

"Keep the ones that heard you when you never said a word."

"There is only one corner of the universe you can be certain of improving, and that's your own self."
— Aldous Huxley

Find out which foods can help lower your cholesterol »

Gunshot Victim Becomes Youngest Person in US to Receive a Face Transplant

By Rachael Rettner, Senior Writer |



A 21-year-old woman who was shot in the face as a teenager has become the youngest person in the United States to receive a [face transplant](#).

The woman, who suffered severe trauma to her face as a result of the gunshot wound, underwent the 31-hour face transplant surgery in May at the Cleveland Clinic, according to [a statement](#) from the hospital. A team of surgeons replaced 100 percent of the woman's facial tissue with tissue from a donor, in what's known as a "full face transplant." The surgery will allow the patient to speak more clearly, as well as breathe, chew and swallow more effectively, and better express emotions with her face, the hospital said. [\[The 9 Most Interesting Transplants\]](#) "Knowing this patient now has the opportunity to live a functional life because of her face transplant is the greatest reward," Dr. Brian Gastman, a plastic surgeon who assisted in the surgery, said in the statement. "With a new nose, lips, palate, eyelids and jaw, she now has the full opportunity to re-integrate into society and have a future just like any other young adult."

The hospital did not release the identity of the patient or the donor to protect their privacy. But the hospital issued the following statement from the patient:

"To reach this point of recovery has often times been a difficult road to travel, but I'm thankful there's been a road," the patient said. "I am forever grateful for the care this hospital has given me and continues to offer on my journey of recovery and healing ... and to my donor and her family — words cannot express the appreciation I have for this incredible gift. With a grateful heart, I say 'thank you' to all who have made this possible for me."

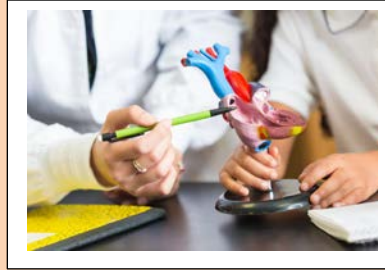
The patient is now recovering well, and will go through intensive rehabilitative therapy, physical therapy, speech and swallowing therapy and [occupational therapy](#), the hospital said. As with all transplant patients, the woman will need to take medication to suppress her [immune system](#), to prevent her body from rejecting the transplant, for the rest of her life. The surgery marks the third face transplant performed at Cleveland Clinic, and the hospital's first full face transplant. The hospital is one of six institutions in the United States that performs face transplants. Fewer than three dozen face transplants have been performed worldwide, according to the statement.

Original article on [Live Science](#).

[Chin Chin's school prawns and flathead dtom kem recipes](#)

Mitral valve prolapse: What you need to know

By Jenna Fletcher



Mitral valve prolapse occurs when the mitral valve of the heart doesn't work properly. Rather than closing tightly, the flaps of the valve billow into the left atrium of the heart.

The condition is also known as Barlow's syndrome or floppy valve syndrome. Most of the time, this condition causes few, if any, symptoms or complications. However, mitral valve prolapse may worsen over time. When it does, it can put those with the condition at higher risk for serious heart problems, including infections, life-threatening [arrhythmias](#), and [heart failure](#). As a result, mitral valve prolapse should be monitored by a doctor. **What is a mitral valve prolapse?**

The mitral valve is one several valves in the heart that control blood flow between the heart's chambers.

It is located in the heart between two chambers of the heart known as the left ventricle and left atrium. This valve controls blood flow between those two chambers of the heart.

When the mitral valve works correctly, it closes completely when the left ventricle contracts. This prevents blood from backing up into upper left chamber (the left atrium) of the heart.

In people with a mitral valve prolapse, the mitral valve does not work properly due to any number of abnormalities. This may cause blood to back up from the left ventricle into the left atrium.

The amount of blood that backs up into the left atrium varies from person to person. In rare cases, a significant amount of blood can back into the left atrium, causing problems.

[Mitral valve prolapse: What you need to know](#)

Tinnitus: Why Are My Ears Ringing?

What is tinnitus? Explore tinnitus causes, symptoms, remedies, treatments, and prevention tips. Learn about pulsatile tinnitus.

[READ MORE](#)



Frequent Sex Improves Brain Function

Recent study finds that older adults, who engaged in above average levels of sexual activity, scored higher in a series of cognitive tests.

[Read the full story](#)

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 readers, and we expect reciprocation by reading, for their health & longevity

Health editor
Please note our email address:
haroldgunatillake1@gmail.com

Health Education for Sri Lankans & others



Little evidence that light drinking in pregnancy is harmful, say experts

Women worried by guidance advising abstinence should be told there is little evidence that the odd glass of wine causes harm to the baby, says study



Mothers who are consumed by anxiety and guilt for having drunk the odd glass of wine when they are pregnant should be reassured by a new study showing there is very little evidence that it harms the baby, say experts.

