

Health

120/February 2024

Triangle

The official e-mag of
UK Health Radio



Health Focus: **CHILDREN'S TEETH**

The Therapeutic Chill:
Exploring the Science and
Benefits of Ice Bathing

HOW TO MAKE A DIFFERENCE IN THE WORLD

by Ken D Foster

Love Your Heart

Tips for
Cardiovascular
Wellness this
February

**BREAKING
NEWS**
EXCESS DEATHS
POST PANDEMIC

The Yes To Life Show
CANCER
The Emotional
Health Journey

by Dr Olivia Lesslar

"The sky takes on shades of orange during sunrise and sunset – the color that gives you hope that the sun will set only to rise again."

Ram Charan

Editor's Note:

This Month ▲

"EVENTS, DEAR BOY, EVENTS!"

These words famously phrased the dire warning given to Harold Macmillan when he was UK Prime Minister in the mid 20th Century.

Today, towards the end of the first quarter of the 21st Century, we now face more major elections worldwide than ever before, as well as more potentially threatening 'events' than ever before. Whatever else, it will not be dull!

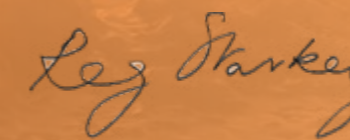
This bumper issue of Health Triangle Magazine remains totally apolitical. We are concerned exclusively with your health and personal well-being - from cradle to grave! NHS focuses on daily dental health from Milk Teeth onwards.

J J Stenhouse provides her personal tribute to her recently departed friend and outstanding co-presenter Dr Mark Goulston. Poetry Corner features a poem by Longfellow entitled 'The Tide rises, the Tide falls' suggesting an unchanging constancy. Yet the water is less cold now than it was when the poem was written - but still cold enough to consider the benefits of an Ice Swim.

Change is not always for the better! And the air is more polluted than when the poem was written - yet contributors contend that a thoughtful diet can reduce its impact, as can proprietary gels.

The importance of both Sleep and Silence are also fully recognised. The power of the heart and mind are totally acknowledged.

There is a lot to read, a lot to consider. The tide rises, the tide falls.



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UK Health Radio's e-magazine
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Health
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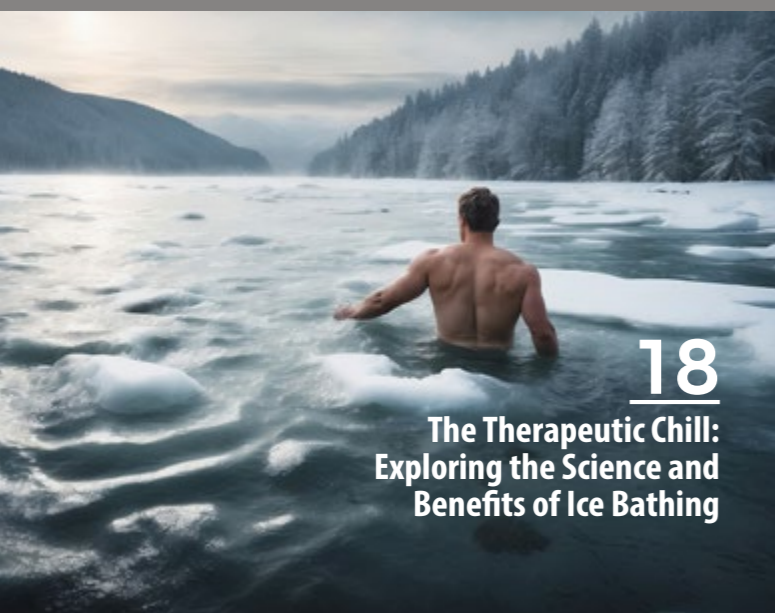
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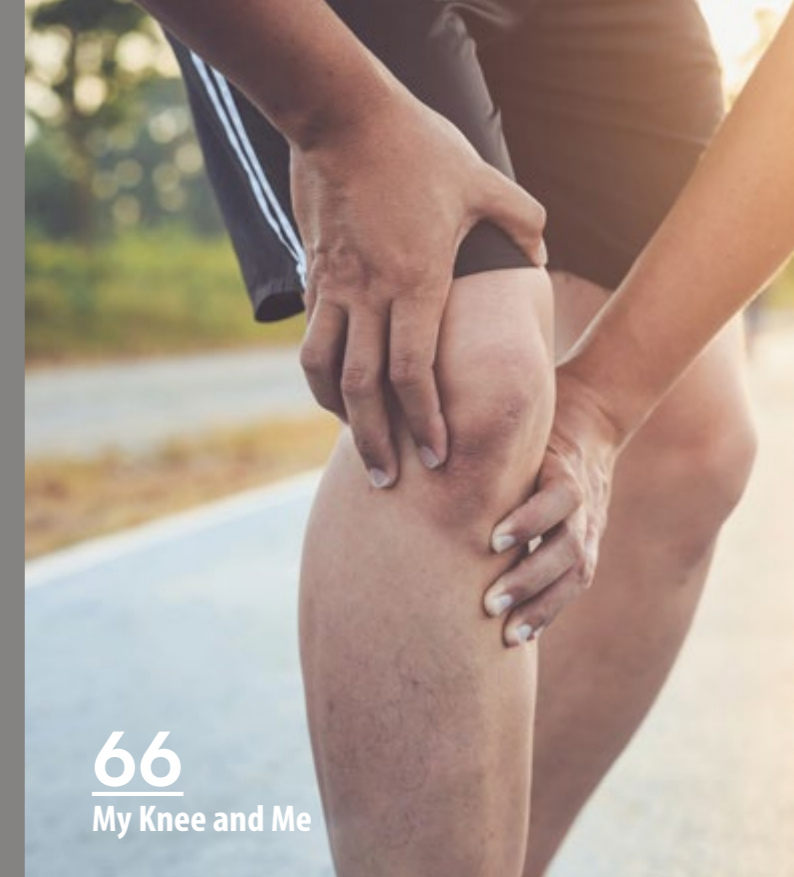
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Yes to Life: Cancer – the
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Children's teeth



