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and inspiration to Health

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2013

# Health & Views



Global circulation

Published monthly by Health writer- Dr Harold Gunatillake FRCS, MBBS, AM (Sing), FACS (US), FIACS (US)

## Relaxing and bargaining at this Fish Market would be an experience- on the way to Pasikudah



Photo by Stefan D'Silva

Fishermen dealing with their buyers to sell their Fresh-water Fish catch, at a site on the road-side on Polonnaruwa-Pasikudah road.

Next time on your visit to the Eastern Coast of Sri Lanka, do take a 'rig foam' box to purchase some fresh water fish at this market. You could get your stock of ice from the vendors.

The sellers travel many miles cycling to this point to sell their catch, caught from the ancient tanks built by the kings, lagoons and rivers in the greater area in the dry zone. A special variety of river fish is called *Korali*, sometimes called *Japan Korali*, being introduced from Japan, a speciality you could purchase at this market. You could openly bargain with the vendors and buy at one third the price you pay in the fish-markets in the towns.

The picture shows the large number of fishermen dealing with the buyers

## Krill Oil vs. Fish Oil for health

Krill oil is obtained from a tiny shrimp living in cold water. Like fish oil, krill oil also contains EPA and DHA, although usually in smaller amounts. Krill oil seems to be better absorbed than fish oil, being an advantage.



One study of krill oil found that it was more effective than fish oil in improving cholesterol levels, triglycerides, and blood glucose.

Another study found that krill oil, like omega-3s in general, could improve rheumatoid arthritis and osteoarthritis symptoms such as pain, stiffness, and functional impairment. It also lowered levels of C-reactive protein, a marker for inflammation in the body that's been linked with heart disease.

In addition, krill oil seems to ease PMS symptoms. One study found that women who took it needed fewer painkillers.

Since krill oil has no standard dose, unlike fish oil. Some studies have used between 1 to 3 grams per day. Talk to your doctor about the dose.

## Miss America wants her Breasts Removed?



**When there is a history of breast cancer in your family will you get your breasts removed?**

**Miss America 2012 Allyn Rose has made that decision.**

Rose's mother was first diagnosed with cancer at the age of 27 and Allyn - who does NOT carry the "breast cancer genes" BRCA1 and BRCA2 - says she doesn't want to wait to find out if she'll follow tragic suit.

A desperate measure for reducing the risk of breast cancer, removing both breasts while they are still healthy, has been proved effective even for women with genetic defects that put them at the very highest level of risk for the disease.

## Feature

### What is Glucagon – Like Peptides (GLP-1)?

Glucagon is produced in the *A-cells* of the Islet of Langerhans in the pancreas whilst insulin is secreted in the *Beta-cells* of the Islet. Glucagon has a major role in maintaining normal concentration of glucose in blood and has the opposite effect of insulin.

Insulin reduces the blood glucose level through a 'courier mechanism' the excess glucose in the blood from digested carbs (rice, flour products, vegetables, etc.) is taken to the liver and fat cells for storing, thus maintaining a normal glucose level in the blood, in non-diabetics (normo-glycaemia).

Diabetics do not secrete sufficient insulin in the beta cells of the pancreas due to a stressed pancreas or worn-out exhausted islet cells, and results in rise of glucose level in the blood (hyperglycemia). Diabetic subjects need to take tablets that boost the production of insulin or with time with further wearing of beta cells, may need to start on insulin therapy.

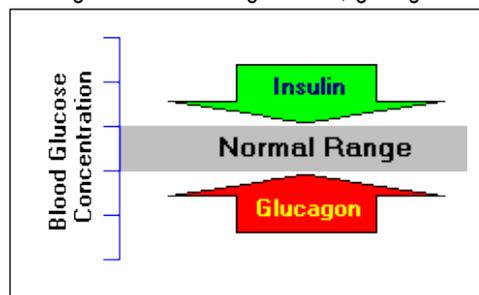
Glucagon is also produced in the *L cells* of the intestinal mucosa and also in certain neurons (extensions of nerve cells) of the brain and spinal cord (central nervous system), mainly in the hypothalamus.