Drinking in pregnancy is a fraught issue and causes much anxiety. Last year new guidance to the NHS in England urged women to try not to drink at all, but in the real world, say the new study's authors, up to 80% in the UK, Ireland, New Zealand and Australia drink some alcohol while they are pregnant. Since half of all pregnancies are unplanned, many women drink before the test shows positive



[Little evidence that light drinking in pregnancy is harmful, say experts](#)

[Do You Know These Diabetes Terms?](#)

Your doctor will use certain words and phrases to discuss your condition, so it's important to understand exactly what they mean.

[Cancer Words You Need to Know](#)

From tests to treatments, we share explanations for words your doctor is likely to use when you've been diagnosed with cancer.

[Blood in Your Urine](#)

Call your doctor right away if you see blood in your urine. It could be caused by something fairly harmless, like hard exercise or medication. Or it may be a sign of something more serious like kidney disease, an enlarged prostate, bladder cancer, or sickle cell anemia.



[How Effective and Safe is Slimming Tea?](#)

Wondering how slimming tea works? We'll talk about whether or not it's effective for weight loss, and also touch on potential side effects and risks. [Read on](#) →

[Hugh Hefner in his own words](#)

Playboy founder Hugh Hefner lived a life of luxury, eating dinner in bed and surrounded by women. This is how he describes life in the Playboy mansion.



[14 Tips for Managing Crohn's Disease](#)

This painful condition can affect every part of your life. Find out what to eat, the best exercises, and how to deal with intimacy issues.

[What Is Piriformis Syndrome?](#)

It usually starts with pain, tingling, or numbness in the buttocks, and it can be severe.

[Treatments for OA of the Knee: What Works?](#)

Several types of treatment are available for osteoarthritis of the knee. Learn more about your options and how to develop the best treatment plan for yourself. [Read on](#) →

[Why Pap smear tests are changing](#)



Soon, you won't need to have another Pap smear. Here's what you need to know.

[More](#) →



[How to Sleep with Bipolar Disorder](#)

Getting the right amount of rest is one of the biggest challenges of bipolar. When you're manic, you go on little to none, while in the grips of depression, you might get too much. [Read on](#) →

Ideally, eggs should be stored in their original carton in the back of the fridge. This prevents them from absorbing odors and protects them from temperature fluctuations as the refrigerator door is opened and closed

[A Closer Look at your urine](#)

Some foods and medicines can change the color of your pee. For example, beets can make it reddish or dark brown, asparagus can make it green, and carrots can turn it orange. Certain antacids can turn your pee a shade of blue, and some chemotherapy medicines can make it orange. Sometimes an unusual color can be a sign of a health problem. Talk to your doctor if your pee suddenly changes color and you're not sure why.

WebMD

NORTH KOREA TO SEND MAN TO THE SUN BY 2028!

Kim Jong-un announced that North Korea would be sending a man to the sun within ten years!
Reporter - "But the sun is very hot. How can your man land on it?"
There was a stunned silence. Nobody knew how to react.
Then Kim Jong-un quietly answered "We will land at night".
The entire audience broke out in thunderous applause !

Donald Trump heard what Kim had said and sneered - "What an idiot. There is no sun at night time!"

And his people responded with thunderous applause!

Sent by Alavi Hussain



SLIDESHOW How to Spot the Signs of Cardiac Arrest

What should you do if you think it's happening -- and how do you know if you're at risk yourself?

Laptops are great, but not if it means the end of handwriting

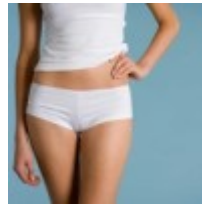
Michele Hanson

Students are now so dependent on their laptops for writing that they may soon be allowed to use them in university exams. But writing by hand is still an important skill. Students' handwriting is now so rubbish that Cambridge University may allow them to use laptops in their exams instead of pen and paper. The poor examiners have been struggling to read scripts, and the students struggling to write them. And if Cambridge does it, then everybody else will probably do it, and it will be goodbye cursive writing (and presumably the end of joined-up writing lessons in schools, which are not mandatory anyway).

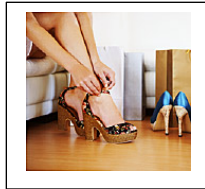
Laptops are great, but not if it means the end of handwriting

A gyno's guide to good vulva and vagina health

Most of us know the importance of regular breast checks, pap tests, and STI screenings. But when it comes to our vulvas, we tend to look the other way.



Worst Shoes for Your Feet



Ankle sprains to chronic pain, which are the worst offenders -- stilettos, ballerinas, or flip-flops?

Barium swallow: What to expect and side effects

By David Railton

A barium swallow is a type of test used to look inside the esophagus, or food pipe. A doctor might recommend this test if they need to look at the outline of any part of a person's digestive system. Barium is a white liquid that is visible on X-rays. Barium passes through the digestive system and does not cause a person any harm.

