

# Health Triangle

The official e-mag of  
UK Health Radio



## Health Focus: Athlete's Foot

## GET YOUNGER FROM THE INSIDE OUT

by Robert Manni

## Homeopathy: Spring Allergies

by Atiq Ahmad Bhatti

### BREAKING NEWS

THE TAVISTOCK  
CLINIC MAY NOW BE  
FACING THE BIGGEST  
NEGLIGENCE CLAIM  
IN BRITISH MEDICAL  
HISTORY!

Skin Cancer

## Green Spring Clean

by Janey Lee Grace

Be yourself to avoid  
**Burnout**



“Push yourself  
because no one  
else is going to do  
it for you.”

Unknown



UK Health Radio's e-magazine  
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**Triangle**

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Editor's Note:

## This Month ▲

“CURIOSITY IS THE MOST POWERFUL FORCE  
ON THIS PLANET.”

**J**aney Lee Grace quotes this assertion by Dr Zach Bush in her introduction to her brilliant new TEDx talk. Curiosity is certainly the single most positive quality for anyone trying to make sense of a world which seems to become more complicated with every year that passes. A common condition like Athlete's Foot is so much simpler to recognise and deal with appropriately than say ambition, identity or love. Wolfgang Sonnenburg looks at Burnout. Breaking News flags up the aftermath of a gender identity crisis. Robin Jillian dives deep into the complications of unrealistic expectations above love. Two new talk shows are featured - Hurt Less, Live More and Mother Speaks. Yes to Life contains a claim that iatrogenic disease - that is a disease induced unintentionally by a physician - is 'the third largest cause of death in the developed world'! In the movie reviews, The Good Nurse, is all about the uncovering of America's worst ever serial killer. Life, it seems, is not just complicated. But infinitely complicated. Curiosity provides the opportunity for us to learn from our own mistakes, as well as from other people's currently and historically. Whether you're talking about health or wealth, life or love, war or peace, you owe it to yourself to keep an ever open mind and to stay curious - today, tomorrow and forever!