It functions as a counter-regulatory hormone that opposes the action of insulin and maintains the levels of blood glucose at normal levels, especially when the glucose level drops, in normal and diabetic patients (hypoglycemia). **In other words this hormone (glucagon) increases the blood glucose level and insulin hormone reduces the blood glucose level.**

The brain in particular depends on glucose as a fuel for energy and glucagon manufacture becomes an important mechanism for survival in situations of starvation.

The liver has a special mechanism to control sugar level when it drops below normal range.

Glucagon stimulates breakdown of glycogen stored in the liver at times of emergencies. When blood sugar levels are high, large amounts of glucose are taken up by the liver with the assistance of insulin, and is stored as glycogen. Later, when blood glucose levels begin to fall, glucagon is secreted and acts on liver cells (hepatocytes) to activate the enzyme that



depolarize glycogen and release glucose.

Glucagon also appears to have a minor effect of enhancing lipolysis (breakdown of fat)

from the stored triglyceride in the fat cells (adipose tissue). This way the glucose is preserved and fatty acid from the breakdown of fats provide fuel for most body cells.

#### Protein conversion to glucose

After consumption of large quantity of protein rich meat, which is broken down into amino-acid through the digestive process, then, glucagon

participates in the conversion of excess amino-acids to glucose by enhancing gluconeogenesis (new glucose synthesis) in the liver. High levels of amino acids (proteins) in the blood also stimulate insulin release helping to reduce glucose level in the blood.

#### Lost in the jungle

*Say, you get lost in the jungle. You have no food. The glucose level in the blood will come down because the body, including the brain and muscles utilize the blood glucose for their metabolic needs (state of hypoglycemia).*

In such a situation the pancreas and the gut secretes **Glucagon-like peptide (GPL-1)** to release the **stored glucose from the fat cells and the liver** (stored as glycogen) into the blood stream to bring about *glucose homeostasis* through this enhanced mobilization of glucose. That is the reason you could survive in the jungle for many days without food but not water.

Among diabetics also glucagon mechanism works. Say your fasting glucose level in the morning is 5.5m.mol/dl. Even without having breakfast and not taking anti-diabetic medication the glucose level will commonly **rise to say 7 m.mol/dl**. You get confused and frustrated thinking how the sugar level in the blood rose even without having breakfast.

Invariably you would ring your diabetic specialist and ask for an explanation.

Your specialist will laugh and say, "Don't worry; there is a natural mechanism to increase your glucose level when it goes too low. Glucagon hormone (GPL-1) does it". You would be most relieved with that explanation.

Egg white contains protein (albumin) and yolk is rich in vitamins and minerals.

Studies have shown that if you eat eggs for breakfast, you will end up consuming lesser calories throughout the day. Eggs contain choline which is considered to be brain food

Eat eggs daily as a part of your slimming diet.



Every diabetic should know about glucagon as much as glucose

## Is Monosodium glutamate (MSG) harmful?

MSG is a flavour enhancer commonly added to Chinese and Asian cuisine. It is also added to canned vegetables, soups and processed meat, among others. It is purchased as a white, crystalline powder.

The Chinese used certain seaweeds to enhance the flavour of food for over 2000 years. In 1908, the flavour-enhancing agent was identified as glutamic acid. Shortly thereafter, methods for extracting glutamic acid from seaweed were developed; the Ajinomoto Company was established in Japan; and their flavour-enhancing product, monosodium glutamate (MSG), became commercially available.



Over the years MSG when added to food preparations have had adverse reactions and the symptoms appear within minutes of enjoying the food, and may be mild or severe enough to end up in a hospital ward.

MSG is commonly available in Japan as Ajinomoto, Weijing in China, and Accent in North America. Though it is a taste enhancer, on its own has no taste. It enhances the flavour of the food by stimulating the nerve cells in the mouth and brain.

Some individuals suffer from headaches, flushing, sweating as a side effect immediately after eating any food where MSG is used as an enhancer.

Others get more severe reactions, like facial pressure or tightness, numbness, tingling or burning in the face, neck and other areas, rapid heartbeats (tachycardia), chest pain, palpitations, drop in blood pressure and swelling of extremities.

