

# Health Triangle

The official e-mag of  
UK Health Radio



Health Focus:  
**Head Lice  
and Nits**

Health &  
Fitness  
Trackers  
**Good  
or Bad?**



**Thyroid  
Health**

**Self Care**  
at the highest level



**HEPATITIS C &  
INFECTED BLOOD**

Everything you need  
to know about  
**NUTRACEUTICALS**

Power Your  
**Medical  
Choices**

by Dr. Talya Miron-Shatz

“Winning isn’t everything- but wanting to win is.”

Vince Lombardi

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Health  
**Triangle**

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Editor's Note:

## This Month▲

**“BULLSEYES AND TARGETS  
SAY THE BELLS OF ST MARGARET’S  
BRICKBATS AND TILES SAY THE  
BELLS OF ST GILES”**

Perhaps the pandemic has created an opportunity for us all to reconsider how we live our lives on a daily basis. The restrictions on travel and social contact have created new ways to consult our GP or have a business meeting, for example. The two most common logical fallacies have risen to the surface to plead their special cases. One says: This is the way we’ve always done it, so it must be best and the other says: This is brand new so it must be better. In this issue, thoughts on new ways of using both Aspirin and Ayurveda suggest a third way, while an anonymous nursery rhyme from over 300 years ago echoes the unchanging nature of ordinary life. The latest UK Health Radio Awards represent our new way of identifying and recognising excellence. Perfectionism is so often self destructive whereas the pursuit of excellence in any area from the track to the yoga mat, from business dealings to dealing with feelings, will always inspire small but significant improvements. As the old gag has it: How do you recognise an excellent farmer? He is always outstanding in his field. Reality lies in words - even if they reach through cyberspace!

**Reg Starkey**  
Editor





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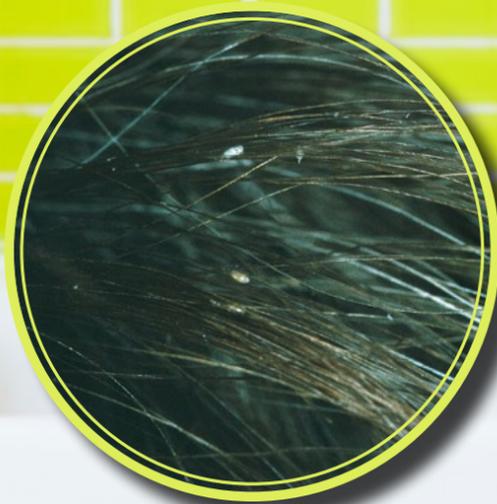
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# HEAD LICE AND NITS



**H**ead lice and nits are very common in young children and their families. They do not have anything to do with dirty hair and are picked up by head-to-head contact.

Check if it's head lice

- **Head lice are small insects, up to 3mm long.**
- **They can be difficult to spot in your hair.**
- **Head lice eggs (nits) are brown or white (empty shells) and attached to the hair.**

Head lice can make your head feel:

- **itchy**
- **like something is moving in your hair**

The only way to be sure someone has head lice is by finding live lice.

You can do this by combing their hair with a special fine-toothed comb (detection comb). You can buy these online or at pharmacies.

## HOW TO GET RID OF HEAD LICE

**Important:** You can treat head lice without seeing a GP.

### TREAT HEAD LICE AS SOON AS YOU SPOT THEM.

You should check everyone in the house and start treating anyone who has head lice on the same day. There's no need to keep your child off school if they have head lice.

### WET COMBING

Lice and nits can be removed by wet combing. You should try this method first.

You can buy a special fine-toothed comb (detection comb) online or from pharmacies to remove head lice and nits.

There may be instructions on the pack, but usually you:

- wash hair with ordinary shampoo
- apply lots of conditioner (any conditioner will do)
- comb the whole head of hair, from the roots to the ends

It usually takes about 10 minutes to comb short hair, and 20 to 30 minutes for long, frizzy or curly hair.

