

• Why are my lips swollen?

Health Newsletter dedicated to Sri Lankans, worldwide

Do Vegans and Vegetarians Sleep Better?

Health & Views

What causes heavy aching legs?

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Your Decaf May Be Processed With a Carcinogen

Federal regulators recently put limits on worker exposures to a chemical that's often used to decaffeinate coffee.

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How to Have Better Sex

Regular rolls in the hay can help improve your overall health and well-being. Try these tips to have better -- and more frequent -- sex.

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Eat Slowly

This gives your brain the chance to get the signal that you're full, so you're less likely to overeat. And if you take it slow, you're more likely to think about what you're eating and make sensible, healthy choices.

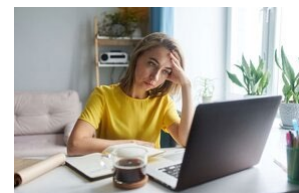
14 Ways to Improve Your Health Right Now

You don't have to overhaul everything to reboot your body. Embrace these simple habits to boost your mental and physical well-being.

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HEADACHE

What Is Causing Your Headaches? Knowing the Answer Can Help You Find the Right Treatment



20 signs that your liver is not healthy.

Located in the upper right portion of the abdomen, the liver is one of the body's vital organs. It filters the blood, stores certain vitamins and minerals, and produces bile. When your liver malfunctions, your entire body suffers. Can you tell if your liver's health was less than optimal? Here are 20 early signs of an ailing liver.

Digestive problems

Many things can cause digestive problems. Perhaps you overeat fat or sugar or go overboard on sodas and coffee. However, frequent [digestive issues](#) could be a sign of a severe problem with your liver. If your discomfort doesn't go away, consult a doctor.

Heavy liver: A [liver that feels heavy](#) is one of the most common signs that this organ may be suffering. Don't panic, though. A heavy liver doesn't necessarily mean you have liver cancer. Your liver is probably just clogged. Usually, your discomfort will disappear if you reduce the fat in your diet. Make an appointment with your doctor if symptoms persist.

Stomach pain: If persistent pain is on the right side of the abdomen, alarm bells should be set off. You may be suffering from appendicitis. However, if the pain is located in the upper abdomen and extends to the right shoulder, you may have [liver cancer](#).

A palpable mass beneath your thoracic cavity: You may have a swollen liver if you detect a mass beneath your thoracic cavity on the right side. Cancer is one reason this organ may swell. Unfortunately, the first signs of liver cancer don't show up until the disease is already quite advanced. So, you should see your doctor when this symptom presents itself to limit further damage.

Extreme fatigue©Shutterstock

Fatigue is not necessarily linked to liver problems. A simple virus can take you out of the game for a few days. On the other hand, if you feel [incredibly](#) for several days and cannot complete daily activities, head to the doctor's office. An ailing liver (a fatty liver or one affected by liver cancer or cirrhosis, for example) has difficulty storing the vitamins and minerals that the human body needs to function correctly, which can keep you from feeling your best.

Jaundice©Shutterstock [Jaundice](#) is easy to recognise. Patients with this condition have yellow skin and mucous membranes, indicating an excessive accumulation of bile pigments in the blood and tissues. These symptoms often signal that the liver is malfunctioning, perhaps due to hepatitis, liver damage, liver cancer, or Gilbert's syndrome.

Nausea: [Nausea](#) doesn't necessarily imply an unhealthy liver. It may result from food poisoning or, for women, pregnancy. On the other hand, sickness that doesn't go away or that occurs regularly is worrying. You may have cirrhosis of the liver or cancer.

Pale stools: You may know how much your bowel movements can reveal about your health. For example, faecal matter that is paler than usual may indicate that your liver isn't functioning correctly. Before rushing to the doctor, though, wait a few days to see if the discolouration is simply due to a food you've recently eaten.

Itchy skin: Itchiness is usually caused by a dermatological problem; in most cases, applying a cream prescribed by a dermatologist will bring relief. However, sometimes, liver trouble is at the root of the problem. An increase in bilirubin (a pigment responsible for bile's yellow colour), caused by primary biliary cholangitis or another liver disease, often produces [itchiness](#).