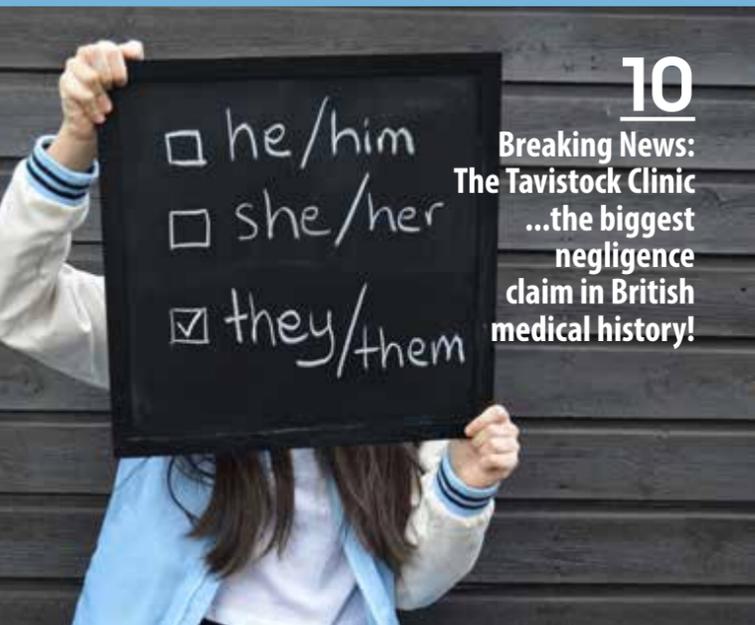
Reg Starkey  
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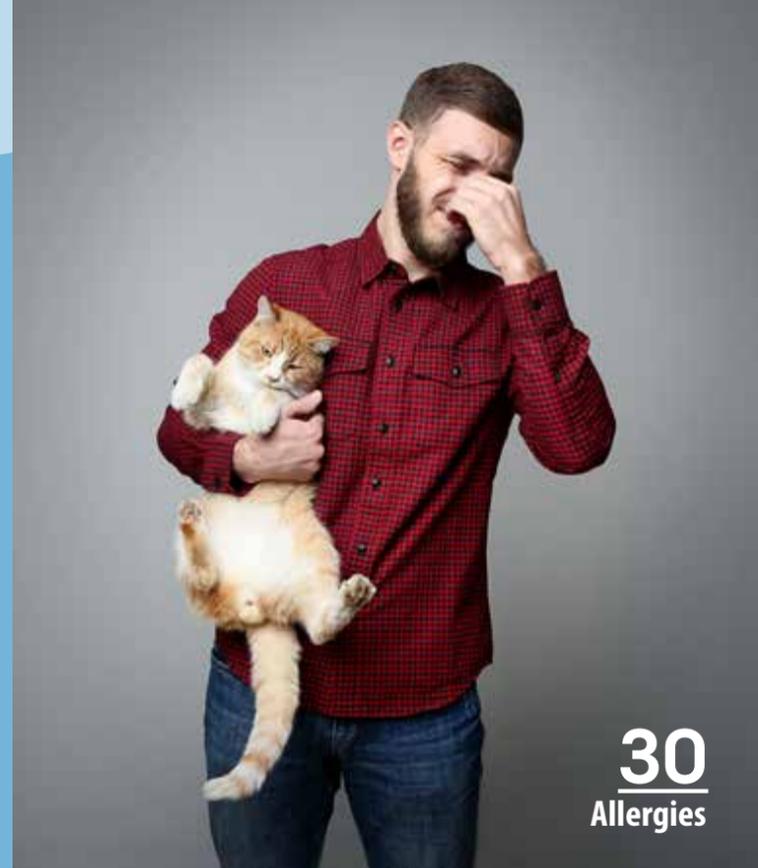
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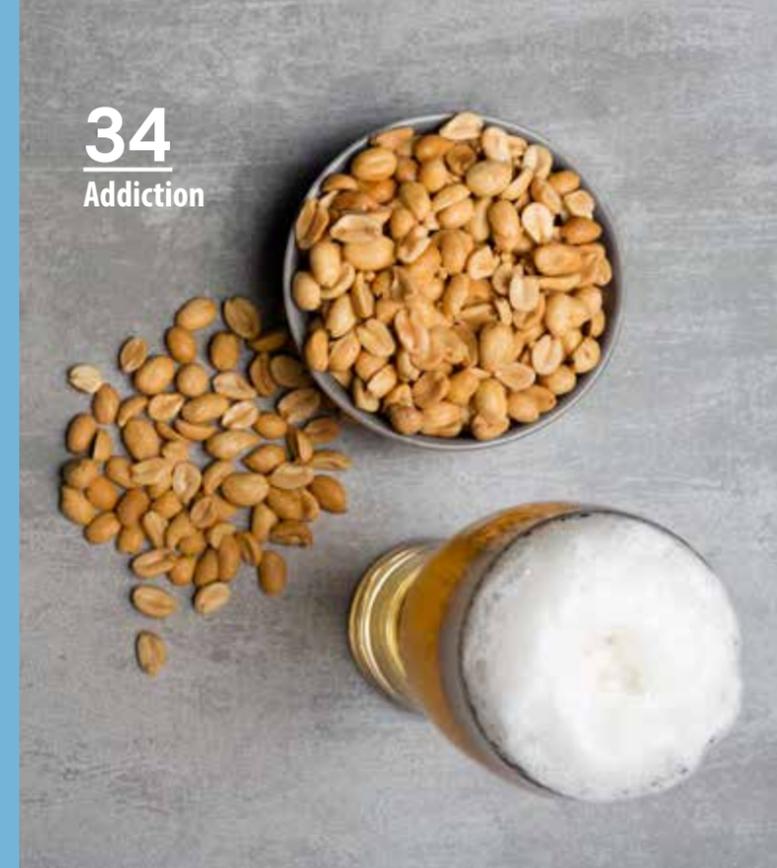
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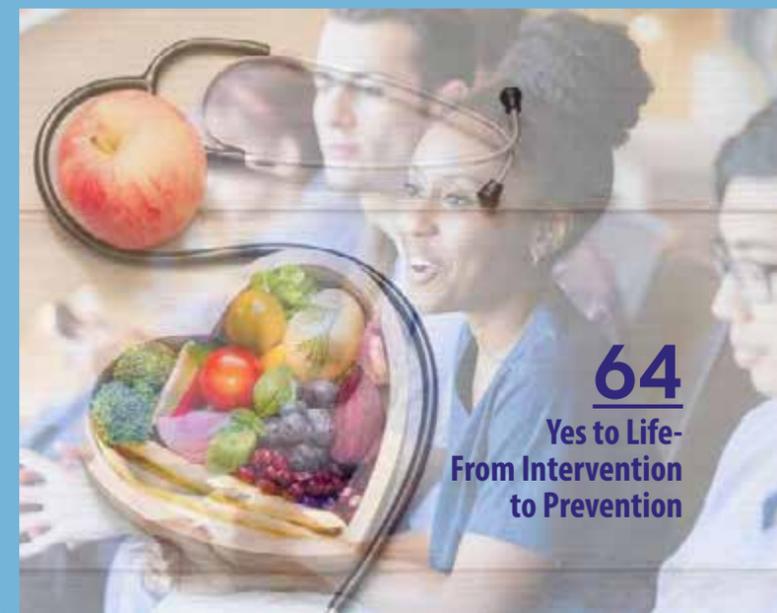


