

# Health Triangle

The official e-mag of  
UK Health Radio



Health Focus  
**CROHN'S  
DISEASE**

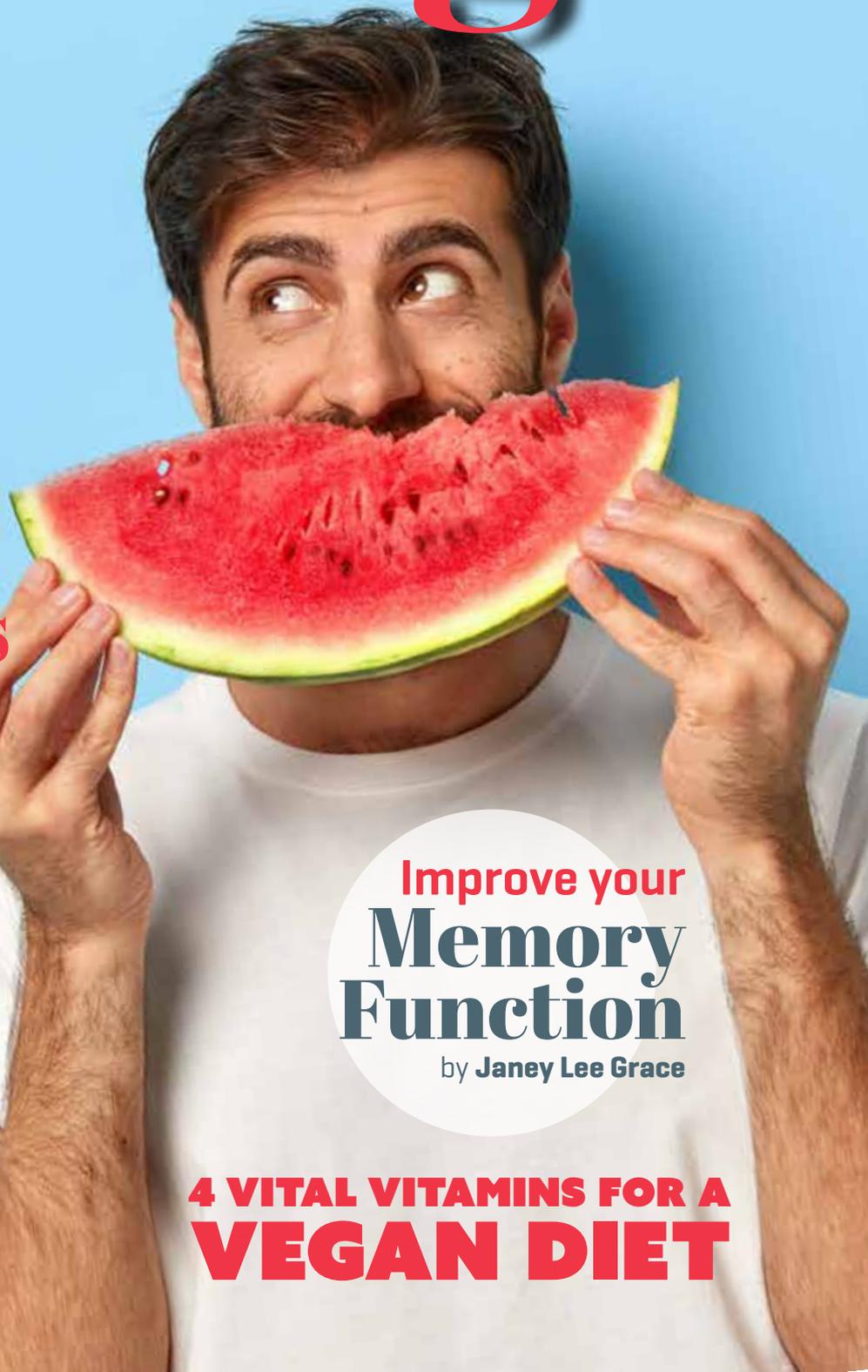
Mental Health  
**9 Positives**  
that have come  
out of Lockdown

**CANCER,  
EMASCULATION  
& SELF BELIEF**

The **Diabetes**  
Sweet spot

Improve your  
**Memory  
Function**  
by Janey Lee Grace

**4 VITAL VITAMINS FOR A  
VEGAN DIET**



That familiar conviction that life was beginning over again with the summer.