As it passes through the body, barium coats the inside of the food pipe, stomach, or bowel, causing the outlines of the organs to appear on X-ray

Barium swallow: What to expect and side effects

Cow's milk harmful for toddlers below one year

Feeding cow's milk to toddlers below the age of one year is a growing factor behind allergic diseases, including in the respiratory and digestive system, as they cannot tolerate protein in the milk, experts said on Sunday.



Why Does Coffee Make You Poop?

See This

12 Tips for Success with Antidepressants

People who suffer from depression may have altered levels of chemicals in their brain. Antidepressants help to normalize the levels of these compounds.

READ MORE

Can people with diabetes eat peanut butter?

By David Railton

Reviewed by Natalie Butler, RD, LD
Peanut butter may help people to manage diabetes, a condition that affects blood sugar levels. How exactly does this popular snack help to control the condition?

A diet high in **magnesium** is thought to offer protective benefits against the development of **diabetes**.

Peanuts are a good source of magnesium.

Natural peanut butter and peanuts are also low glycemic index (GI) foods. This means that they have a **lower effect** on blood sugar levels.

Can people with diabetes eat peanut butter?



QUIZ

Hypothyroidism Myths and Facts

Did you know that weight gain could be a sign that you have low thyroid levels?

Energy drinks linked to more heart, blood pressure changes than caffeinated drinks alone

Drinking 32 ounces of a commercially available energy drink resulted in more profound changes in the heart's electrical activity and **blood pressure** than drinking 32 ounces of a control drink with the same amount of caffeine - 320 milligrams (mg), according to new research in *Journal of the American Heart Association*, the Open Access Journal of the American Heart Association/American Stroke Association. Energy drinks linked to more heart, blood pressure changes than caffeinated drinks alone

Abbott withdraws absorbable stent, makes no mention of safety concerns

Abbott has globally halted the sale of its bioresorbable cardiac stent Absorb, ostensibly due to "low commercial sales". Its statement announcing this on Friday had no reference to how sales had fallen drastically due to safety concerns.

Mocha Banana Protein Smoothie Bowl



Calling all coffee lovers for this next one, and smoothie bowl lovers while we're at it. Smoothie bowls are a great way to get your protein while being light, flavorful, and easy to whip up in a time crunch. The protein in this bowl of goodness comes from the bananas, chia seeds, and of course, a protein powder of your choice. Add your favorite nuts, seeds, and fruit toppings and you'll have a protein-rich creation that's ready for a photo op.

[Get the recipe!](#)



Spinach Feta Breakfast Wraps



One way to have a great, stress-free morning is by having your breakfast prepped ahead of time. These hearty spinach feta breakfast wraps are freezer friendly and protein-rich. Fill your wrap with eggs, spinach, feta, and any other fresh veggies you like! This is not only a great meal prep option, but also a great option for mornings on the go.

[Get the recipe!](#)



Healthy eating for blood sugar control



Vegetables, fruits, and whole grains provide more nutrition per calorie than refined carbohydrates and tend to be rich in fiber. Your body digests high-fiber foods more slowly — which means a more moderate rise in blood sugar.

For most people with diabetes, carbohydrates should account for about 45% to 55% of the total calories you eat each day. Choose your carbohydrates wisely — ideally, from vegetables, whole grains, and fruits. Avoid highly refined carbohydrates such as white bread, pasta, and rice, as well as candy, sugary soft drinks, and sweets. Refined carbohydrates tend to cause sharp spikes in blood sugar, and can even boost triglycerides and lower helpful HDL cholesterol.

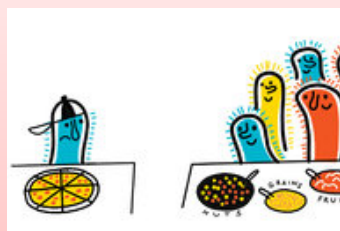
Fiber comes in two forms: insoluble fiber, the kind found in whole grains, and soluble fiber, found in beans, dried peas, oats, and fruits. Soluble fiber in particular appears to lower blood sugar levels by improving insulin sensitivity, which may mean you need less diabetes medicine. And a number of studies suggest that eating plenty of fiber reduces the chances of developing heart disease — and people with diabetes need to do all they can to lower their risk.

For more on healthy diet essentials, plus information on managing (and avoiding) type 2 diabetes, buy [Healthy Eating for Type 2 Diabetes](#), a Special Health Report from Harvard Medical School.

Can Probiotics Help Children with Peanut Allergies?

[Researchers say a treatment involving probiotics and small doses of peanuts worked for a majority of children with food allergies.](#)

[Read on](#) →



Can I Test the Health of My Gut Microbiota?

By **RONI CARYN RABIN**

All it takes is a fecal sample and a fee. But you may not learn much about the health of your microbiome.

For people who have diabetes, the benefits of physical activity can't be overstated.