Nausea, diarrhoea, vomiting, stomach cramps, irritable bowel, rectal bleeding and general weakness of the body, may last for weeks.

Neurological side effects are depression, mood swings, rage reactions, migraine headaches, dizziness, light headedness, anxiety, panic attacks lethargy, sleepiness, insomnia, are all mentioned in most papers on the subject.

However, researchers have found no definite evidence of such side effects after eating food flavoured with MSG. The researchers point out that if you get side effects to prevent a reaction is to avoid foods containing MSG.

It is recorded that many people have experienced negative side effects from ingesting Monosodium Glutamate. For this reason most restaurants in the developed world no longer use MSG as flavour enhancer, instead they have switched to natural seasoning. In these respective restaurants a display notice is placed near the entrance door, stating 'no MSG is used'.

In Sri Lanka, our house wives seem to use MSG quite freely in cooking food, especially when inviting friends to dinner. In cookery demonstrations over the TV channels the chefs openly show that they use MSG as a food enhancer for curries.

Side effects of using MSG in curries cooked at home, or added in restaurant foods do not seem to be that obvious among Sri Lankans and MSG is quite popular...

MSG is presumably found in high amounts in tomatoes, seaweed, Chinese cabbage, mushrooms and Parmesan cheese. MSG is being used in waxes applied to raw fruits and vegetables.

Mayo Clinic Health advisory warns on MSG usage, states, and "some people report more severe reactions to adding MSG as a flavour into food, and those people should avoid foods containing MSG."

In 1996, Dr Russell L. Blaylock M.D. published the book "Excitotoxins: The Taste that Kills" and in that book he sites that MSG can produce **brain lesions, obesity and brain damage**. A study conducted by Dr. John W. Olney citing a 1968 study, Dr Blaylock writes, "not only did MSG cause severe damage to the neurons in the retina of the eye, but ... it also caused widespread destruction of neurons in the hypothalamus and other areas of the brain adjacent to the ventricular system, called the circum-ventricular organs."

We need to realise that the hypothalamus in the region of the brain-stem plays an important role in controlling many areas of the body, such as growth, onset of puberty among girls, endocrine glands, sleep cycles and waking patterns.

It was shown that when MSG in small doses when given to test animals, destroyed hypothalamic nerves. It was further observed that these test animals became short in stature, obese, and having reproductive problems. In 1974, Dr. Olney demonstrated that MSG when fed to pregnant Rhesus monkeys could cause brain damage to their offspring's.

In spite of this known knowledge of its dangers, MSG is still found in many snack foods and in two minute noodles and soup packets, etc... There are other manufacturers of snack foods not using MSG for enhanced taste, produce foods as tasty without using MSG.

**Retinal degeneration in the eye:** In 1957, *Lucas* and *Newhouse* first noticed that severe retinal lesions could be produced in suckling mice (and to some extent in adult mice) by a single injection of glutamate. Studies confirming their findings using neonatal rodents and adult rabbits followed shortly, with others being reported from time to time. These studies concerned themselves not only with the confirmation of monosodium glutamate induced retinal lesions, but with the formulation and testing of hypotheses to explain the phenomenon.

### **Excitotoxins (neurotransmitters)**

Excitotoxins are defined as amino acids such as cysteine, aspartate and glutamate which, when applied to neurons will cause them to become overstimulated and die.

MSG is the sodium salt of glutamic acid, supposed to be a neurotransmitter. They stimulate the nerve cells: stimulate the sense of smell, taste and can even stimulate hunger. It is akin to alcohol or caffeine that has different effects on different people. These neurotransmitters from MSG are capable of over exciting the nervous system in some people. The nerve cells fire and result in rise in histamine level in the blood, thereby resulting in symptoms like those seen in any allergic reaction. If you are allergic to soy products, you should avoid MSG, as it can exacerbate the allergic reaction to soy products.

In 1986, the FDA's Advisory Committee on Hypersensitivity to Food constituents stated that MSG was safe, though it was seen to trigger short-term reactions in some individuals.

Use of MSG in food continues to grow. MSG is found in most soups, salad dressings, processed meats, frozen entrees, ice cream, and frozen yogurt; in some crackers, bread, canned tuna; and very often in "low fat" foods to make up for flavour lost when fat is reduced or eliminated.

