

# Health Triangle

The official e-mag of  
UK Health Radio



## Health Focus **RUNNING FOR BEGINNERS**

Menopause  
**Weight Gain &  
Bloating**

**Mental Health  
SELF-DEVELOPMENT  
FOR GOOD  
MENTAL HEALTH**

by Chrissy B

***The Sober  
Experiment***

**ALZHEIMER'S  
DISEASE**

**IDD THERAPY  
THE EXPANSION IN THE UK**

The Diabetes  
Sweet Spot  
**TO FLY OR  
NOT TO FLY**



"If it doesn't challenge you, it won't change you."

Fred DeVito

Health  
**Triangle**

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Editor's Note:

## This Month ▲

### WHY PICK ARGUMENTS WHEN YOU CAN PICK BLACKBERRIES?

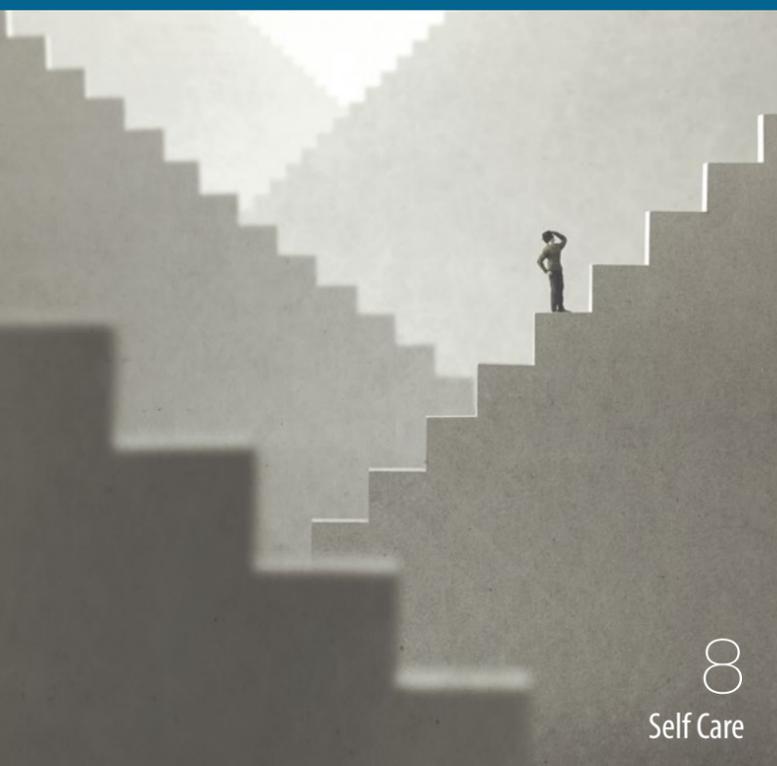
Lockdown has provided us all with an enforced opportunity to reflect on our attitudes, habits and values. According to a recent survey quoted in the **Sober Experiment**, alcohol consumption, for example, has increased significantly during Lockdown. Alcohol is well established as a socially acceptable mild anaesthetic. "Eat, drink and be merry for tomorrow we die" is a convenient rationalisation. **Janey Lee Grace** introduces a range of alcohol-free spirits that offer all the taste and the rituals of the real thing but none of the hangovers. Social drinkers naturally resent the Puritan backlash against the pleasures of drinking. But as the **Sober Experiment** passionately asserts, abstinence does not mean that life becomes devoid of joy - quite the contrary the writers suggest. Individually we cannot change a global pandemic but we can take total responsibility for our own lifestyle choices - what we eat, what we drink, what exercise we take and what we choose to do with our discretionary time. For example, whether we pick blackberries or arguments! We cannot rule the world but we can directly affect our own health and our own destiny through the quality of the choices we make on a daily basis. This issue provides plenty of food for thought in all of these areas - none of it fattening.

