

Health Triangle

The official e-mag of
UK Health Radio



Health Focus: ACUPUNCTURE

How To Cope With Injury Depression

by Ken D Foster

World No Tobacco Day Combating the Global Tobacco Epidemic

BREAKING NEWS

Recent
report finds
Pfizer at fault
on five different
counts.

UNDERSTANDING HYPERTENSION: A Silent Threat to Health

WE EMPOWER: Together for a Sustainable Future by Prof. Dr. Anabel Ternès



The Yes To Life Show

TRAUMA, CANCER AND DISEASE





“May is the month of expectation, the month of wishes, the month of hope.”
- Emily Brontë -

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

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Health
Triangle

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Editor's Note:

This Month ▲
THE DARLING BUDS OF MAY!

This edition of Health Triangle Magazine is absolutely bursting with fresh ideas! Starting with not one set of AWARDS but two!

Janey Lee Grace provides a sneak preview of her Platinum Awards, while UK Health Radio makes its first public announcement of its latest HEALTH AWARDS, bigger and better than ever before! Then you'll find the regular NHS feature strides into Complementary Alternative Medicine with a fascinating piece on Acupuncture.

Joanne Lee's piece on Divine Mysteries is a spirited argument for a return to a 13 month calendar, pre-Gregorian and naturally female.

Robert Manni fulfils his promise to share his enthusiasm for Transcendental Meditation.

In their piece on Dementia, u3a introduces us to a colourful character, with impressive medical credentials, called Sir John Armstrong Muir Gray, who has written several books including one called 'Sod 70!'

In Yes to Life, Dr Robert B. Ellis's Witches of Cancer is a particularly rewarding read.

Peter Nichols' new book 'Granite Harbor' is now out and definitely out of the ordinary.

Elsewhere you will find Amanda Thomas with more facts to surprise you. [Did you know that Pickle Ball is the fastest growing sport in America?!]

Plus seasonal recipes, gardening and all kinds of other good ideas, old and new.

This must be the most promising time of the year, every year - whatever's going on anywhere else.

Enjoy the brighter light and the shorter nights!

And please do get involved in the AWARDS...

Reg Starkey
Editor



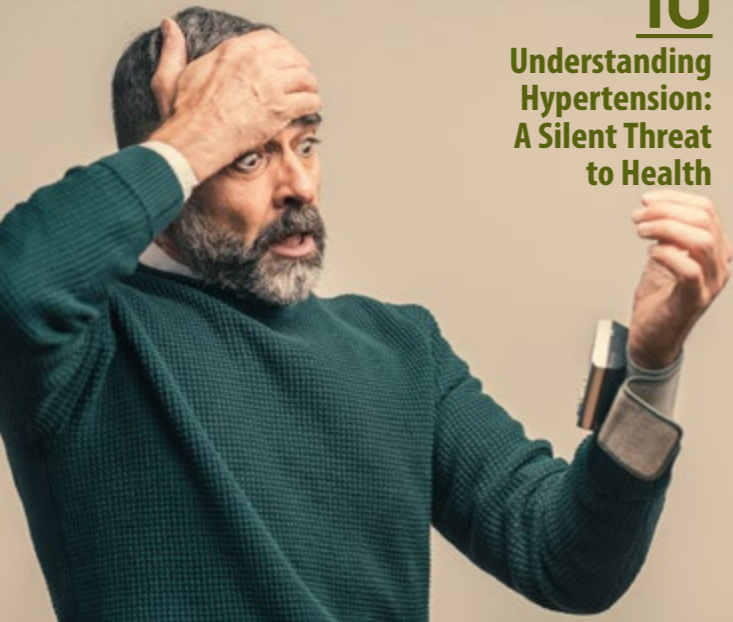
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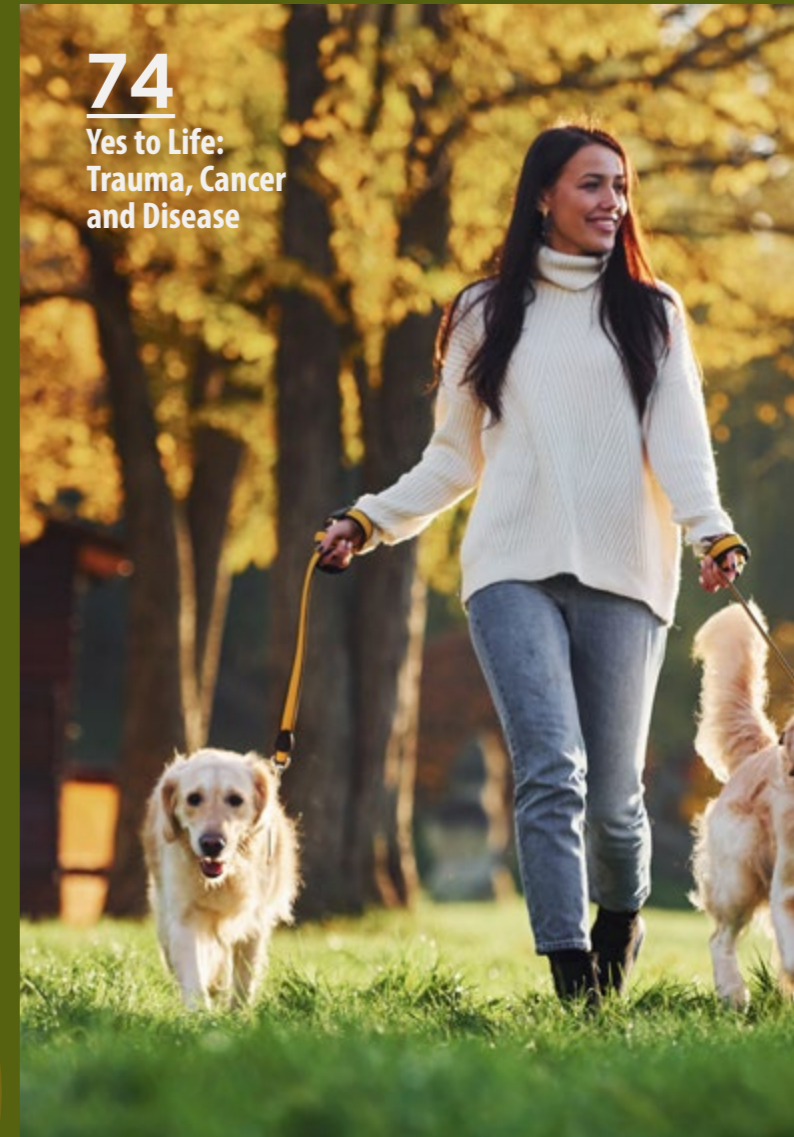


