

Health

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Triangle

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UK Health Radio



Health
Focus:
ACNE

**IS COKE ZERO
GOOD FOR
DIABETES?**

by Edibel Quintero

**INTEGRATIVE
STRATEGIES TO
IMPROVE CANCER
OUTCOMES**

**NO ALCOHOL.
NO PROBLEM?**

**Tips to treat
Back Pain**

by Janey Lee Grace

**BREAKING
NEWS**
MONKEYPOX IS
NOW A POTENTIAL
PUBLIC HEALTH
EMERGENCY

Adolescent
**Arterial
Stiffness**

“Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom.”

Marcel Proust



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Editor's Note:

This Month ▲

“THE BEST CURE FOR THE BODY IS A QUIET MIND.”

Guess who is credited with this assertion? Hippocrates? No - Napoleon Bonaparte! The Covid pandemic has created global turbulence and meant that many other significant medical issues have been neglected in the process. Everyone has been challenged by different degrees of uncertainty and anxiety. From adolescents with their statutorily disturbed schooling to the very elderly isolated in their care homes, mental health issues have been centre stage at every stage for the last two years. This edition takes a realistic look at a variety of topics starting with an incurable and primarily adolescent problem - acne. “Compare and despair” is an appropriate truism. “Life on life’s terms” remains good advice. “Settle for who you are and what you’ve got.” Cultivate your quiet mind. Alcohol consumption has increased dramatically in response to the stress that has confronted everyone during and post Covid. You will find editorial and advertising encouragement for alcohol-free alternatives. But if you are dealing with diabetes and imagine that sugar-free fizzy drinks might be a good choice for you, please think again. Cancer was another crucially important condition that was over-shadowed by the relentless focus on Covid. Diabetes and Cancer have always got the columns they deserve every month in this magazine. This will continue - as well as an abundance of honest expert opinion and good scientific information.

On a lighter note, I came back from my long weekend in Verteillac listening to three brilliant young pianists from England, Spain and Germany, with a short Zen poem that I would like to share with you:

“Sitting quietly
Doing nothing
Spring comes
The grass grows by itself.”



Reg Starkey
Editor





6
Health Focus:
ACNE



10
Restoring our
biological magic



18
Monkeypox

▲ Contents

Issue 105 / September 2022

- 3 Editorial**
- 6 Health Focus: Acne**
- 10 Recovery Road : Restoring our biological magic** by Leaha Mattinson
- 12 Breaking News: Monkeypox is now a potential public health emergency**
- 13 Medical Marvel Moments, Weird & Wonderful Facts** by Amanda Thomas
- 14 Tips to treat Back Pain** by Janey Lee Grace
- 16 Research: Adolescent Arterial Stiffness**
- 18 Love - How much do you allow?** by Robin Jillian
- 22 Is Coke Zero good for Diabetes?**
by Edibel Quintero
- 26 Boogie & Blues Review** by Reg Starkey
- 30 Poetry Corner: The place in Verteillac**
- 32 What illnesses are caused by a Genetic Disorder**
- 34 Self Care: Are you comparing yourself to others?** by Danielle Sax
- 36 Yoga with Kino: We are spiritual beings**
by Kino MacGregor
- 38 Innovating Fitness Boosting Products** by
Janey Lee Grace

