

Health

85/November 2020

Triangle

The official e-mag of
UK Health Radio



Health Focus
**THE MALE
MENOPAUSE**

Owning a Dog:
**THE TOP 10
MENTAL HEALTH
BENEFITS**

by Julie Hill

*Alcohol-Related
Disease*

**WHAT LESSON
DID LIFE BRING
YOU IN 2020?**

*Happy
Hormones*

**Baby Loss
THE SILENCED
GRIEF**

by Janet Jones

Manchester University
Research Team Offers
New Lifeline to

**Dementia
Sufferers**



“It is our relation to circumstances that determines their influence upon us.”
Christian N. Bovee

Editor’s Note:

This Month ▲

“LIFE IS A QUESTION.
HOW WE LIVE IT IS OUR ANSWER.”

This is a quote from the American entrepreneur and author Gary Keller. It seems particularly appropriate as we enter the challenging middle of a global pandemic that has raised more questions than answers.

Our contributors this month offer a variety of sincere suggestions that may help you make better decisions as life goes on - as it definitely will, one day at a time! **Chrissy B.** reminds us that we can re-start any day at any time, while **Danielle Sax** advocates responding to actual reality rather than over-reacting to immediate perceptions. **Janey Lee Grace** highlights **Nicki Williams’** thesis that it is not you, it’s your hormones! **Dr Kristina Niederer** reveals innovative new ideas on dealing with Dementia, while dog-lover **Julie Hill** restates the case for the life-enhancing benefits of having a dog. **Janet Jones** writes from the heart on coping with the loss of a child. **Catherine Carrigan** offers an abundance of ideas and links to banish the blues. In **Yes to Life**, Cancer survivors share their enthusiasm for integrative treatment. Down to earth, **Kirsten Hartvig** reintroduces the beneficial Beetroot and **Footnotes** encourages us all to put our best foot forward.

Seasons of the year - and seasons of life - certainly still are where attitude - and action! - can make a significant difference.

Reg Starkey
Editor



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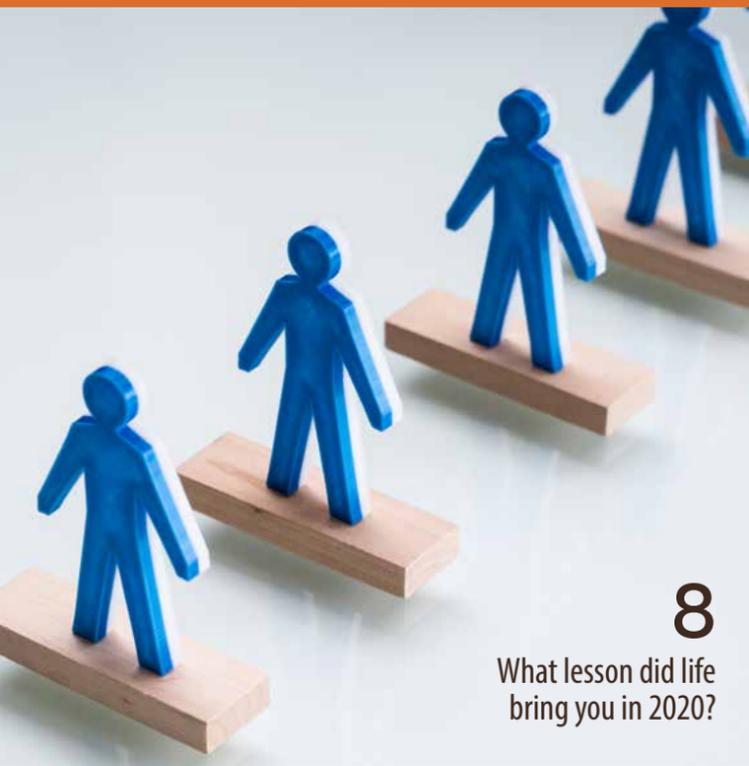
Health Triangle