The first published report of a reaction to monosodium glutamate appeared in 1968 when Robert Ho Man Kwok, M.D., who had emigrated from China, reported that although he never had the problem in China, about 20 minutes into a meal at certain Chinese restaurants, he suffered numbness, tingling, and tightness of the chest that lasted for approximately 2 hours (Kwok, 1968).

The New England Journal of Medicine gave Kwok's letter the title, "Chinese-Restaurant Syndrome." Subsequently, readers responded, suggesting that the culprit was monosodium glutamate.

Diagnosis of MSG sensitivity is extremely difficult. There are other foods that mimic the same side effects. The only clue is when MSG enhanced food is eaten you get the reaction immediately after or within a few hours.

As far as treatment in these allergies, the symptoms go away within a short period. In severe cases the allergy is treated with antihistamines, corticosteroids, epinephrine (adrenaline), etc.

Institution to visit when on holidaying in the 'Paradise'

## **The National Archives of Sri Lanka**

Haris de Silva, in *The Island*, 18 December 2012\*\*

The New Wing of the National Archives, constructed adjacent to its present building, down Philip Gunawardena Mawata, Colombo 7,

**What are state archives?** Records created or received by any state institution during the course of conducting its legitimate business, and held by it as evidence of its activities, when transferred to the National Archives, become state archives. Such Records/archives provide legal validity at judicial inquiries and provide primary historical evidence for the country's history

However, in respect of legal validity, it is a requirement that the records should have had unbroken custody in the office which created/received them.

Such records when transferred to the National Archives, in terms of legal requirements, continue to have that unbroken legal custody, as they are considered to be maintained in the National Archives as if they were in the offices of origin.

However, if, by chance, continuous custody of such records had not been maintained in the offices of origin they will not have the required legal validity, although their historical importance will remain.

(Extract only)



## Home-made Hair Spray



Slice 2-4 lemons, or use squeezed left over lemons. Cover sliced lemons with water in a saucepan. Simmer for 30 minutes, and then cool. Strain the liquid and pour into a spray bottle. Add one tablespoon of rum or vodka.  
From WebMD Feature

**For your personal medical needs, please consult your family doctor**

## Chromium supplements for Diabetes

The benefit of added chromium for diabetes has been studied and debated for several years. Several studies report that chromium supplements may improve diabetes control. Chromium is needed to make glucose tolerance factor, which helps insulin improve its action. Because of insufficient information on the use of chromium to treat diabetes, no recommendations for supplementation exist

## Benefit of Magnesium for Diabetes

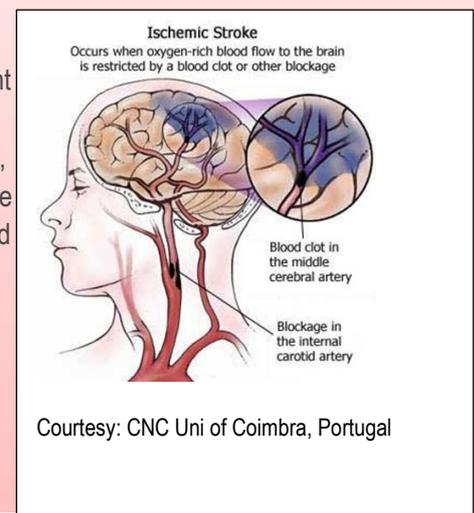
Evidence suggests that a deficiency of magnesium may contribute to certain diabetes complications. A recent analysis showed that people with higher dietary intakes of magnesium (through consumption of whole grains, nuts, and green leafy vegetables) had a decreased risk of type 2 diabetes.

## Stroke-What to look for

Strokes can be unpredictable, as blood vessel blockages can occur without symptoms or warning signs. The severity of each episode depends on the extent of brain damage, as symptoms usually do not appear until the first signs of tissue death. Precautionary methods can certainly be taken to avoid risk factors, such as high blood pressure, high cholesterol, diabetes and heart disease. While these medical conditions happen partly due to genetics, modifications in diet and lifestyle can still decrease one's susceptibility to strokes.