Reddish spots on the skin: Injuries, stings, and punches usually explain the appearance of red spots on your skin. On the other hand, red spots that appear out of nowhere may indicate something more serious, such as a problem with your liver (fulminant hepatitis)

Constipation: Do you eat well and take no medications, yet have been constipated for over three weeks? You may have irritable bowel syndrome. At the same time, [constipation](#) is also seen in people with liver cancer. So, don't wait to see your doctor.

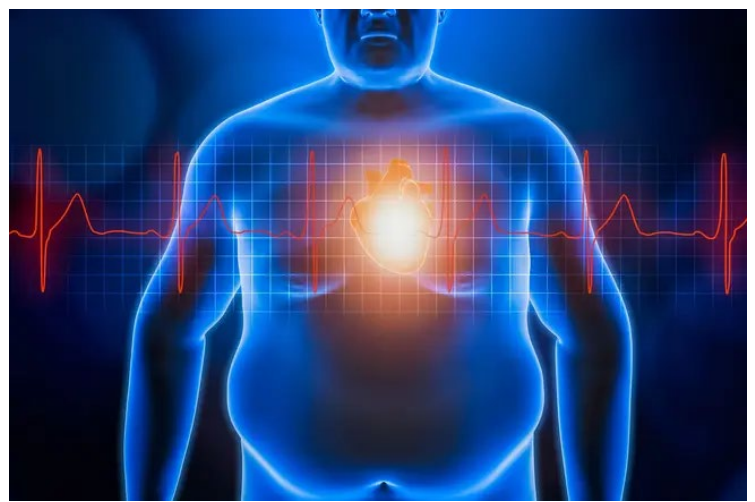


You are always tired

Warning Signs of Kidney Trouble

Your kidneys filter waste from your blood and ship it out in your pee. When they don't work right, it can lead to some surprising symptoms.

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11 Things That Lead to Belly Fat

The type of fat that collects around your middle is more dangerous than other kinds. See why your waistline might be expanding and what you can do to help slim it down.

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You are exhausted

How to Tell When You're Burned Out

Burnout is a kind of work-related stress marked by three specific things. Here's how to recognize them -- and what to expect as a result.

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Breast cancer in women of African ancestry

The largest-ever genome-wide association study (GWAS) for breast cancer among women of African ancestry [found 12 genetic locations linked to risk](#). One gene variant, near chromosome 2q14.2, was particularly strongly linked to a higher risk of triple-negative breast cancer, a more aggressive type. “Such a strong association is rarely observed in GWAS of cancers,” write the study authors. When researchers built a polygenic risk score for women with African backgrounds using this new data, it did a better job of predicting risk than other scores, which are derived from data that mostly comes from females of Asian and European ancestry.

[Reuters | 5 min read](#)

Reference: [Nature Genetics paper](#)

How to kill 'zombie' cells that make you age

Researchers are on the hunt for senolytics — therapies that destroy senescent cells. These [‘undead’ cells build up as we age, spewing out noxious biological signals that can slow cognition and weaken the immune system](#). Among the about 20 ongoing clinical trials is a drug that reverses diabetes-related vision loss by killing senescent cells in the blood vessels supplying the retina. “I think within the next five years we may see this treatment for diabetic macular oedema being offered in the clinic,” says endocrinologist Sundeep Khosla. Killing just zombie cells, without harming healthy ones, remains a problem. “Without having really great biomarkers of senescent cells, it’s a little bit tricky to engage the right targets,” says geriatric-medicine researcher Miranda Orr.

[Nature | 10 min read](#)



White matter in superagers' brains is less prone to aging and cognitive decline

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What does macular degeneration look like?

Macular degeneration is a progressive condition that causes a person's vision to deteriorate.

Individuals often experience blurred vision, dark spots, and distorted shapes. Learn more.

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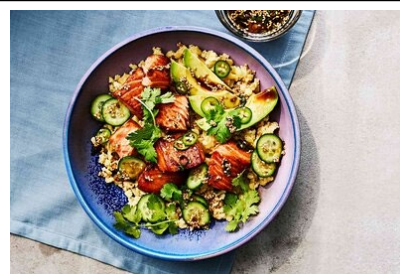
12 Things Your Body Needs as You Age

You probably already know that calcium can help prevent osteoporosis. But do you know why aging bodies need Vitamin B12, magnesium, and zinc?

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Nutrients to Improve Eyesight

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Foods That Prevent Cramping

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Conditions That Can Harm Your Kidneys

When health problems affect your kidneys, they can cause permanent damage that may get worse over time. Here's what to watch for.

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