

Health Triangle

127/September 2024

The official e-mag of
UK Health Radio



Health Focus:
LICHEN SCLEROSUS

**THE POWER OF
POSITIVITY**

by Prof. Dr. Anabel Ternès von Hattburg

**Ethical Wellness
for Every Stage**

by Janey Lee Grace

**BREAKING
NEWS**

Type 2 Diabetes
already costs
the NHS £
Billions every
year

**WHAT TO EAT WITH A
CANCER DIAGNOSIS?**

by Kirsten Chick

TALK THYROID
Is thyroid cancer
the "good cancer"?

**How to
Become
Rich and
Famous**

by Ken D Foster



“A fallen leaf
is nothing
more than
a summer’s
wave
goodbye.”
– Unknown –



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

CEO UK Health Radio
Johann Ilgenfritz

Editor
Reg Starkey

Creative Director
Raphaella Reeb



Health
Triangle

© Copyright 2012-2024 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 ▲

“SEASON OF MISTS AND MELLOW FRUITFULNESS...”

The English romantic poet, John Keats, published his ode to autumn in September 1819 - over 200 years ago! He was just 23 when he wrote it and only 25 when he died.

The more things change, the more they remain the same? Superficially, perhaps.

The seasons remain the same but the climate has changed significantly and so have the pesticides.

Food production has become ultra processed so that most 'ordinary' food tastes pleasant and is affordable, yet it is far less nutritious and now potentially toxic. Obesity is now a massive problem, literally, while Type 2 Diabetes is a huge yet largely preventable condition.

Breaking News adds figures to that topic while the Gardening and Recipe sections offer healthy organic alternatives.

Diet, exercise and mental health - it's not rocket science. Healthy body, healthy mind - the concept is available to all of us.

The power of the mind to focus in order to solve problems or to achieve goals is explored in several places in this issue.

Hypnotherapy comes up quite surprisingly in Yes to Life as well as from Niki Cassar. Likewise diet comes up in Breaking News and also in Yes to Life. Positivity comes up in a variety of different articles including Ken D Foster's master class, with its disciplined SMART objectives in search of fame and fortune.

However you choose to use it, a wealth of opportunities awaits you...

However you choose to use it, a wealth of opportunities awaits you...

Reg Starkey
Editor





6
Health Focus:
Lichen Sclerosus



12
Holiday's Over:
How to Stay Stress-Free
in Your Everyday Life



24
September Foods:
What's in Season
and What Should
Be on Your Plate

▲ Contents

Issue 127
September 2024

- 3 Editorial**
- 6 Health Focus:** Lichen Sclerosus
- 8 World Alzheimer's Day: Understanding the Global Pandemic of Alzheimer's Disease**
- 12 Holiday's Over: How to Stay Stress-Free in Your Everyday Life** by Danielle Sax
- 14 Breaking News:** Type 2 Diabetes already costs the NHS £ Billions every year.
- 16 Ethical Wellness for Every Stage** by Janey Lee Grace
- 18 Radio Highlights** by Tom Richard
- 20 Addiction: Moderation is not an option for the genuine alcoholic** by Louise F.
- 22 The Power of Positivity: Building a Values Community** by Prof. Dr. Anabel Ternès von Hattburg
- 24 September Foods:** What's in Season and What Should Be on Your Plate
- 32 The Future Safe Show:** Tackling violence against women and girls through empowerment, education and hope
- 34 Enhancing Your Wellbeing: Natural Solutions for Skin, Immunity, and Sleep** by Janey Lee Grace
- 36 A Gardener's Diary:** Maintaining a Great Garden in September
- 38 Ageing is a choice - Part 19: The Power of Routines in Ageing II** by Robert Manni
- 42 Unveiling the Connection Between Fibroids & the Vaginal Microbiome** by ScreenMe



