

Health & Views

Discussing common health issues affecting us with age & sharing comments for better health & longevity.

Two Sri Lankans honored in the Australia Day Honor's list

The Australian Honours and Awards system recognises the outstanding service and contributions of Australians.

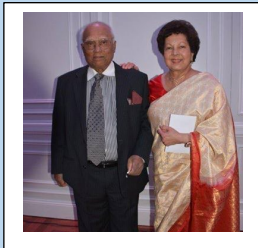
The Recipients are: Mr Sunil ARACHCHI Waterways VIC 3195 For service to the Sri Lankan community of Victoria, and Dr Harold Gunatillake from Sydney -awarded for service in Medicine and the service to the Sri Lankan community



Happy Australia Day -January 26th

The **Australia Day Honours list** has been released, with 1040 Australians recognised for their achievements and their services to the community.

"Congratulations to the outstanding Australians recognised in today's Honours List. Collectively the recipients, whose achievements span community service, science and research, industry, sport, the arts and more, represent the strength and diversity of Australia," Governor-General David Hurley said in a statement.



I like to share and celebrate this event with all my friends, colleagues, and other approximately 40,000 viewers, world-wide.

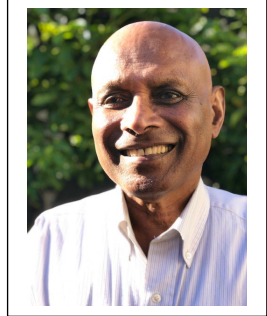
If not for the encouragement and inspiration you have given me, I would not have the strength to render this service and the dedication I put in for the past 20 odd years, burning mid-night oil. "Only a life lived for others is a life worthwhile."

"Love cannot remain by itself — it has no meaning. Love has to be put into action and that action is service." Mother Teresa

**Dr Harold Gunatillake AOM
FRCS,FIACS,FICS,AM(Sing),MBBS(Cey)**

January 3rd
issue 2022

I was privileged to nominate Dr. Harold Gunatillake for an Order of Australia award for the dedicated community service he has rendered voluntarily over 20 years in promoting health and wellbeing of the Australian Sri Lankan community in Australia. His service is highly significant as an educational undertaking to create greater awareness of the health issues and health problems common to the members of the community by demystifying them and offering prevention strategies. The tools used to popularise health education included a newsletter published online, articles, books, lectures, and illustrative videos. The long hours of research and creative production work each day and the continuation of this endeavour up to the present age of 92 years is a clear demonstration of his devotion and altruism towards community service.



Dr. Gunatillake has also contributed to the welfare of the community by providing leadership and support to the community as the President of the Sri Lanka Association of NSW during 1987 to 1988, the Editor of "Thoraturu", a monthly newsletter of the Association for 10 years and being accessible any time of the day to any member of the community on health advice. He also conducted research on Sri Lankan cultural heritage which remained a passion of his and shared his findings with Sri Lankan families for the benefit of the younger community members. He started this work during his term as the Treasurer of the Sinhalese Cultural Forum in NSW in 1990. He continues to publish articles on cultural issues in local community newspapers.

Dr. Rodney Arambewela JP, OAM

Former Sri Lanka Tea Commissioner, Australia/NZ/Pacific Islands and Honorary Consul for Sri Lanka in Victoria.

Dr Harold Gunatillake was known to me since around 1996, as a member of the community who is involved in community work, in addition to his professional career as a specialist doctor. As I was involved in number of community organisations in different capacities in last 25 years, his name was highlighted as a person who has been contributing to the community in many ways, including as a popular health writer, editor of community publications, treasurer of a leading community organisation, voluntary videographer assisting with community work and a generous donor to community causes.



I congratulate Dr Harold for receiving the Order of Australia Award!
Nihal Fernando

Chairman

The Sinhalese Cultural Centre

28 Cacia Av

Seven Hills NSW 2147

ABN: 58 609 620 617 (A registered charity organisation in Australia)

PH: 0417 660646



How can physical therapy help?

Written by Lori Smith, MSN, BSN, WHNP-BC and Ruth Eagle on January 07, 2022

Physical therapy aims to help people maintain, recover, or improve their physical ability. Learn more.

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What to know about B12 deficiency anemia

Written by Cara Williams on January 07, 2022

What is vitamin B12 deficiency anemia? Read on to learn more about this condition, such as its potential causes and risks, symptoms, and treatment options.

