

# Health Triangle

The official e-mag of  
UK Health Radio



## Stem Cell Therapy

**Health Focus:**  
Depression in  
children and  
young people

## The Spirit of Triathlons

by Ken D Foster

**BEAUTY INDUSTRY  
STEPS UP TO FIGHT  
HYGIENE POVERTY**

by Natalie Elliott

The New Show on  
UK Health Radio:

**AUTISTIC  
VOICES**

**PROSTATE CANCER**



“Happiness is when what you think, what you say, and what you do are in harmony.”

Mahatma Gandhi

**UK Health Radio's e-magazine**  
[www.ukhealthradio.com](http://www.ukhealthradio.com)

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**Health  
Triangle**

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Editor's Note:

## This Month▲

**"You must be willing to leave the life that you planned in order to find the one waiting for you."**

Joseph Campbell

If, in 2017, you were making a 5 year plan, it's hard to believe you might have anticipated either the global pandemic or the war in Ukraine. Yet their impact on everyone's daily lives and mental health has been absolutely massive. Health Focus recognises that depression can and does affect the young as much as the middle-aged or the old. The effects of this unexpected turbulence are echoed in many other articles. The mind affects the body far more than conventional wisdom ever allowed, say, 100 years ago. This issue provides a wealth of new information and timeless wisdom to help you navigate the challenging terrain in which we all now find ourselves. There is self-motivational inspiration from **Ken D. Foster** who shares his practical Triathlon experience. There are thoughts on an altogether different plane provided by **Joanne Lee Philpott**. In between there are down-to-earth realities of everything from Healing Circles to Hygiene Poverty. We invite you to open your mind to our contributors' insights and ideas, whether it is **Cindy Hurn's** recognition of negative space or **Chris Grimes'** on air Clearing, via Zoom, where you can share your whole life story in a single 50 minute hour. Your life may be challenging - but it certainly isn't dull. Enjoy!



**Reg Starkey**  
Editor





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Depression in children and young people

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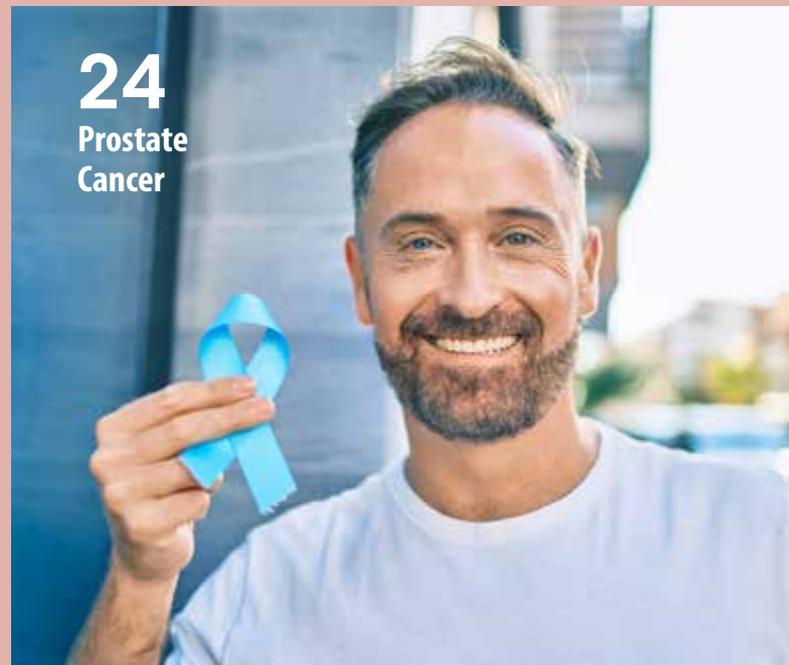
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Breaking News



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Simplify your Life  
Dare to say NO

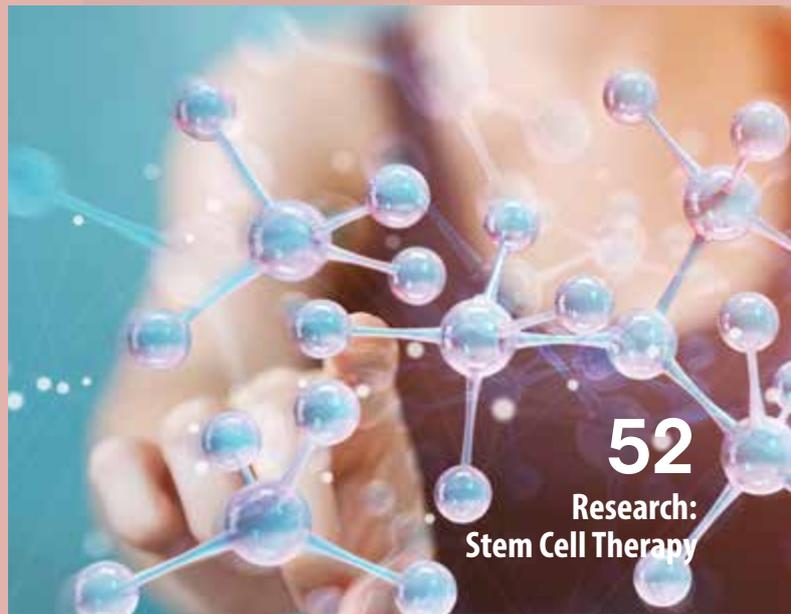


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The background image shows a young woman with long, dark, wavy hair. She is looking down and to the right, with her right hand resting on her head. The background is a soft, out-of-focus green. A semi-transparent yellow box is overlaid on the right side of the image, containing the title text.

# Depression in children & young people

**D**epression does not only affect adults. Children and young people can get depressed too. It's important to get help early if you think your child may be depressed. The longer it goes on, the more likely it is to disrupt your child's life and turn into a long-term problem.

