

Is It Normal for Your Heart to Skip a Beat?

Knowing what makes your heart race can help you not panic when it happens and know when to call your doctor.

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Health newsletter for Sri Lankans, globally

Health & Views

If the COVID Threat Grows Again, How Prepared Are We?

January 3rd issue

Compiled by Dr Harold Gunatillake OAM, FRCS,FIACS,FICS, AM(Sing), MBBS(Cey).

Sri Lanka's healthcare

system performs better than the regional average, with a high life expectancy and a lower maternal and infant death rate than its neighbouring countries. In 2018, the life expectancy for men was 72.1 years, and for women, it was 78.5 years, ranking the country at the 70th position in the world. Life expectancy is 77 years and continues to rise. Sri Lanka has achieved substantial gains in maternal and child survival and control and prevention of infectious diseases such as malaria, filariasis, polio, and neonatal tetanus. Only some people have benefited from Sri Lanka's health successes equally.



Why You Need Vitamin D

It's important for your bones, blood cells, and immune system -- your body's defense against germs. You get most of your vitamin D from sunlight on your skin. Just a few minutes a day on your hands and face should do the trick. But you can also get it from food. If you're homebound, sick, or older, you might not get enough vitamin D. Talk to your doctor if you think your levels are low.

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Must-Know Facts About Metabolism and Calories

Your metabolism turns calories from the food you eat into the energy you need to live. Here's what you should know.

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What Is a Depressive Disorder?

What are the symptoms and impaired functions that experts can agree make up a depressive illness? Although experts... [Read more...](#)

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Fibromyalgia is a condition that makes your muscles ache and feel stiff. If you have it, you may be more sensitive to pain than most people. You'll also feel the pain all over your body, on both sides and above and below your waist. You may have fatigue and brain fog, too.

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[Rheumatoid arthritis: 30-minute session of exercise may help lower blood pressure](#)

Walking at a moderate intensity on a treadmill for 30 minutes may help permanently lower blood pressure in women with rheumatoid arthritis, a new study suggests.

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[Why dancing may be better for weight loss than other forms of exercise](#)

A recent meta-analysis finds that dancing is an effective way for people with overweight or obesity to achieve weight loss.

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How to Lose Weight the Healthy Way

Learn to lose weight in a realistic way that works. Find healthy weight loss by eating right, sleeping more... [Read more...](#)



Best and Worst Heart Failure Foods

Learn which dietary changes help your heart, and which ones make it work harder. Foods that are... [Read more...](#)



The Best Ways to Beat Belly Fat

Could your job be to blame for your belly fat? It might be, if it stresses you out. But there are a number of ways to get rid of it.

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[Could dark chocolate have a blood pressure-lowering effect?](#)

Consuming dark chocolate may significantly reduce the risk of essential hypertension and blood clots, a new study suggests.

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What are the symptoms of an enlarged prostate?

An enlarged prostate may lead to increased urinary frequency and urgency alongside other symptoms. Learn more about this condition and its treatments here.

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13 home remedies for constipation

Written by on January 18, 2024

Foods, lifestyle choices, medications, and disease can all cause constipation. However, there are many remedies available. Learn about 13 of them here.

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How to pop your ears: Nine natural methods

Written by Nicole Galan, RN on January 19, 2024

Most people know the painful and annoying sensation of the ears needing to pop after a flight or during a cold. Learn how to pop your ears in this article.

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Causes and treatments for itchy feet

Written by Timothy Huzar on January 21, 2024

Itchy feet can be bothersome and stop a person from sleeping or focusing on daily activities. Learn about the causes of itchy feet and how to treat them here.

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What are the best foods for people with diabetes, and what should be avoided?

Written by Beth Sissons on January 21, 2024

People with diabetes benefit from strategically balancing their diets. In this article, we describe some of the best foods to eat and which types to limit.

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The Best Ways to Beat Belly Fat

Could your job be to blame for your belly fat? It might be, if it stresses you out. But there are a number of ways to get rid of it.

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Can a Weak Immune System Facilitate Cancer?

Your immune system plays a vital role in maintaining your health. But if you have weakened immunity, could it... [Read more...](#)

What are the symptoms of low testosterone, and how to increase it

Written by Jenna Fletcher on January 19, 2024

Learn about the symptoms of low testosterone and the range of treatment options for all people.

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A list of healthier foods for people with diabetes, and foods to limit or avoid

Written by Jenna Fletcher on January 18, 2024

Making a grocery list can help people with diabetes plan and budget, buy nutritious foods, and improve their overall health. Find out more.

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Are You a Nose Breather or Mouth Breather?

Breathing patterns can affect blood pressure and heart rate, which are two predictors of heart disease, due to the crosstalk that occurs between the...

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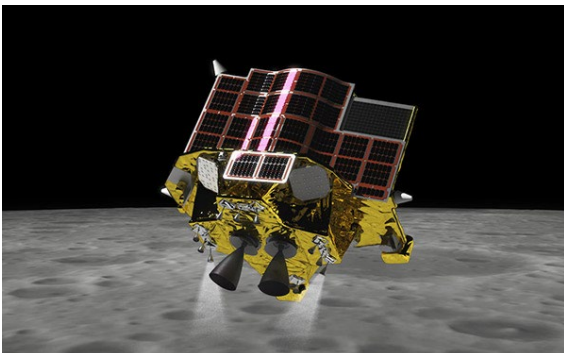
Why medical AI could be dangerous

The World Health Organization (WHO) warns that developing and deploying [healthcare AI mustn't be left to tech companies and those in wealthy countries](#). This could lead to a “race to the bottom” in which firms seek to be the first to release applications, even if they are dangerous or useless. The WHO's new guidelines on large multi-modal models recommend, among other things, mandatory audits of medical algorithms to ensure they protect both data and human rights.

[Nature](#) | 4 min read

Reference: [WHO report](#)

Hello *Nature* readers,
Today we hear that a Japanese spacecraft has made a pin-point landing on the Moon, explore this year's most exciting areas of technological innovation and learn how to go further with open science.



Artist's impression of the SLIM spacecraft coming in for landing on the Moon. (JAXA)