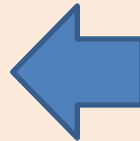
- increased physical activity and exercise help control weight
- lower blood pressure
- lower harmful LDL cholesterol and triglycerides
- higher healthy HDL cholesterol
- stronger muscles and bones
- reduced anxiety
- improved general well-being.

There are added benefits for people with diabetes: exercise lowers blood glucose levels independent of insulin and also boosts your body's sensitivity to insulin, countering insulin resistance. In addition, strength training builds muscles — and muscle tissue burns more glucose than other types of tissue.

Harvard Medical School

Apple Cider Vinegar And Weight Loss

Helps stay full longer
Reduces appetite
Helps lower total body fat
Hinders fat storage
Burns stored fat



Take 1 tbsp ACV diluted in 1 cup water or juice before a meal daily to lose weight and fat. It has just 3 Cal, and it can cut your calorie intake by up to 275 Cal by delaying digestion and keeping you full longer. It can influence your genes to promote fat burning and reduce fat storing. It can also drop post-meal blood sugar and insulin levels. Don't have more than 2 tsps a day. If you have gastroparesis, ask your doctor first. Apple cider vinegar (ACV) is the bearer of good news, when it comes to health. It keeps your cholesterol low, helps when you have acid reflux, lowers blood pressure ... here's the full [list of ACV benefits](#) for the uninitiated. But can it do the impossible? Can you use apple cider vinegar for weight loss

Tip: When you buy ACV, look for the organic label and for a filmy layer of the "mother" in the vinegar. Or [make your own organic ACV at home.](#)

CureJoy



Vitamin B-12: Foods for Vegetarians

Learn about foods high in vitamin B-12 that are also vegetarian-friendly. [READ MORE](#)

[Read on](#) →



What Is Processed Meat?

There's no clear definition -- it's more of a description -- but if you smoke it, salt it, cure it, or add preservatives to it, it's probably processed. People who eat a lot of these kinds of meats are more likely to get heart disease, diabetes, and even certain kinds of cancer, thanks to all the salt, fat, and chemical preservatives.



Bacon

The fat in bacon is no secret -- it splatters away right there in the pan when you cook it. But not all bacon is the same. Look for brands lower in salt and nitrates -- some use none at all -- and go with leaner cuts.



Cold Cuts

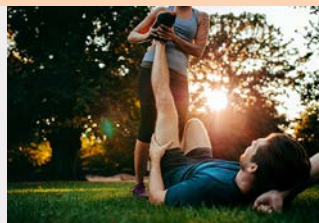
Hunks of beef, ham, and turkey are preserved with various amounts of salt, seasonings, sugar, and sometimes chemicals, and sliced for sandwiches or snacks. Check the ingredients -- quality cold cuts, though still processed, can be a healthy part of a balanced diet, as long as you don't eat them every day.



Hot Dogs

These processed tubes of meat are a staple at baseball games and neighborhood cookouts. Some brands use more ... er ... parts of the animal than others, but most of them are still loaded with salt, saturated fat, and nitrates

WebMD



What's a Cramp?

If you've ever had a "charley horse" -- that odd pain in your calf -- you've had a cramp. But they can happen anywhere in your body at any time, even when you're asleep. No matter where you get them, what's going on inside is the same: Your muscles suddenly tighten up when you don't want them to. Several things can bring on cramps, but you can do some things to keep them from happening.

Possible Cause: Not Enough Water

When's the last time you had a glass of water? Cramps may be your body's way of telling you that you need some -- you're dehydrated. Other signs include dizziness, headache, and constipation. So keep water with you and sip it throughout the day, especially if you're outside in hot weather.

Possible Cause: High Temperatures

Your body loses fluids when you work or exercise in the heat, and that can make you more likely to cramp. This may be partly because your muscles need water, but it's also because you sweat out important minerals called electrolytes -- sodium, potassium, and calcium -- that help the cells in your muscles work the way they should.

Possible Cause: Medications

Statins, which are used to control cholesterol, and diuretics, which help your body get rid of fluid, are just two of the drugs that can bring on cramping as a side effect. Talk to your doctor if you have regular cramps soon after you start taking a new medicine.

Possible Cause: Poor Circulation

If your cramps get worse when you walk, your muscles may not be getting enough blood. That can happen as you get older or if you're not very active. It also can be caused by a condition called claudication -- when your arteries are narrower than they should be and blood can't get through easily. Talk with your doctor if you notice this kind of thing -- she can help you figure out what's going on.

Possible Cause: Monthly Cycle

Some women get cramps during their periods. That happens because a woman's body makes certain hormones that make the muscles in her uterus tighten up. This helps push out blood and waste, but it can also cause cramping. Over-the-counter pain relievers usually help, but talk with your doctor if they don't work well for you.

Possible Cause: Growth?

