

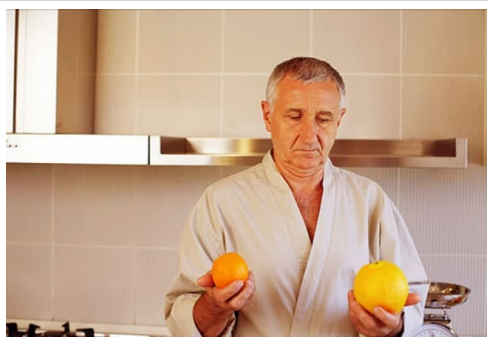
# Health & Views

January 3<sup>rd</sup>  
issue

2023

Health newsletter for ex-pat Sri Lankans,  
globally

## Avoiding Problem Foods as You Age



### Grapefruit

It may be surprising, but foods can affect how your medicine works. That's why it's always best to ask your doctor or pharmacist if you should avoid any foods. For example, if you take medicine for high blood pressure, anxiety, or insomnia, grapefruit juice may interact with your drugs. Don't miss out on the vitamin C and potassium that grapefruit holds. Instead, enjoy other citrus fruits like oranges and limes. But check the labels of other juices before you drink them. Some may contain grapefruit juice.

### Raw Vegetables

If you have sensitive, decayed, or missing teeth, raw vegetables may be high on your list of foods to avoid. But don't miss out on the vitamins and fiber. Instead, try cooking vegetables until they are softer. Or use pureed vegetables -- such as carrots, pumpkins, and beets -- in soups or stews. You can also try canned vegetables. Just look for those with no added salt.



**On the 4<sup>th</sup> of February, 1948, Sri Lanka got its freedom from a long period of British political rule.**

**This day is known as the Sri Lankan Independence Day and is celebrated widely in the entire country as an official holiday. The movement to drive away the British was led by educated middleclass men in the 20<sup>th</sup> Century.**

**The day is marked with flag hosting ceremony, performances and parades all over the country.**

**\_ On this Sri Lankan Independence Day, we vouch for the bravery, patriotism and all those who have loved the country with all their heart and earned this freedom.**

**Sri Lanka is a proud country because our independence isn't a result of long battles and war, rather we are one of those countries that got its with peace.**

**\_ With compassion and friendship, there is a greater unity in the country and the walk towards successful independence is hence easier. Happy Sri Lankan Independence Day.**

### Signs a Migraine Is Coming

Things like yawning too much and food cravings can actually be clues that a migraine is around the bend.

[Watch Video](#)

### Women and men may receive different advice for heart disease prevention

A new study shows that men are more likely to be prescribed statins for heart health while women are advised to lose weight.

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### Best Habits to Feel Your Best After Prostate Cancer

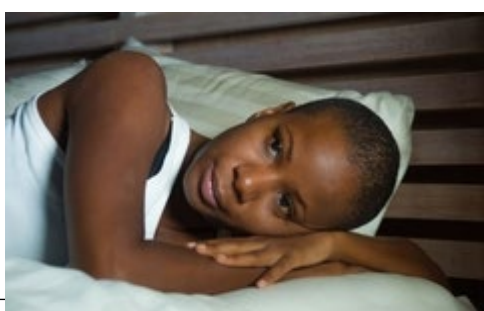
Prostate cancer can change your sex life, your bladder control, and other aspects of your life. See how to deal with these challenges and stay as healthy as possible.

[Read More](#)

## New Ways to Fall Asleep Faster

If all the usual advice for getting a good night's rest hasn't worked, these newer strategies may help you nod off.

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## What Women Need to Know About Strokes

Women are more likely to have a stroke than men. And the symptoms and risk factors can be very different.

[Watch Video](#)

## Easy Weeknight Dinner: Slow Cooker Chili

Wouldn't it be nice to come home to a hearty meal that's ready to eat? Assemble this beef-and-beer chili in the morning, turn it on, and go.

[Watch Video](#)

## You Don't Have to Give Up Pasta

Like other grains, pasta is one part of a balanced plate. Focus on these healthy kinds - and yes, that includes white pasta.

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## Tips to Help You Lose Belly Fat

See what makes fat build up in your midsection, and what you can do to stop it.

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## **Cardio Workouts for restful sleep**

Another benefit to continued cardio workouts is more restful sleep. Moderate aerobic exercise -- the kind you can do and still hold a conversation -- increases the amount of deep sleep you get. Deep sleep is when your body and brain rejuvenate.

## Supplements for heart health: Which ones are beneficial and which ones are not?

Of the 27 supplements studied, omega-3, folic acid, and CoQ10 reduced cardiovascular mortality risk, while beta-carotene increased that risk.