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and Disease



Acupuncture



Acupuncture is a treatment derived from ancient Chinese medicine. Fine needles are inserted at certain sites in the body for therapeutic or preventative purposes.

It is used in many NHS GP practices, as well as in most pain clinics and hospices in the UK.

Acupuncture is often seen as a form of complementary or alternative medicine (CAM).

HOW ACUPUNCTURE WORKS

Western medical acupuncture (dry needling) is the use of acupuncture following a medical diagnosis. It involves stimulating sensory nerves under the skin and in the muscles.

This results in the body producing natural substances, such as pain-relieving endorphins. It's likely that these naturally released substances are responsible for the beneficial effects experienced with acupuncture. A course of acupuncture is usually recommended because it can take a few sessions for you to see improvements.

Traditional acupuncture is based on the belief that an energy, or "life force", flows through the body in channels called meridians. This life force is known as Qi (pronounced "chee").

Practitioners who use acupuncture in the traditional way believe that when Qi does not flow freely through the body, this can cause illness. They also believe acupuncture can restore the flow of Qi, and so restore health.

USES OF ACUPUNCTURE

Acupuncture practitioners – sometimes called acupuncturists – use acupuncture to treat a wide range

of health conditions. However, the use of acupuncture is not always based on rigorous scientific evidence.

The National Institute for Health and Care Excellence (NICE) provides guidelines for the NHS on the use of treatments and care of patients.

Currently, NICE only recommends considering acupuncture as a treatment option for:

- **chronic (long-term) pain**
- **chronic tension-type headaches**
- **migraines**
- **prostatitis symptoms**
- **hiccups**

Acupuncture is also often used to treat other conditions and symptoms, including:

- **joint and muscle pain**
- **jaw pain**
- **cancer symptoms such as pain**
- **side effects of cancer treatment such as feeling or being sick from chemotherapy**
- **feeling sick or being sick after surgery**

However, the evidence on the effectiveness of acupuncture compared with other treatments is unclear.

ACUPUNCTURE ON THE NHS

Acupuncture is sometimes available on the NHS, most often from GP surgeries or physiotherapists, although access is limited.

Most acupuncture patients pay for private treatment. The cost of acupuncture varies widely between practitioners.