### SIGNS OF DEPRESSION IN CHILDREN

Symptoms of depression in children often include:

- sadness, or a low mood that does not go away
- being irritable or grumpy all the time
- not being interested in things they used to enjoy
- feeling tired and exhausted a lot of the time

### YOUR CHILD MAY ALSO:

- have trouble sleeping or sleep more than usual
- not be able to concentrate
- interact less with friends and family
- be indecisive
- not have much confidence
- eat less than usual or overeat
- have big changes in weight
- seem unable to relax or be more lethargic than usual
- talk about feeling guilty or worthless
- feel empty or unable to feel emotions [numb]
- have thoughts about suicide or self-harming
- actually self-harm, for example, cutting their skin or taking an overdose

Some children have problems with anxiety as well as depression. Some also have physical symptoms, such as headaches and stomach aches.

Problems at school can be a sign of depression in children and young people and so can problem behaviour.

Older children who are depressed may misuse drugs or alcohol.

### WHY IS MY CHILD DEPRESSED?

Things that increase the risk of depression in children include:

- family difficulties
- bullying
- physical, emotional or sexual abuse
- a family history of depression or other mental health problems

Sometimes depression is triggered by 1 difficult event, such as parents separating, a bereavement or problems with school or other children.

Often it's caused by a mixture of things. For example, your child may have a tendency to get depression and also experienced some difficult life events.

### IF YOU THINK YOUR CHILD IS DEPRESSED

If you think your child may be depressed, it's important to talk to them. Try to find out what's troubling them and how they're feeling.

See some tips on talking to younger children about their feelings and talking to teenagers.

Whatever is causing the problem, take it seriously. It may not seem like a big deal to you, but it could be a major problem for your child.

If your child does not want to talk to you, let them know that you're concerned about them and that you're there if they need you.

Encourage them to talk to someone else they trust, such as another family member, a friend or someone at school.

It may be helpful for you to talk to other people who know your child, including their other parent. You could also contact their school to ask if the staff have any concerns.

### **WHEN TO GET MEDICAL HELP**

If you think your child is depressed, or you're concerned about their general wellbeing, make an appointment with them to see a GP.

If necessary, the GP can refer your child to a local children and young people's mental health service (CYPMHS) for specialist help.

CYPMHS is used as a term for all services that work with children and young people who have difficulties with their mental health or wellbeing.

You may also be able to refer your child without seeing a GP.

Read more about accessing mental health services.

### **FURTHER SUPPORT**

If you need during a mental health crisis or emergency, read about where to get urgent help for mental health.

If you're worried about any aspect of your child's mental health, you can call the charity YoungMinds' free parents' helpline for advice on 0808 802 5544 from Monday to Friday, 9.30am to 4pm.

The YoungMinds website also has mental health support and advice for your child.



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on-site deals

# Welcome to a world of alcohol freedom

It used to be hard to find the world's finest alcohol-free beers, wines and spirits. Not any more. Visit [ZeroZilchZip.co.uk](https://ZeroZilchZip.co.uk) to cut through the clutter and browse the best of the best.

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Pregnancy

Lifestyle

Liberation

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# PROSTATE CANCER

## PATIENT CASE STUDY: ANGUS WATSON



**P**rostate cancer is the most common cancer in men in the United Kingdom, affecting nearly 50,000 men a year. During the peak of COVID-19, between March and September 2020, urgent referrals for suspected cancer were down by 31%<sup>[1]</sup> compared to the same period in 2019, equating to 42,000 fewer people. It's clear that many patients are not being diagnosed – and may not even show symptoms – yet, an early diagnosis can help not only increase survival rates, but also offer a more varied choice of treatments with improved quality of life.

Angus Watson, a 61-year-old man from Scotland, did not show any symptoms of prostate cancer. In fact, he only went to his local GP back in 2020 due to having signs of a hernia. However, his doctor, who was in training at the time, asked him whether he had any family history of prostate complications – and this is when he revealed that his close relative had prostate cancer...



Image: Adobe Stock

# *The Simple Science of Self-Sustainability*

by **Leaha Mattinson**

## ▲ HIV Vaccine



# WHY WE RECOGNISE HIV VACCINE AWARENESS DAY

**M**ay 18th was dedicated to **HIV Vaccine Awareness Day**. The significance of this recurrence is embedded in the years of research that have been dedicated to finding a reliable way for individuals to be protected against the virus. Research began shortly after the virus was discovered as being the cause of AIDS, with the first vaccine trial being conducted in 1987<sup>[1]</sup>. To this day, many clinical trials have been carried out, some with breakthrough results, yet no vaccines have been shown to be able to efficiently protect all individuals.

While people worldwide are infected with HIV, those living in sub-Saharan Africa have the highest rates with Eswatini, Lesotho and Botswana being the three countries with the highest prevalence of the virus almost consistently between 2000 and 2020<sup>[2]</sup>...

# stem cell therapy

Brain damage in newborns can be treated safely with stem cells



## ▲ Meet the Team



The show **'Autistic Voices'** is an opportunity to air and discuss topics such as the lived experience, anxiety and stress, myths and truths, mental wealth and emotional wellbeing, physical health, 'discovering' your neurodivergence; the long journey to EHCPs (Education, Health & Care Plans); Are they a necessity? Do they help or hinder us? Support for families; what agencies are out there? Safeguarding – is it appropriate or does it need a review? Education and beyond; the world of college, university, work and the importance of contributing to society; independent living; friendships and relationships; navigating sexuality and gender; life expectancy and choices – and debating the divide in neurodivergent culture between those for and against ABA (Applied Behaviour Analysis). The world needs to join in on the conversation – come and get your voice heard...



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