

# Health & Views

Symptoms of Diabetic Macular Edema

January 1<sup>st</sup> issue

2023

Health Newsletter for the ex-pat Sri Lankans, globally

OSTEOPOROSIS

[11 Foods to Eat for Healthy Bones](#)



## Cut Sneaky Added Sugar From Your Diet

Because it's found in so many processed foods, many of us eat far more of the sweet stuff than we realize. Here's how to reduce your intake.

[Read More](#)

## Is Cinnamon Safe for People With Diabetes?

It's fine to sprinkle cinnamon on your oatmeal or use it in baking. But if you're hoping it will help you manage your diabetes, here's what you need to know.

[Read More](#)

## How to Handle Almost Any Wound

When you've got a scrape, cut, or burn, these quick, home-care first aid tips can help put you on the road to healing.

[Read More](#)

## Surprising Causes of Lung Damage

Cockroaches, candles, and humidifiers are some of the unexpected things that can hurt your lungs.

[Read More](#)

## Simple Ways to Relieve Tired Eyes

Lots of reading, driving, or screen time can leave your eyes tired, dry, and achy. Find out what you can do to ease eye fatigue.

[Read More](#)

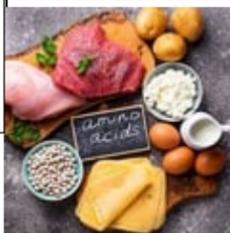


FEATURED

## Health Benefits of Onions

Onions have more to offer than just texture and flavor. They're full of vitamin C, two kinds of fiber, and more. Peel back the benefits with this slideshow.

[READ MORE](#)



ARTICLE

## 10 Foods High in Essential Amino Acids

Amino acids are an important nutrient required for life and good health maintenance. They are called macronutrients... [Read more...](#)



SLIDESHOW

## Mistakes That Can Affect Your Cholesterol

Unhealthy levels of cholesterol are linked to hardening of the arteries, which can cause heart disease, heart attacks... [Read more...](#)

[The Different Types of Diabetes](#)

[Common Foot Problems With Diabetes](#)

[Are You Counting Carbs Properly?](#)

## So You Have Type 2 Diabetes: Now What?

Getting the news that you have diabetes is a life-changing moment, but there's plenty you can do to set yourself on a healthy path.

[Read More](#)



## Can Certain Foods Boost Weight Loss?

Find out how some nutritious foods that are good for blood sugar - like avocados, nuts, and berries - may also help shrink your waistline.

[Read More](#)



SLIDESHOW

### **Early Signs of Lung Cancer**

Lung cancers often have either no early symptoms or nonspecific early symptoms that people may dismiss. However... [Read more...](#)



SLIDESHOW

### **Top 10 Causes of Psoriasis**

Stress increases inflammation in the body. Can it increase the risk of psoriasis flares? Common psoriasis symptoms... [Read more...](#)



SLIDESHOW

### **Best Diets When You Have Diabetes**

Which popular eating plans are safe and effective? The right diet will help you control your blood sugar... [Read more...](#)

## Sleep Deprivation and Blood Sugar

Not getting enough quality shut-eye is linked to health problems like obesity and diabetes, conditions that can set the stage for even more sleep problems.

[Read More](#)

## Diabetes-Friendly Drinks

Plain water is best, but sometimes you want to sip on something with a little flavor instead, like one of these homemade, low-sugar beverages.

[Read More](#)

## Signs You May Have Chronic Inflammation

Chronic inflammatory diseases cause your body to overreact and, in some cases, attack itself. That can show up in some surprising ways.

[Read More](#)

## Surprising Ways You're Wrecking Your Sex Life

Sticking to the same old routine in the bedroom is a surefire way to cool desire. Eating too much salt won't do you any favors, either.

[Read More](#)

## How Persistent Asthma Might Harm the Heart

Persistent asthma may take a toll on the heart, not just the lungs, a new study suggests. When the respiratory condition is relentless, it appears tied to plaque in the carotid arteries...

