

Health

117/October 2023

# Triangle

The official e-mag of  
UK Health Radio



## Health Focus: Breast Cancer Awareness Month

The Direct  
Experience of 5D

**BREAKING  
NEWS**  
THE MYSTERY OF  
THE RECENT MAUI  
WILDFIRE

**Talk Thyroid  
GRAVES  
DISEASE**

**Graceful Ageing:  
Navigating Health  
Challenges For  
Older Men**



**The secret to  
ending struggle...**

by Danielle Sax



"Autumn is a second spring when every leaf is a flower."  
Albert Camus



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

CEO UK Health Radio  
Johann Ilgenfritz

Editor  
Reg Starkey

Creative Director  
Raphaella Reeb-Ilgenfritz



Health  
**Triangle**

© Copyright 2012-2023 UK Health Radio™

The opinions expressed by the authors and contributors to **Health Triangle Magazine** are not necessarily those of **UK Health Radio**. Nothing may be reproduced in whole or in part without permission. Advertisers assume liable for all content of advertising and for any claims from product sales. The intent of **Health Triangle Magazine** is to give additional information for your general knowledge. It is not intended as a substitute for professional medical advice or treatment. Please do not delay or disregard any medical advice received due to information gathered on **UK Health Radio™** and **Health Triangle Magazine**.

Editor's Note:

## This Month ▲

"MATTERS OF LIFE AND DEATH"

This of Health Triangle magazine is more than usually reflective of mortality. That is not for one second to suggest that it is morbid in any way!

UK Health Radio star presenter, **Mark Goulston**, writes about his realistic reaction to a diagnosis of an incurable condition. He has his own personal plan for a good death and he is executing it in stoical style.

Exemplary advice!

**Breaking News** highlights the appalling and unacknowledged fate of literally hundreds of children and young people apparently lost in wildfires in Hawaii.

**Joyce Grayson** celebrated her great life of 90 years, while her nephew Barry Graham acknowledged her great age with original life-affirming poetry.

In **Yes to Life**, **Dr Adeel Khan** reveals how natural Killer cells called KC for short can be extracted, boosted and reintroduced - to kill cancer cells!

In TV review, **Painkiller** records the shocking activity of a big player in the Opioid scandal.

The **NHS** feature focuses on the most common cancer for women - breast cancer.

**Graceful Ageing** examines ageing most appropriately for men, including dealing with erectile dysfunction.

In between, you will find articles on living well, living without stress and being the very best you can be, whatever your age.

Confronting the inevitability of death, should make living life more meaningful but not necessarily, more urgent.

**Reg Starkey**  
Editor



# ▲ Contents

Issue 117  
October 2023

- 3 **Editorial**
- 6 **Health Focus: Breast Cancer Awareness Month**
- 10 **Self Care: The secret to ending struggle...**  
by Danielle Sax
- 12 **Graceful Ageing: Navigating Health Challenges For Older Men**
- 14 **Mastering the Art of Managing Stimuli: Empower Your Response in Life Events** by Wolfgang Sonnenburg with Greta Gericke
- 16 **Breaking News: The mystery of the recent Maui wildfire**
- 18 **The Janey Loves Platinim Award Winners**
- 22 **Planting the seeds of change**  
by Trish Beaver-Guy
- 26 **The Parrot on your shoulder** by Niki Cassar
- 28 **Ageing is a choice - Part 9: Replacing This with That...** by Robert Manni
- 31 **Medical Marvel Moments, Weird & Wonderful Facts** by Amanda Thomas
- 32 **Talk Thyroid: Graves Disease** by Helen Chambers
- 34 **Promises to Keep... Darn It!** by Mark Goulston
- 36 **Addiction: AA Step by Step - Unmanageability**  
by Louise F.
- 38 **Fusobacterium, Endometriosis & the vaginal microbiome** by ScreenMe
- 40 **The Direct Experience of 5D** by Giulio Consiglio
- 42 **When Medicare thinks you're dead... but you're not** by The Elliott Sisters

6

Health Focus:  
Breast Cancer  
Awareness Month

12

Graceful Ageing:  
Navigating Health  
Challenges For Older Men

34

Life Lesson:  
Promises to Keep... Darn It!