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COVID-19 live updates: IHU variant probably not cause for concern

Written by Tim Newman on January 07, 2022

This live article covers developments regarding SARS-CoV-2 and COVID-19. We will update it regularly as the pandemic continues.

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A sharper brain

When you lift weights, your muscles get stronger and bigger. When you do yoga, your brain cells develop new connections, and changes occur in brain structure as well as function, resulting in improved cognitive skills, such as learning and memory. Yoga strengthens parts of the brain that play a key role in memory, attention, awareness, thought, and language. Think of it as weightlifting for the brain.

What is an echocardiogram?

Written by Rachel Ann Tee-Melegrito on January 07, 2022

An echocardiogram is an ultrasound image of the heart. It can help doctors diagnose a range of heart problems. This article discusses the uses, types, and results of echocardiograms.

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What to know about colitis

Written by Caitlin Geng on January 07, 2022

Colitis is an inflammation of the lining of the colon that can cause pain and discomfort. Learn more about the types, common symptoms and treatments available.

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More than 700 names are on the Australia Day 2022 Honours List in the general division.

FEATURED NEWS

FDA Limits COVID Antibody Treatment

These two monoclonal antibody treatments do not appear to work against...

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Is there a link between hypothyroidism and insomnia?

Written by Mary West on January 07, 2022

Some evidence suggests hypothyroidism and insomnia are linked, but more research is necessary to understand how. Learn more here.

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Studies using MRI scans and other brain imaging technology have shown that people who regularly did yoga had a thicker cerebral cortex (the area of the brain responsible for information processing) and hippocampus (the area of the brain involved in learning and memory) compared with nonpractitioners. These areas of the brain typically shrink as you age, but the older yoga practitioners showed less shrinkage than those who did no yoga. This suggests that yoga may counteract age-related declines in memory and other cognitive skills.

Research also shows that yoga and meditation may improve executive functions, such as reasoning, decision making, memory, learning, reaction time, and accuracy on tests of mental acuity.

Harvard Medical School

What is the difference between narcolepsy and sleep apnea?

Written by Zia Sherrell, MPH on January 07, 2022

Narcolepsy and sleep apnea both cause sleepiness, but for very different reasons. Learn about the differences between narcolepsy and sleep apnea.

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Improved mood

All exercise can boost your mood by lowering levels of stress hormones, increasing the production of feel-good chemicals known as endorphins, and bringing more oxygenated blood to your brain. But yoga may have additional benefits. It can affect mood by elevating levels of a brain chemical called gamma-aminobutyric acid (GABA), which is associated with better mood and decreased anxiety.

A review of 15 studies, published in the journal *Aging and Mental Health*, looked at the effect of a variety of relaxation techniques on depression and anxiety in older adults. In addition to yoga, interventions included massage therapy, progressive muscle relaxation, stress management, and listening to music. While all the techniques provided some benefit, yoga and music were the most effective for both depression and anxiety. And yoga appeared to provide the longest-lasting effect.

12 Foods You Should Never Run Out Of

To make healthy eating easier, make sure your pantry's stocked with nutrient-dense, shelf-stable options like these.

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SLIDESHOW

Exercise Tips for Seniors

The more active, healthy, and fit you are now, the better you will feel as you age and get older. [Read more...](#)

[What's the Safest Airplane Seat to Cut COVID Risk?](#)



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Skin Problems That Happen as You Age

As you get older, your skin changes. Find out what to look for and how to treat the things that happen to your skin.

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Aging: The Surprises of Getting Older

There's a bit of good news and a bit of bad news for aging adults when it comes to mental work. Let's start with the bad. [Read more...](#)



Causes of a Heart Attack

Heart disease refers to conditions that involve the heart, its vessels, muscles, valves, or pathways. [Read more...](#)



Urinary Incontinence in Women

Urinary incontinence refers to a leaking of urine due to faulty bladder control. [Read more...](#)

Why is the Mona Lisa so famous?

By Noah Charney, directed by Avi Ofer

More than 500 years after its creation, Leonardo da Vinci's "Mona Lisa" is arguably the world's most famous painting. Many scholars consider it an outstanding work of Renaissance art— but history is full of great paintings. So, how did this particular portrait skyrocket to unprecedented fame? Noah Charney explores the factors that helped create a worldwide sensation.