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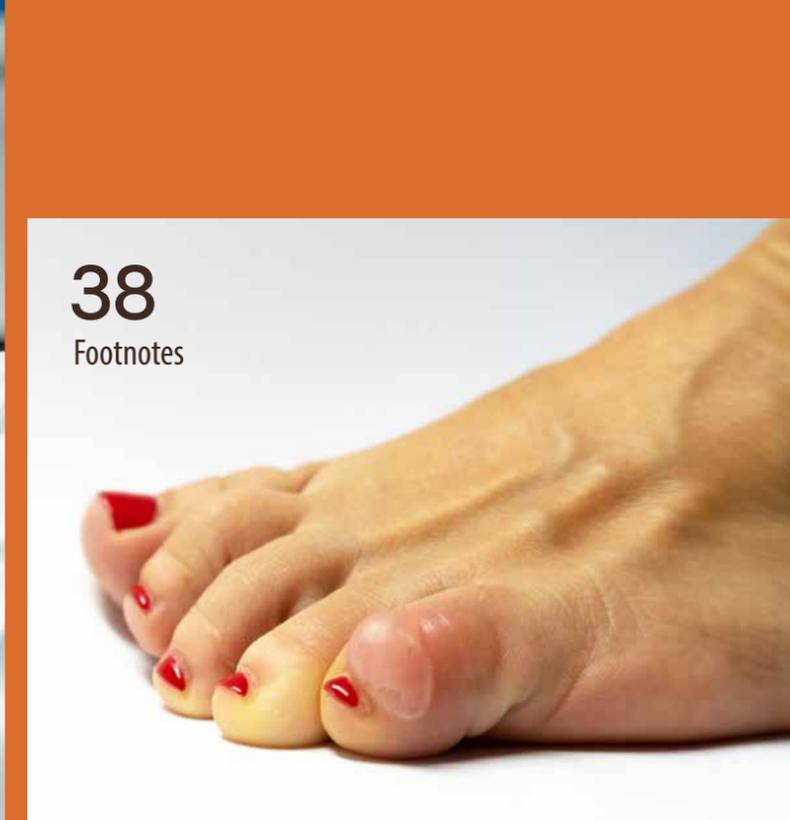
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THE 'MALE MENOPAUSE'

Some men develop depression, loss of sex drive, erectile dysfunction, and other physical and emotional symptoms when they reach their late 40s to early 50s.

Other symptoms common in men this age are:

- **mood swings and irritability**
- **loss of muscle mass and reduced ability to exercise**
- **fat redistribution, such as developing a large belly or "man boobs" (gynaecomastia)**
- **a general lack of enthusiasm or energy**
- **difficulty sleeping (insomnia) or increased tiredness**
- **poor concentration and short-term memory**

These symptoms can interfere with everyday life and happiness, so it's important to find the underlying cause and work out what can be done to resolve it.

IS THERE SUCH A THING AS A 'MALE MENOPAUSE'?

The "male menopause" (sometimes called the andropause) is an unhelpful term sometimes used in the media.

This label is misleading because it suggests the symptoms are the result of a sudden drop in testosterone in middle age, similar to what occurs in the female menopause. This is not true.

Although testosterone levels fall as men age, the decline is steady at less than 2% a year from around the age of 30 to 40, and this is unlikely to cause any problems in itself.

A testosterone deficiency that develops later in life, also known as late-onset hypogonadism, can sometimes be responsible for these symptoms, but in many cases the symptoms are nothing to do with hormones.

Personal or lifestyle issues

Lifestyle factors or psychological problems are often responsible for many of these symptoms.

For example, erectile dysfunction, loss of libido and mood swings may be the result of either:

- **stress**
- **depression**
- **anxiety**

There are also physical causes of erectile dysfunction, such as changes in the blood vessels, which may happen alongside any psychological cause.

Psychological problems are typically brought on by work or relationship issues, divorce, money problems or worrying about ageing parents.