Reg Starkey  
Editor





6  
Running for  
beginners



8  
Self Care

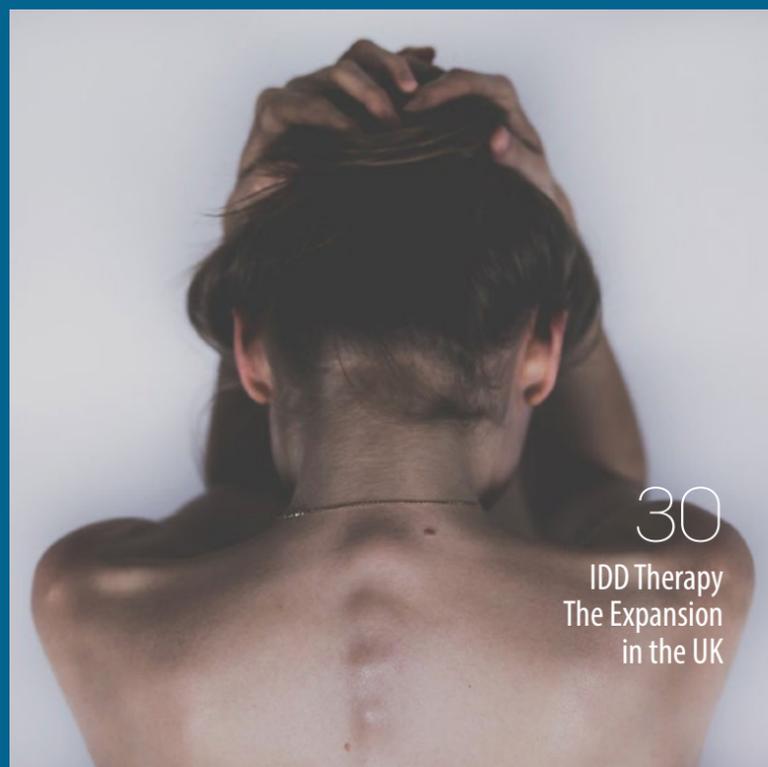


20  
Social Distancing  
decreased paediatric  
respiratory tract  
infections in Finland

# Contents

Issue 83/September

- 3 **Editorial**
- 6 **Health Focus** Running for beginners
- 8 **Self Care - Two metaphors that help you bounce back, no matter what** by Danielle Sax
- 10 **Diabetes Sweet Spot** To fly or not to fly by Peter Allton
- 16 **All the taste without the alcohol** by Janey Lee Grace
- 17 **Medical Marvel Moments, Weird & Wonderful facts** by Amanda Thomas
- 20 **Social Distancing decreased paediatric respiratory tract infections in Finland**
- 22 **Overcome Fear by connecting to the power within** by Catherine Carrigan
- 28 **Menopause - Weight Gain & Bloating** by Shelley Chapman
- 30 **IDD Therapy - The Expansion in the UK** by John Wood and Lewis Payne
- 33 **Poetry Corner**
- 34 **Mental Health** by Chrissy B
- 36 **Menopause Help Club** by Shelley Chapman
- 37 **Alcoholics Anonymous - Love and Tolerance** by Louise F.
- 38 **Partner Selection ultimately happens in the woman's reproductive tract**



30  
IDD Therapy  
The Expansion  
in the UK



38  
Partner  
Selection

- 40 **Master Your Life- Inspiring You to Your Sovereignty** by Leaha Mattinson
- 42 **The Janey Loves Platinum Awards 2020**
- 44 **Why you should advertise on UK Health Radio**
- 46 **Personal Experience of admission to hospital in Lockdown** by Sally Rees
- 48 **Yes to Life** Robin Daly's recent guests on the Yes to Life Show
- 54 **Diabetes Corner** by Maureen Sullivan
- 55 **Meet the Team** The New True Show
- 56 **The Sober Experiment**
- 58 **Plant Power - Blackberry** by Kirsten Hartvig
- 64 **Alzheimer's Disease - New link found between diabetes blood markers & Alzheimer's Disease pathology**
- 66 **TV Reviews**
- 68 **Programme Schedule**



58  
Plant Power



48  
Yes to Life



42  
Janey Loves  
Platinum Awards  
2020

# Running for Beginners

**R**unning is free, you can do it anywhere, and it burns more calories than any other mainstream exercise.

Regular running can reduce your risk of long-term illnesses, such as heart disease, type 2 diabetes and stroke. It can also boost your mood and keep your weight under control.

This guide is designed to make running a safe and enjoyable experience for beginners, and provide you with tips on how to stay motivated.

## BEFORE YOU START

If you have not been active for a while, you may want to build your fitness levels gently with our guide to walking for health before you move on to running.

Running requires little equipment, but a good pair of running shoes that suit your foot type may help improve comfort.

There are many types of trainers on the market, so get advice from a specialist running retailer, who'll assess your foot and find the right shoe for you.

The shoe's structure weakens over time, especially with regular use. Running experts advise replacing running shoes every 300 to 400 miles (482 to 644 km).

Women should also consider using a sports bra, which is sturdier than a regular bra and provides additional support.

