

Still Hungry After Dinner? Blame Your Brain

Written by Honor Whiteman

Miscues in the brain—not a lack of will power—might be sabotaging your diet plans.



When hunger strikes, simply seeing a picture of a cheeseburger or a pizza may be enough to get you running to the nearest diner. But if you're still tempted by these visual cues after eating a large meal, a new study suggests that it may be down to faulty brain wiring, rather than a lack of willpower.

Researchers from the Beth Israel Deaconess Medical Center (BIDMC) in Boston, MA, have uncovered how neurons in the insular cortex of the brain influence how we respond to food cues.

What is more, the researchers found that it may be possible to control the activity of these neurons and alter eating habits, a discovery that could lead to new treatment strategies for eating disorders and obesity.

Study co-author Mark Andermann, Ph.D., of the Division of Endocrinology, Diabetes and Metabolism at BIDMC, and colleagues recently reported their findings in the journal *Nature*.

Still Hungry After Dinner? Blame Your Brain

Perhaps it's not a lack of will power after all. Could miscues in the brain be sabotaging your eating regimen? [Read on](#)

Breast Cancer Genome Could Lead to Personalized Treatments

Written by David Mills

Researchers say all breast cancer patients have different gene mutations, allowing for a "user-friendly profile."



Researchers say an in-depth look at the genome of breast cancers has revealed some individualized genes, as well as a range of mutations that may better explain tumor development.

The scientists in the U.K. who conducted the analysis say the discoveries could pave the way for more personalized treatment of breast cancer.

"It's an important step. From it, you can very specifically design drugs for that [person's] cancer," Dr. Serena Nik-Zainal, a career development fellow leader in the cancer genome project at the Wellcome Trust Sanger Institute, told Healthline.



The scientists' findings were published today in the journals *Nature* and *Nature Communications*.

Breast Cancer Genome Could Lead to Personalized Treatments

Researchers say all breast cancer patients have different gene mutations, allowing for a "user-friendly profile." [Read on](#)

Harvey is no longer a hurricane, but life-threatening flooding continued in and around Houston

We pray for all the people who are suffering from this catastrophic situation, and pray that the floods will subside soon and the victims can go back to their normal life.



Longevity Hormone Enhances Cognition

Klotho, the life extension protein, shows promising results in treating neurodegenerative diseases

[Read the full story](#)

How can life-extending treatments be available for all? Dixie

Handful of almonds a day can boost good cholesterol and lower heart disease risk

A Handful of Nuts a Day Cuts the Risk of a Wide Range of Diseases

Chocolate may improve cognitive function within hours, says review

Think twice before going gluten-free



Why expensive wine appears to taste better

University of Bonn



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 Circulation of this newsletter is global: 60% of our subscribers are from Australia: 30% from US: Remaining 10% from UK, NZ, Canada and others.

Readers can promote this newsletter by recommending and sharing with others. If they wish to subscribe please email:

haroldgunatillake1@gmail.com

Thank you

New heart treatment is biggest breakthrough since statins, scientists say

US researchers find heart attack survivors given anti-inflammatory injections have fewer future episodes and lower cancer risk

[James Rudd](#)

Anti-inflammatory injections could lower the risk of heart attacks and may slow the progression of cancer, a study has found, in what researchers say is the biggest breakthrough since the discovery of statins.

[Heart attack](#) survivors given injections of a targeted anti-inflammatory drug called canakinumab had fewer attacks in the future, scientists found. Cancer deaths were also halved in those treated with the drug, which is normally used only for rare inflammatory conditions.

Statins are the mainstay drugs for heart attack prevention and work primarily by lowering cholesterol levels. But a quarter of people who have one heart attack will suffer another within five years despite taking statins regularly. It is believed this is because of unchecked inflammation within the heart's arteries.

The research team, led from Brigham and Women's hospital in Boston, tested whether targeting the inflammation with a potent anti-inflammatory agent would provide an extra benefit over statin treatment.