46

I AM WELLness Moments Podcast at a  
glance... by Carly Chamberlain

48

How To Improve Focus and Concentration  
by Ken D Foster

50

Poetry Corner: Original life-affirming poetry  
by Barry Graham to celebrate the 90th Birthday  
of his Aunt, Joyce Grayson

52

Anti Ageing Alternatives: A Holistic Skincare  
Guide by Sarah Brown

56

Meet the Team - New show by Jarvis Smith:  
Lean Into Clean

58

Yes to Life Robin Daly's recent guests on  
the Yes to Life Show

66

TV & Movie Reviews

68

Programme Schedule

22

Planting  
the seeds  
of change

46

Talk Thyroid:  
Graves Disease

48

How To Improve Focus  
and Concentration

# Breast Cancer Awareness Month

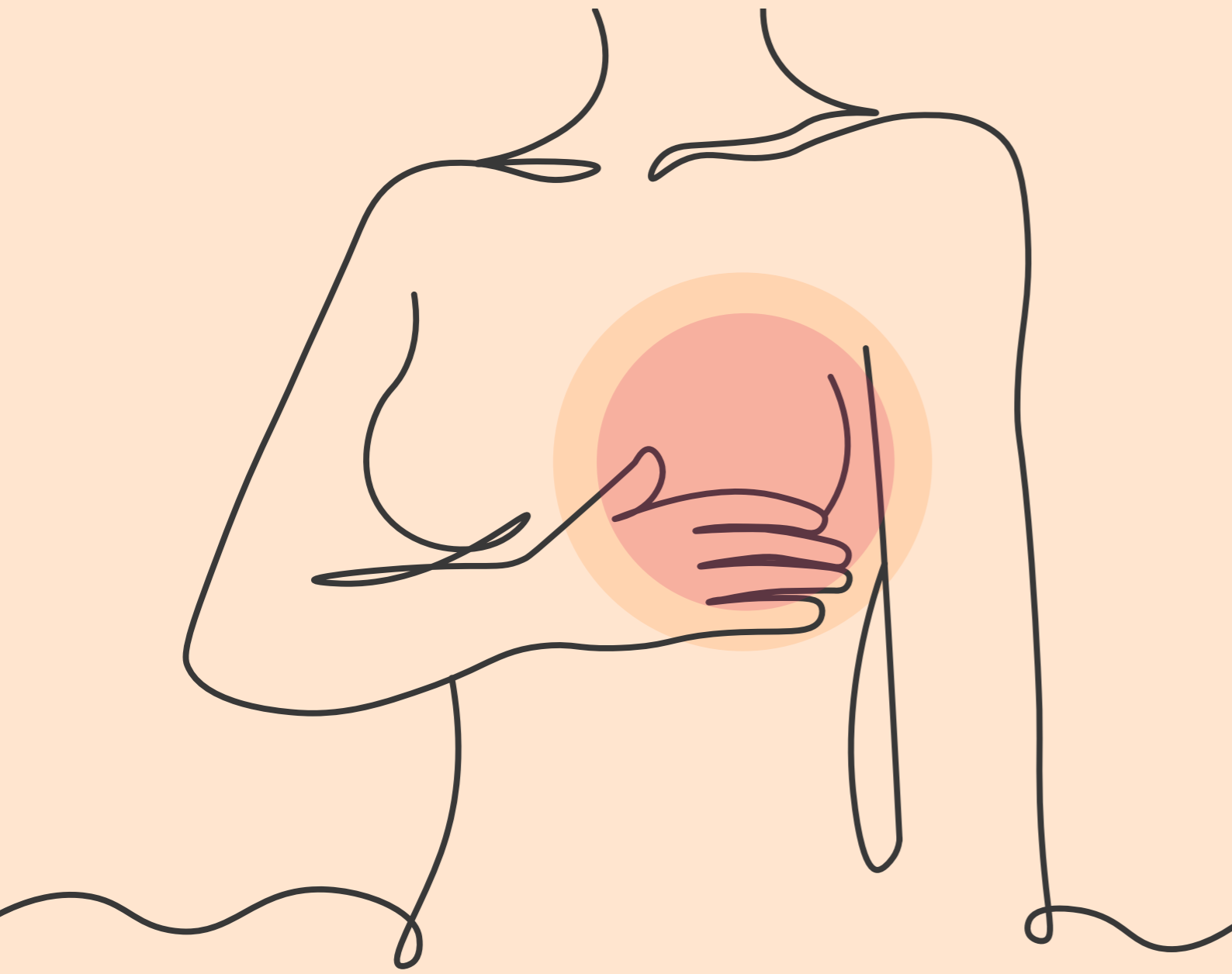


Image: Adobe Stock

**B**reast cancer is the most common type of cancer in the UK. Most women diagnosed with breast cancer are over the age of 50, but younger women can also get breast cancer.