- Check face – is mouth drooped?
- Can he or she lift both arms?
- Is speech slurred?

Call ambulance if the signs are positive.



Facial weakness, arm weakness and difficulty with speech are the most common signs of stroke, but they are not the only signs. Other signs of stroke may include one, or a combination of:

- Weakness or numbness or paralysis of the face, arm or leg on either or both sides of the body
- Difficulty speaking or understanding
- Dizziness, loss of balance or an unexplained fall
- Loss of vision, sudden blurring or decreased vision in one or both eyes
- Headache, usually severe and abrupt onset or unexplained change in the pattern of headaches
- Difficulty swallowing

## Part of what makes some fruits and vegetables so rich with color – wax and pesticides notwithstanding –

are pigments in the skin that have healthful antioxidant properties. Resveratrol, for example, is found in the skin of red grapes and other fruits. But lycopene, one of the pigments that gives tomatoes and bell peppers their deep red color, is distributed throughout.

Indeed, many vitamins and nutrients are found in the skin as well as the flesh. Take apples. According to the United States Department of Agriculture, a large red apple with its skin intact contains about 5 grams of fibre, 13 milligrams of calcium, 239 milligrams of potassium, and 10 milligrams of vitamin C. But remove the skin, and it still contains about 3 grams of fibre, 11 milligrams of calcium, 194 milligrams of potassium, and plenty of its vitamin C and other nutrients.



When you are in Brisbane or elsewhere read "Daehaena"- Monthly Sri Lankan News Letter

Request to [brisbaneradio@yahoo.com.au](mailto:brisbaneradio@yahoo.com.au)

## KNEE PROBLEMS-

### Hyaluronic Acid injections for Osteo-arthritis

Doctors give various kinds of injections to relieve the pain and discomfort in your knees, quite common in Osteo-Arthritis (OA).

Exercise and other physical activities also help to relieve pain and improve mobility of the stiff joints.

Hyaluronic acid is normally present in your joints and in OA this may be depleted. Injecting hyaluronic acids are given to supplement the joint area.

The brands of Hyaluronic acid available are:

- Euflexxa
- Hyalgan
- Orthovisc
- Supartz
- Synvisc, Synvisc-One

After these injections you may need to rest your joints for about two days.

The results of this therapy may work with some people. The pain and stiffness seem to lessen in most cases

Check with your rheumatologist for further information

Other options include steroid injections. Stem cells and growth factors may be on the horizon.

Steroid injections can certainly reduce the inflammation in the joints. These injections will give months of relief.

Ultimately, when you reach the right age (over 70) knee replacement is the only solution.

#### Glucosamine and chondroitin

The theory goes that the damaged cartilage in the joint re-grows with these supplements. The cartilages in the joints have no blood supply for these chemicals to reach the cartilages to assist in their rejuvenation.

Discuss with your doctor as far as the efficacy is concerned.

Beware of taking glucosamine if you have fish allergies because it's most often made from shellfish. Chondroitin is made from shark or pork cartilage or made in a lab.

*Shark fin soup* quite a delicacy in Chinese cuisine may help to reduce pain in the joints.

Ask for the soup when you visit your favorite Chinese restaurant next time. You may have to give prior notice.

#### Topical relievers:

Capsaicin – natural ingredient in peppers

Counter-irritants -menthol, camphor, eucalyptus, sidda-lepaya.

Salicylates and Voltaren Gel.

When you get diarrhoea as a side effect of antibiotic intake- take Probiotics containing live micro-organisms as a cure.

Lacto-bacillus found in yogurt, cheese and other foods seem to reduce the rate of antibiotic associated diarrhoea.

## Obesity- what causes?



"Obesity develops as a result of altered energy homeostasis favouring fat storage."

In the body there is a mechanism to fine tune the regulation of food absorption and energy production. Mathematically if they are equal and balances, the body weight remains static. In Obesity this mechanism of regulation becomes screwed and the balance moves towards storing more fat in your fat cells.

#### Insulin Resistance

There is increased insulin resistance linked with obesity. Increased insulin resistance is one of the causes of diabetes type2. and other health problems.

