

Health Triangle

The official e-mag of
UK Health Radio



Health Focus **VERTIGO**

**Alcohol Free Drinks
Keep the Ritual
Change the
Ingredients**

by Janey Lee Grace

**The importance of
early diagnosis of
HEART PROBLEMS**

Research

**SMALL RED
BLOOD CELLS
COULD INDICATE
CANCER**

Mental Health

**A GIFT SUICIDAL
PEOPLE DON'T
REALISE
THEY HAVE**

by Chrissy B

OWNING A DOG

'May Increase Length of Life'

**3 Reasons why
Hypnobirthing
isn't for everyone**



As soon as you trust
yourself, you will
know how to live

J.W. Goethe

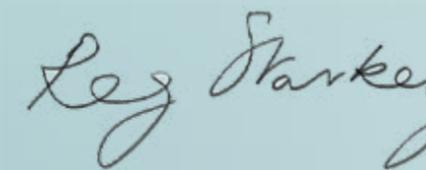
Editor's Note:

This Month ▲

A SUMMER HAMPER OF HEALTHY IDEAS

This edition of Health Triangle is packed full of positive ideas - from diabetes to depression, from radiation to research, from soul searching to suicide, from cancer to communications, from podiatry to poetry, from menopause to movies, from heart conditions to herbal benefits, from masks to medical marvels, from balance to beauty, from well-being to Wigwams! And more of course, including the continuing impacts of Covid 19.

In this unpredicted and unpredictable year. Our message is to focus on what can be achieved in daylight compartments and trust that the cumulative effects of good thoughts and good deeds will see you through these extraordinary times in the best possible shape, mentally as well as physically, socially as well as spiritually. Stay safe, stay well-informed, stay optimistic!



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Health
Triangle

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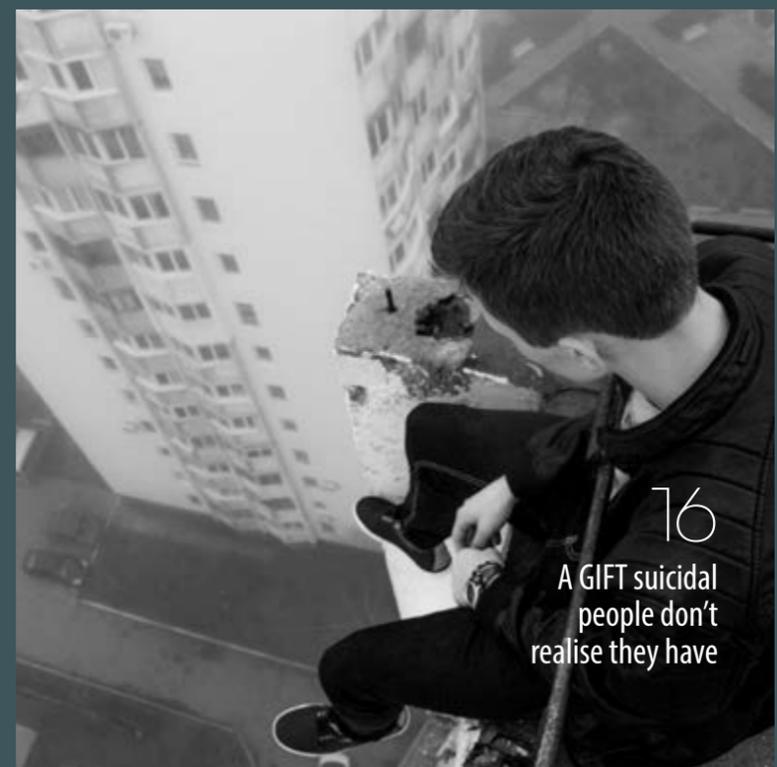
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The one thing you
can do for yourself in
uncertain times

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Janey Loves
Platinum Awards
2020

VERTIGO

Vertigo gets better in most cases without treatment. See a GP if it keeps coming back or is affecting your daily life.

CHECK IF IT'S VERTIGO

Vertigo feels like you or everything around you is spinning – enough to affect your balance. It's more than just feeling dizzy.

A vertigo attack can last from a few seconds to hours. If you have severe vertigo, it can last for many days or months.

HELP WITH VERTIGO

There are things you can do to ease vertigo symptoms when they're happening, and to reduce the number of episodes you have.