The researchers enrolled more than 10,000 patients who had had a heart attack and had a positive blood test for inflammation into the trial, known as the Cantos study. All patients received high doses of statins as well as either canakinumab or a placebo, both administered by injection every three months. The trial lasted for four years.

For patients who received the canakinumab injections the team reported a 15% reduction in the risk of a cardiovascular event, including fatal and non-fatal heart attacks and strokes. Also, the need for expensive interventional procedures, such as bypass surgery and inserting stents, was cut by more than 30%. There was no overall difference in death rates between patients on canakinumab and those given placebo injections, and the drug did not change cholesterol levels.

Dr Paul Ridker, who led the research team, said the study "usher in a new era of therapeutics".

"For the first time, we've been able to definitively show that lowering inflammation independent of cholesterol reduces cardiovascular risk," he said.

"This has far-reaching implications. It tells us that by leveraging an entirely new way to treat patients – targeting inflammation – we may be able to significantly improve outcomes for certain very high-risk populations."

The hospital said the reductions in risk were "above and beyond" those seen in patients who only took statins

[The bald truth about shaving off pubic hair | Eva Wiseman](#)



Ridker said the study showed that the use of anti-inflammatories was the next big breakthrough following the linkage of lifestyle issues and then statins.

"In my lifetime, I've gotten to see three broad eras of preventative cardiology," he said. "In the first, we recognised the importance of diet, exercise and smoking cessation. In the second, we saw the tremendous value of lipid-lowering drugs such as statins. Now, we're cracking the door open on the third era. This is very exciting."

But there were some downsides to the treatment. The researchers reported an increase in the chances of dying from a severe infection of about one for every 1,000 people treated, although this was offset by an unexpected halving of cancer deaths across all cancer types. In particular, the odds of succumbing to lung cancer were cut by over 75%, for reasons the team do not yet understand. The researchers are planning further trials to investigate canakinumab's potentially protective effect against cancer.

Dr Paul Ridker, who led the study, which was published in the [New England Journal of Medicine](#), said it had far-reaching implications.

"It tells us that by leveraging an entirely new way to treat patients – targeting inflammation – we may be able to improve outcomes for certain very high-risk populations," he said.

Prof Martin Bennett, a cardiologist from Cambridge who was not involved in the study, said the trial results were an important advance in understanding why [heart attacks happen](#). But, he said, he had concerns about the side effects, the high cost of the drug and the fact that death rates were not better in those given the drug.

"Treatment of UK patients is unlikely to change very much as a result of this trial, but the results do support [investigation of other drugs that inhibit inflammation](#) for cardiovascular disease, and the use of this drug in cancer," he said.

Prof Jeremy Pearson, associate medical director at the British Heart Foundation, was optimistic about the trial opening the door to new types of treatment for heart attacks.

"Nearly 200,000 people are hospitalised due to heart attacks every year in the UK," Pearson said. "Cholesterol-lowering drugs like statins are given to these people to reduce their risk of another heart attack and this undoubtedly saves lives. But we know that lowering cholesterol alone is not always enough.

"These exciting and long-awaited trial results finally confirm that ongoing inflammation contributes to risk of heart disease, and [lowering it] could help save lives."

Guardian today 28th Aug 2017



An Australian wine company's ad -
"Some say you can almost taste the bush."

Australians love coconuts, so should we grow our own?

Consumer demand for coconuts is booming and world supply is struggling to keep up, so an industry awaits as Australia imports nearly all the coconut it consumes.



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

[View this email in your browser](#)



How Do the Chemicals in Sunscreen Protect Your Skin?

See This



How Does Latte Art Work?

See This



Young People Face Stroke Risk with Methamphetamine Use



Marijuana Use Linked to Increased Risk of Dying from High Blood Pressure



How Sugary Drinks May Change the Way Your Body Burns Fat



A salad a day keeps stroke away?

New research suggests that eating plenty of nitrate-rich vegetables — such as lettuce, spinach, and beets — may lower your risk of dying of a stroke or heart attack. During digestion, your body converts nitrates into nitric oxide. This compound relaxes and widens blood vessels, which helps lower blood pressure. But does that translate to a longer life? Harvard Medical School



The Science of Cooking Oils: Which Are Really the Healthiest?