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Yes to Life-  
From Intervention  
to Prevention

# ATHLETE'S FOOT



**A**thlete's foot is a common fungal infection that affects the feet. You can usually treat it with creams, sprays or powders from a pharmacy, but it can keep coming back.

## SYMPTOMS OF ATHLETE'S FOOT

One of the main symptoms of Athlete's foot is itchy white patches between your toes.



It can also cause sore and flaky patches on your feet. The skin can look red, but this may be less noticeable on brown or black skin.



Sometimes the skin on your feet may become cracked or bleed.



## OTHER SYMPTOMS

Athlete's foot can also affect your soles or sides of your feet. It sometimes causes fluid-filled blisters. If it's not treated, the infection can spread to your toenails and cause a fungal nail infection.

## A PHARMACIST CAN HELP WITH ATHLETE'S FOOT

Athlete's foot is unlikely to get better on its own, but you can buy antifungal medicines for it from a pharmacy. They usually take a few weeks to work. Athlete's foot treatments are available as:

- **creams**
- **sprays**
- **powders**

They're not all suitable for everyone – for example, some are only for adults. Always check the packet or ask a pharmacist.

You might need to try a few treatments to find one that works best for you.

## HOW TO TREAT AND PREVENT ATHLETE'S FOOT YOURSELF

You can keep using some pharmacy treatments to stop athlete's foot coming back.

It's also important to keep your feet clean and dry. You do not need to stay off work or school.

### DO

- **dry your feet after washing them, particularly between your toes – dab them dry rather than rubbing them**
- **use a separate towel for your feet and wash it regularly**
- **take your shoes off when at home**
- **wear clean socks every day – cotton socks are best**

### DON'T

- **do not scratch affected skin – this can spread it to other parts of your body**
- **do not walk around barefoot – wear flip-flops in places like changing rooms and showers**
- **do not share towels, socks or shoes with other people**
- **do not wear the same pair of shoes for more than 2 days in a row**
- **do not wear shoes that make your feet hot and sweaty**

**IMPORTANT**

Keep following this advice after finishing treatment to help stop athlete's foot coming back.