[View the animation »](#)

Foods That Can Cause Constipation

If you get constipated often, do yourself a favor and take a look at your diet. Back off on these foods, and you should see things start moving again.

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Multivitamins for Seniors: What You Should Know

9 Signs of Disease That Are Written All Over Your Face

Certain facial traits may reveal vital clues to underlying health conditions. Here's what some doctors say they look for while examining patients.

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9 Things to Know About Covid Vaccine Booster Side Effects

Covid-19 boosters are now recommended for almost everyone. Find out if you need to be concerned about side effects.

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Margarine May Now Be Healthier Than Butter?

If You're Over 65, You're Probably Low in 2 Key Vitamins

Experts suggest many adults are walking around with low levels of key vitamins. Here's what you need to know.

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I Tried CBD Hemp Body Lotion as a Moisturizer—Here's My Review

Could hemp body lotion with CBD help my dry skin and eczema? I used a whole bottle to find out.

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6 Great Post-Workout Snacks

Certain nutrients will help your body recover. See what they are and get delicious ideas for how to combine them.

[Watch Video](#)



Another Way to Regulate Blood Sugar

Insulin is the body's main mechanism for controlling blood sugar, but researchers have discovered a second hormone that could lead to new diabetes treatments.

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ALZHEIMERS

The #1 Snack to Limit to Reduce Your Risk of Dementia



7 New Ideas for Cauliflower

Low in calories and carbohydrates, cauliflower makes an excellent substitute for simple carbs in these popular dishes.

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The Truth Behind Hangover Cures and Remedies

Heavy drinking rocks the central nervous system. It tinkers with brain chemicals leading to headache, dizziness, and nausea. It sends you running to the bathroom so often you become dehydrated.

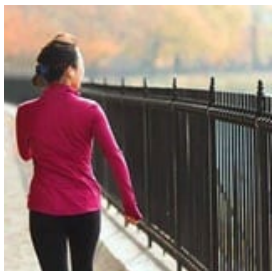
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10 Ways to Stop Stress

Stress is an inevitable part of life. How you cope with it has an effect on both your physical and emotional state. [Read more...](#)



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Fibromyalgia Relief With Exercise

Don't let the muscle pain and fatigue of fibromyalgia keep you on the sidelines. [Read more...](#)



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Reasons for Burning in Your Feet

The feeling of burning in your feet isn't just an annoyance. It might also be a sign of a more serious condition. [Read more...](#)

Why Nuts Make a Great Snack

They're full of fiber and protein. Just don't go overboard on portions.

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When Blood Sugar Is Tough to Control

A lot of common things can derail your best efforts -- even your sleep habits. Knowing what to watch for can help you stay on track. [Read More](#)

How to Be Happier

It's easier than you think to change your outlook. Here are 15 small things you can do to lift your spirits and feel more positive.

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Paleo diet: Is there any evidence that it benefits health?

Is the paleo diet really beneficial? This Honest Nutrition feature explores the scientific evidence for and against it.



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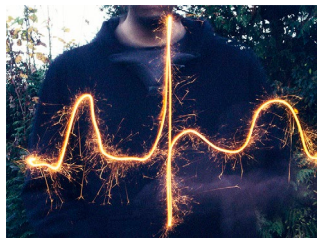


SLIDESHOW

16 Resolutions for Better Eating

Make a pledge to eat at least one more piece of produce at every meal. Then do things that help you to keep your promise. [Read more...](#)

Scientists discover a new type of heart cell

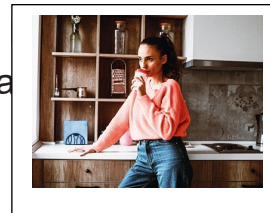


Scientists have uncovered a new type of heart cell — cardiac nexus glia. Researchers believe it may play a role in some congenital heart defects.

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Can intermittent fasting help treat or even reverse type 2 diabetes?

A review of the available evidence suggests that intermittent fasting can remove the need for medication with type 2 diabetes.



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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. [Read more...](#)

Have the Best Sex of Your Life in 2022

Try these tips to add more spark in the bedroom.

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10 Best Walking Shoes for Your Feet, According to Podiatrists

Podiatrists share the sneakers and walking shoes they recommend—all great options for travel, exercise, or daily use.