Human Gut Germs Dictated by Diet

What you eat, or don't eat, affects the mix of germs in your digestive tract.

[READ MORE](#)

Hidrosis: What Makes You Sweat?

From exercise to fever, see the reasons you perspire. Learn about how stress, anger, and sickness can cause you to sweat.



[READ MORE](#)

Tips to Strengthen Your Immune System

When your immune system is strong, you have a better chance of fighting off colds and other infections.

[Read more...](#)

Signs of Anemia

Anemia symptoms depend on the cause and can vary from person to person. Discover the possible signs and causes. [Read more...](#)

This is so beautiful! Also such good advice. It's something we all need to think about and I hope that you will take time to watch this video.

<https://player.vimeo.com/video/89476173>

Helmut Kohl

Do you know Helmut Kohl was in Galle during 2004 Tsunami. He lost everything when his hotel washed off. He was moved when a simple villager gave him a shirt and a sarong to wear without knowing who he was. As a remarkable display of gratitude he built The Maternity ward in Karapitiya to replace the maternity ward in Boosa which was destroyed in the Tsunami. Great guy.

Please watch this video. Eulogy by Bill Clinton during Helmut Kohl Memorial at

Strausbourg on unity. He reminded all leaders that they will also be in the box like Kohl. Listening to him were many who think that they will be there forever and who are unaware of the critical need for unity if the planet was to be safe .

<https://www.youtube.com/watch?v=Bses9QRRylk>



Is Weight Gain a Side Effect of Tamoxifen?

If you've gained weight while taking tamoxifen, you may wonder if your medication is to blame. Find out. [Read on](#)



Overflow Incontinence: What Is It and How Is It Treated?

Overflow incontinence occurs when your bladder doesn't completely empty when you urinate. Learn why this happens and how it's managed. [Read on](#)

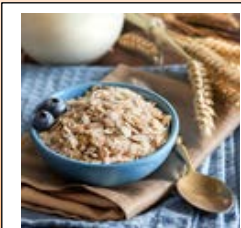


Researchers Look at More Efficient Ways to Administer Blood Pressure Medication

Scientists say smaller doses of drug combinations for hypertension may be more effective and produce fewer side effects. [Read on](#)

Stress-Reducing Foods

While there are many ways to manage your stress, one simple strategy is to eat the stress-fighting foods. [Read more...](#)

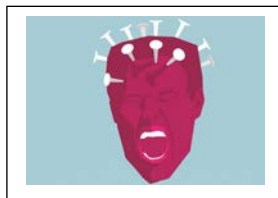


Can you be misdiagnosed with type 2 diabetes?

It's possible for someone with type 2 diabetes to be misdiagnosed. They may have many of the symptoms of type 2 diabetes, but actually have another condition that may be more closely related to type 1 diabetes. This condition is called latent autoimmune diabetes in adults (LADA). Researchers estimate that between 4 and 14 percent of people diagnosed with type 2 diabetes might actually have LADA. Many physicians are still unfamiliar with the condition and will assume a person has type 2 diabetes because of their age and symptoms.

In general, a misdiagnosis is possible because: both LADA and type 2 diabetes typically develop in adults the initial symptoms of LADA — such as excessive thirst, blurred vision, and high blood sugar — mimic those of type 2 diabetes doctors don't typically run tests for LADA when diagnosing diabetes initially, the pancreas in people with LADA still produces some insulin diet, exercise, and oral drugs usually used to treat type 2 diabetes work well in people with LADA at first

As of now, there is still a lot of uncertainty over how exactly to define LADA and what causes it to develop. The exact cause of LADA isn't yet known, but researchers have identified certain genes that may play a role. LADA may only be suspected after your doctor realizes that you're not responding (or no longer responding) well to oral type 2 diabetes treatments, diet, and



Migraine Triggers and How to Avoid Them

While the exact cause of migraines isn't fully understood, many factors make them more likely. Here's a round-up of these triggers, plus ways to get around them. [Read on](#)



Alzheimer's disease and dementia

Written by Jim Pietrangelo

In discussing cognitive decline in the older brain, the conversation often turns to the subjects of dementia and Alzheimer's disease. The [Alzheimer's Association](#) defines dementia as "a general term for a decline in mental ability severe enough to interfere with daily life."