36
Maintaining a Great Garden
in September



44
How to Become Rich
and Famous

- 44 How to Become Rich and Famous** by Ken D Foster
- 46 Talk Thyroid:** Is thyroid cancer the "good cancer"? by Judith Taylor
- 50 Discover the Five Chinese Elements** by Stella K.
- 54 Habit or Addiction?** by Niki Cassar
- 56 Poetry Corner:** Hope is the Thing with Feathers
- 57 Medical Marvel Moments, Weird & Wonderful Facts** by Amanda Thomas
- 58 Yes to Life** Robin Daly's recent guests on the Yes to Life Show
- 68 Meet the Team: Sleep Science Today** with Andrew Colsky
- 70 TV & Movie Reviews**
- 74 Programme Schedule**



46
Is thyroid cancer the
"good cancer"?



LICHEN SCLEROSUS

Lichen sclerosus is a skin condition that causes itchy white patches on the genitals or other parts of the body. There's no cure, but treatment can help relieve the symptoms.

CHECK IF YOU HAVE LICHEN SCLEROSUS

Lichen sclerosus affects people of all ages, including children. But it's much more common in women over 50. People with white, brown or black skin can get lichen sclerosus. It causes patches on the skin that are usually:

- itchy
- white
- smooth or crinkled
- easily damaged – they may bleed or hurt if rubbed or scratched

The patches can appear anywhere, but most often are on the:

- area around the opening to the vagina (vulva) and anus
- foreskin and end of the penis

THINGS YOU CAN DO TO HELP WITH LICHEN SCLEROSUS

To help stop your skin becoming irritated or damaged:

DO

- wash with an emollient soap substitute instead of regular soap – ask a doctor or pharmacist about suitable products
- gently dab your genitals dry after peeing
- regularly apply a barrier cream or ointment, such as petroleum jelly, to affected areas
- wear cotton or silk underwear
- use vaginal lubricant if sex is uncomfortable

DON'T

- do not scratch or rub the affected skin
- do not wear tight or restrictive clothes – it may help to wear stockings rather than tights
- do not wash your underwear with detergent – just use water
- do not do activities like cycling or horse riding until your symptoms have improved

SEE A GP IF YOU HAVE:

- an itchy white patch on your genitals or skin
- been diagnosed with lichen sclerosus and treatment is not helping
- been diagnosed with lichen sclerosus and have pain when going to the toilet or having sex

A GP may refer you to a specialist for tests and treatment.

TREATMENT FOR LICHEN SCLEROSUS

Lichen sclerosus cannot be cured, but prescription steroid cream usually helps relieve the symptoms. Unless your doctor tells you otherwise, follow the directions on the patient information leaflet that comes with the medicine.

You may need to use the cream regularly for a few months to get your symptoms under control. If your symptoms keep coming back, you may have to keep using it every now and again. You can get more cream from a GP if you need it.

PROBLEMS CAUSED BY LICHEN SCLEROSUS

Although treatment can help, skin affected by lichen sclerosus can sometimes become scarred and tight over time.

The vulva may shrink, with the clitoris and small inner lips (labia minora) around the opening of the vagina often affected.

The scarring and tightness can cause discomfort when peeing, pooing and during sex. Having an erection can be painful.

If lichen sclerosus is severe, you might need a small operation, such as surgery to widen your vagina or remove your foreskin (circumcision).

CANCER AND LICHEN SCLEROSUS

Lichen sclerosus increases your risk of getting cancer on your vulva, penis or anus.

The risk is low, but it's a good idea to check yourself regularly and see a GP if you're worried.

Symptoms to look for include a lump, a change in skin texture, such as thickening, or an ulcer that does not go away.

CAUSES OF LICHEN SCLEROSUS

The cause of lichen sclerosus is unknown. It might be caused by your immune system, the body's defence against infection, mistakenly attacking and damaging your skin.