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## Hypertension: Can 15 minutes of yoga a day help control blood pressure?

For people with hypertension, adding yoga to a regular exercise routine may be better than stretching in controlling blood pressure, a new study suggests.

[READ ON](#) →



## **Yoga to induce sleep**

Studies show that for certain groups of people, such as adults over 60, women with sleep problems, and women with type 2 diabetes, a regular yoga practice can improve the quality of sleep you get each night.

## 5 of the best at-home vitamin deficiency tests

Written by Jenna Fletcher on December 8, 2022

Various at-home tests can check levels of vitamins and minerals in a blood or saliva sample. Learn more here.

[READ ON](#) →

## 10 Ways Aging Can Take a Toll on Your Heart

The average age men have their first heart attack is 65. See other risks your ticker faces as you get older.

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## How to recognize the signs of renal failure

Written by Caitlin Geng on December 8, 2022

A person can recognize the early signs of renal failure and perform at-home kidney function tests. Learn more about how to tell if someone has renal failure.

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## Tips to Help You Prevent Kidney Stones

Kidney stones are no fun. But with the right foods, plenty of water, and proper medication, you can lower your chances of getting them.

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## What does erectile dysfunction feel like?

Written by Karen Veazey on December 8, 2022

Many men have occasional trouble getting an erection, but ED is when the problem happens regularly or prevents a fulfilling sex life. Learn more.

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## What Happens When You Get Too Much Exercise

See why you shouldn't exercise every day at a high level, signs you're due for a rest day, and the best ways to stay active on your rest days.

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## 12 Reasons You're Not Losing Belly Fat

If you're trying to lose belly fat but can't, there's probably a reason. You might be carrying stress, not drinking enough water, or making one of these other mistakes.

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## Steroid Shots Could Be Making Knee Pain Worse

New research finds that steroid injections may actually worsen arthritis of the knee, and that this alternative might be a better option.

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FEATURED

## Hemorrhoids Causes, Symptoms, and Relief

Hemorrhoids (Piles) are blood vessels located in the smooth muscles of the walls of the rectum and anus. They are located at the junction where small arteries merge into veins.

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## Cell Phone Bad For Your Health?

You carry smartphone wherever you go. Excessive smartphone use may be associated with... [Read more...](#)

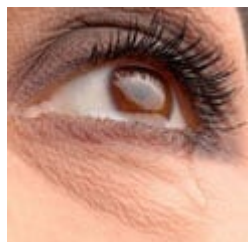
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ARTICLE

## 3-Day Juice Cleanse: Signs of Successful Liver Detox

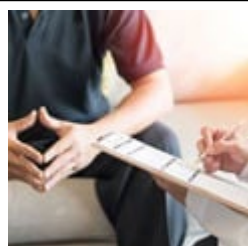
The 3-day juice cleanse is intended to eliminate toxins and nourish the body with nutrients that can help it repair itself... [Read more...](#)



SLIDESHOW

## Why Are My Eyes Watery?

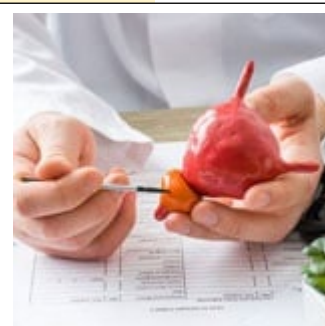
Many things can trigger tears. But there are eye problems and health issues that can make you tear up more often. [Read more...](#)



ARTICLE

## Diseases You Can Get from Sitting on a Toilet

Germs in restrooms may concern you. So, you may want to learn about the viruses, bacteria, and parasites that can... [Read more...](#)



SLIDESHOW

## Prostate Cancer Warning Signs

Two conditions can cause some symptoms that mimic those seen in prostate cancer. [Read more...](#)

CORONAVIRUS

## How Effective Are the Bivalent Boosters? CDC Shares New Real-World Data on Updated Shots



SLIDESHOW

## Sore Throat or Strep Throat?

Your throat aches and burns. It's painful to swallow. You know something is wrong. [Read more...](#)

HEART DISEASE

## What Is Holiday Heart Syndrome?



BEAUTY

## How to Get Rid of a Puffy Face



MIND & BODY

## Raynaud's Syndrome: A Rare Disorder That Can Cause Fingers to Go Numb and Turn White



## 7 Signs of Poor Circulation

When your circulation is poor, it prevents your cells from getting all the oxygen and nutrients they need. That can lead to dry skin, hair loss, and other issues.

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## Vaginal Odor: What's Normal and What's Not

We don't talk about this, but vaginal odor is pretty much universal. Here, experts explain which smells are normal—and which might warrant a quick call to the OB/GYN.