[Read more ...](#)

## What Is the Treatment for Asthmatic Bronchitis?

Asthmatic bronchitis refers to inflammation of the bronchial tubes carrying air inside the lungs that occurs because of asthma. Treatment for asthmatic bronchitis involves bronchodilators, steroids...

[Read more ...](#)

## Climate Change May Bring More Fungal Lung Infections

Fungal lung infections are spreading to parts of the United States where they were once never seen — likely a result of climate change, experts say. To the average person, the term fungal...

[Read more ...](#)

## Symptoms of Insulin Shock and Hypoglycemia

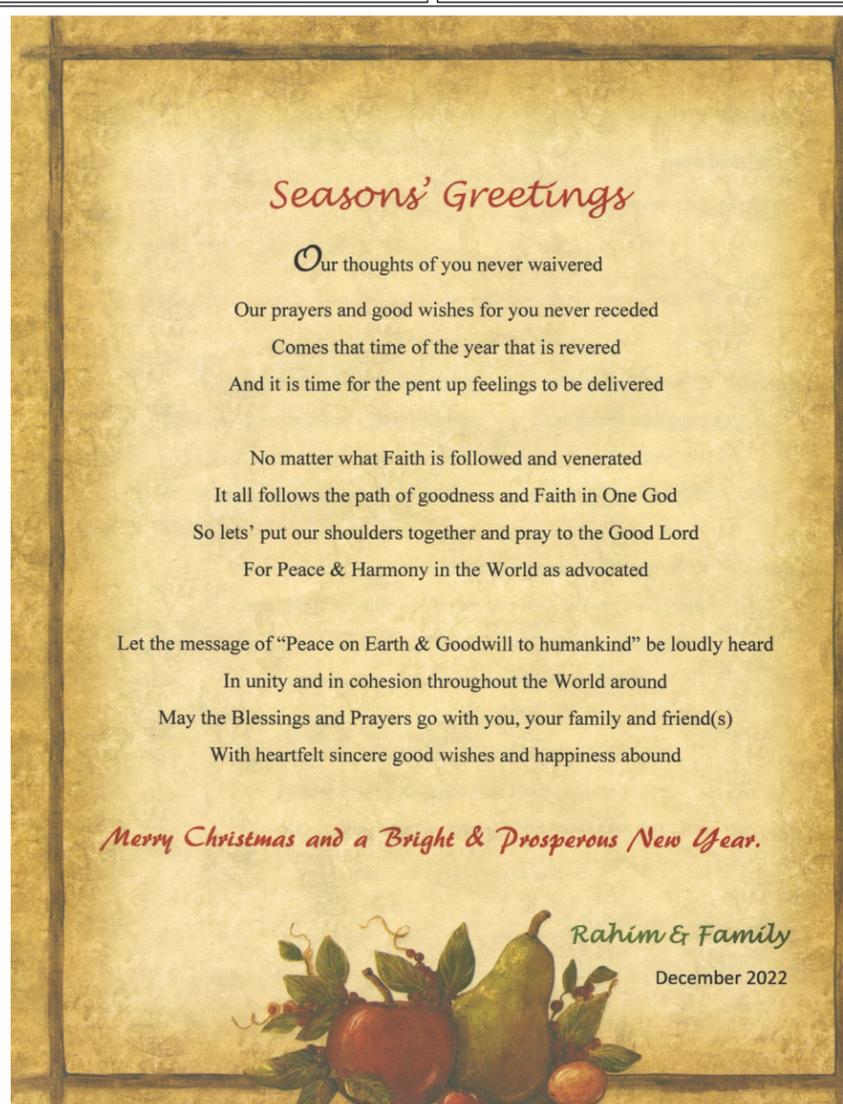
Insulin reactions can happen even when you think you're doing everything right to keep your blood sugar in a healthy range, and can quickly become an emergency.

[Read More](#)

## Why You Might Have Sugar in Your Urine

A small amount is normal. If a random urine sample shows too much, though, you could have high blood sugar, or a problem with your kidneys.