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Easy Ways to Make a Fast, Healthy Meal

Trying to improve your eating habits in 2022? Use these tips for planning, shopping, and cooking to get nutritious and delicious food on the table quickly.

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This 5-Minute Tip Will Make You Fall Asleep Faster

For those nights when you'll try anything.

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16 Ways to Lower Your Cholesterol

The Truth About Incontinence

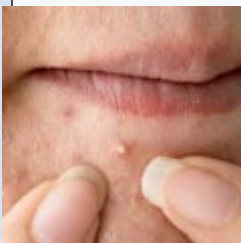
Leaking urine that you can't control is not an inevitable part of aging. Even if it does happen to you, there are ways to get the problem under control.

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QUIZ

Do Greasy Foods Cause Acne?

Learn how to get rid of pimples fast, how to get rid of acne scars, types of pimples, back acne, and body acne. [Read more...](#)



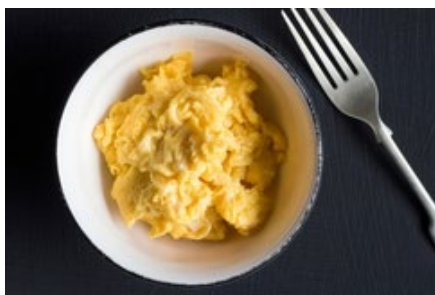
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Look Younger Without Surgery

Cosmetic medicine has developed a number of nonsurgical procedures that can camouflage the effects of various... [Read more...](#)

8 Ways to Prevent Sugar Spikes After Meals

Did you know that eating the right foods at breakfast can help your levels stay in range all day long? See what else to try.



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Avoid Unpleasant Metformin Side Effects

Most aren't serious, but they can be uncomfortable. Here's how to make them less likely.

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The Truth About Processed Foods

Processed foods are convenient, but many have a lot of added salt, fat, sugar, and preservatives. Find out how to make healthy choices on the go.

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Consistent Carbohydrate Diet (CCHO) for Diabetes

Find out how a diet called CCHO (consistent carbohydrate diet) can help you keep your blood sugar levels stable if you have diabetes.

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Things That Can Damage Your Tooth Enamel

It's the hardest substance in your body. But that doesn't mean enamel can't get hurt.

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Treating Diabetic Macular Edema

Keeping your levels close to normal can help protect your eyesight, but sometimes special treatments are needed, too.

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Alcohol: Is It OK to Drink When...?

You might know that more than a drink or two a day is bad for your health. But in some cases, any alcohol at all may... [Read more...](#)

Which Diet Is Best for Weight Loss in 2022?

HEART HEALTH

What Is a Healthy Blood Pressure Reading—and How Can You Keep Yours in a Normal Range?



Best and Worst Holiday Foods for Your Teeth

It's tempting to put aside your dietary senses and indulge in all the yummy foods you'd avoid on a normal day. But that can wreak havoc on your pearly whites.

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6 Ways to Fight Diabetes Burnout

Managing your daily diabetes to-do list can be overwhelming and exhausting. If that sounds familiar, try these strategies to help get out of a rut.



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Foods and Herbs That May Rev Up Your Sex Life

Want to boost your libido or sexual performance? Find out which foods and herbs may serve as aphrodisiacs -- and which ones you should avoid.

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12 Dangerous Foods You Have in Your Kitchen

Did you know that cherry pits are full of cyanide? Or that as little as two teaspoons of nutmeg can be toxic to your body? You should also be careful with green potatoes and these other eats.



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7 Satisfying Stretches You Can Do Anywhere

All you need is a wall or chair for these simple moves that can help reverse the effects of sitting and slouching.

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Knee Replacement: What You Can Expect

Here's what you should know about potential complications, recovery, and how to prepare your home.

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Natural Sugars vs. Added Sugars

Is the sweet taste of strawberries different from the sugar in a slice of chocolate cake? Make sure you know the difference between natural and added sugars.

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Why You Should Eat More Pickles

The buzz on fermented foods is recent, but we've been enjoying them for millennia. See how foods like pickles, yogurt, and sourdough bread can boost your health.

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Peripheral Neuropathy: Diagnosis and Treatment

Learn about the exams and tests that help doctors figure out if you have this type of nerve damage and what you can do about it.

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**Compiled, edited & published by
Dr Harold Gunatillake
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.