Do wet combing on days 1, 5, 9 and 13 to catch any newly hatched head lice. Check again that everyone's hair is free of lice on day 17.



**MEDICATED LOTIONS AND SPRAYS**

Ask a pharmacist for advice if you have tried wet combing for 17 days, but your child still has live head lice. They may recommend using medicated lotions and sprays. These kill head lice in all types of hair, and you can buy them from pharmacies, supermarkets or on-line.

- Head lice should die within a day. Some lotions and sprays come with a comb to remove dead lice and eggs.
- Some treatments need to be repeated after a week to kill any newly hatched lice.
- Check the pack to see if they're OK for you or your child and how to use them.
- If lotions or sprays do not work, speak to a pharmacist about other treatments.
- Some treatments are not recommended because they're unlikely to work.

For example:

- products containing permethrin
- head lice "repellents"
- electric combs for head lice
- tree and plant oil treatments, such as tea tree oil, eucalyptus oil and lavender oil herbal remedies

The charity Community Hygiene Concern has a video about wet combing for head lice. - link

**YOU CANNOT PREVENT HEAD LICE**

There's nothing you can do to prevent head lice. You can help stop them spreading by wet or dry combing regularly to catch them early. Do not use medicated lotions and sprays to prevent head lice. They can irritate the scalp. There's no need for children to stay off school or to wash laundry on a hot wash.

[www.nhs.uk](http://www.nhs.uk)

# BREAKING NEWS

## *Big Pharma fined £100 million for 'excessive and unfair' price increases.*

In July 1948, the National Health Service set out its mission in three key ideas:

- To meet the needs of everyone
- To be free at the point of delivery
- To be based on clinical need – not on the patient's ability to pay.

In July 2021, the Competition and Markets Authority [CMA] imposed a fine of over £100 million on three companies within the Advanz pharmaceutical group, which the CMA concluded had made 'excessive and unfair' price increases on a thyroid drug called Liothyronine, which they sold to the NHS for almost 10 years.

- In 2006, the bill to the NHS was £600,000.
- In 2009, this had risen to £2.3 million.
- In 2016, it had risen to over £30 million.
- The CMA could find no evidence of either innovation or investment to justify these increases.
- The NHS had witnessed the price of a single tablet rise from 16p to £9.22

A pack price that was almost affordable in 2009 at £20 became unaffordable in 2017 at £248 per pack. Patients with underactive thyroid issues could no

longer turn to the NHS for Liothyronine to meet their clinical need, free at the point of delivery.

To continue with the drug that provided them with their best relief from fatigue and depression might typically cost them £780 per prescription. Alternatively, they could buy generic alternatives at much lower prices, either on the Internet or from pharmacies across continental Europe. Liothyronine remains unavailable on an NHS prescription and Advanz claims to be considering an appeal against the CMA decision.

The Times of London estimates that the 1000%+ prices increased cost the NHS an extra £115 million over the relevant 9 year period.

For Thyroid advice or information please contact:

[www.thyroidtrust.org](http://www.thyroidtrust.org)



# Two Insights to Power Your Medical Choices

by Dr. Talya Miron-Shatz



**W**e all make health and medical decisions all the time. We sometimes go for a run despite a sore tendon, choose a supplement, decide to forego birth control, or go on vacation and leave our blood pressure medication at home. But, it's become increasingly clear in the past year and a half that we need to know how to make smart health choices. Living with the pandemic, the next health decision you are called to make is right around the corner...