Get tips on what to wear when running in the cold  
Plan your runs. Work out when and where (the exact route and time) you're going to run and put it in your diary. That way, it will not slip your mind.

If you feel out of shape, or you're recovering from injury or worried about an existing condition, see a GP before you start running.

## STARTING OUT

To avoid injury and enjoy the experience, it's essential to ease yourself into running slowly and increase your pace and distance gradually over several outings. Start each run with a gentle warm-up of at least 5 minutes. This can include quick walking, marching on the spot, knee lifts, side stepping and climbing stairs. Start walking for an amount of time that feels comfortable.

When you first start out, try alternating between running and walking during your session.

As time goes on, make the running intervals longer until you no longer feel the need to walk.

Give yourself a few minutes to cool down after each run by walking and doing a few stretches. Try our post-run stretch routine.

Regular running for beginners means getting out at least twice a week. Your running will improve as your body adapts to the consistent training stimulus. It's better to run twice a week, every week, than to run 6 times one week and then do no running for the next 3 weeks.

We have produced a series of podcasts to help absolute beginners get into running.

Our Couch to 5K programme is designed to get just about anyone off the couch and running 5km in 9 weeks.

## STAYING MOTIVATED

### • Set yourself a goal

Whatever your level, setting challenges is useful to stay motivated. Training for a race, such as a 5K, or a charity run is a good way to keep going.



You can search online for running events near you, and the parkrun website provides information on free weekly runs open to people of all abilities.

### • Run with a friend

It really helps to have someone about the same level of ability as you to run with. You'll encourage each other when you're not so keen to run.

You'll feel that you do not want to let your running partner down, and this will help motivate you. Find a running partner on [realbuzz](#) or [JoggingBuddy](#).

### • Keep a diary

Keep a diary of your runs. Note down each run, including your route, distance, time, weather conditions and how you felt.

That way, whenever your motivation is flagging, you can look back and be encouraged by how much you have improved.

### • Mix it up

Keep your running interesting by adding variety. Running the same route over and over again can become boring. Vary your distances, pace and routes.

Use [realbuzz's](#) route planner to find, record and share your favourite running routes.

### • Join a club

A running club is the perfect way to commit to running regularly. Most clubs have running groups for different levels, including beginners.

Clubs are also a great way to find running partners to run with outside of club sessions.

Find a running club near you using [RunTogether](#).

# The **Diabetes** Sweet Spot

## TO FLY OR NOT TO FLY

by Peter Allton



Image: Supplied by author

**D**uring my Podiatry consultations often the topic of holidays comes up either because that's where an injury occurred or because the person is concerned how well their feet will fair on an upcoming break and invariably I can be heard pointing out that whilst the eyes might capture memories, it's their feet that take them to the places they get to see. I find it interesting hearing of the places people have visited and take note to check out any that sound particularly enticing for me.

Prior to the pandemic my wife used to fly a lot for business. Since the lockdown and I've been back at work we've pondered the question of whether air travel is safe. In fact it's a question I'm asked a surprising number of times considering it's foot problems people come to see me with, not travel advice.

Post lockdown life has thrust upon us some very uncertain times, our shopping habits, social activities, travel plans even our security when it comes to hugging our loved ones has been rocked. I know for me it's been most weird treating patients and only being able to see their eyes, and almost having to guess their facial expressions. We have to face it life is no longer as we knew it and each day seems to bring new guidance and restrictions.