If you're being treated by an acupuncture practitioner for a health condition or are considering having acupuncture, it's advisable to discuss this with your GP.

HOW ACUPUNCTURE IS PERFORMED

An initial acupuncture session usually lasts 20 minutes to 1 hour and involves an assessment of your general health, medical history and a physical examination, followed by insertion of the acupuncture needles.

Courses of treatment often involve several separate sessions, but this can vary.

INSERTION OF THE NEEDLES

The needles are inserted into specific places on the body, which practitioners call acupuncture points.

During the session, you'll usually be asked to sit or lie down. You may also be asked to remove some clothes so the practitioner can access certain parts of your body.

The needles used are very fine and are usually a few centimetres long. They should be single-use, pre-sterilised needles that are disposed of immediately after use.

Acupuncture practitioners choose specific points to place the needles based on your condition. Several points may be used during a typical session, depending on the number of symptoms you have.

The needles may be inserted just under the skin, or deeper so they reach muscle. Once the needles are in place, they may be left in position for a length of time lasting from a few minutes up to around 30 minutes.

You may feel a tingling or a dull ache when the needles are inserted but you should not experience any significant pain. If you do, let your practitioner know straight away.

ACUPUNCTURE SAFETY AND REGULATION

There's no statutory regulation of acupuncture in England.

If you choose to have acupuncture, it is recommended that you check the acupuncture practitioner is either a regulated healthcare professional such as a doctor, nurse or physiotherapist or a member of a national acupuncture organisation.

When it's done by a qualified practitioner, acupuncture is generally very safe.

Some people experience mild, short-term side effects such as:

- **pain where the needles puncture the skin**
- **bleeding or bruising where the needles puncture the skin**
- **drowsiness**
- **feeling sick**
- **feeling dizzy or faint**

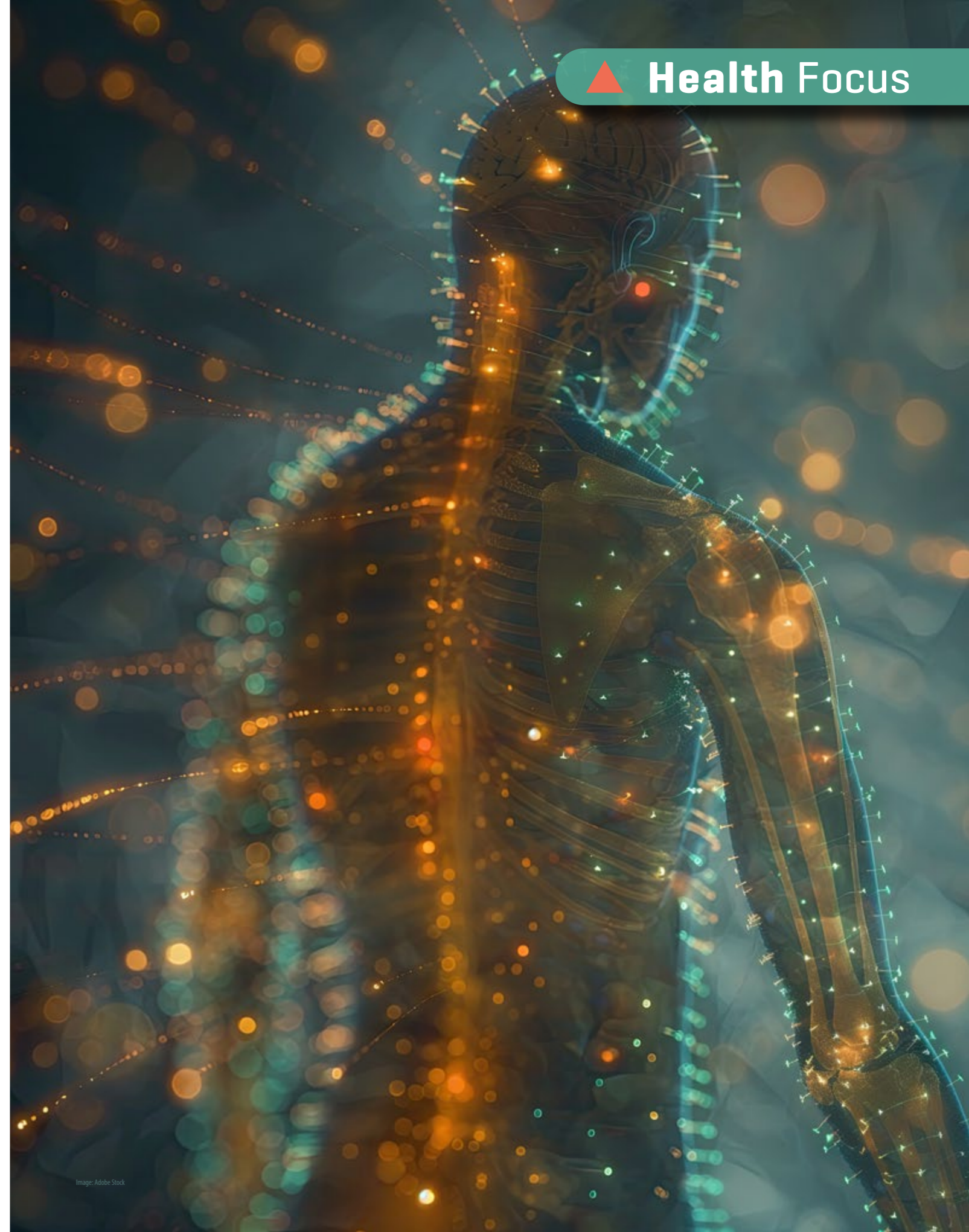
Serious side effects such as a punctured lung or infection are very rare.