From brushing their first tooth to their first trip to the dentist, here's how to take care of your children's teeth. A regular teeth-cleaning routine is essential for good dental health. Follow these tips and you can help keep your kids' teeth decay-free.

TOOTHBRUSHING TIPS

It's important to use a fluoride toothpaste, as this helps prevent and control tooth decay.

Children aged up to 3 years

- Start brushing your baby's teeth as soon as the first milk tooth breaks through (usually at around 6 months, but it can be earlier or later).
- Parents or carers should brush the teeth.
- Brush teeth twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and on 1 other occasion.
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) unless a dentist advises family toothpaste containing between 1,350ppm and 1,500ppm fluoride.
- Use only a smear of toothpaste.
- Make sure children don't eat or lick toothpaste from the tube.



Smear of toothpaste

Children aged 3 to 6 years

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion.
- Parents or carers should brush the teeth.
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) unless a dentist advises family toothpaste containing between 1,350ppm and 1,500ppm fluoride.
- Use only a pea-sized amount of toothpaste.
- Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.



Pea-sized blob of toothpaste

Children aged 7 and over

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion.
- Use fluoride toothpaste containing between 1,350ppm and 1,500ppm of fluoride (check label).
- Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.

Children aged 7 and over should be able to brush their own teeth, but it's still a good idea to watch them to make sure they brush properly and for about 2 minutes.



HOW TO HELP CHILDREN BRUSH THEIR TEETH PROPERLY

- Guide your child's hand so they can feel the correct movement.
- Use a mirror to help your child see exactly where the brush is cleaning their teeth.
- Make tooth brushing as fun as possible by using an egg timer to time it for about 2 minutes.
- Don't let children run around with a toothbrush in their mouth, as they may have an accident and hurt themselves.
- Taking your child to the dentist
- NHS dental care for children is free.
- Take your child to the dentist when their first milk teeth appear. This is so they become familiar with the environment and get to know the dentist. The dentist can advise you on how to prevent decay and identify any oral health problems at an early stage. Just opening up the child's mouth for the dentist to take a look at is useful practice for the future.
- When you visit the dentist, be positive about it and make the trip fun. This will stop your child worrying about future visits.
- Take your child for regular dental check-ups as advised by the dentist.

FLUORIDE VARNISH AND FISSURE SEALANTS

Fissure sealants can be done once your child's permanent back teeth have started to come through (usually at the age of about 6 or 7) to protect them against decay. This is where the chewing surfaces of the back teeth are covered with a special thin plastic coating to keep germs and food particles out of the grooves. The sealant can last for as long as 5 to 10 years.