When increased insulin resistance occurs the glucose level in your blood rises and the control becomes less efficient.

This cause not only increases in the level of sugar and also more fat deposition.

Lack of exercise and excess weight also contributes to insulin resistance.

## Gene linked to Obesity

The study follows a number of discoveries of genes linked to obesity. Perhaps the most well-known of these is the FTO gene. And there have also been some surprising revelations of how this gene is linked to other conditions too.

For instance, in 2010, researchers in the US reported how they found a common variant of the FTO gene carried by more than one third of Americans that causes them to gain weight and puts them at risk for obesity, [also leads to loss of brain tissue, thereby increasing their risk of developing neurodegenerative diseases like Alzheimer's later in life.](#)

More recently in 2011, researchers from King's College London and the University of Oxford, reported in *Nature Genetics*, how they found [a "master regulator gene" that controls the behavior of distant genes that exist inside fat cells.](#) They suggest the gene, called KLF14, cause obesity and is also linked to diabetes and [cholesterol](#)

Written by Catherine Paddock PhD –Medical News Today

We give Health knowledge to ex-patriot Sri Lankans for their well-being and longevity

## Irony of the mathematical balance between Calories and Burning

You eat a plate of rice and curry and consume approximately about 750 calories, and to burn that in the body you need to walk 7.5 miles, assuming you burn 50 calories per mile.



To lose one pound by exercising, you need to burn approximately 3,500 calories. You could now imagine how many hours you need to exercise rigorously on a treadmill to dissipate it.

If you walk briskly (at a pace of 4 miles per hour) for 30 minutes on five out of seven days, you'll log 10 miles a week, and you will take three and a half weeks to lose one pound, if your number of calories is consistent.

Our Sri Lankan ladies seem to have started drinking wines, since their social environment has made it very necessary.

Each glass of red or white wines adds 150 calories. You do drink another glass before the appetite gets better to enjoy the food.

Their inclination and efforts to exercise declines with alcohol dependence, and, now you can understand how they put on weight in the wrong places and lose their youthful contours.

So, exercising may not burn sufficient expected number of calories to lose weight, but the advantages are so many just exercising regularly.

Exercising makes your muscles stronger, and in older people very necessary to balance your body without falls. When you hear a friend of yours in hospital with fractures after a fall, you can be sure, that individual is too lazy to exercise.

Exercise burns fat and glucose. Diabetics can control their sugar levels by exercise alone. Exercise makes you feel positive, boost your mood and work efficiently at the work place and relates to love ones and associates more positively, too.

You boost your immune system and ward off the ability to get infections and lower the risks of chronic diseases like heart disease, cancer diabetes and high blood pressure.

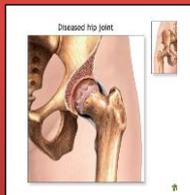
Your body gives you the opportunity to make it work efficiently and smoothly giving you the chances to live healthily and happily and live longer.

Do not waste that opportunity in life.

Start making the change today and not tomorrow.

## Causes of Hip Fractures

Impaired functional mobility, physical inactivity, and low body mass may increase the risk for hip fractures with different effects at the cervical and trochanteric levels, in the neck of the femur.



Discover exercises and schedules that will make you feel positive towards life and making it fun

Enjoy food, exercise daily, lessen your alcoholic averages, and your body will give you the pleasure of admiring yourself through the mirror, and for ladies, to make other women jealous

Exercise delivers great strategies to keep your routine fresh

## Vitamin and Mineral Supplements

Vitamins and Minerals in small amounts are necessary to maintain your body and mind healthily.

A smart, healthy diet, with delicious and wholesome foods, including eggs, is the best and safest way to fulfil your body's needs for vitamins and minerals.

In debilitating chronic illnesses you need supplements of vitamins and minerals to maintain adequate requirements.

An egg contains most of the micro-nutrients required in adequate amounts, except vitamin C.

## Interesting Letter

Dear Harold.

Thank you for the Health & View March 2013- It is very informative & well presented.

We enjoyed reading it and will circulate among our family & friends here as well as Overseas.

You are a true blessing to the community.

You take so much of your valuable time and effort in providing information for the benefit of all.