[Read More](#)



## Omega-3 Fatty Acids: What You Need to Know

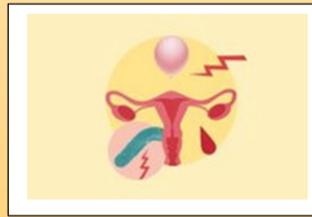
## How to Manage Diabetes When You're Sick

Take these steps to help ensure steady blood-sugar levels when you're under the weather.

[Read More](#)

CANCER

## The 7 Most Common Uterine Cancer Symptoms



## Warning Signs of Fibromyalgia

Research suggests that fibromyalgia is caused by a glitch in the way the body perceives pain. Get to know the typical symptoms. [Read More](#)

NEWS

## Turmeric Supplements Linked to Liver Injury in Rare Cases, New Research Shows



## Worst Foods for Digestion

Some foods are more likely than others to cause stomach cramps, diarrhea, heartburn, gas, and other issues. [Read More](#)

NUTRITION

## 20 Fruits and Vegetables That Can Benefit Your Health This Winter, According to a Nutritionist



## Best Exercises if You Have Diabetes

If physical, high-impact exercises aren't for you, try one of these fun options. [Read More](#)

DIGESTIVE HEALTH

## 11 Acid Reflux Symptoms You Need to Know—and When to See a Doctor



[Read More](#)



These pictures from her garden sent by Agnes Thambynayagam of Sugar Land, Texas USA

## Why a new Alzheimer's drug has drawn praise and some concern

A new contender for the treatment of Alzheimer's disease, lecanemab, may soon be on the market, but what does it really do, and how much promise does it hold, realistically?

[READ ON →](#)

## Brain immune cells may fight Alzheimer's in its early stages

An abundance of TREM2 antibodies in the brain could help slow down the progression of Alzheimer's disease, which may have crucial implications for future treatment avenues.

[READ ON →](#)



## **Why Isn't There an RSV Vaccine?**

Hospitals are battling a triple threat of respiratory viruses this holiday season with RSV, COVID-19, and the flu. Unlike COVID and the flu, why isn't there a vaccine available for RSV?

[READ MORE](#)

## **8 of the top chamomile tea options for sleep**

Written by Danielle Dresden and Kristina Iavarone on December 4, 2022

People can use chamomile tea to help promote relaxation and a good night's sleep. Learn more about the benefits of chamomile for sleep and 8 of the best chamomile tea products available online.

[READ ON →](#)

## Worst Habits for Your Heart

Are you making any of these mistakes? See how you might be putting yourself at risk.

[Read More](#)

## 10 Ways to Protect Your Liver

Your liver is responsible for many critical processes that keep your body healthy. See what you can do to keep it in good shape.

[Read More](#)

## 13 Best Times to Drink Water

Your body needs a certain amount of water just to function, but there are specific situations when a glass is especially helpful.

[Read More](#)

## How to avoid and treat ear pain during flights

Written by Jenna Fletcher on December 2, 2022

Preventing ear pain on flights may involve chewing gum, taking decongestants, not sleeping during take-off and landings, and other remedies. Learn more here.

[READ ON →](#)

## Ways to lose weight with hypothyroidism

Written by Jenna Fletcher on December 1, 2022

Hypothyroidism can cause some weight gain and make it more difficult to lose weight. Lifestyle changes and treatment can help maintain a moderate weight. Learn more here.

[READ ON →](#)

## 13 Reasons to Take a Nap

Studies show that an afternoon nap is great for adults. See how it may help improve your memory and even help you sleep better at night.

[Read More](#)

### HARVARD HEALTH BLOG

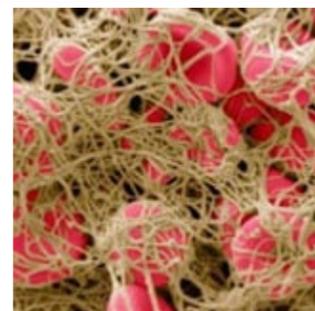
## I'm too young to have Alzheimer's disease or dementia, right?