About 1 in 7 women are diagnosed with breast cancer during their lifetime. There's a good chance of recovery if it's detected at an early stage.

For this reason, it's vital that women check their breasts regularly for any changes and always have any changes examined by a GP.

In rare cases, men can also be diagnosed with breast cancer.

### SYMPTOMS OF BREAST CANCER

Breast cancer can have several symptoms, but the first noticeable symptom is usually a lump or area of thickened breast tissue.

Most breast lumps are not cancerous, but it's always best to have them checked by a doctor.

You should also see a GP if you notice any of these symptoms:

- a change in the size or shape of one or both breasts
- discharge from either of your nipples, which may be streaked with blood
- a lump or swelling in either of your armpits
- dimpling on the skin of your breasts
- a rash on or around your nipple
- a change in the appearance of your nipple, such as becoming sunken into your breast

Breast pain is not usually a symptom of breast cancer.

### CAUSES OF BREAST CANCER

The exact causes of breast cancer are not fully understood. However, there are certain factors known to increase the risk of breast cancer.

These include:

- age – the risk increases as you get older
- a family history of breast cancer
- a previous diagnosis of breast cancer
- a previous non-cancerous (benign) breast lump
- being tall, overweight or obese
- drinking alcohol

### DIAGNOSING BREAST CANCER

After examining your breasts, a GP may refer you to a specialist breast cancer clinic for further tests. This might include breast screening (mammography) or taking a small sample of breast tissue to be examined under a microscope (a biopsy).

### TYPES OF BREAST CANCER

There are several different types of breast cancer, which develop in different parts of the breast.

Breast cancer is often divided into either:

- **non-invasive breast cancer (carcinoma in situ) – found in the ducts of the breast (ductal carcinoma in situ, or DCIS) which has not spread into the breast tissue surrounding the ducts. Non-invasive breast cancer is usually found during a mammogram and rarely shows as a breast lump.**
- **invasive breast cancer – where the cancer cells have spread through the lining of the ducts into the surrounding breast tissue. This is the most common type of breast cancer.**

Other, less common types of breast cancer include:

- **invasive (and pre-invasive) lobular breast cancer**
- **inflammatory breast cancer**
- **Paget's disease of the breast**

It's possible for breast cancer to spread to other parts of the body, usually through the blood or the axillary lymph nodes. These are small lymphatic glands that filter bacteria and cells from the mammary gland.

If this happens, it's known as secondary, or metastatic, breast cancer.

### BREAST CANCER SCREENING

Mammographic screening, where X-ray images of the breast are taken, is the most commonly available way of finding a change in your breast tissue (lesion) at an early stage.

However, you should be aware that a mammogram might fail to detect some breast cancers.

It might also increase your chances of having extra tests and interventions, including surgery, even if you're not affected by breast cancer.

Women with a higher-than-average risk of developing breast cancer may be offered screening and genetic testing for the condition.

As the risk of breast cancer increases with age, all women who are 50 to 70 years old are invited for breast cancer screening every 3 years.

Women over the age of 70 are also entitled to screening and can arrange an appointment through their GP or local screening unit.

The NHS is in the process of extending the programme as a trial, offering screening to some women aged 47 to 73.

### TREATING BREAST CANCER

If cancer is detected at an early stage, it can be treated before it spreads to other parts of the body.

Breast cancer is treated using a combination of:

- **surgery**
- **chemotherapy**
- **radiotherapy**

Surgery is usually the first type of treatment you'll have, followed by chemotherapy or radiotherapy or, in some cases, hormone or targeted treatments.

The type of surgery and the treatment you have afterwards will depend on the type of breast cancer you have. Your doctor should discuss the best treatment plan with you.

In a small proportion of women, breast cancer is discovered after it's spread to other parts of the body [metastatic breast cancer].

Secondary cancer, also called advanced or metastatic cancer, is not curable, so the aim of treatment is to relieve symptoms.

### LIVING WITH BREAST CANCER

Being diagnosed with breast cancer can affect daily life in many ways, depending on what stage it's at and the treatment you will have.

How people cope with the diagnosis and treatment varies from person to person. There are several forms of support available, if you need it.