Dementia is not a specific disease. It describes a life-altering decline in thinking skills.

"Alzheimer's is the most common type of dementia," the association website says. "[It] causes problems with memory, thinking, and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks."

The association noted that Alzheimer's accounts for 60 to 80 percent of dementia cases.

"If the way we live our lives is responsible for up to half of our risk for getting Alzheimer's and cognitive problems later in life, then the other half of the risk is due to genetics," said Grill.

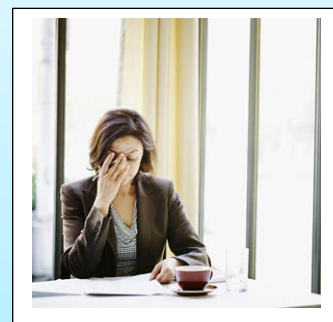
Despite that, he said that given the number of genes that can affect someone's risk of getting Alzheimer's, "The recommendations we make really do not differ depending upon someone's genes."

Use It or Lose It: How to Keep Your Brain Sharp as You

Age

Researchers are pinpointing certain activities, such as word puzzles, that maintain brain health in people who are 50 and older. [Read on](#)

10 Ways to Stop Stress



Are you feeling stressed? Discover how to put stress in its place with these 10 calming tips and strategies.

[READ MORE](#)

Fight Belly Cramps



They're common with a Crohn's flare -- especially right after you eat. To get a handle on this painful symptom:

- Eat small portions of food every 3 to 4 hours.
- Cut back on nuts, seeds, corn, and popcorn, which cause cramping in some people with Crohn's.
- Ask your doctor about any meds that can help. He might call them antispasmodics or antidiarrheals. You'll take them before meals.

Exercise: It's Good for You

Not only is a good workout a major mood booster, some types may help with your Crohn's symptoms. Try these:

- Swimming: Pain relief
- Strength training: Weight gain, better body composition
- Aerobics: Better sleep
- Aerobics and strength training: Less fatigue, stronger bones

Always check with your doctor before you start a new fitness plan.

Beat Belly Bloat

Certain foods can cause it or make it worse. Some common culprits -- and fixes:

- **Insoluble fiber**, found in fruit and veggie skin. Cook or peel your produce.
- **Lactose**, the sugar found in milk. If dairy bothers you, your doctor can test for lactose intolerance.
- **Gluten**, a protein in wheat, rye, and barley. Keep a food diary. If gluten is a trigger, your doctor may want to test you for celiac disease.
- **Manage Your Side Effects**
- You'll probably take medication long-term, and these drugs can cause side effects. If one makes you feel sick, ask your doctor to switch you to another. You can also ask about over-the-counter meds to ease headache and nausea. Keep in touch with your doctor, and follow her instructions if you're being monitored for more serious side effects.

WebMD

"Better keep yourself clean and bright; you are the window through which you must see the world."

— George Bernard Shaw

Lightheaded? Top 5 reasons you might feel woozy



Feeling woozy, lightheaded, or a little faint is a common complaint among older adults. Low blood sugar, dehydration, medication side effects, sudden blood pressure drops, and heart disease or stroke may be to blame. "Don't ignore it. Even if the lightheadedness does not have a serious cause, it could lead to serious injuries from a fall. And at the worst, the cause may itself be life-threatening," says Dr. Shamai Grossman, an associate professor of emergency medicine at Harvard Medical School.

[Read more »](#)

Cancer Symptoms Not To Ignore

Cancer symptoms can surprise you if you don't know what to watch out for. Learn possible clues to finding and detecting cancer early.