If you're in your 80s or 70s and you've noticed that you're having some memory loss, it might be reasonable to be concerned that you could be developing Alzheimer's disease or another form of dementia. But what if you're in your 60s, 50s, or 40s... surely those ages would be too young for Alzheimer's disease or dementia, right?

Not necessarily. Of the more than 55 million people living with dementia worldwide, approximately 60% to 70% of them have Alzheimer's disease. And of those 33 to 38.5 million people with Alzheimer's disease, memory loss or other symptoms began before age 65 in 10% of them. Alzheimer's is, in fact, the most common cause of young onset dementia.

[Continue reading »](#)

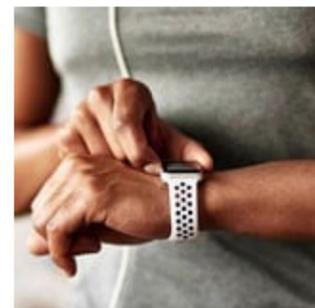


SLIDESHOW

### Signs of Deep Vein Thrombosis (DVT)

A painful, swollen leg may be one sign of a dangerous clot. See the symptoms, treatments, and prevention of DVT.

[Read more...](#)



SLIDESHOW

### Prediabetes: You Can Turn It Around

Prediabetes can be a wake-up call. It's when your blood sugar is higher than normal, but not high enough to be diabetes. [Read more...](#)

CORONAVIRUS

## How to Treat a Lingering Cough After COVID-19—and When to See a Doctor



## 4 Main Symptoms of Parkinson's Disease

Parkinson's disease affects a part of the brain important for controlling movement, and it gets worse over time. See the symptoms to watch for, and what you should know about how it's treated.



[Read More](#)



SLIDESHOW

### Painful and Frequent Urination

Bladder infections can be painful and often require medical treatment. Learn how UTIs are diagnosed in infants, adults, and the elderly. [Read more...](#)

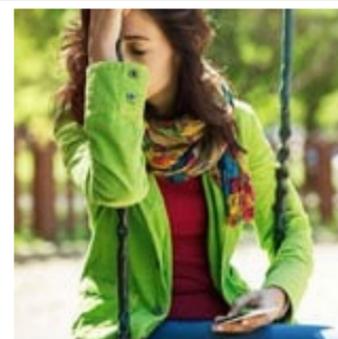


FEATURED

## Simple Steps to Boost Bone Health

Weak and brittle bones don't have to be part of aging. Your bones are a living tissue that rebuilds itself. You can 'borrow' from banked bone strength as you get older.

[READ MORE](#)



SLIDESHOW

### Don't Let Anxiety Control Your Life

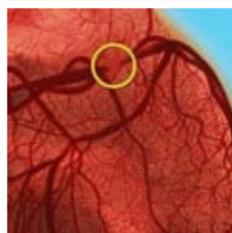
It's natural to worry during stressful times. But some people feel tense and anxious day after day, even with little to worry about. [Read more...](#)



ARTICLE

### Can a Child With ADHD Attend Regular School?

Every child with ADHD has unique symptoms, which a teacher and parent need to understand and make a strategy... [Read more...](#)



SLIDESHOW

### What High Blood Pressure Can Do to Your Body

Your arteries should be sturdy, springy, and smooth to move blood easily. High blood pressure pushes too hard on your... [Read more...](#)



SLIDESHOW

### Causes of Schizophrenia

What is schizophrenia? Read about schizophrenia types and learn about schizophrenia symptoms, signs... [Read more...](#)



SLIDESHOW

### How Can Diabetes Affect My Feet?

Diabetes can cause serious foot complications such as nerve damage, infection, and ulcers. Find tips for proper... [Read more...](#)



SLIDESHOW

### Stock Your Natural Medicine Cabinet

Want to use more natural remedies, but don't know where to start? These herbal medicines may start you on the right foot. [Read more...](#)

Compiled, edited & published by Dr Harold Gunatillake  
Compiled edited & published by Dr Harold Gunatillake  
OAM

To unsubscribe email:  
haroldgunatillake1@gmail.com

Dr Harold 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 & Bachelor of Surgery (Cey). Government scholar for higher studies in the UK.