Kids often get cramps when they go through a growth spurt. These are sometimes called "growing pains," but they may actually be caused by too much activity, or kids may just be more sensitive to pain. The cramps happen most often in the legs and can wake a child out of a sound sleep. It may help to stretch the muscle or put a heating pad on the area for a short time. If the pain doesn't get better, call your child's doctor.

Possible Cause: Exercise

It's important to stay active, but if you do too much all at once or your body's not used to it, your muscles can cramp. Instead, pace yourself: Regular exercise can make your muscles stronger and harder to tire out, so they won't cramp as easily. Be sure to warm up first, and do plenty of stretching before and after.

How to Feel Better

Cramps usually go away on their own fairly quickly, but you can do some things to help them along. If an activity like running triggered one, stop right away. Then gently stretch or massage the muscle or use a heating pad or hot bath to bring blood to the area and relax it. Ice and over-the-counter anti-inflammatories, like ibuprofen, can help if you have pain and swelling, too.

Why Stretching Helps

Muscles are bunches of fibers that quickly get smaller or bigger when you move your body to do something -- from grabbing something off a shelf to running a race. When you stretch those fibers regularly, they can do their job more easily, and that helps you cramp less.

Why Your Diet Matters

Colorful fruits and vegetables have minerals called electrolytes that help keep your muscles in good shape and can help you avoid cramps. Leafy greens and bananas are good choices.

WebMD

Should we screen for cirrhosis?

6
Recent guidelines are right to recommend screening high risk patients for **cirrhosis**, say liver specialists Mark Hudson at Freeman Hospital, Newcastle upon Tyne, and Nick Sheron at Southampton General Hospital.

They say liver disease will probably overtake **heart disease** to become the commonest cause of death in working age people in the next year or so, mainly because it develops without signs or symptoms and options to tackle alcohol and **obesity** - the commonest causes of liver disease - are limited. Yet technologies to identify early liver disease exist, they say, and are supported by the National Institute for Health and Care Excellence (NICE).

NICE recommends that men and women drinking alcohol at potentially harmful levels - more than 50 and 35 units a week, respectively - be offered a test (transient elastography) to exclude cirrhosis. This equates to about 2.25 million people in England and Wales.

They point out that few GPs currently have access to this test, "so it is not going to happen overnight." However, because the lifetime cost of treating liver disease is between £50,000 and £120,000, "this approach is likely to be cost effective," they write.

"We will need properly controlled trials, and these studies are in preparation," they say. "However, the burden of liver disease is such that doctors cannot simply sit in their ivory towers waiting for patients with liver disease to come and find them."

But other experts argue that despite recent recommendations from NICE, "insufficient evidence supports a screening programme for cirrhosis."

Liver specialists Ian Rowe at the University of Leeds, and Gideon Hirschfield at Birmingham University's Liver Research Centre, say "for a successful screening programme the test used must be simple, cheap, and, most importantly, accurate."

[Should we screen for cirrhosis?](#)

[How Much Sleep Do You Really Need?](#)

[Common Symptoms of Schizophrenia](#)

What Causes Hearing Loss?

Hearing loss may be present at birth or it may manifest later in life. Deafness may be genetic or due to damage from noise.

[Read more...](#)

What Are Selenium Supplements?



Selenium supplements are taken by people who want to prevent cancer, heart disease, memory loss and diabetes. But does taking selenium work? Here's a look at what the science says.

[Read More](#)

Eat Better, Live Longer? Small Food Changes Make a Difference

Making even small changes in your diet really can help you live longer, a new study shows.

[Read More](#)

Top Cancer-Fighting Foods and Drinks

Putting more colorful vegetables on your plate, turning to asparagus and eggs, and eating these other foods may help you lower your chances.

Cardiac Arrest: What You Should Know

This life-threatening condition happens quickly and requires immediate treatment. Would you be able to recognize it?

Humans Arrived in Australia 65,000 Years Ago



7 Ways Alcohol Affects Your Health



Surprise Fertility Treatment: How a Cancer Drug Helped a Woman Get Pregnant

[See This](#)

Snortable Chocolate Claimed to Boost Energy: Is It Safe?



A new "snortable" chocolate product is being marketed as a drug-free way to feel energized. But some health experts are wary of the potential health effects.

[Read](#)

10 Worst Foods in Your Fridge

What are the worst foods to eat in your fridge? From mayonnaise to processed lunch meats, learn about the unhealthy foods lurking in your refrigerator or freezer.

[READ MORE](#)

Relax, Read & share this Health newsletter with friends



How to Stop Nighttime Heartburn

Being overweight is one thing that can raise your odds of having heartburn. Help your digestion by making little changes to how you eat, sleep, and exercise.

Does calcium cancel out iron absorption, especially when eaten in the same meal? If so, how significant of an affect does calcium have on iron?

Michael Collan, Marketing Manager
Yes, calcium has a diminishing effect on iron absorption. A glass of milk with the meal could mean you only absorb 50 % of the iron. Heme iron (such as in meat) absorption is also affected, but to ...