[READ MORE](#)

10 Things to Know About Breast Cancer

See what every woman should know about breast cancer. Discover the signs of breast cancer as well as other crucial facts. [Read more...](#)

[Dementia early warning signs: 10 changes worth looking out for](#)

We all lose our keys or forget our way from time to time. But if a number of these signs apply to you, it might be time to visit your GP.

[More >](#)



25 Foods That Can Improve Penis Health And Increase Your Libido

Virility is synonymous with manliness. How good you are in bed with your partner depends on your physical health and sex drive, both of which are crucial for a healthy sex life. Lifestyle and diet are directly responsible for a sexually active life...

[READ MORE](#)



3 Best Ways To Cook Mushrooms Without Losing Out On Their Nutrients

Mushrooms also called as the food of gods are a rich source of potassium, sodium, dietary fiber, magnesium, iron, vitamin B6 and vitamin C. Mushrooms can help improve the immunity, lower inflammation, improve brain function, and help fight against cancer...

[READ MORE](#)



SLIDESHOW

Cancer of the Colon

Read about risk factors, screening, stages, signs, treatments, and more for colorectal cancer. [Read more...](#)

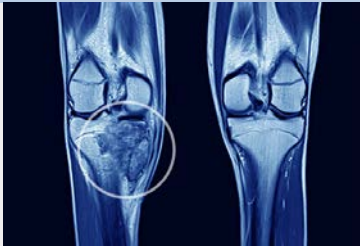
The Fortress of Colombo: What lies beneath the Navy Head Quarters | Sri Lanka Archaeology

<https://www.archaeology.lk/576>

1

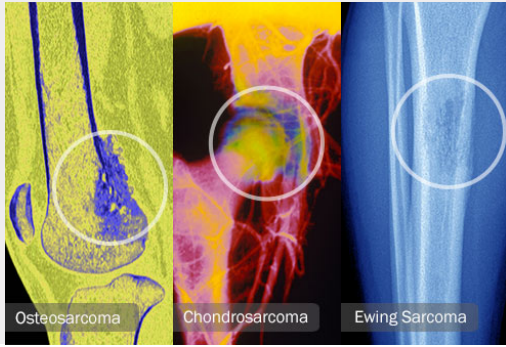


Guide to Bone Cancer



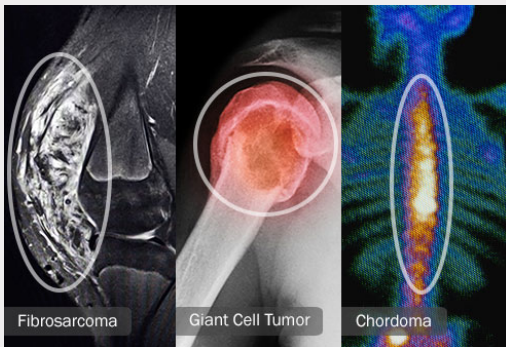
What Is It?

It starts when a tumor forms in a bone. It usually begins in one of the long ones in your arm or leg. As it grows, it kills normal bone cells and may spread to other parts of your body. Bone cancer is most common in children and young adults.



Common Types

Osteosarcoma, the most common bone cancer, usually happens to people ages 10 to 30 and most often starts in the arms, legs, or pelvis. Ewing sarcoma also is more likely to be in kids and young adults. It starts most often in the arms, chest, legs, pelvis, and spine. People over 40 are more likely to have chondrosarcoma -- usually in the arms, legs, or pelvis. Cancers like leukemia that start in marrow -- tissue in some of your bones -- aren't seen as bone cancer.



Rare Types

Other less common bone cancers tend to affect adults. These include giant cell tumors -- which usually happen around the knees in young adults -- and chordoma, which typically starts in the base of the skull or the tailbone. Fibrosarcoma is sometimes seen in older adults who have had radiation therapy for another kind of cancer. It's typically found in the knees, hips, and jaw.