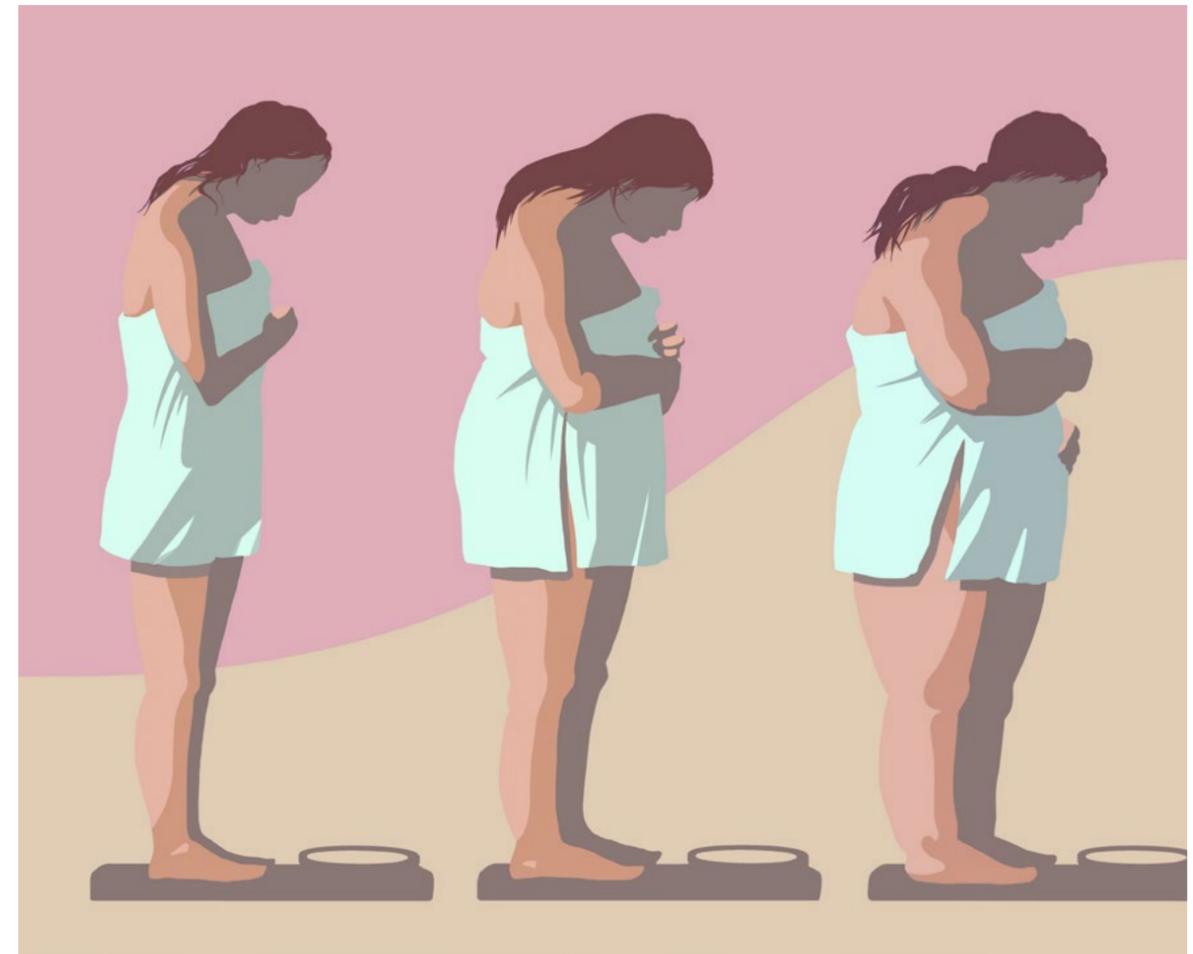
Many of you will probably be fed up with hearing that having Diabetes puts you at more risk of catching the COVID19 virus and that once you've caught it you have a greater risk of getting severely ill and of dying. Indeed recent statistics have revealed that 40% of US Covid19 deaths have occurred in people with Diabetes...