(more)
Yes, calcium has a diminishing effect on iron absorption. A glass of milk with the meal could mean you only absorb 50 % of the iron. Heme iron (such as in meat) absorption is also affected, but to a lower degree. Calcium is the only known substance to affect heme iron absorption. See: www.hemeiron.com

[Diabetes-Friendly Drinks and Cocktails](#)

This might possibly be the most amazing card trick you have EVER seen! It was developed by the magician after the terrorist attacks in Paris, France. Supposedly, he did this in front of Penn and Teller on TV and they just shook their heads in disbelief. This is a truly must watch.

<https://www.youtube-nocookie.com/embed/xh9GaDgRWX4?rel=0>

The Links Between Psoriatic Arthritis and Depression



This Ginger-Lemon Shot Will Banish That Bloat Forever



Home Remedies To Treat Plantar Warts That Are Worth A Shot

Plantar warts or verrucas are lumps of hardened skin, often with underlying tiny black dots, that appear on the soles of your feet. They mostly occur on the heel and the ball of the foot, the parts that are under most pressure, and are circular, slightly raised, and surrounded by a thickened rim of skin (a callus)...

READ MORE

ARTICLE

What Is Status Asthmaticus?

This most severe form of asthma attack may require immediate medical care.

- [Handling the Side Effects of Statins](#)

Health Benefits of B Vitamins

To B or not to B? When it comes to vitamins, you should. The B vitamins keep your nervous system healthy, help with fatigue, and more.

How does a high-fat diet raise colorectal cancer risk?

By Honor Whiteman



A new study suggests a molecular explanation for the link between a high-fat diet and colorectal cancer. While the evidence of a link between an unhealthy diet and colorectal cancer is robust, the underlying mechanisms for this association have been unclear. A new study, however, may have uncovered an explanation.

Researchers from the Cleveland Clinic in Ohio have identified a cellular signaling pathway, called JAK2-STAT3, that drives the growth of cancer stem cells in the colon in response to a high-fat diet. What is more, the researchers found that blocking the JAK2-STAT3 pathway in mice fed a high-fat diet halted the growth of these stem cells, a finding that might fuel the development of new drugs to treat colorectal cancer.

Study co-author Dr. Matthew Kalady, co-director of the Comprehensive Colorectal Cancer Program at the Cleveland Clinic, and colleagues recently reported their findings in the journal *Stem Cell Reports*. After skin cancer, colorectal cancer - a cancer that begins in the colon or rectum - is the third most commonly diagnosed cancer in the United States.

The American Cancer Society estimate that there will be 95,520 new cases of colon cancer diagnosed in the U.S. this year, as well as 39,910 new cases of rectal cancer.

In recent years, a wealth of studies have suggested that a high-fat diet is a risk factor for colorectal cancer. However, the precise mechanisms behind this association have been ambiguous.

[How does a high-fat diet raise colorectal cancer risk?](#)

ARTICLE

Easy Foods to Eat After an IBD Flare

While you may not feel like eating after a flare, it's important to get back to a nutritious diet. These easily digestible suggestions can help.

Warning Signs of Type 1 Diabetes

Although both impact blood sugar, type 1 and type 2 are different in some very important ways. We explain what to look for and how it's treated.



ARTICLE

Diabetes and Anemia

A diabetes-related problem can trigger this blood disorder, so you'll need to be tested for it regularly.



Insulin: Special Considerations

- [When One Insulin Shot Isn't Enough](#)
- [Real-Life Insulin Tips](#)



- [Diabetic Retinopathy Explained](#)



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 vs. sugar: Is honey really better for you?](#)



ARTICLE

Diabetes and Breastfeeding

Moms with diabetes, gestation otherwise, who breastfeed should be prepared for some unique challenges.



Resveratrol may reduce arterial stiffness in patients with diabetes

Resveratrol reversed arterial stiffness in patients with type 2 diabetes, according to an abstract presented at the American Heart Association's Arteriosclerosis, Thrombosis and Vascular Biology/Peripheral Vascular Disease Scientific Sessions.

[Read More](#)

Types of heart failure

Heart failure is the inability of the heart to pump enough blood to serve the body's needs. It can be acute or chronic. Chronic heart failure develops slowly, while acute occurs suddenly.

The heart is a complex organ. Any failure can take place on either the left or right side or both.

The heart has four chambers, which work in a rhythm to pump blood around the body. If these chambers stiffen, they may not fill sufficiently. If the heart, which is a muscle, is too weak, its chambers can stretch and fail to work properly.

Left-side heart failure is the most common type of heart failure, with symptoms that include shortness of breath.

This type can be divided into systolic and diastolic heart failure:

- Systolic affects the left ventricle, stopping it from pumping properly. It is associated with acute heart failure.
- Diastolic heart failure is caused by a blood-filling problem in the left ventricle.