Your chances of getting one of these cancers are higher if you have metal implants in your bones, as you sometimes get if you break one. And cancer treatment, like high doses of radiation and some cancer drugs, may make you more likely to have it, too. It happens more often in children and young adults whose bones are still growing. But with chondrosarcoma, it's the reverse -- your odds go up as you get older.

Web MD



Health Conditions

You also may be more likely to get bone cancer if you have certain conditions caused by problem genes. These include a kind of eye cancer called hereditary retinoblastoma, Li-Fraumeni syndrome, and Rothmund-Thomson syndrome. And babies born with an umbilical hernia -- when part of an intestine or some tissue pokes through a weak spot in their belly -- are more likely to get Ewing sarcoma. But the chances of that are very low.



QUIZ Heart-Rate Smarts



Do you know how often you should be checking your heart rate when you exercise?



Protein Three Times Daily to Sustain Senior Strength

Eating protein at all three meals may help seniors stave off muscle decline.

[Read the full story](#)

Bone Cancer

Symptom: Pain

This is the most common early sign. It may come on slowly, starting out as tenderness you feel now and then, and become an ache that doesn't go away. But this kind of pain can be caused by many things besides cancer, like growing pains and arthritis. See your doctor to find out what's going on.

Other Symptoms

You also may have:

- Broken bones (the tumor can make your bone weak, and it may break more easily)
- A lump over one of your bones
- Night sweats
- Swelling and redness over a bone
- Tiredness
- Weight loss for no reason



Diagnosis: Imaging Tests

Your doctor may recommend X-rays along with one or more of these to see if you have a tumor:

- Bone scans: Your doctor puts a small amount of a radioactive substance in a vein in your arm, then uses a special camera to take pictures of your bones.
- Computerized tomography (CT) scan: X-rays taken from different angles are put together to show the size and shape of a tumor and if it's spread.
- Magnetic resonance imaging (MRI) scan: Strong magnets and radio waves are used to clearly show the outline of a tumor.
- Positron emission tomography (PET) scan: Radiation is used to make 3-D color images to check your body for cancer.

Diagnosis: Biopsy

Your doctor takes out a small part of the tumor -- either through surgery or with a needle -- to test it for cancer cells. It's the only way to know for sure if you have bone cancer. WebMD

How Poisonous Are Apple Seeds?

- [What Makes Apple Seeds Poisonous?](#)
- [How Many Apple Seeds Make It Lethal?](#)
- [Is Apple Juice Safe To Consume?](#)
- [How About Apple Seed Oil?](#)



Apple seeds contain amygdalin or laetrile which, when ingested, releases the toxic chemical, cyanide. According to CDC, it takes chewing about 150 apple seeds to kill you, but mild poisoning can symptomize as dizziness, nausea, and even impotency. However, studies suggest that apple seed oil is safe and so is apple juice, if the fruit is juiced after careful removal of seeds.



Are Trees Vegetarian?

Humans can be vegetarians, choosing to forgo meat, but what about trees? After all, trees need only soil, sunlight and water to survive, right?

"The short answer is no," said Nicholas Money, a professor of botany at Miami University in Ohio. "Plants are not vegetarian. But the devil, as always, is in the details."

Those details depend on how strictly vegetarianism is defined. Trees don't directly "eat" animals, but they do consume them with the help of fungi, Money said. [\[How Tall Can Trees Grow?\]](#)

Eating a plant-based diet is healthy, and you don't need to give up meat

A survey of Australians found 70 per cent thought a plant-based diet would prevent disease. But what does the literature say? And is meat really bad that for you?



Photo: Plant-based diets have been found to be far more beneficial for our health. (Flickr: OakleyOriginals, CC BY 2.0)

Plant-based diets are often shown to be good for health. Yet Australians eat a lot of **meat** and are sometimes reluctant to completely cut meat from their diet.

It's important to know that eating a plant-based diet doesn't have to mean becoming a vegetarian.

Plant-based diets are high in vegetables, wholegrain bread and cereals, legumes and whole fruits, yet can still contain small amounts of lean meats and reduced-fat dairy products. A survey of Australians found **most (70 per cent) thought** a plant-based diet would prevent disease.