Forms of support may include:

- **family and friends, who can be a powerful support system**
- **communicating with other people in the same situation**
- **finding out as much as possible about your condition**
- **not trying to do too much or overexerting yourself**
- **making time for yourself**

### PREVENTING BREAST CANCER

As the causes of breast cancer are not fully understood, at the moment it's not possible to know if it can be prevented.

If you have an increased risk of developing the condition, some treatments are available to reduce your risk.

Studies have looked at the link between breast cancer and diet. Although there are no definite conclusions, there are benefits for women who:

- **maintain a healthy weight**
- **exercise regularly**
- **have a low intake of saturated fat**
- **do not drink alcohol**

It's been suggested that regular exercise can reduce your risk of breast cancer by almost as much as a third. Regular exercise and a healthy lifestyle can also improve the outlook for people affected by breast cancer.

If you've been through the menopause, it's particularly important that you try to get to, and maintain, a healthy weight.

This is because being overweight or obese causes more oestrogen to be produced, which can increase the risk of breast cancer.

# “The secret to ending struggle...”

by Danielle Sax  
[www.daniellesax.com](http://www.daniellesax.com)



Last month I interviewed **Derek Rydell** and we talked about stress, struggle and how to deal with it. It was such an interesting and inspiring conversation that I decided to write about some core content around what we discussed.

You can listen to it on the **UK Health Radio** website as well, it is worth your time!

Derek often delves into the spiritual and transformational dimensions of life. He teaches that

your outer world reflects your inner world, and this principle applies beautifully to a Buddhist quote he stated that illustrates a profound lesson for all of us:

***“Pain is inevitable, but suffering is optional.”***

This saying points to a fundamental principle that can change your life right here and right now if you choose so. It suggests that suffering is a matter of perspective and attitude, not a fixed outcome of pain...

Image: Adobe Stock

## BREAKING NEWS

### THE MYSTERY OF THE RECENT MAUI WILDFIRE

On August 8 2023, the shoreline of Lahaina was ravaged by a savage wildfire, which completely destroyed hundreds of houses and motor vehicles. It also took the lives of a currently unknown number of people, including literally hundreds of children and young people.

This ‘natural’ tragedy in the South Pacific has now been overtaken by other natural disasters, first in Morocco and then in Libya.

In all three cases, there are two common factors - the terrifying force of nature and the failure of governance to keep pace with the climate-changing risks to life and health.

In the case of Maui, there are also several curious anomalies...



# Graceful Ageing: Navigating Health Challenges For Older Men

**G**one are the days when men's health was solely equated with physical prowess. The modern understanding of wellbeing encompasses bodily strength, mental resilience, and emotional equilibrium.

This holistic approach recognises that a sound mind best complements a strong body. Older men must cultivate emotional wellbeing alongside physical vitality in an era where emotional intelligence is celebrated as much as physical power...



# WINNERS

September saw the announcement at **Hello Love** in Bloomsbury for the winners in our **Platinum Awards**, honouring outstanding brands and remarkable achievements in the natural, organic, and eco-conscious sector. It's great to see how this community continues to grow and thrive.

A huge thanks to **UK Health Radio** and **Health Triangle Magazine** for supporting us, and of course to our **judges Jo Wood, Carrie Grant, Glynis Barber**. And me!

Our awards celebrate not just skincare and beauty but also health and wellbeing, mother and baby, home and garden. We even have categories for therapists, coaches, practitioners, and authors of wellbeing and spiritual books. Here are just some of our winners in case it's time to shake up your skincare routine, or try some innovative supplements...



# Fusobacterium, Endometriosis & the vaginal microbiome

screen*me*

"The presence of  
'good' bacteria  
generates a  
balanced vaginal  
microbiome..."



## THE EVOLUTION OF CANCER TREATMENT: FROM CONVENTIONAL TO IMMUNOTHERAPY

by **Dr Adeel Khan**

Cancer, a relentless adversary, has long been the focus of intensive research and medical innovation. In the battle against this formidable foe, Western medicine has primarily relied on two pillars: chemotherapy and surgery. However, the dawn of immunotherapy has opened new avenues for cancer treatment, challenging the conventional standards of care.

Chemotherapy and surgery have been the bedrock of cancer treatment for decades. Chemotherapy, often referred to as 'chemo', involves the use of potent drugs that target and destroy rapidly-dividing cancer cells throughout the body. Surgery, on the other hand, entails the physical removal of tumours when feasible. These two methods have saved countless lives and continue to be crucial tools in the oncologist's arsenal...





Subscribe  
to the current & all  
previous issues  
by clicking  
**HERE**