DO

- lie still in a quiet, dark room to reduce the spinning feeling
- move your head carefully and slowly during daily activities
- sit down straight away when you feel dizzy
- turn on the lights if you get up at night
- use a walking stick if you're at risk of falling
- sleep with your head slightly raised on 2 or more pillows
- get out of bed slowly and sit on the edge of the bed for a while before standing up
- try to relax – anxiety can make vertigo worse

DON'T

- do not bend over to pick things up – squat to lower yourself instead
- do not stretch your neck – for example, while reaching up to a high shelf
- See a GP if you:
- have vertigo that will not go away or keeps coming back
- Coronavirus update: how to contact a GP
- It's still important to get help from a GP if you need it. To contact your GP surgery:
- visit their website
- use the **NHS App**
- call them

WHAT HAPPENS AT YOUR APPOINTMENT

The GP will ask about your symptoms to try to find out what type of vertigo you have.

A simple test that involves you moving quickly from a sitting to a lying position might be done to check your balance. This could bring on symptoms.

You might also be referred to a specialist for further tests.

GET ADVICE FROM 111 NOW IF YOU HAVE VERTIGO AND:

- have a severe headache
- are being sick or feel very sick
- have a very high temperature or feel hot and shivery
- 111 will tell you what to do. They can arrange a

phone call from a nurse or doctor if you need one.

- Go to **111.nhs.uk** or call 111.

GO TO A&E IF YOU HAVE VERTIGO AND:

- double vision or loss of vision
- hearing loss
- trouble speaking
- leg or arm weakness, numbness or tingling
- Always take someone who cannot be woken up to A&E or call 999.

TREATMENT FOR VERTIGO

Most cases of vertigo get better without treatment. Treatment will depend on the cause. The GP might prescribe antibiotics if it's caused by an infection. You could also be given special exercises to do to try to correct your balance.

Antihistamines can sometimes help with vertigo symptoms.

IMPORTANT

If you drive, you must tell the DVLA about your vertigo. Visit the GOV.UK website for more information on driving with vertigo.

WHAT CAUSES VERTIGO

Inner ear problems, which affect balance, are the most common causes:

- benign paroxysmal positional vertigo (BPPV) – where specific head movements cause vertigo
- labyrinthitis – an inner ear infection caused by a cold or flu virus
- vestibular neuronitis – inflammation of the vestibular nerve
- Ménière's disease – a rare inner ear condition, which sometimes involves ringing in the ear (tinnitus) or loss of hearing

Read more about BPPV on the **Ménière's Society website**.

OTHER THINGS THAT CAN CAUSE VERTIGO:

- migraine
- some types of medicine – check the leaflet to see if it's listed as a side effect

Sometimes the cause is unknown.

The One Thing You Can Do For Yourself In Uncertain Times

by Danielle Sax

We still experience unseen and uncertain times. There is a feeling of the unknown in our outside world. Nobody really knows any more what to believe and what/who to trust.

Normally we are crossing the Channel next week to come and visit our grandchildren for my husband's birthday, as we have not seen them for more than 5 months now... but nothing is sure. If we need to go in quarantine after our trip to the UK, we will need to reconsider. Business owners like ourselves cannot afford two weeks home. I do not want the outside world to dictate my thinking, feeling and actions. I want to move forward. None of us entrepreneurs want to go back to that same situation. I have a feeling that no one can keep me away from my grandchildren any more. But there are these "rules". What can we do in this interesting situation?...

The word on the street (and a lot of Facebook groups) is that all you need to do to get ready for birth is to just read a hypnobirthing book and listen to the tracks, and then you're good to go.

Most women come across hypnobirthing online or from friends, and most of the advice offered goes along those lines.

