

Health Triangle

The official e-mag of
UK Health Radio



Health Focus: TEETH WHITENING

BREAKING NEWS

THE ALL-TIME BIGGEST
TREATMENT DISASTER
IN THE HISTORY OF
THE NHS

3 Treatments &
Methods To Help
You Treat Your
**Acne
Scars**

Life lessons from Queen Elizabeth II

by Danielle Sax

Everything you
need to know about
**TOURETTE'S
SYNDROME**

by Dr Jane Gilmour



“The end of the summer is not the end of the world. Here’s to October.”

A. A. Milne

UK Health Radio's e-magazine
www.ukhealthradio.com

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Triangle**

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Editor's Note:

This Month ▲

Welcome to the first edition of Health Triangle Magazine since a change of Monarch and a fundamental change in Government policy. Danielle Sax pays her final tribute to the late Queen Elizabeth with Two Life lessons. No, one is not to avoid having gold taps on your Royal yacht. They concern standards and duty. Queen Elizabeth never expected to be Queen. Her father, George VI, neither expected to be King nor to die aged 56. -when Princess Elizabeth was only 25! Even Republicans must acknowledge that the Queen did her duty, in exemplary fashion, continuously, for over 70 years. How the world has changed in that time!

Young people in cities ask why do we need farms when we've got supermarkets? No wonder farmers feel under-appreciated, according to research by Exeter University. Meanwhile Janey Lee Grace continues her commitment to purity and excellence in her latest Platinum Awards and Robin Daly provides another three fascinating new pieces on coping with cancer.

The NHS focuses on the risks associated with whitening teeth by all but qualified dental experts, while Patricia Conte-Nelson goes all the way to Hawaii to source her inspiration. We welcome Emma-Jane Taylor to the Radio team. There's lots more to read, lots more to think about, lots more to add value to your daily journey in these oh-so-turbulent times.

Stay calm and carry on!



Reg Starkey
Editor

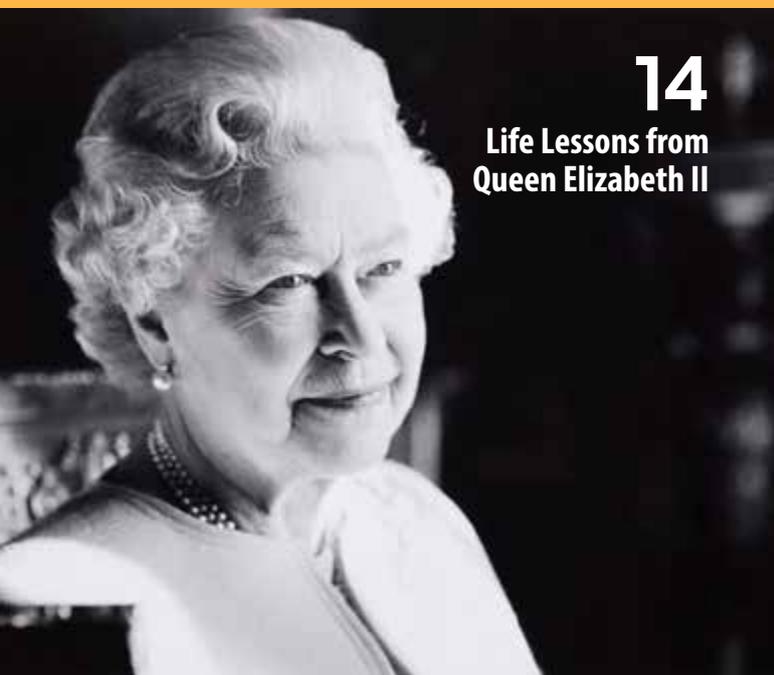




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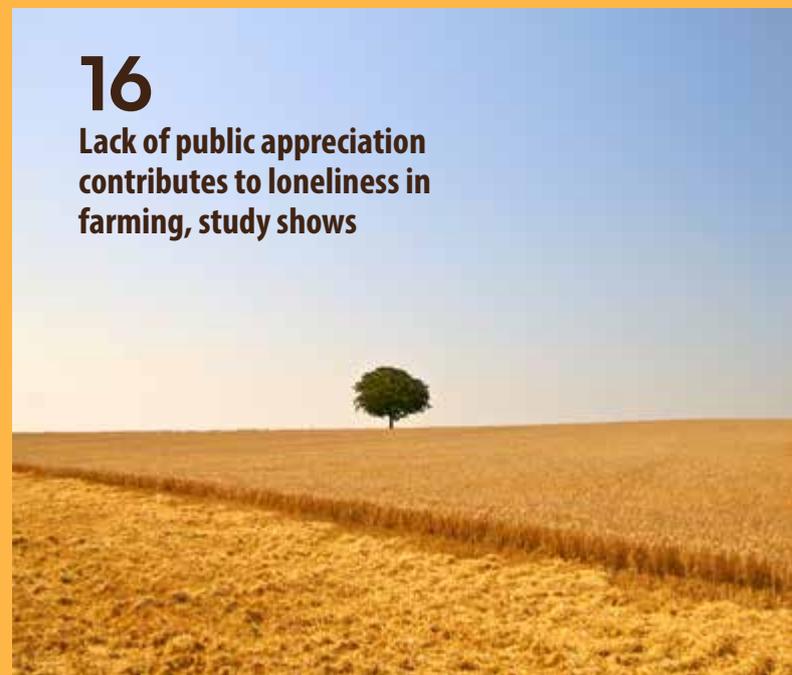