If you have a bleeding disorder, such as haemophilia, or are taking any medicines such as anticoagulant medicine, talk to your GP or acupuncture practitioner before you have acupuncture.

Acupuncture is also not usually advised if you have a metal allergy or an infection in the area where needles may be inserted.

It's generally safe to have acupuncture when you're pregnant. However, let your acupuncture practitioner know if you're pregnant because certain acupuncture points cannot be used safely during pregnancy.

www.nhs.uk



▲ Self Care

The Vital Role of Self-Care in MOTHERHOOD

by Danielle Sax
www.daniellesax.com

Motherhood is a journey filled with boundless love, immeasurable joy, and unforgettable moments. However, as I have experienced myself (and still do every day) it also comes with its fair share of challenges that can often leave mothers feeling overwhelmed, exhausted, and stretched thin.

From sleepless nights and endless responsibilities to outside pressures and self-doubt, the challenges of motherhood are diverse and multifaceted. During these challenges, one crucial aspect often overlooked is the importance of self-care...

"Self-care encompasses a wide range of practices aimed at nurturing one's physical, emotional, and mental health."



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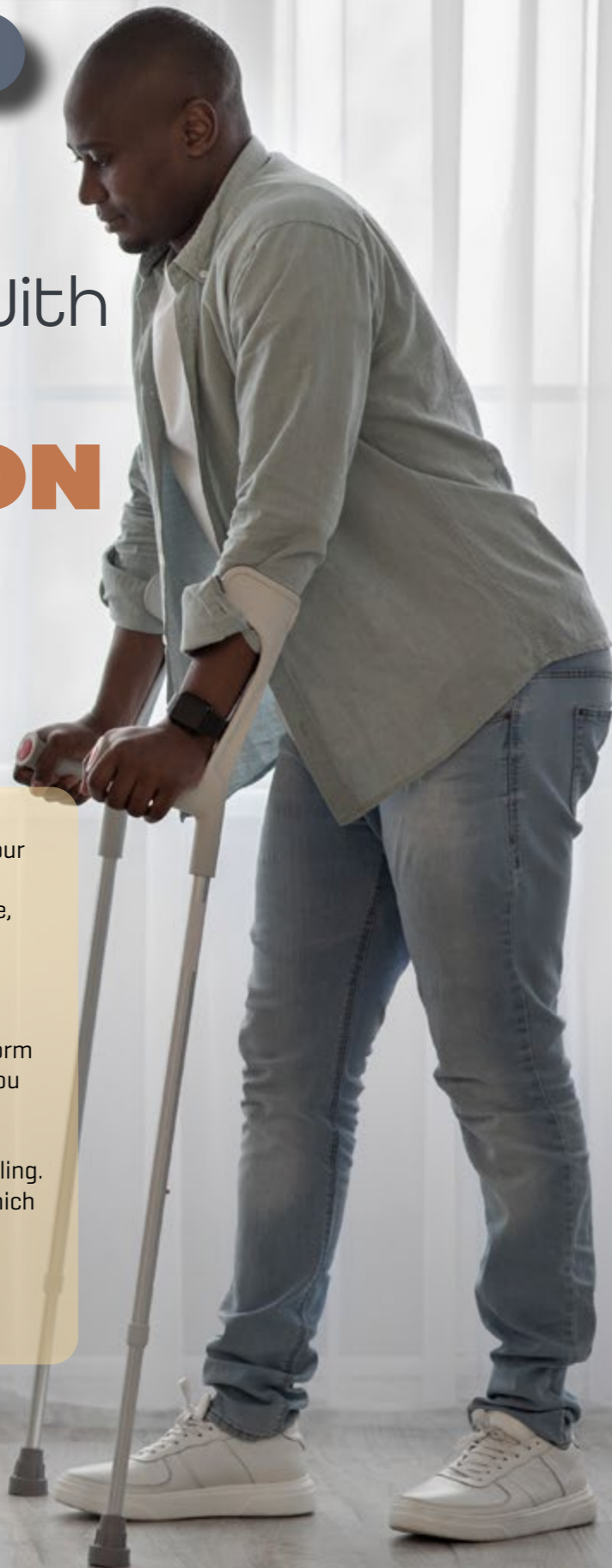
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How To Cope With **INJURY DEPRESSION**