Fluoride varnish can be applied to both baby teeth and adult teeth. It involves painting a varnish that contains high levels of fluoride onto the surface of the tooth every 6 months to prevent decay. Some children may need this more often. It works by strengthening tooth enamel, making it more resistant to decay.

From the age of 3, children should be offered fluoride varnish application at least twice a year. Younger children may also be offered this treatment if your dentist thinks they need it.

The Therapeutic Chill: Exploring the Science and Benefits of Ice Bathing

In a world that often emphasises the warm and comforting, there's a growing fascination with the power of embracing the cold. Ice bathing, an ancient practice with roots in various cultures, has found a resurgence in modern wellness circles. This article dives into the science behind ice bathing, its historical context, and the myriad benefits it offers for both body and mind...



▲ Evolution of Love

Valentine's Day: A Journey through Time and Love



Valentine's Day, with its intricate tapestry woven from ancient traditions and romantic tales, is a celebration that has transcended centuries, evolving into a complex cultural phenomenon. Its roots can be traced back to the Roman festival of Lupercalia, a celebration of fertility and purification. In the 5th century, Pope Gelasius I transformed this pagan festival into a Christian occasion by declaring February 14th as St. Valentine's Day, honouring two martyrs named Valentine...

Government must act to fund research into **Thyroid Disease** and YOU can help!

▲ Thyroid Focus

by **Dr Pete Taylor**, Clinical Senior Lecturer and Consultant Physician



The Thyroid Trust is a UK registered thyroid charity led by patients but who work closely with medics and researchers.



Dr **Pete Taylor** is a Clinical Senior Lecturer and Consultant Physician specialising in diabetes and endocrinology at Cardiff University and the University Hospital of Wales. He has received awards at both national and international conferences for his work and has over 60 publications in journals including The Lancet and JAMA. Here he explains why it was so important that he set up a parliamentary petition on behalf of his patients, and how you can help....

AGEING IS A CHOICE

GIVING UP ALCOHOL, AND GAINING SOMETHING NEW

by Robert Manni

PART 12



Let's face it. Our culture is fuelled by alcohol. Whether it's a celebration, business dinner, meeting friends to watch a game, or even a quiet night at home, alcohol is too often part of the routine—and that can be a problem as we age. The cumulative effects of drinking are not good for you. Studies consistently show that long term use of alcohol can lead to high blood pressure, heart disease, stroke, liver disease, and digestive issues. Yet, the wheels of our culture continue to be lubricated by alcohol-friendly activities. It took me a long time to come to this conclusion, but as we age, if we are not careful, our relationship with alcohol can become the seeds of our demise. Allow me to tell you a story...

I worked in the wine and spirits business at Madison Avenue's top advertising agencies and over the years I attended countless business dinners and industry-related events. Believe me, I learned how ...

"... long term use of alcohol can lead to high blood pressure, heart disease, stroke, liver disease, and digestive issue"

Manifestation and the Quantum Field

by Niki Cassar

In this article, I'm going to talk about the power of manifestation through the 'quantum field'. If you aren't familiar with this term, a simple explanation is that the quantum field is the space where anything is possible, and your thoughts and corresponding emotions create your reality. According to Dr. Joe Dispenza, "It is an invisible field of energy and information that exists beyond space and time. Nothing physical or material exists there. It's beyond anything you can perceive with your senses." I like to call it 'the field of infinite possibilities' and I know that when I'm doing QHHT sessions with my clients, I am helping them to connect with the quantum field.

We're told that affirmations used repetitively are an effective way of achieving goals. The problem is that most people repeat affirmations monotonously, whilst thinking about something else. After a while, when the affirmations don't work, they just give up...





The role of pelvic floor for the vaginal microbiome

screenme

What exactly is the pelvic floor? For those with vaginas - the pelvic floor is the group of muscles that support the uterus, bladder & bowel¹.

WHAT ISSUES ARE ASSOCIATED WITH POOR PELVIC HEALTH?

Weak pelvic floor muscles are associated with a range of different concerns including:

Pelvic organ prolapse (POP)

- This is where one or more of the pelvic organs descends from their original position and bulge into the vagina. This can cause pain and/or discomfort².

Incontinence

- This is the involuntary loss of urine and/or faeces

Vaginal laxity (VL)

- Is the feeling of looseness around the vagina. This often occurs prior to POP

WHAT IMPACTS MY PELVIC HEALTH?

There are a range of different reasons as to why your pelvic floor strength may decrease. This includes ...



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