But what does the literature say? And is meat really bad for you?

Does drinking hot tea cool you down?

How a Man's Spicy Food Challenge Made Him Go Deaf for 2 Minutes



You can really trip up your nervous system with hot peppers.

[Read More](#)

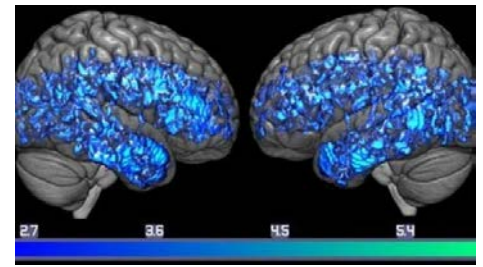
How clean should your skin be?

Soaps that strip away microbes aren't good, but it may be too soon to try products that add bacteria back.



You may have noticed that antimicrobial skin cleansers have disappeared from the shelves. In September 2016, the FDA ruled that over-the-counter antiseptic soaps and wash products containing triclosan, triclocarban, or 17 other antimicrobial agents could no longer be marketed because their manufacturers didn't demonstrate that the ingredients were both safe and effective in preventing the spread of infections. Moreover, the widespread use of antimicrobials is thought to promote the growth of antibiotic-resistant bacteria, like methicillin-resistant *Staphylococcus aureus* (MRSA), which can cause infections that are difficult to treat and can even be life-threatening.

Dangerous Foods for Dogs See which foods can harm your pet.



Brain scan study adds to evidence that lower brain serotonin levels are linked to dementia

Johns Hopkins Medicine

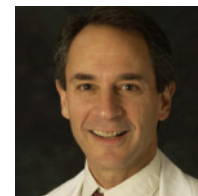


The environmental injustice of beauty

George Washington University

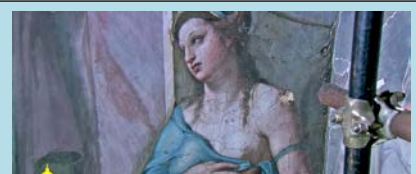


Your brain on chocolate



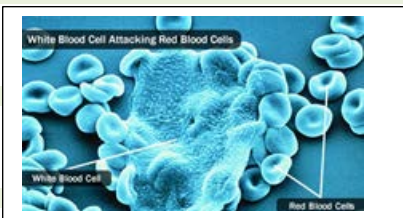
[Robert H. Shmerling, MD](#), Faculty Editor, Harvard Health Publications

Did you know that places where chocolate consumption is highest have the most Nobel Prize recipients? It's true, at least according to a **2012 study** published in the *New England Journal of Medicine*. Of course, that could be a coincidence. But is it possible that intelligence or other measures of high brain function are actually improved by the consumption of chocolate? A new review summarizes the evidence and concludes with a resounding "maybe."



Vatican Frescoes Found to Contain 2 Female Figures Painted by Raphael

[See This](#)



What Are They?

Your immune system fights off harmful germs and other things that shouldn't be in your body. Sometimes, though, something goes wrong and it attacks healthy tissue like it's a threat. That can lead to inflammation and damage to joints, nerves, muscles, skin, and other parts of your body.

Why Do They Happen?

Researchers think two things have to happen for you to have an autoimmune disorder. First, you get genes from your parents that make you more likely to have one. Then it's triggered by something in your environment, like a virus. Because more women are affected than men, doctors think certain hormones may play a role.

Type 1 Diabetes

This used to be known as the "juvenile" type of diabetes because it usually starts in children or teens. It happens when your immune system kills the cells in your pancreas that make a hormone called insulin that your body needs to change food to energy. If you have type 1, you'll always have it, but you can manage it by watching your blood sugar levels and giving yourself insulin when you need it.

Multiple Sclerosis (MS)

When you have MS, your body's defenses misfire and cause inflammation that damages your central nervous system. Scar tissue builds up along the network that carries nerve signals from your brain to other parts of your body. This causes pain, problems with movement and balance, and weakness. Medicines can help with your symptoms and may slow down the illness.