The inner beauty of your heart is a reflection of your lives. No wonder you are always surrounded by many friends and people who enjoy your company.

There is a saying in Tamil- **Ahathin Alahu Muhathil Therium.**

**The beauty of a clean heart is**

**reflected on the face**

Alahu- Means- beauty

Muhathil- Face

Ahathin- Clean heart

Therium- Shown or reflected.

Here is your first Tamil lesson.

May God bless you both with good health & take care of you both.

We thank God for our friendship.

Regards

S & R

Epping NSW

## Australian/Sri Lanka Medical Team (AuSLMAT)



22<sup>nd</sup> trip by AuSLMAT team in 2011

This team of doctors from Australia visits Sri Lanka frequently, organised by Dr Quintus de Zylva to help those who need help.

The first visit by a team of doctors from Australia flew after the Boxing Day tsunami in 2004. They brought medical equipment and medication to supply to the devastated poor communities in the Southern part of Sri Lanka.

Even, today, long years after that devastation, this team visits to support less privileged communities and bolster its public health system, in Sri Lanka.

This team pay for their own passage and accommodation and raise money in Australia to buy medical supplies in Sri Lanka for medical clinics and hospitals.

Every dollar they raise is used to improve the lives of less fortunate people in Sri Lanka.

### Next humanity Project

AuSLMAT have been contacted regarding the need to see and further investigate Mrs. DE LIMA of Passikudah who suffers from exertional chest pain. She is aged in her forties and has three children. Dr. Jennifer Johns will lead AuSLMAT's 25th post-tsunami trip to Sri Lanka in July this year.



Mrs de Lima

Dr de Zylva, organizer of the team said, "Initially see Mrs. De Lima at Dr. Arulnithy's cardiac out-patient clinic at the Batticaloa Teaching Hospital and then transfer her to the Teaching Hospital Karapitiya Galle for an angiogram and stenting if required. AuSLMAT have been offered funds to cover her medications and transfer to Galle. The Melbourne trustees of the Brohier and St. Nikolaas Homes have made this offer".

AuSLMAT have received donations of cardiac catheters, guide wires and stents which we will carry with us to Galle, he further said... The Batticaloa Teaching Hospital does not as yet have a cardiac catheterisation laboratory.

AuSLMAT will work with Drs. Madurawe, Sathananthan and Gunaratne at the new cardiac lab at Karapitiya which AuSLMAT assisted in setting up when the team visited there in June 2012.

Dr de Zylva welcomes any assistance from medical and other staff. Doctors from Melbourne and U.S.A will join us at Batticaloa and Galle. We also have offers of assistance from family physicians and specialists in Sri Lanka.

Everyone wants happiness.  
No one wants pain.  
But you can't have a rainbow, without a little rain.

Brisbane Readers  
Listen to Radio \$EB-FM 98.1 Sri Lankan  
Programme  
Sunday 8.30am- Arunella  
Tuesday 10pm-Sandella

Don't worry about cholesterol in eggs

Enjoy one frequently-  
good for your health,  
once thought as a  
dietary evil



### Sweet drinks



Those who suffer from diabetes, please watch for your blood sugar levels carefully.

Go for drinks that has no added sugar

### Diabetic link with high cholesterol

Diabetics, considered members of the 'Metabolic Syndrome X' are considered to have a high LDL cholesterol levels.

Diabetes can upset the balance between HDL and LDL cholesterol levels. People with diabetes tend to have LDL particles that stick to arteries and damage blood vessel walls more easily. Glucose (a type of sugar) attaches to lipoproteins (a cholesterol-protein package that enables cholesterol to travel through blood). Sugar-coated LDL remains in the bloodstream longer and may lead to the formation of plaque. People with diabetes tend to have low HDL and high triglyceride (another kind of blood fat) levels, both of which boost the risk of heart and artery disease.

People with diabetes tend to get cold extremities more than most individuals. Suspect you have a high cholesterol level and discuss the problem with your doctor.

In this condition, fatty deposits build up along artery walls and affect blood circulation, mainly in arteries leading to the legs and feet.

In some cases blood thinning medication also helps these cases, in addition to taking statins to lower your bad LDL cholesterol level.