Right-side heart failure can happen by itself, but it often occurs alongside left-side heart failure. This is because failure of the left chamber causes pressure on the right side, leading to damage.

[Acute heart failure: What you need to know](#)



Lactobacillus from yogurt inhibits multidrug-resistant bacterial pathogens

A Lactobacillus isolate from commercial yogurt, identified as Lactobacillus parafarraginis, inhibited the growth of several multidrug-resistant/extended spectrum β -lactamase bacteria from patients at a hospital in Washington, D.C.. The research was presented at ASM Microbe 2017 in New Orleans, Louisiana. The inhibitory substance is a unique, bacteriocin-like peptide that is heat stable up to 121°C. Bacteriocins are antimicrobial peptides produced by bacteria and released to kill other related bacteria that are not immune to their action.

"Considering the current upsurge of antibiotic resistance in hospitals, especially among the gram-negative bacteria, and the exigent need to find viable alternatives, findings from the study may hold promise for possible therapeutic application," said Rachelle Allen-McFarlane, doctoral candidate in the Biology Department at Howard University, Washington, D.C.

[Lactobacillus from yogurt inhibits multidrug-resistant bacterial pathogens](#)



[Armpit pain: Common causes and treatments](#)



12 Signs of a Hormone Imbalance



Weight changes, belly problems, and brain fog are a few of the red flags that could mean your hormones are out of whack.

Can turmeric help manage diabetes? What the evidence says

By Jon Johnson

Reviewed by Natalie Olsen, RD, LD, ACSM EP-C



Turmeric and its compounds are being studied for conditions such as cancer, inflammation, and psoriasis.

Turmeric has been used for centuries in both food and medicine. The spice is believed to have many potential benefits for the human body. But could turmeric be a new tool to help manage diabetes?

Turmeric is the common name for the root *Curcuma longa*. It is a bright yellow-orange spice that is a staple in traditional food dishes from many Asian countries.

In this article we explore the role of turmeric in alternative and Western medicine. We go on to analyze the potential benefits of the spice for diabetes management.

[Can turmeric help manage diabetes? What the evidence says](#)



Foods You Should Never Feed Your Dog

These foods may seem harmless, but they can make your furry friend sick.



Some heart attack patients may not benefit from beta blockers

New research challenges established medical practice that all **heart attack** patients should be on **beta blockers**. The study - by a research team at the University of Leeds - looked at patients who had a heart attack but did not suffer **heart failure** - a complication of a heart attack where the heart muscle is damaged and ceases to function properly. It found that heart attack patients who did not have heart failure did not live any longer after being given beta blockers - yet around 95% of patients who fall into this category end up on the medication. Beta blockers are a powerful group of medicines which decrease the activity of the heart and lower **blood pressure**. They are commonly prescribed after a heart attack, but they can have unwanted side-effects for some patients such as dizziness and **tiredness**.

Not all people who have their first heart attack have heart failure. Patients with a heart attack and heart failure need to be on beta blockers because the drugs help the damaged heart to work more effectively. [Some heart attack patients may not benefit from beta blockers](#)



[Handwashing with cold water just as good as hot water for killing bacteria](#)



MEDITATION FOR REAL LIFE



How to Be Mindful While Reading

By **DAVID GELLES**
Pick reading that will engage but not deplete you, something that requires a bit of mental energy, not another item on your to-do list.

Foods to avoid for people with diabetes

By **Hannah Nichols**
Reviewed by Natalie Butler, RD, LD

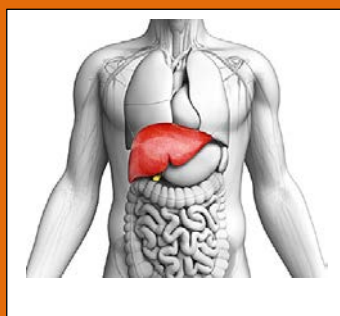


Maintaining a healthful diet can help people with diabetes control the symptoms of their condition.

Taking control of what foods they eat not only helps people manage their diabetes but also influences how well they feel and how much energy they have every day. We take a look at what foods people with **diabetes** should avoid and outline what they should eat instead.

Contents of this article:

- [Foods to avoid with diabetes](#)
- [Diabetes and carbohydrates](#)
- [Tips for eating with diabetes](#)
- [Foods to avoid for people with diabetes](#)



Warning Signs of Liver Cancer

Most people don't notice any red flags early on, but liver cancer can eventually cause stomach problems, pain, and more.



The Toll of Exercise on the Heart (and Why You May Not Need to Worry)

By **GRETCHEN REYNOLDS**
Endurance athletes do have plaques in their arteries, but they differ somewhat from the kinds found in less active people's hearts

The physical benefits of yoga



Image: AndreyPopov/iStock

Yoga promotes physical health in multiple ways. Some of them derive from better stress management. Others come more directly from the physical movements and postures in yoga, which help promote flexibility and reduce joint pain.