F. Scott Fitzgerald



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Health  
**Triangle**

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Editor's Note:

## This Month ▲

### "SUMMER TIME AND THE LIVING IS EASY...?"

**H**owever you answer, you will be correct! While the World has been in Lockdown, Nature has been going its own sweet way. The Water Melon may be 92% water but the 8% is soaked with Nutrients as well as delicious refreshment. Including Antioxidants and Electrolytes. This edition of **Health Triangle Magazine** naturally talks about Covid 19 but on the Opportunities rather than just the Threats, the Positives not just the Negatives.

In the Alphabet of topics covered here, you will find **Alcoholism, Awards, Big Pharma, Brain Health, Cancer, Crohn's Disease, Diabetes, Footnotes, Fungus and Gastroparesis.**

At the end of the Alphabet, you will find **Survival Mode, Sweet Spots, Unique insights, Veganism, Walking Meditation, WikiHealth, Yarrow and Yes to Life.**

In the middle you will find **Medical Marvels, Movies, Orchiectomy and Poetry** that speaks of the human condition over 100 years ago, before Spanish Flu.

Enjoy the Birdsong. Enjoy the Stars as well as the Sunshine... Plus ca change!

A handwritten signature in black ink that reads "Reg Starkey".

**Reg Starkey**  
Editor





6  
Crohn's Disease



8  
4 Vital Vitamins  
for a Vegan Diet

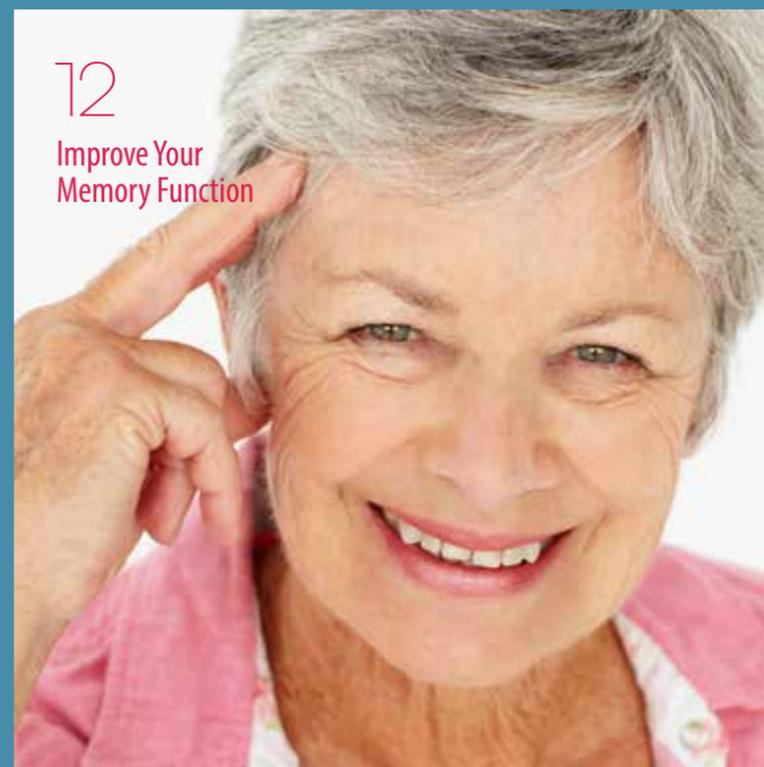


18  
Mental Health

# Contents

Issue 81/July

- 3 **Editorial**
- 6 **Health Focus** Crohn's Disease
- 8 **4 Vital Vitamins for a Vegan Diet**
- 12 **Improve your Memory Function**  
by Janey Lee Grace
- 16 **Diabetes Corner** by Maureen Sullivan
- 17 **The Truth about Alcoholics Anonymous**  
by Louise F.
- 18 **Mental Health** by Chrissy B
- 20 **Cancer, Emasculation & Self Belief**  
by Laurence Dillon
- 22 **Menopause - Taking back Control**  
by Shelley Chapman
- 24 **Why it's crucial for You to Get Out of Survival Mode**  
by Catherine Carrigan
- 28 **Art as Therapy** by Darcy Keverian
- 30 **Footnotes - Flaming July - To Pong or not to Pong** by Peter Allton