A "midlife crisis" can also be responsible. This can happen when men think they have reached life's halfway stage.

Anxieties over what they have accomplished so far, either in their job or personal life, can lead to a period of depression.

Other possible causes of the "male menopause" include:

- **lack of sleep**
- **a poor diet**
- **lack of exercise**
- **drinking too much alcohol**
- **smoking**
- **low self-esteem**

LATE-ONSET HYPOGONADISM

In some cases, where lifestyle or psychological problems do not seem to be responsible, the symptoms of the "male menopause" may be the result of hypogonadism, where the testes produce few or no hormones.

Hypogonadism is sometimes present from birth, which can cause symptoms like delayed puberty and small testes.

Hypogonadism can also occasionally develop later in life, particularly in men who are obese or have Type 2 diabetes.

This is known as late-onset hypogonadism and can cause the "male menopause" symptoms. But this is an uncommon and specific medical condition that's not a normal part of ageing. A diagnosis of late-onset hypogonadism can usually be made based on your symptoms and the results of blood tests used to measure your testosterone levels.

WHAT TO DO

If you're experiencing any of these symptoms, see your GP. They'll ask about your work and personal life to see if your symptoms may be caused by a mental health issue, such as stress or anxiety.

If stress or anxiety are affecting you, you may benefit from medication or a talking therapy, such as cognitive behavioural therapy (CBT). Exercise and relaxation can also help.

DO I NEED HORMONE REPLACEMENT THERAPY (HRT)?

Your GP may also order a blood test to measure your testosterone levels.

If the results suggest you have a testosterone deficiency, you may be referred to an endocrinologist, a specialist in hormone problems.

If the specialist confirms this diagnosis, you may be offered testosterone replacement to correct the hormone deficiency, which should relieve your symptoms.

This treatment may be either:

- **tablets**
- **patches**
- **gels**
- **implants**
- **injections**

www.nhs.uk



Owning a Dog:

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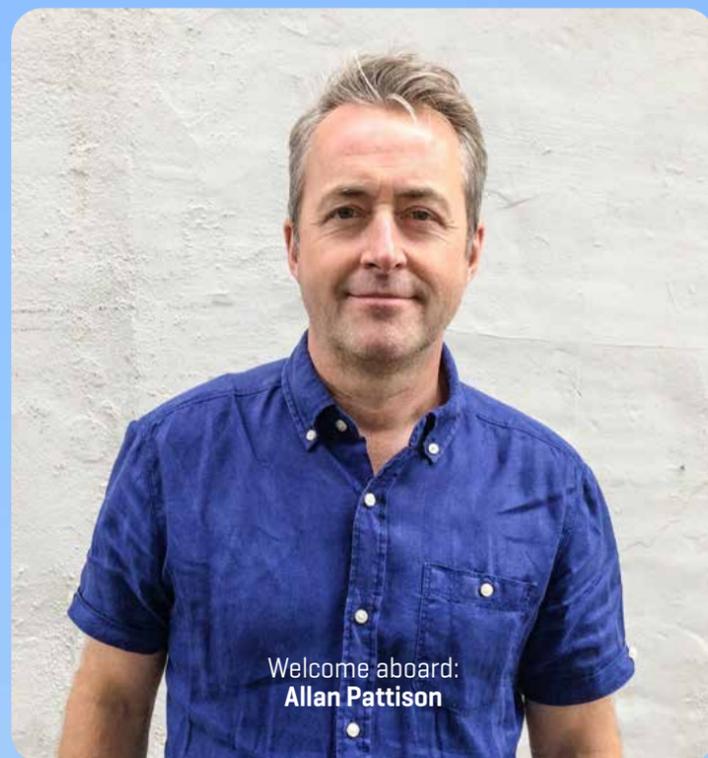
ALCOHOL-RELATED DISEASE

Changes in the blood metabolite profile are visible years before diagnosis of an alcohol-related disease

A new study from the University of Eastern Finland is the first in the world to show that the serum metabolite profile can be used to identify individuals likely at risk of developing an alcohol-related disease in the future. The finding also opens up new avenues for preventing alcohol-related adverse effects. The study was published in **Alcoholism: Clinical and Experimental Research**.