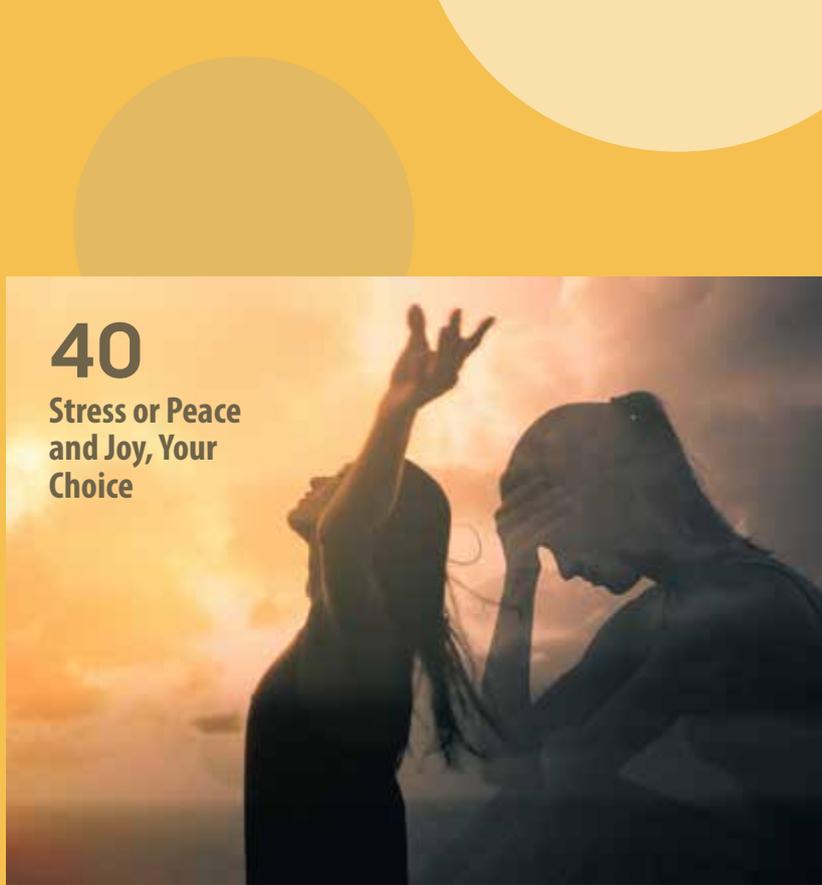


22
Is Coke Zero
good for Diabetes?



38

Innovative Fitness
Boosting
Products



40

Stress or Peace
and Joy, Your
Choice

- 40 **Stress or Peace and Joy, Your Choice**
by Patricia Conte-Nelson
- 42 **Addiction: AA Step by Step - No Alcohol. No Problem** by Louise F.
- 44 **Mental Health: Six ways to navigate the Mental Health hurdles that come with a cancer diagnosis**
- 48 **How to promote independence in Care Homes**
- 50 **Vitamin D Supplementation**
- 52 **The Myth of Pushing** by Catherine Carrigan
- 56 **Master Your Life: Recharge your Adrenals!**
by Leaha Mattinson
- 58 **Book Review: The Rules of Everything**
reviewed by Reg Starkey
- 60 **Yes to Life** Robin Daly's recent guests on
the Yes to Life Show
- 68 **TV & Movie Reviews**
- 70 **Programme Schedule**



56

Recharge your
Adrenals!



32

What illnesses
are caused by a
Genetic Disorder



ACNE

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Acne is a common skin condition that affects most people at some point. It causes spots, oily skin and sometimes skin that's hot or painful to touch.

SYMPTOMS OF ACNE

Acne most commonly develops on the:

- **FACE** – this affects almost everyone with acne
- **BACK** – this affects more than half of people with acne
- **CHEST** – this affects about 15% of people with acne

TYPES OF SPOTS

There are 6 main types of spot caused by acne:

- **BLACKHEADS** – small black or yellowish bumps that develop on the skin; they're not filled with dirt, but are black because the inner lining of the hair follicle produces colour
- **WHITEHEADS** – have a similar appearance to blackheads, but may be firmer and will not empty when squeezed
- **PAPULES** – small red bumps that may feel tender or sore
- **PUSTULES** – similar to papules, but have a white tip in the centre, caused by a build-up of pus
- **NODULES** – large hard lumps that build up beneath the surface of the skin and can be painful
- **CYSTS** – the most severe type of spot caused by acne; they're large pus-filled lumps that look similar to boils and carry the greatest risk of causing permanent scarring

THINGS YOU CAN TRY IF YOU HAVE ACNE

These self-help techniques may be useful:

- Do not wash affected areas of skin more than twice a day. Frequent washing can irritate the skin and make symptoms worse.
- Wash the affected area with a mild soap or cleanser and lukewarm water. Very hot or cold water can make acne worse.

- Do not try to "clean out" blackheads or squeeze spots. This can make them worse and cause permanent scarring.
- Avoid using too much make-up and cosmetics.
- Avoid make-up, skincare and suncare products that are oil-based (sometimes labelled "comedogenic"). Use water-based non-comedogenic products, as they're less likely to block the pores in your skin.
- Completely remove make-up before going to bed.
- If dry skin is a problem, use a fragrance-free water-based emollient.
- Regular exercise cannot improve your acne, but it can boost your mood and improve your self-esteem. Shower as soon as possible once you finish exercising as sweat can irritate your acne.
- Wash your hair regularly and try to avoid letting your hair fall across your face.

Although acne cannot be cured, it can be controlled with treatment.

If you develop mild acne, it's a good idea to speak to a pharmacist for advice.

Several creams, lotions and gels for treating spots are available to buy from pharmacies.

Products containing a low concentration of benzoyl peroxide may be recommended, but be careful as this can bleach clothing.

If your acne is severe or appears on your chest and back, it may need to be treated with antibiotics or stronger creams that are only available on prescription.

WHEN TO SEEK MEDICAL ADVICE

If you have mild acne, speak to a pharmacist about medicines to treat it.

If these do not control your acne, or it's making you feel very unhappy, see a GP.

You should see a GP if you have moderate or severe acne or you develop nodules or cysts, as they need to be treated properly to avoid scarring.

Try to resist the temptation to pick or squeeze the

NHS



spots, as this can lead to permanent scarring. Treatments can take up to 3 months to work, so do not expect results overnight. Once they do start to work, the results are usually good.