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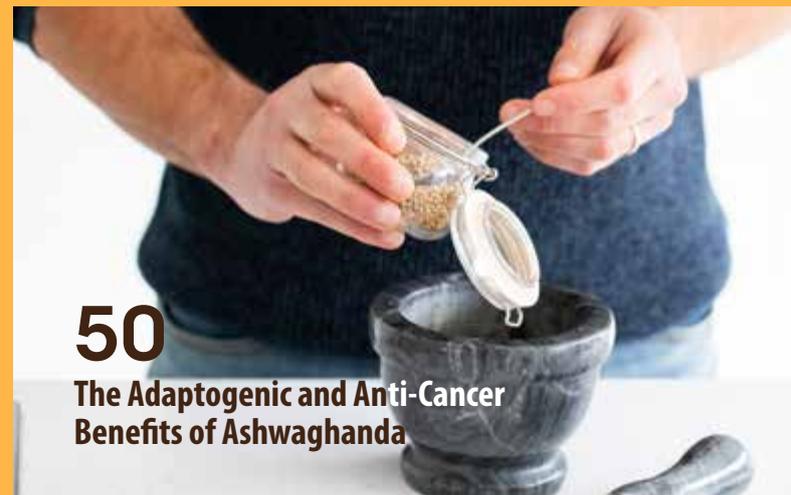
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TEETH WHITENING



More and more people are paying for brighter, whiter teeth. But does teeth whitening work and is it safe? Here are the answers to common questions about the treatment.

WHAT IS TEETH WHITENING?

Teeth whitening involves bleaching your teeth to make them lighter. It can't make your teeth brilliant white, but it can lighten the existing colour by several shades.

WHO CAN DO TEETH WHITENING?

Teeth whitening is a form of dentistry and should only be carried out by a dentist or another regulated dental professional, such as a dental hygienist or dental therapist, on the prescription of a dentist.

Some beauty salons offer teeth whitening, but this is illegal if there's no dental professional present, and it may put your oral health at risk.

You can also buy DIY home teeth whitening kits but these may also carry risks.

WHAT HAPPENS DURING TEETH WHITENING?

If you have your teeth whitened you'll first need to make 2 to 3 visits to the dental surgery.

The dentist will take an impression of your teeth to make a mouthguard and tell you how to use it with a bleaching gel. Then, using your mouthguard at home, you regularly apply the gel for a specified period of time over a few weeks. Some whitening gels can be left on for up to 8 hours at a time, which can shorten the treatment period.

Laser whitening, also known as power whitening, is another type of teeth whitening system that a dentist can provide. A bleaching product is painted onto your teeth and then a light or laser is shone on them to activate the whitening. Laser whitening takes about an hour.

CAN ANY DENTIST WHITEN TEETH?

Any dentist can whiten teeth as long as they're registered with the General Dental Council. Registered dental therapists and dental hygienists can also carry out teeth whitening on the prescription of a dentist. To find out if a dental professional is registered you can check the online register on the General Dental Council website.

WHAT ABOUT HOME KITS AND BEAUTY SALONS FOR TEETH WHITENING?

Only go to a registered dental professional for teeth whitening because whitening by people who aren't qualified, for example in beauty salons, is illegal. Home kits also carry risks. Talk to your dentist first, before using a home kit.

WHAT ARE THE RISKS OF HOME KITS AND SALON TEETH WHITENING?

Some home kits don't contain enough whitening product to be effective. Also, if a dental professional isn't doing the whitening, the mouthguard provided may not fit properly so some of the bleaching gel may leak out onto your gums and into your mouth, causing blistering and sensitivity.

Teeth whitening carried out in beauty salons by untrained staff or staff without dental qualifications puts your oral health at risk and is also illegal.

WILL I PAY FOR TEETH WHITENING PRIVATELY?

Teeth whitening by a dentist or other dental professional can generally only be done privately because it's considered to be a cosmetic treatment. Costs vary and laser whitening is more expensive than professional bleaching.

HOW DO I FIND OUT ABOUT GETTING MY TEETH WHITENED?

Your dentist will advise you whether whitening is right for you. It may be that teeth whitening isn't suitable, for example if you have gum disease or crowns.