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## Don't Believe These Digestion Myths

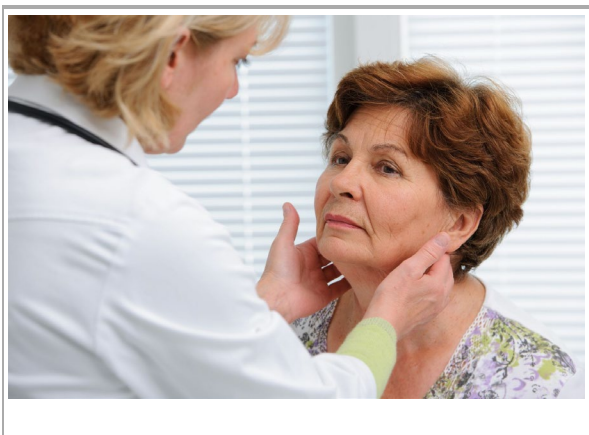
No, it doesn't take years to digest gum, and spicy foods don't give you ulcers. Here's the truth about common misconceptions.

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## Why Do We Get More Colds in Winter? Blame Your Nose

## Cancer treatment: Compound found in potatoes, tomatoes may lead to new drugs

# Hypothyroidism symptoms and signs in an older person



Some people over age 60 have few, if any, symptoms of an underactive thyroid gland (hypothyroidism), while others experience the same symptoms younger people do. Still others have hypothyroidism symptoms that are not typical at all, making the diagnosis even more difficult. Any of the following signs and symptoms can indicate hypothyroidism in an older person.

**Unexplained high cholesterol.** High cholesterol is sometimes the only evidence of an underactive thyroid in an older person. Because this sign may stand alone, high cholesterol warrants a thyroid evaluation.

**Heart failure.** Reduced blood volume, weaker contractions of the heart muscle, and a slower heart rate—all caused by low thyroid hormone levels—can contribute to heart failure, when your heart can't pump out blood as effectively as it should. The ineffective pumping may cause subtle symptoms such as feeling less energetic or just walking more slowly. In more advanced stages, fluid can back up in the lungs and legs causing shortness of breath and leg swelling.

**Bowel movement changes.** An older person with hypothyroidism might have constipation because stool moves more slowly through the bowels.

**Joint or muscle pain.** Vague joint pain is a classic hypothyroidism symptom. It sometimes is the only symptom of hypothyroidism in an older person. Many people experience general muscle aches, particularly in large muscle groups like those in the legs.

**Psychiatric problems.** Clinical depression—a common symptom in younger people with hypothyroidism—can also affect older people with the condition. The difference is that in older people it can be the only hypothyroidism symptom. Some older adults also develop psychosis with delusional behavior or hallucinations.

**Cognitive decline.** Older people with a very underactive thyroid gland can sometimes be misdiagnosed as dementia. That's why doctors usually order thyroid testing in people with new cognitive decline. If you or a loved one is being evaluated for dementia, make sure that a thyroid test is part of the evaluation.

To learn more about diseases and conditions of the thyroid, read the Special Health Report, [Thyroid Disease](#) from Harvard Medical School.





## Here's How Often You Really Should Be Washing Your Hair

Skipping a shampoo is sometimes the easiest way to streamline a busy morning. How often should hair get washed? The answer may be unique for you.



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## How to Get Rid of Age Spots

These small, flat, dark areas on your skin won't hurt you, so you don't have to treat them. But if you don't like how they look, you can make them less noticeable or even make them disappear.



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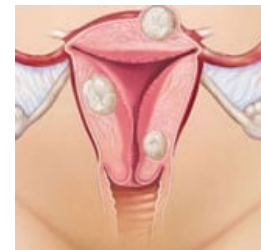
## What Causes Deep Vein Thrombosis?

A painful, swollen leg may be one sign of a dangerous clot. Learn the symptoms, treatments, and how to prevent...

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CANCER

## Common Early Breast Cancer Signs and Symptoms Everyone Should Know



SLIDESHOW

## Endometriosis or Fibroids?

Both uterine fibroids and endometriosis cause pelvic pain, and sometimes the two conditions can be confused. [Read more...](#)

SLEEP

## Should You Take Magnesium for Better Sleep? Here's What to Know



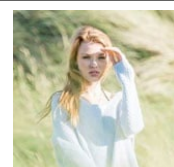
FEATURED

## 14 Herbal Supplements: Uses and Concerns



It seems like these products should be harmless. But some may not be safe, especially if you have certain medical conditions or take some medications. Talk with your doctor before taking any supplements.

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SLIDESHOW

## Lupus Symptoms, Rash, and Treatment

Lupus is an autoimmune disease whereby a misdirected immune system leads to inflammation and injury...

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