by Ken D Foster



Injuries are inevitable. They aren't just physical setbacks but can also impact your mental health. They lead you to a state known as injury depression. In this article, let's discuss how to cope with it.

1. ACCEPTANCE

Acceptance is the first step to coping with injury depression. While injured, you won't be able to perform your day-to-day activities like before. It can make you frustrated and angry but just accept the situation. Your mind and body are interconnected, and psychological well-being can influence physical healing. Acceptance will give you a more positive outlook, which can help your body heal quicker from the injury.

2. SET REALISTIC GOALS

Set realistic goals for your recovery...

BREAKING NEWS

RECENT REPORT FINDS PFIZER AT FAULT ON FIVE DIFFERENT COUNTS

A recent **PMPCA** report (*Prescription Medicines Code Authority*) written in response to a Covid 19-related complaint, found Pfizer in breach of the current UK code of practice on no fewer than five occasions.

The report's conclusion was that Pfizer had brought discredit onto the pharmaceutical industry by failing to comply with the high standards set by the code.

Specifically the panel found Pfizer guilty of the following unauthorised activities...





Group B Strep (GBS) What you should know

screenme

WHAT IS IT?
GBS is a type of bacteria that can live either in the rectum or the vagina. This means any gender can have this bacteria present.

HOW COMMON IS GBS?
Very common.
2 to 4 women out of 10 will have GBS.

IS GBS A HEALTH CONCERN?
Usually, no. In fact, many will not even realise that they have Group B Strep present. However, this can become a concern if it develops in to GBS disease.

WHEN DOES GBS BECOME A PROBLEM?
GBS becomes a concern if it develops and causes what is known as GBS disease. This most commonly impacts one of the following vulnerable populations...

"Often GBS infection goes unnoticed in people..."



Living Freely: *Merging the Essence of Healing with Spiritual Awakening*

by Rev. Sheila B. Tillich

In the heart of today's rapidly changing world, where the energy shifts as swiftly as the tides, there lies a profound journey for many—from the depths of trauma to the peaks of spiritual awakening. This transformation is not just about transcending our past, but about embracing a lifestyle that is heart-centred, positive, and deeply authentic. It's about living freely, a concept that, while seemingly simple, holds layers of complexity and beauty that are essential for our times.

Living freely is an art form, a delicate balance of being true to oneself while allowing peace, joy, and compassion to flow in our lives with purposeful serenity. It's about standing firm in our purpose, power, and mission, and extending a hand to help others do the same. This transformation requires us to shed the cocoon of old, life-limiting beliefs, behaviours, and programming that have kept us bound, allowing us to emerge like a butterfly—free, authentic, transparent, and purposeful...

▲ Thyroid Focus

The month of May hosts ITAW (International Thyroid Awareness Week) 25th-31st May and World Thyroid Day on the 25th May 2024 so what better time to raise awareness of all things thyroid.

This year the organisers of the above awareness campaign, Thyroid Federated International, have selected the theme, Thyroid Diseases are NCDs. Non-Communicable Diseases (NCDs), also known as chronic diseases, include cardiovascular diseases (such as heart attacks and stroke), cancers, chronic respiratory diseases (such as chronic obstructive pulmonary disease and asthma), diabetes, and mental health disorders (the main 5x5 approach), but there are other important conditions like thyroid diseases that also need to be addressed and included into NCDs.

Why is it important to include thyroid diseases in non-communicable diseases?

...

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

International Thyroid Awareness Week 2024

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