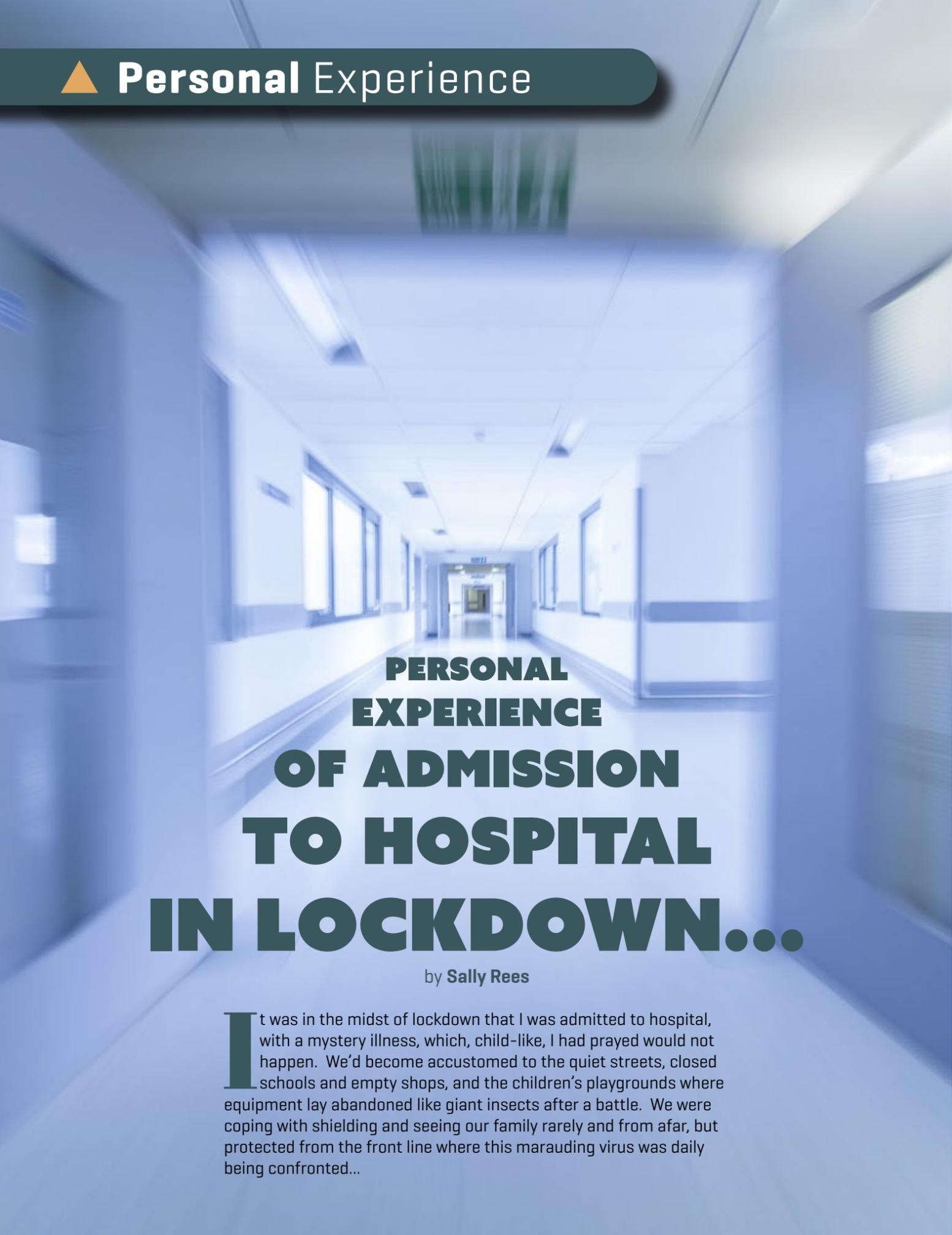
▲ Menopause

# Weight Gain & Bloating

by Shelley Chapman

**A** lot of us start to put weight on around our middle area and have a feeling of bloating during the build-up to menopause and beyond and wonder why. Yes, some of it might be down to hormonal changes, but a lot of us decrease our fitness and exercise, either due to a busy lifestyle, excuses, it doesn't excite us as much as it used to, it's not as effective as it used to be and then it becomes so much easier to sit and relax when we have a minute, rather than get a bit hot and sweaty. It could also be partly down to genetics and getting older, but there are things you can do that really can make a difference...





**PERSONAL  
EXPERIENCE  
OF ADMISSION  
TO HOSPITAL  
IN LOCKDOWN...**

by Sally Rees

**I**t was in the midst of lockdown that I was admitted to hospital, with a mystery illness, which, child-like, I had prayed would not happen. We'd become accustomed to the quiet streets, closed schools and empty shops, and the children's playgrounds where equipment lay abandoned like giant insects after a battle. We were coping with shielding and seeing our family rarely and from afar, but protected from the front line where this marauding virus was daily being confronted...



# Social Distancing DECREASED PAEDIATRIC RESPIRATORY TRACT INFECTIONS IN FINLAND

.....

**F**inland declared a lockdown in response to the coronavirus pandemic in March 2020, and the ensuing social distancing measures decreased the number of paediatric emergency room visits to nearly one-third of what they used to be, according to a recent register-based study conducted in collaboration between the University of Eastern Finland, Kuopio University Hospital and the National Institute for Health and Welfare... pneumonia, whose incidence decreased to around one-fifth. A similar decrease was not seen in the numbers from spring 2019.

## ▲ Reproduction

# Partner Selection

Ultimately happens in the woman's reproductive tract



**T**he female reproductive tract has the final say in human mate choice, according to new research from the University of Eastern Finland.

Achieving pregnancy has been shown to be more likely between partners who carry dissimilar human leucocyte antigen (HLA) immune genes. Accordingly, humans are expected to choose HLA dissimilar reproductive partners. Earlier studies have demonstrated that HLA dissimilarity preferences are mediated either by body ...

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