12  
Improve Your  
Memory Function



28  
Art as Therapy



30  
Footnotes

- 34 **The Janey Loves Platinum Awards 2020**
- 36 **Review:** A good Vitamin D status can protect against Cancer
- 38 **Embracing your New Reality after Loss**  
by Janet Jones
- 40 **Diabetes Sweet Spot** by Peter Allton
- 44 **Elements of Truth** by Clara Apollo
- 46 **Plant Power** by Kirsten Hartvig
- 50 **Self Love includes Money Love** by Danielle Sax
- 52 **Yes to Life** Robin Daly's recent guests on the Yes to Life Show
- 59 **Medical Marvel Moments, Weird & Wonderful facts** by Amanda Thomas
- 60 **Poetry Corner**
- 62 **TV & Theatre Reviews**
- 64 **Programme Schedule**



50  
Self Love includes  
Money Love



34  
Janey Loves  
Platinum Awards  
2020



# Crohn's Disease

**C**rohn's disease is a lifelong condition in which parts of the digestive system become inflamed. It's one type of a condition called inflammatory bowel disease (IBD).

## SYMPTOMS OF CROHN'S DISEASE

Crohn's disease affects people of all ages. The symptoms usually start in childhood or early adulthood.

The main symptoms are:

- diarrhoea
- stomach aches and cramps
- blood in your poo
- tiredness (fatigue)
- weight loss

The symptoms may be constant or may come and go every few weeks or months. When they come back, it's called a flare-up.

## WHEN TO SEE A GP

See a GP if you or your child have:

- blood in your poo
- diarrhoea for more than 7 days
- frequent stomach aches or cramps
- lost weight for no reason, or your child's not growing as fast as you'd expect

A GP will try to find out what's causing your symptoms and may refer you for tests to check for Crohn's disease.

## TREATMENTS FOR CROHN'S DISEASE

There's no cure for Crohn's disease, but treatment can help reduce or control your symptoms.

The main treatments are:

- medicines to reduce inflammation in the digestive system – usually steroid tablets

- medicines to stop the inflammation coming back – either tablets or injections
- surgery to remove a small part of the digestive system – sometimes this may be a better treatment option than medicines

You'll usually have a team of health professionals helping you, possibly including a GP, a specialist nurse and specialist doctors.

## LIVING WITH CROHN'S DISEASE

Living with Crohn's disease can be difficult at times. Unpredictable flare-ups and regular check-ups with your care team can disrupt school, work and your social life.

But if symptoms are well controlled, you can live a normal life with the condition.

Support is available from your care team and organisations like Crohn's and Colitis UK if you need it.

## CAUSES OF CROHN'S DISEASE

The exact cause of Crohn's disease is unknown.

It's thought several things could play a role, including:

- your genes – you're more likely to get it if a close family member has it
- a problem with the immune system (the body's defence against infection) that causes it to attack the digestive system
- smoking
- a previous stomach bug
- an abnormal balance of gut bacteria

There's no evidence to suggest a particular diet causes Crohn's disease.



## REVEALED:

# 4 VITAL VITAMINS FOR A VEGAN DIET

The UK has experienced a huge increase of spend on vegan diets and products, with supermarket giants like Sainsbury's catching on and getting involved in the lifestyle change. Sainsbury's created their own 31-product vegan range at the end of last year, and McDonald's, KFC, and Burger King have also cashed in on plant-based options.

Across the UK, there were 600,000 vegans recorded in 2019, which quadrupled from 150,000 in 2014. 42 per cent of the UK's vegans made the dietary shift

in 2018 and are forecasted to make up a quarter of the British population by 2025. Although this is a positive change, there are concerns that vegan diets don't give the body all of the vitamins and minerals it needs to function healthily and in optimum performance. With veganism garnering more attention and a demand for education, Google Trends data reports that the term 'vegan supplements' is often searched for in the UK, with a particular spike in early January 2020, likely after the indulgence of the Christmas period.