Inflammatory Bowel Disease (IBD)

Crohn's disease and ulcerative colitis (UC) are kinds of IBD. Your body's defenses attack your intestines and cause inflammation, belly pain, and bleeding. Crohn's disease usually happens in the last part of your small intestine and your colon, while UC is in the lining of your colon. Treatment includes anti-inflammatory drugs, antibiotics, and medicine to slow your immune system. Surgery is another possibility. It can often get rid of UC, but Crohn's disease is likely to come back.

Rheumatoid Arthritis

This autoimmune disorder affects your joints and causes swelling and pain. Over time, inflammation can damage your cartilage and bones, and you can't move them as well. RA also can cause problems with your heart and lungs. Medications can help with symptoms and slow the disease down.

Ankylosing Spondylitis

This type of arthritis mostly affects your spine, but it also can be in your chest, neck, hips, and knees. It causes pain and stiffness. Your bones might eventually join together and make it hard for you to move those areas. It can affect your organs, too. Your treatment might include specific stretches and exercises along with medicines to help with pain, DMARDs, and steroid shots. You also might need surgery to replace damaged joints.

WebMD



Addison's Disease

Your adrenal glands sit on top of your kidneys. When your immune system attacks and damages them, they can't make enough of certain hormones. When that happens, your body can have trouble changing food into fuel and keeping your blood pressure stable, among other things. Early signs of Addison's disease can include fatigue and patches of skin that are darker than the areas around them. To treat it, you'll take medicine to replace the hormones you're missing.

WebMD

Signs of Ankylosing Spondylitis

Ankylosing spondylitis is a arthritis condition that causes inflammation of the spine.

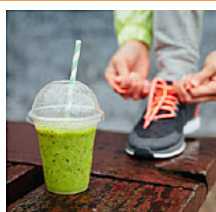
[TAKE THE QUIZ](#)



Weight Loss

Successful weight loss and healthy weight management depend on sensible goals and expectations. Most people should lose weight gradually and check with your physician before beginning a weight loss program.

[Read more about weight loss »](#)



SLIDESHOW

The Best Foods to Fuel Your Workout

[Find out what to eat, and when to eat it, to give your muscles the energy they](#)



Lupus

This illness affects several parts of your body at the same time. Symptoms include joint pain, sensitivity to light, kidney problems, and being very tired. You also might have a rash over your cheeks and nose. Nonsteroidal anti-inflammatory drugs (NSAIDs) and steroids can help you feel better, and disease-modifying antirheumatic drugs (DMARDs) may keep it from getting worse. If your symptoms are really bad, your doctor may suggest medication that slows down your immune system or chemotherapy (a combination of several powerful drugs).

WebMD

What does Serotonin do?

The simple answer is that serotonin is a neurotransmitter, because it is released by a pre-synaptic cell in order to bind to a receptor on a post-synaptic cell.

A more comp...

[Read More »](#)

[How steak and eggs may increase heart attack risk](#)

10 Things to Know About Breast Cancer

See what every woman should know about breast cancer. Discover the signs of breast cancer as well as other crucial facts. [Read more...](#)

Compiled, edited published by Dr Harold Gunatillake

To unsubscribe email: haroldgunatillake1@gmail.com

Dr Gunatillake-Health editor is a member of the Academy of Medicine, Singapore. Member of the Australian Association of Cosmetic Surgery. Fellow of the Royal College of Surgeons (UK), Corresponding Fellow of the American Academy of Cosmetic Surgery, Member of the International Societies of Cosmetic surgery, Fellow of the International College of Surgery (US), Australian diplomat for the International Society of Plastic, Aesthetic & Reconstructive Surgery, Board member of the International Society of Aesthetic Surgery, Member of the American Academy of Aesthetic & restorative Surgery, Life Member of the College of Surgeons, Sri Lanka, Bachelor of Medicine & Surgery (Cey)