Alcohol is the cause underlying many severe diseases, such as alcohol dependence, liver cirrhosis and different types of cancer. It is estimated that alcohol accounts for approximately five per cent of the global burden of disease, and the WHO has listed the reduction of excessive consumption of alcohol as one of its most important priorities.

“However, it is challenging to identify individuals ...



Welcome aboard:
Allan Pattison

LET OUR NEW HIGH-FLYER ALLAN ADD SOME WIND TO YOUR SALES



We are delighted to welcome a new team member – please meet **UK Health Radio** and **Health Triangle Magazine's** new *Commercial Director, Allan Pattison.*

Allan, who has worked in the health media sector for more than 10 years, is also a keen kite-surfer and can be found riding the waves most weekends.

When he's back on dry land, Allan's main role will now be helping the businesses among our radio station and magazine communities to make the most of our airwaves and monthly pages to grow their companies. He'll be contacting new business clients among our loyal readers and listeners and offering them his experience and advice on how best to reach **UK Health Radio's one million audience** through adverts and promotions.

He'll also be on hand to chat through how you can promote your business in this magazine, on our various website channels and on our social media platforms – which have a combined audience of more than 250,000 followers.

Allan says: "I'm very excited to be working with the **Health Triangle** and **UK Health Radio** teams. I believe their editorial content is hugely relevant today and highly topical for the challenging times in which we now live.

"More and more people are starting to realise that a healthy body leads to a healthy mind, and a strong immune system can be achieved through a good diet, a decent night's sleep, and exercise.

"All these topics are just some of the many issues Health Triangle magazine and UK Health Radio address all the time. That's why they're the perfect places to engage with new customers and help businesses grow.

"There are many different options for communicating a brand's message. UK Health Radio hosts a show for just about every health sector and Health Triangle magazine's health coverage always makes a great read.

"I hope the readers and listeners will feel free to contact me any time and share their business objectives with me. My previous experience lies in working within marketing budgets, maximising return on investment and I'm always happy to propose creative options to suit all budgets."

Allan's a firm believer in using exercise to de-stress and he certainly practises what he preaches. He's also a keen runner and mountain biker – while his favourite hobby remains kite-surfing.

▲ Meet the Team



"I love spending a couple of hours kite-surfing on the water at West Wittering, near Chichester, West Sussex on the UK south coast," he adds. "You can't beat rolling waves and a strong southerly wind!"

As a kite-surfer, Allan uses skill and know-how to fill his sails. Our new recruit would love to also add wind to your sales!

Contact **Allan** for a chat today on
allan@ukhealthradio.com
or call him direct on:
+44 (0) 7590 982345





Plant Power

by Kirsten Hartvig ND, MNIMH, MRN, DipPhyt
Heartwood Herbal Medicine Education
www.Heartwood-uk.net

Image: Adobe Stock



WHAT A HORRIBLE MORNING! But wait...

by **Chrissy B**
www.chrissyshow.tv

I woke up that day, later than I was supposed to. There I was rushing around like crazy, anxious that I was going to miss my train. I didn't even make my bed, my hair was a mess and I was sure that I'd forgotten to put something in my already heavy handbag.

I ran for the bus, and now I was all hot and sweaty and knew worse was to come, that lovely train journey where I would probably be standing the whole time with my face squashed up against the glass doors because I wouldn't get to the platform in time to get a seat. Yes, I was a sardine that day. I was now officially in a bad mood.

Somehow, I got to the office on time but I felt lousy because of the mad rush. I remember stomping up the stairs, ready not to talk to anyone. The most anyone would get was a 'good morning' because I wanted to be left alone. But the more I fed those thoughts, the worse I felt.

Then I thought, hang on a minute, why am I letting myself feel this way? I can decide how ...





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