## Helga's story: *Running & working again, with* **LIOTHYRONINE**

**Helga Taylor** is a senior finance professional who has Hypothyroidism and relies on Liothyronine to be well.



Helga on her butterfly run for The Thyroid Trust

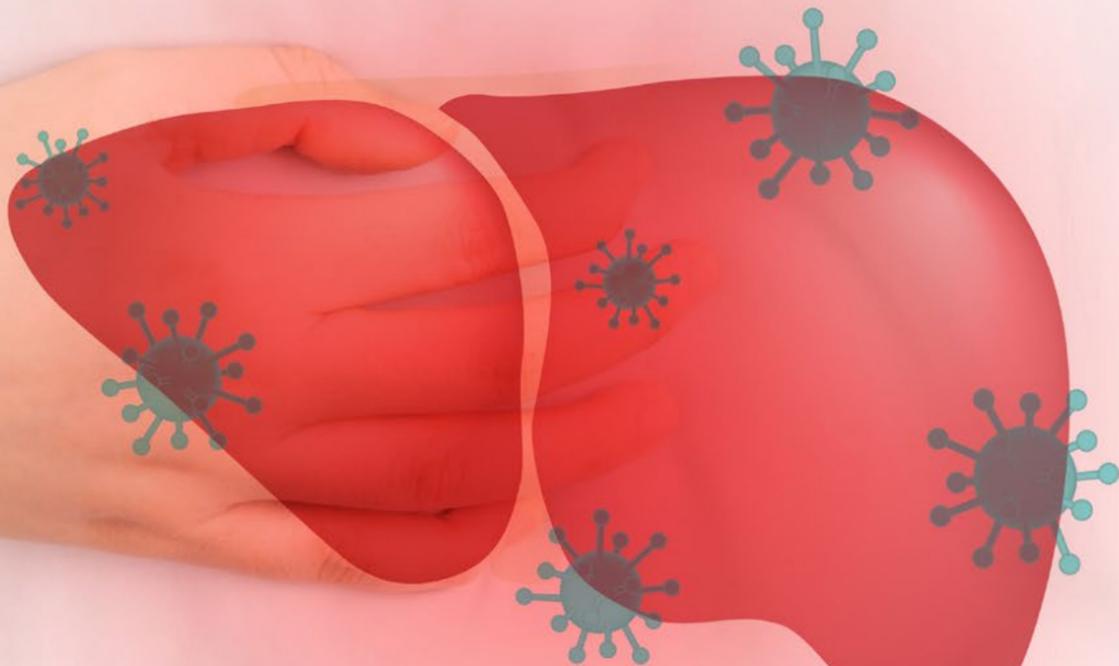


Helga was very unwell when she got to Fiji



# Hepatitis C & Infected Blood

by Samantha May



**H**epatitis C is a blood borne virus that left undiagnosed, can lead to life threatening liver damage, cirrhosis and in some cases liver cancer usually over a period of decades. It is often completely asymptomatic in the early stages, or where early symptoms do show themselves (fatigue, joint and muscle pains and digestive problems) they are often attributed to much more likely and everyday causes like stress, irritable bowel syndrome, menopause and often we hear that people are dismissed as hypochondriacs, as routine blood tests that may be run (eg liver function tests) will often come back as normal and therefore not prompt further investigations...



## Health & Fitness Trackers Good or Bad?

by Mike Dilke

**I**woke up one morning and my wife asked me how I slept. I didn't answer until I looked at my fitness band which was when I decided that it had to go because it was starting to rule my life. I still have a running watch and use that often even though I sometimes question its accuracy. People seem to love these things and the market is huge and predicted to be worth over \$114 billion by 2028. I have no doubt that they can be very useful but I do think they should be used with caution. One problem that can arise is data anxiety – we live in a world of big data and lots of data is great, right? Well, there is ....

# Journey of a Podiatrist during Covid-19

by Jonathan Brocklehurst  
Foot Health Show Co-Presenter and Diabetes Specialist Podiatrist

**A**s a Diabetes Specialist Podiatrist in the NHS, the journey thus far has brought its high points and the inevitable low points. The Covid-19 Pandemic has instilled resilience and perseverance in the midst of it. One patient's words while walking through the clinic room door mid-lockdown always strike me, "getting this appointment was like winning the lottery".

Those words represented the voice of many patients across the UK. The resonance of frustration and helplessness echoed the mood of patients I have treated across the South of England. Particularly, patients with Diabetes type 1 and 2 who are at high risk of lower limb ulceration comprise a large part of that voice. In this article we will look at three key aspects I have encountered during the Covid-19 pandemic: adaptability,...



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