It's not being suggested that vegan diets aren't healthy — yes, a plant-based ...



# 9 Positives that have come out of Lockdown

by **Chrissy B**  
[www.chrissybshow.tv](http://www.chrissybshow.tv)

The whole world has faced so many challenges due to Covid-19 and the subsequent lockdown. We've been hearing daily about the increasing number of cases, about the tragic loss of lives, the loss of jobs and businesses, etc. But in the face of all this hardship, we have also seen how amazingly resilient human beings are. So what positive things have come out of all this, despite not being able to go about our normal daily lives?

**1. WE'VE LEARNED TO BE MORE GRATEFUL**  
As the saying goes, 'You don't know what you have until it's gone.' If we didn't appreciate what we had before, we probably do now. The simple act of going out for a coffee or a meal with our friends, our freedom to travel anywhere we pleased, our workplace, are things many of us took for granted. Some have also learned to appreciate our beautiful parks and nature, away from the hustle and bustle of busy shopping centres...

# Why It's Crucial for You to Get Out of **SURVIVAL MODE**

by Catherine Carrigan



**T**he coronavirus pandemic has posed challenges to our health, our money, our relationships, our children and our jobs.

The combined total of all these stresses has caused many of us to go into survival mode. How Can You Tell if You are Operating in Survival Mode? When you are in survival mode you are either in:

- **Fight**
- **Flight**
- **Or freeze**

- **When you are in fight mode, you may feel like you have to fight just to survive.**

Inside yourself you feel a pugilistic attitude towards everyone and everything around you – your boss, the government, political parties you don't agree with and even life itself.

- **When you are in flight mode, you may find yourself in endless escapes.**

This could take the form of running away from life in your mind through various addictive patterns or simply feeling like you want to put your head under a pillow to get away from it all.

- **When you are in freeze mode, you may find yourself unable to function.**

Life feels so overwhelming you are not sure which way to turn to move forward so you simply give up...



## **FOOTNOTES**

### **Flaming July – To Pong or not to Pong**

#### **Getting back to work**

**A**s I write this I have just completed my first week back at work since March. It's been quite a week, getting used to triaging patients, positioning screens, alternating clinics and of course wearing PPE, all in an attempt of course to minimise the risk of cross infection should anyone attend unknowingly with the Covid19 virus.

Infection control has always been important in Podiatry particularly to prevent transmission of bloodborne infections such as HIV and Hepatitis as well as fungal and bacterial infections. Medical professions such as ours have historic strict infection control guidelines in place which have now been enhanced to include management of the risk of Covid19. When I started in practice in 1988 HIV was a relatively recent issue and caused a lot of concern amongst health professionals even though they were already aware of Hepatitis B and taking similar precautions to minimise the risk of

by **Peter Allton**  
[www.circlepodiatry.co.uk](http://www.circlepodiatry.co.uk)

transmission. This risk was minimal as the virus needed transmission of bodily fluids but as some procedures require the use of scalpels and sharp instruments blood can be exposed. My approach has always been to assume that any patient could be a carrier and thus always be alert and take the appropriate precautions. Why am I sharing this –because with the advent of Covid 19 we suddenly had a virus much more easily transmitted and so I am convinced we will all do well to take a stance that anyone we come into contact with could potentially be not just infected but also potentially be a source of infection for you. Equally of course remember that though you feel well you could also be a source of infection and even if you had it weeks ago we still aren't sure that it can't flare up again and become infective. I encourage you to adopt a cautious approach to coming out of Lockdown...

# Embracing your New Reality after Loss

by **Janet Jones**, presenter of *The Good Grief Conversation* on **UK Health Radio**

Is 'new reality' really a thing or just a media buzz phrase? Life has changed, that is for sure. Throughout life we are faced with changes. Look closely and you will find that your life is made up of a series of 'new realities', first boyfriend/girlfriend. Ending of relationships. First grey hair – you know the story.

What if there is no such thing as a 'new reality'? Perhaps there is only transition in life. That what ever happens to us, good or bad, losses or gains, simply transitions us and sets us on a new course. Perhaps we create more pain and suffering by resisting change and keeping things 'the same'...



▲ **Grief & Loss**



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