sugar levels. However, the levels dropped within 2 hours. Overall, the blood sugar levels were much lower and remained lower in the honey group, compared to the white sugar group.

Because blood sugar levels were better in the groups taking the honey, researchers suggested that honey increased insulin levels. Because insulin helps to move glucose out of the blood, it is possible that the increased insulin from the honey helped to bring down sugar levels.

MNT

# What is coconut palm sugar?

Coconut palm sugar is made from the sap of the coconut palm. The sugar is extracted from the palm by heating it until the moisture evaporates. After processing, the sugar has a caramel color and tastes like brown sugar, making it an easy substitution in any recipe. Coconut palm sugar is considered a healthier option for people with diabetes because it contains less pure fructose than other sweeteners.

The digestive tract does not absorb fructose as it does other sugars, which means that the excess fructose finds its way to the liver. Too much fructose in the liver can lead to a host of metabolic problems, including [type 2 diabetes](#).

Can people with diabetes eat coconut palm sugar?

While the [American Diabetes Association \(ADA\)](#) do find coconut palm sugar to be an acceptable sugar substitute, they do not appear to endorse its use.

Coconut palm sugar and glycemic index Some people believe coconut palm sugar is more healthful because it is lower on the glycemic index (GI).

People with diabetes are encouraged to consume foods with a low GI because they will not raise blood sugar levels as much as foods with a high GI level. Any GI value of 55 or less is considered low, and anything above 70 is high on the GI.

Both [honey](#) and [cane sugar](#) have GIs of around 50, while the GI of coconut palm sugar, as reported by the [Food and Nutrition Research Institute of the Philippines](#), is 35. However, the [University of Sydney](#) has measured the GI of coconut palm sugar at 54. Based on its chemical makeup, this is thought to be the most likely value. Despite the difference in opinion, coconut palm sugar is still considered to be a low GI food

## Coconut palm sugar contains inulin

Inulin is a fermentable prebiotic fiber, beneficial to gut bacteria that may help with controlling sugar levels in type 2 diabetics. At least [one research study](#) finds coconut palm sugar contains significant amounts of inulin.

A [study from 2016](#) found that fermentable carbohydrates might help to improve insulin sensitivity. They may also have unique metabolic effects for those who are at high risk for diabetes.

Written by Lana Barhum Reviewed by Natalie Butler, RD, LD

# Nutritional value of coconut palm sugar

Written by Lana Barhum Reviewed by Natalie Butler, RD, LD

Coconut palm sugar contains the same number of calories and carbohydrates as regular cane sugar.

In addition, coconut palm sugar and cane sugar both contain:

- fructose, which is a monosaccharide, or single sugar
- glucose, which is a monosaccharide
- sucrose, which is a disaccharide that is made up of two sugars: half fructose, half glucose

However, the proportion of these sugars is different in cane sugar and palm sugar.

### Fructose content

Coconut palm sugar and cane sugar contain nearly the same amount of fructose, but there is more pure fructose in cane sugar, which may cause problems for people with diabetes. Often referred to as "simple sugars," sucrose, fructose, and glucose are also essential carbohydrates.

Sucrose is sugar that is common in many foods. It is a natural compound and gives the body vital energy but can be harmful in large quantities. Added sweeteners found in processed foods, desserts, and beverages contain the most sucrose. When sucrose is heated, it breaks down to form fructose and glucose.

High levels of fructose are found in:

- fruits
- agave nectar or syrup
- high fructose corn syrup
- foods with added sugars

High levels of glucose are found in:

- dextrose, also known as grape sugar or corn sugar
- some fruits
- starches, such as bread, grains, and pasta
- foods with added sugars

## Other nutrients found in coconut palm sugar

Coconut palm sugar may be considered a better option, as it has more nutritional value than some other sugars.

Unlike cane sugar, it contains:

- iron
- [calcium](#)
- [magnesium](#)
- [potassium](#)
- other important minerals

[Health and views July 3rd issue 2017](#) 

## Skipping breakfast can make you obese

Skipping breakfast It's normal for people to have different preferences about when they eat, and some people say they just don't like to eat breakfast. But regardless of how opposed the body seems to eating in the morning, breakfast really is most important meal of the day. Because these personal preferences are also mostly shaped by habit, they can be changed by building new habits, Brown-Riggs said. Start out by eating a single piece of fruit or toast to get the body comfortable digesting something early in the morning. Breakfast should ideally be eaten within an hour of getting up, she said, and a big meal is not needed to jump-start the body's metabolism. People who skip breakfast are a third more likely to be obese, Brown-Riggs said.

By Susan E. Matthews



## Mayo Clinic Q and A: How much vitamin D do I need?

**DEAR MAYO CLINIC:** I have heard different recommendations from different sources regarding vitamin D. One doctor told my husband that everyone living in the Northern Hemisphere should take a vitamin D supplement every day, even in the summer. What do you recommend?