**SEE A GP IF:**

- treatments from a pharmacy do not work
- you're in a lot of discomfort
- your foot or leg is hot, painful and red (the redness may be less noticeable on brown or black skin) – this could be a more serious infection
- the infection spreads to other parts of your body such as your hands
- you have diabetes – foot problems can be more serious if you have diabetes
- you have a weakened immune system – for example, you have had an organ transplant or are having chemotherapy

**TREATMENT FOR ATHLETE'S FOOT FROM A GP**

The GP may:

- send a small scraping of skin from your feet to a laboratory to check you have athlete's foot
- prescribe a steroid cream to use alongside antifungal cream
- prescribe antifungal tablets – you might need to take these for several weeks
- refer you to a skin specialist (dermatologist) for more tests and treatment if needed

**HOW YOU GET ATHLETE'S FOOT**

You can catch athlete's foot from other people with the infection.

You can get it by:

- walking barefoot in places where someone else has athlete's foot – especially changing rooms and showers
- touching the affected skin of someone with athlete's foot

You're more likely to get it if you have wet or sweaty feet, or if the skin on your feet is damaged.

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

# BREAKING NEWS

The Tavistock Clinic may now be facing the biggest negligence claim in British medical history!



Established in 1983 in North London, the Tavistock Clinic gained a pioneering reputation by the end of the 20th Century. The first quarter of the 21st Century has been an altogether different experience. In the last 10 years, approaches to the Tavistock Clinic's Gender Identity Development Service went from under 500 to over 5,000...



**A**s we emerge into Spring, I am guessing your thoughts are turning to cleaning your home. The issue for many, is that the strong chemicals exacerbate allergies, headaches et al, and as most people know, conventional cleaning products are not exactly kind to the environment...

# Green Spring Clean

by Janey Lee Grace

## Low-grade inflammation may cause Arterial Stiffness and Preclinical Atherosclerosis in otherwise healthy adolescents



by **Andrew Agbaje**, MD, MPH, Cert. Clinical Research (Harvard), Principal Investigator (urFIT-CHILD). Institute of Public Health and Clinical Nutrition, School of Medicine, University of Eastern Finland, Kuopio, Finland.

**E**arly vascular damage and atherosclerosis in adolescents may be caused by low-grade inflammation, a paper published in the **Journal of Applied Physiology** concludes. The study was conducted in collaboration between the **University of British Columbia** in Canada, the **University of Bristol** in the UK, the **University of Exeter** in the UK, the University of Illinois in the US, and the **University of Eastern Finland**...

# Allergies

## PART 1

by **Atiq Ahmad Bhatti**, 4th Generation Homeopath  
Presenter of **The Homeopathy Health Show**

### SPRING ALLERGIES



Allergic reactions are caused by substances in the environment known as allergens.

Image: Adobe Stock



### HRH Princess Beatrice meets scientists tackling the UK's rising skin cancer numbers in first visit as Patron of the British Skin Foundation



Image: Kirsty O'Connor/PA Wire

**Princess Beatrice** visited the the Blizard Institute at Queen Mary University, London, as she was announced as the new patron of **The British Skin Foundation**

**H**RH Princess Beatrice, in her newly appointed role as Patron of the **British Skin Foundation**, today visited London's prestigious Blizard Institute at Queen Mary University of London to see first-hand how scientists are tackling the UK rising skin cancer numbers.

Skin cancer is the most common form of cancer in the UK and rates continue to rise. At least 100,000 new cases are now diagnosed annually, and the disease is killing over 2,500 people each year in the UK - that's seven people every day...

# Love's Expectations

Who do you need me to be, and why?

by Robin Jillian

Naturally, you want to be loved, we all do! The caveat is that you want to be loved in a way that aligns with your conditioned ideas of how love should be expressed.

We often attempt to receive the kind of love we believe we missed in our childhoods through an intimate partner, which leads to an emotionally co-dependent kind of relationship filled with expectations, and ambiguity. These unconscious relating patterns will eventually lead to attempts to control the other's person's behavior to remain safe/secure. Unless, you both are willing to do the work of self-examination, and uncover and discover what is driving this type of behavior, the relationship will dissolve....

"I want love, passion, honesty, and companionship... Sex that drives me crazy and conversation that drives me sane."



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