Following are some of the physical benefits of yoga that have a growing body of research behind them. In addition to the conditions listed below, preliminary research also shows that yoga may help with migraines, osteoporosis, balance and mobility issues, multiple sclerosis, inflammatory bowel disease, fibromyalgia, and ADHD.

Harvard Medical School

Should We Be Buying Iodized Salt?



By **DONALD G. MCNEIL JR.**
Most Americans and Europeans who eat a varied diet get enough iodine even if they don't use iodized salt, though pregnant women are at risk.

Back pain relief

Back pain is one of the most common health problems in the United States. Four out of five Americans will suffer from it at some point. But yoga appears to help. A 2013 meta-analysis of 10 randomized controlled trials found "strong evidence for short-term effectiveness and moderate evidence for long-term effectiveness of yoga for chronic low-back pain." In fact, since 2007, the American Society of Pain guidelines have urged physicians to consider recommending yoga to patients with long-term pain in the lower back.

While it is tempting to stay in bed when your back hurts, doctors no longer recommend extended bed rest. Although lying in bed does minimize stress on the lumbar spine, it also causes muscles to lose conditioning, among other problems. In general, the sooner you can get up and get moving, the faster you will recover. Yoga helps alleviate back pain by increasing flexibility and muscle strength. Relaxation, stress reduction, and better body awareness may also play a role. In one study, published in the journal *Spine*, people with back pain who did two 90-minute sessions of yoga a week for 24 weeks experienced a 56% reduction in pain. They also had less disability and depression than people with back pain who received standard care, such as pain medication. The results also suggested a trend toward the use of less pain medication in those who did yoga. When the researchers followed up with the participants six months after the study, 68% of the people in the yoga group were still practicing yoga an average of three days a week for an average of 33 minutes per session. That's a good indicator that they found yoga to be helpful.

Relax, Read, & share

Less arthritis pain with Yoga

Exercise has been shown to help alleviate the pain and stiffness associated with osteoarthritis; however, these symptoms can make it difficult to be active in the first place. Yoga offers a gentle form of exercise that helps improve range of motion and strengthen the muscles around painful joints.

In a 2014 study of 36 women with knee osteoarthritis, those who did yoga experienced significant improvements in their symptoms compared with women who didn't do yoga. The yoga group had a 60-minute class one day a week and then practiced at home on several other days, averaging 112 minutes of yoga a week on their own. After eight weeks, they reported a 38% reduction in pain and a 35% reduction in stiffness, while the no-yoga group reported worsening symptoms.

People with rheumatoid arthritis, an autoimmune disorder, may also benefit. In a 2015 study, women with rheumatoid arthritis reported improvements in their physical health, walking ability, pain levels, energy, and mood, and had significantly fewer swollen and tender joints, after doing two hour-long yoga classes a week for eight weeks.

To learn more about the benefits of yoga and ways to get started, purchase [An Introduction to Yoga](#), a Special Health Report from Harvard Medical School.

One day a Professor was talking about marriage in the class...

Professor : What kind of Wife would you like Johnny?

Johnny : I would want a wife like the moon...☾

Professor : Wow !! what a choice....So you want her to be Cool & Calm like the moon?☾

Johnny : No, no...

Professor : oh so u want her to be Round and white?

Johnny: No, no...

Professor : Oh, so u want her to be Fair and Beautiful like d moon? ☺

Johnny: No, no...

I want her to be Exactly like MOON

Just Arrive at Night and Disappear in the Morning -- [How nice](#)

Professor fainted

Sent by Alavi Hussain



5 Natural Home Remedies To Remove Unwanted Body Hair

Is unwanted hair making your life miserable? Do you always end up spending way too much on getting yourself waxed every now and then? If you answered yes to these questions, you'll be thrilled to know that there are natural ways of reducing and removing unwanted hair...

How Does Birth Control Work?

What are your birth control options? Learn about the side effects and effectiveness of various birth control methods such as the birth control shot, implant, patch, and more.

[READ MORE](#)

[Do You Suffer From Chronic Fatigue Syndrome?](#)

[The Truth About Vitamin D](#)

It's essential for maintaining a [healthy weight and keeping your heart working](#), but be careful -- too much can be [dangerous](#).

What Is Psoriatic Arthritis?

A type of arthritis accompanied by inflammation of the skin (psoriasis).

[VIEW SLIDESHOW](#)



SLIDESHOW

Mononucleosis

Symptoms of infectious mononucleosis include fatigue, sore throat, fever, and swollen lymph nodes. [Read more...](#)

[Are You a Carboholic? Why Cutting Carbs Is So Tough](#)

By **GARY TAUBES**
Eating a little of a tasty dessert doesn't satisfy me — it creates a fierce craving to eat it all, and then some.

[Do Artificial Sweeteners Raise Odds for Obesity?](#)

[Many people use them when trying to slim down - but they could actually be tied to weight gain.](#)

[What to Know About Tai Chi](#)

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

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