**ANSWER:** Understanding how much vitamin D you need can be confusing because there are different recommendations about how much vitamin D adults should get. Using the recommendations that fall on the low end, many adults don't get the amount of vitamin D they should. Because few foods contain vitamin D naturally, eating foods fortified with vitamin D and taking a supplement may be beneficial.

Vitamin D is important because it helps your body sustain normal levels of calcium and phosphorus. Because it works as a key that allows your body to absorb calcium, vitamin D plays a critical role in forming and maintaining healthy bones. It also helps keep your muscles, nerves and immune system healthy.

Research suggests that consistently getting enough vitamin D can significantly lower the risk for the bone-thinning disease [osteoporosis](#). Low vitamin D also is associated with falls, [multiple sclerosis](#), [rheumatoid arthritis](#), chronic pain, [diabetes](#), [high blood pressure](#), cardiovascular disease and some cancers. However, an association does not mean low vitamin D causes these conditions, or that taking a vitamin D supplement will adequately prevent or treat them.

Vitamin D is found in some foods, such as egg yolks, cheese, cod liver oil, beef liver and fatty fish like tuna, salmon, sardines, herring and mackerel. But the amount of vitamin D in these foods is quite small. In the U.S., many people get the bulk of their dietary vitamin D from foods that are fortified with it, including milk, cereals and some brands of yogurt and orange juice.

In general, even with fortified foods, diet usually doesn't provide enough vitamin D. And certain health conditions that affect the gastrointestinal tract may decrease the absorption of vitamin D and predispose to low vitamin D blood levels. You also can get vitamin D through direct exposure to sunlight, although the amount of sun you need to get enough vitamin D can vary greatly.

For people in northern climates or those who spend most of their time indoors, adequate exposure to sunlight can be hard to get. Also, if you regularly wear sunscreen with a sun protection factor higher than eight — a wise move to protect your skin from cancer — or if you have a darker skin tone, you may not be absorbing vitamin D, even when you are out in the sunshine.

Recommendations for how much daily vitamin D adults need through diet have changed over the years. Currently, different recommendations exist. The Institute of Medicine has placed the recommended dietary allowance, or RDA, for vitamin D at 600 international units (IU) per day for young adults and 800 IU per day for adults older than 70. Other experts suggest that adults' vitamin D needs are much higher. For example, the Endocrine Society recommends up to 1,500 to 2,000 IU of vitamin D daily for adults.

Mayo Clinic recommends that adults get at least the RDA of 600 IU. However, 1,000 to 2,000 IU per day of vitamin D from a supplement is generally safe, should help people achieve an adequate blood level of vitamin D, and may have additional health benefits. While there are no guidelines for checking your vitamin D blood level, it may be prudent in people with osteoporosis or certain other health conditions. Discuss with your health care provider if it may be beneficial to check your vitamin D level.

If you have ongoing health concerns or a chronic health condition, talk to your health care provider before you begin taking any dietary supplement, including vitamin D. He or she can help you decide if supplements are appropriate for your situation. — [Dr. Donald Hensrud](#), *Preventive Medicine, Mayo Clinic, Rochester, Minnesota*

• By Liza Torborg

## 10 Amazing Things Scientists Just Did with CRISPR

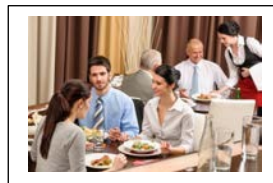


With CRISPR technology, advances in gene editing are now coming fast and furious.

[Read More](#)

## A long, large lunch

The traditional European lifestyle, in which people take a long lunch break to consume the day's main meal, might partly explain why Europe's obesity levels are lower than those of the U.S, Brown-Riggs said. Eating a large lunch is better for the body than eating a big dinner, she explained, because it means that calories consumed throughout the day are more evenly distributed, and satiety is also more even throughout the day. But be careful about eating too much at any meal, Brown-Riggs said, because that can lead to weight gain even if you reduce calories consumed at other meals. "The body is only going to use what it needs at one particular meal, and the rest of it is going to be stored in the body as fat," she said.



By Susan E. Matthews

## Extra-virgin olive oil may prevent Alzheimer's

By [Ana Sandoiu](#)

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New research explores the neurological benefits of extra-virgin olive oil and finds that it may help to prevent the onset of Alzheimer's disease.

New research suggests that extra-virgin olive oil - a key component of the Mediterranean diet - may protect the brain from Alzheimer's disease symptoms. Mouse experiments revealed changes in both cognitive performance and the appearance of nerve cells.

[Extra-virgin olive oil may prevent Alzheimer's](#)




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.