WHY DO I HAVE ACNE?

Acne is most commonly linked to the changes in hormone levels during puberty, but can start at any age. Certain hormones cause the grease-producing glands next to hair follicles in the skin to produce larger amounts of oil [abnormal sebum].

This abnormal sebum changes the activity of a usually harmless skin bacterium called *P. acnes*, which becomes more aggressive and causes inflammation and pus.

The hormones also thicken the inner lining of the hair follicle, causing blockage of the pores. Cleaning the skin does not help to remove this blockage.

Other possible causes

Acne is known to run in families. If both your mother and father had acne, it's likely that you'll also have acne. Hormonal changes, such as those that occur during the menstrual cycle or pregnancy, can also lead to episodes of acne in women.

There's no evidence that diet, poor hygiene or sexual activity play a role in acne.

WHO'S AFFECTED?

Acne is very common in teenagers and younger adults. About 95% of people aged 11 to 30 are affected by acne to some extent.

Acne is most common in girls from the ages of 14 to 17, and in boys from the ages of 16 to 19.

Most people have acne on and off for several years before their symptoms start to improve as they get older. Acne often disappears when a person is in their mid-20s.

In some cases, acne can continue into adult life. About 3% of adults have acne over the age of 35.

Restoring Our Biological Magic

by Leaha Mattinson

One of the greatest joys of my life is being a mother and a grandmother. My grandchildren are the most important people in my life, and they give my life meaning! However, not everyone is as lucky as me when it comes to expanding their families. If someone is trying to have a child and is facing trouble with infertility, that can be heartbreaking...

What Illnesses are caused by a **Genetic Disorder**

Your DNA is the string of molecules used to carry your genetic information. Therefore, your DNA is responsible for determining your eye colour, your height, and even your natural human abilities. Unfortunately, a break or disturbance in **this genetic code** can cause certain illnesses to develop. These are known as genetic disorders. While genetic disorders are rare, it is worth knowing about the most common diseases. Here are the main illnesses caused by a genetic disorder...

BREAKING NEWS

Monkeypox IS NOW A POTENTIAL PUBLIC HEALTH EMERGENCY

Between 2018 and 2021, there were fewer than 10 cases of Monkeypox recorded in the UK and these were 'imported' either from Africa or elsewhere in Europe. In August 2022, there are around 3,000 cases in the UK and up to 5 times as many across continental Europe. While deaths remain in single figures, with none so far in the UK, suffering with Monkeypox means severe pain and discomfort. Currently in England approximately two thirds of all cases are linked to London and at least 9 out of 10 are men. The disease is spread most commonly by intimate bodily contact, as well as from direct exposure to contaminated clothing. The original virus has mutated over 60 different times since its arrival in

the UK and the risk now is that Monkeypox could become endemic. If Monkeypox were to become endemic, it could spread to anyone, anywhere, like malaria or HIV. Smallpox has been eradicated by vaccination. Monkeypox is primarily a sexually transmitted disease, the spread of which could be reduced immediately by homosexuals and bisexual men modifying their behaviour. It could be eradicated completely in this country if all men, who have sex with men, chose to be vaccinated against Monkeypox. Personal freedom needs to be tempered with appropriate responsibility. For more information, please see Dr John Campbell's videos on Monkeypox, which are available on YouTube. Thank you.



BOOGIE & BLUES

Review

by **Reg Starkey**

In the area here that they call L'Espace, there is silence. Total silence. Only birds in the sky, no planes. No sounds of traffic, not even distant. No trains. Just silence. Roger McGough was first to run a poetry workshop here. Chris Grimes has run his Laughter Labs here. Now three super-talented young musicians are here to break the silence, with beautiful music - Tom Seals from Crewe, Lluís Coloma from Barcelona and Luca Sestak from Mannheim. These three are playing blues and boogie here on baby grand pianos from Yamaha. Here are three young professionals who are definitely going places. For now, they are playing their music, in a barn, in the middle of nowhere, in France, under the stars - for two nights only. With a short jam session on Sunday morning...



Les Soeurs Anglaises

IS *Coke Zero* GOOD FOR DIABETES?

by **Edibel Quintero**, RD | Medically reviewed by Rosmy Barrios, MD

Wondering whether *Coke Zero* and other diet soda drinks are suitable for those with diabetes? We take a look at these artificially sweetened beverages in this article.



Coke Zero is a zero-calorie version of the classic Coca-Cola beverage. It uses artificial sweeteners in place of sugar and is marketed as a healthier option. It is commonly favoured among those trying to reduce or manage their blood sugar levels or their body weight.

Diet sodas, like *Coke Zero*, are often suggested as a good option for those with diabetes as they are sugar-free, but are they actually better for you?

In this article, we're going to be taking a look at *Coke Zero* as an option for those with diabetes and whether or not it is the better option. Take a look now to find out more about this diet soda...

▲ **Diabetes**



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