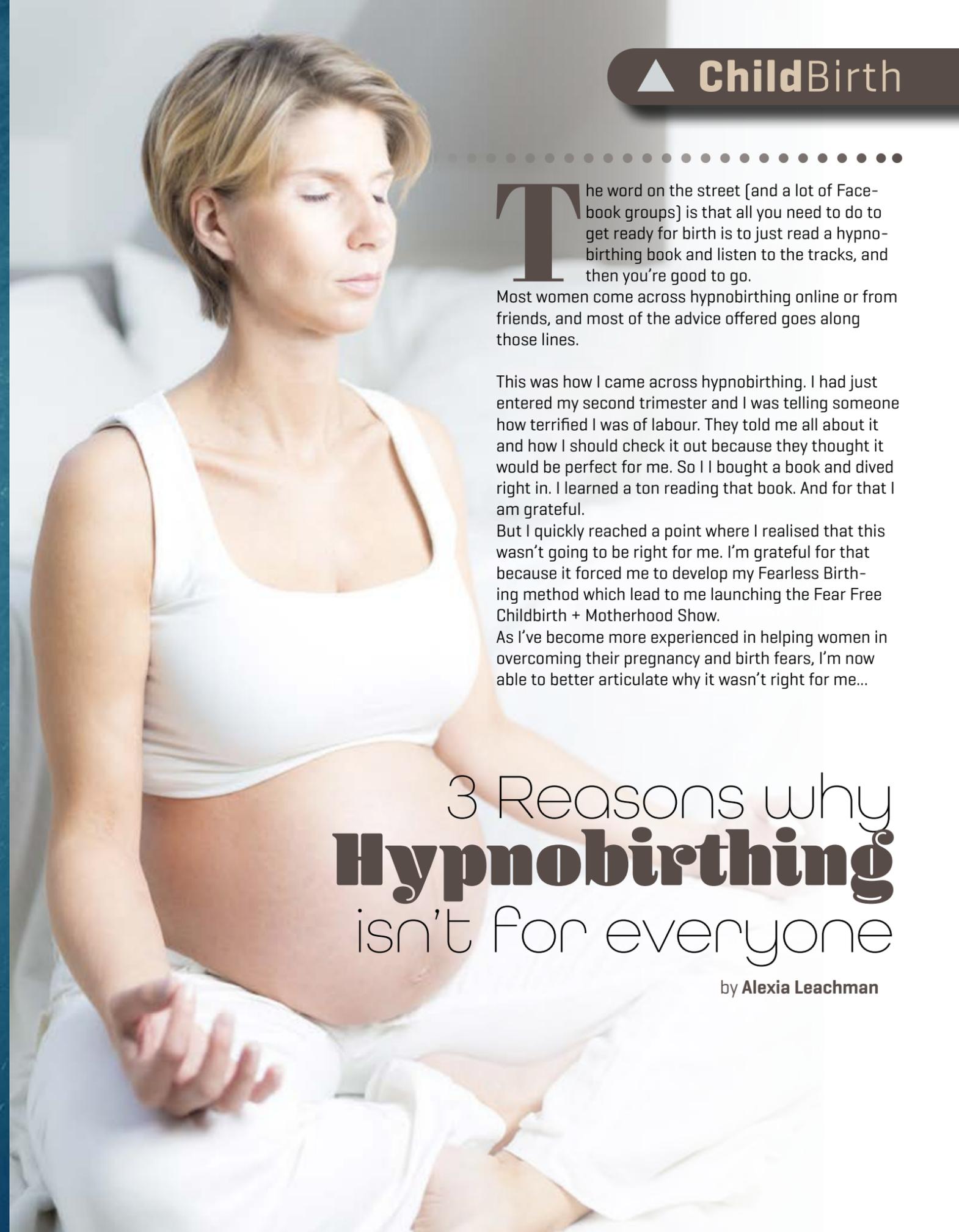
This was how I came across hypnobirthing. I had just entered my second trimester and I was telling someone how terrified I was of labour. They told me all about it and how I should check it out because they thought it would be perfect for me. So I bought a book and dived right in. I learned a ton reading that book. And for that I am grateful.

But I quickly reached a point where I realised that this wasn't going to be right for me. I'm grateful for that because it forced me to develop my Fearless Birthing method which led to me launching the Fear Free Childbirth + Motherhood Show.

As I've become more experienced in helping women in overcoming their pregnancy and birth fears, I'm now able to better articulate why it wasn't right for me...

3 Reasons why Hypnobirthing isn't for everyone

by Alexia Leachman





by **Tony Beverley**
Natural Medicine Consultant

Unlike tobacco you can't see, smell or taste this killer but it is just as addictive.

I am talking about radiation. Not the old sort which we have grown up with such as medical x-rays or CT scans but the new radiation which is becoming very much a part of our lives. It is the EMF radiation from mobile phones and wi-fi. No office or home is without a computer these days and in many cases the data is transmitted wirelessly with wi-fi. This means that the radiation affects everyone in the room or office and causes damage to the cells in the body. It has been shown that such damage can lead to cancers, heart disease and diabetes. Children are especially vulnerable as their skulls are thinner than those of adults and this is of concern with the growing use of computers and tablets in schools...

You can't take it any more. Maybe you've been depressed for a while, or are carrying trauma from your past. Perhaps you've lost someone or something that you love and feel that life isn't worth living any more, or that whatever you do goes wrong. Suicidal thoughts have been bombarding your mind. So what gift could you possibly have?

If you've reached the stage where you want to take negative action against yourself, it's actually a type of 'energy' that's built up over time. You have an overwhelming desire to DO something and put an end to your situation...

A Gift **SUICIDAL PEOPLE
DON'T REALISE
THEY HAVE**

by **Chrissy B**
www.chrissybshow.tv



Aches and Pains

Is There Anything You Can Do?



▲ Menopause



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