• **In Australia**, a new study found that antibiotics are being prescribed at up to nine times the recommended rates. [[The Sydney Morning Herald](#)]

## What are hemoglobin levels?

Written by Amanda Barrell Reviewed by Carissa Stephens, RN, CCRN, CPN [email](#)

Hemoglobin is an iron-rich protein in red blood cells. Oxygen entering the lungs attaches to the hemoglobin in the blood, which carries it to the tissues in the body. When someone has insufficient red blood cells or the ones they have do not work properly, the body is left short of the oxygen it needs to function. This condition is called [anemia](#).

Here, we will look at the role of hemoglobin, and how levels of it in the blood are tested. We also examine the main kinds of anemia in more detail and explore ways to prevent the condition. [What are hemoglobin levels?](#) 

## Deep Vein Thrombosis: A Deadly Blood Clot

Deep vein thrombosis is a dangerous blood clot that occurs deep within the lower leg or thigh. See symptoms, treatments, and prevention tips.

[READ MORE](#)

# Is There a Limit to the Human Life Span?

By Charles Q. Choi, Live Science Contributor |



The average human life span has continued to increase. Will humans ever reach a limit to how long we can live? *Credit: Grigovyan/Shutterstock*

There may be no limit to how long humans can live, or at least no limit that anyone has found yet, contrary to a suggestion some scientists made last year, five new studies suggest.

In April, [Emma Morano](#), the oldest known human in the world at the time, passed away at the age of 117. Supercentenarians — people older than 110 — such as Morano and Jeanne Calment of France, who died at the record-setting age of 122 in 1997, have led scientists to wonder just how long humans can live. They refer to this concept as maximum life span.

[Read More](#) .

## The Fire Inside

The word "inflammation" traces back to the Latin for "set afire." In some conditions, like rheumatoid arthritis, you feel heat, pain, redness, and swelling. But in other cases -- like heart disease, Alzheimer's, and diabetes -- it's not so obvious. If you didn't go looking for it with tests, you wouldn't even know it's there.

### It's Not Always Bad

Inflammation actually is good in the short run. It's part of your immune system's natural response to heal an injury or fight an infection. It's supposed to stop after that. But if it becomes a long-lasting habit in your body, that can be bad for you. Long-term, or "chronic," inflammation is seen in many diseases and conditions.

### Could It Lead to a Heart Attack?

Inflamed arteries are common among people with heart disease. Some researchers think that when fats build up in the walls of the heart's coronary arteries, the body fires back with inflammatory chemicals, since it sees this as an "injury" to the heart. That could trigger a blood clot that causes a heart attack or stroke.

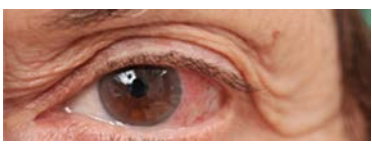
### Diabetes Connection

Inflammation and type 2 diabetes are linked. Doctors don't know yet if it causes the disease. Some experts say obesity triggers the inflammation, which makes it harder for the body to use insulin. That may be one reason why losing extra pounds and keeping them off is a key step to lower your chance of getting type 2 diabetes

### Tied to Alzheimer's

Chronic brain inflammation is often seen in people with this type of dementia. Scientists don't yet understand exactly how that works, but inflammation may play an active role in the disease. Experts are studying whether anti-inflammatory medicine will curb Alzheimer's. So far, the results are mixed [WebMD](#)

**Compiled, edited & published by  
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Viral and bacterial pink eye infections are contagious and spread very easily. Since most pink eye is caused by viruses for which there is usually no medical treatment, preventing its spread is important. Poor hand-washing is the main cause of the spread of pink eye.

Medicines.net



Psoriasis is a common skin disorder that produces thick red plaques covered with silvery scales. Psoriasis is not contagious and cannot be passed from person to person, but it can occur in members of the same family. [Med.net](#)

Influenza, commonly shortened to "flu," is an extremely contagious respiratory illness caused by influenza A or B viruses.

Cold sores, also commonly called fever blisters, are caused by herpes simplex virus type 1. The virus is highly contagious. Cold sores usually appear on the lips, chin, cheeks and in the nostrils.

## Can Diabetic Neuropathy be reversed?

Written by Jennifer Huizen Reviewed by Natalie Olsen, RD, LD, ACSM EP-C

Diabetic neuropathy refers to nerve damage caused by diabetes.

[Neuropathy](#) is a common condition impacting [60 to 70 percent](#) of adults with [diabetes](#). However, it mainly concerns those with uncontrolled blood sugar levels or those who have had diabetes for more than 25 years.

[Can diabetic neuropathy be reversed?](#) 



## 8 Symptoms of a Severe Asthma Attack

"Severe" asthma is hard to control because it doesn't always respond to regular asthma meds. These signs show that things have become dangerous.

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