WHAT SHOULD I ASK THE DENTIST BEFORE GOING AHEAD?

Don't be afraid to ask simple questions about the types of whitening treatment available, what results you can expect and how long they are likely to last.

You may also want to ask them whether there are any risks involved – for example, increasing the sensitivity of your teeth.

Try to talk to other people who've had the same treatment or visit another dentist for a second opinion until you feel confident. Always ask for a written treatment plan and price estimate before going ahead.

IS TEETH WHITENING PERMANENT?

Teeth whitening isn't permanent. It can last from a few months to up to 3 years – it varies from person to person.

The whitening effect won't last as long if you smoke or drink red wine, tea or coffee, which can all stain your teeth.

WILL TEETH WHITENING WORK ON FALSE TEETH?

Teeth whitening doesn't work on dentures, crowns, fillings or veneers.

WHAT ARE THE RISKS OF TEETH WHITENING?

No matter what treatment you use, there's a chance your gums will be sensitive to the chemicals used in teeth whitening, particularly if you already have sensitive teeth. There's also a chance of burns to gums and some of the whitening kits used at home can harm tooth enamel.

WHAT IF I'M NOT HAPPY WITH THE RESULTS?

If you are not happy with the results, speak to the dental professional who carried out your treatment to ask for advice.

If you're concerned that teeth whitening by a dental professional has damaged your teeth, you can contact the Dental Complaints Service online or call them on 020 8253 0800. This is an expert, free and independent service that can help if you have a complaint about private dental care.

If you think your teeth whitening has been carried out illegally (that is, by someone not qualified or registered to perform it) you can report this on the General Dental Council website.



Step by Step

“WIN OR LOSE, ON THE BOOZE.”

by **Louise F.**

These words-to-live-by are attributed to a famous Premier League footballer of an earlier generation. They reflect, albeit bluntly, society’s attitude to alcohol. We celebrate with it. We mourn with it. We live with it. Our relationship with alcohol is complex! Recent research confirms that alcohol is the single most dangerous drug in the world. Most people manage their relationship with alcohol more or ...



3 Treatments &
Methods To Help
You Treat Your

Acne Scars

Bad acne can leave behind scars, both emotional and physical. Still, there's hope for people wishing to overcome these challenges.

After all, even something as simple **as a skincare regime has changed people's lives** in these circumstances. While things aren't always that easy, it's important to be as upbeat and proactive as possible when treating any grievances with your skin.

For acne scars, you have several treatment options and methods available to you. We've listed three of the most promising ones for you after the jump...

BREAKING NEWS

The all-time biggest Treatment Disaster in the history of the NHS



Between 1970 and 1991, without knowing and with all the good intentions of its original founders, the NHS provided contaminated blood products to many thousands of different people in order to moderate the blood-clotting deficiency of haemophiliacs. As a direct result of this, 2,400 people died prematurely and some 30,000 became seriously ill...



Lack of PUBLIC APPRECIATION contributes to loneliness in farming, study shows

- Many farmers interviewed in study by University of Exeter and The Farming Community Network felt disconnected from wider public
- Some had been sworn at or subjected to other forms of criticism or abuse during the course of their working day
- Loneliness was found to be linked to mental health problems such as depression and anxiety
- Study calls for greater strengthening of connections between farming and non-farming, including more opportunities to engage with agriculture, promoting local food networks and more empathy from Government and regulators ...





NEW SHOW
on UK Health Radio
starting this October

...the continued Silence

by **Emma-Jane Taylor**

Motivational Speaker - Corporate Behaviour Change Trainer – Mentor,
Ardent campaigner for survivors of Child Sex Abuse.

“...the continued Silence” is a panel chat show, led by **Emma-Jane Taylor**, an advocate for survivors of child sex abuse. The show's focus is to share the difficulties around the uncomfortable conversation of child sex abuse, and encourage anyone feeling unheard or silenced because of CSA, to know they are not alone and there is support out there.

Emma-Jane's personal and traumatic story of struggle and hardship covered in her debut book entitled 'Don't Hold Back' has given her the positive tools and focus she needed to fight back, to create a power house of strength; compassion and dedication to living. Emma-Jane was once told 'she was the girl going nowhere, the failure' and most people thought she would be dead or in prison by the time she was 20. Her reality, like many, was very different...

▲ Compulsive Impulses

Five problems that could indicate Adult ADHD

by Sarah Templeton



ADHD is a condition with three subtypes -Hyperactive/Impulsive, Inattentive and Combined. Within these three groups you have numerous different traits of varying severity and comorbidities - more commonly known as coexisting conditions. These can be anything from dyslexia, dysgraphia, dyspraxia and dyscalculia through to social anxiety, IBS, OCD, Tourette's and numerous other issues. So, there could be literally hundreds of different ways of identifying possible undiagnosed ADHD in an adult. But if you are looking for five of the biggest indicators these would be my top five ...

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