LICHEN SCLEROSUS IS NOT:

contagious – you cannot spread it to other people caused by poor personal hygiene

WORLD
**Alzheimer's
 DAY**

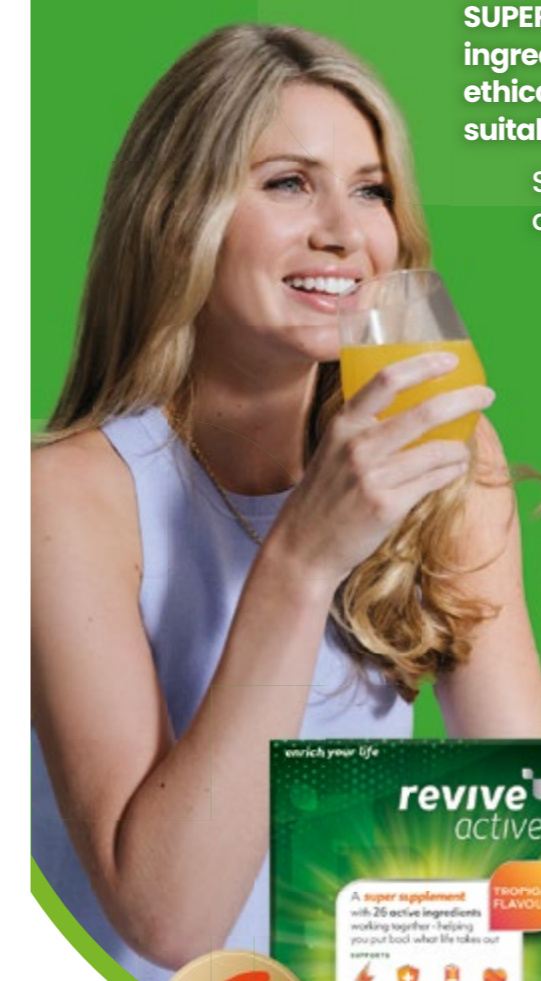
Understanding the
 Global Pandemic
 of Alzheimer's Disease

READY TO FEEL SUPER?



Now you can with Revive Active's range of award-winning **SUPER** supplements. Choose from our **all-in-one, multi-nutrient SUPER formulas**, created with a synergistic blend of **premium ingredients** or try our new **Omega-3**, providing a **high dose, ethical product** with world-first technology. All are **gluten-free, suitable for diabetics** and above all, **taste great!**

Support energy, immunity, joint care, beauty and wellbeing and start feeling **SUPER** today



NEW



INTRO OFFER! GET 20% OFF

Use Code: **RADIO20** at reviveactive.com



20% off Revive Active's product range is valid when applying code RADIO20 at checkout and is valid until 31 December 2024 or whilst promotional stocks last. Strictly one use per customer. The promotion is not valid on subscription offers. We reserve the right to amend or withdraw this offer without further notice.

September Foods:

What's in Season and
What Should Be on Your Plate

As summer fades and the crisp autumn air begins to settle in, September ushers in a beautiful transition of seasonal produce. With the change in weather comes a bounty of fresh fruits, vegetables, and hearty ingredients that can nourish your body and boost your health. Focusing on seasonal foods allows you to enjoy the peak flavours of the harvest while reaping the maximum nutritional benefits. Let's explore what's in season this month, what you should be adding to your plate, and how these foods can contribute to your well-being.

WHAT'S IN SEASON IN SEPTEMBER?

September is a month that blends the last of summer's fruits and vegetables with the first of fall's hearty produce. Here are some of the standout foods that are in season this month ...

"... Setting clear goals is the first step toward any form of success..."

We all want to become rich and famous, but becoming one demands a lot more than mere wishful thinking. It requires hard [and smart] work, dedication, and a strategic plan. In this article, let's discuss how to become rich and famous.

1. SET CLEAR GOALS

Setting clear goals is the first step toward any form of success. Determine what wealth and fame mean to you. One million and one billion are both a lot of money, but there's a day and night difference between both.

Achieving billionaire status takes a lot more work. Also, you'll automatically become famous if you have a billion dollars. On the other hand, if you have a million dollars, you may not be so popular.

Set SMART [specific, measurable, achievable, relevant, and time-bound] goals to achieve your objectives...



Sleep Science Today

Join **Andrew Colsky**, a Behavioural Sleep Medicine clinician, author and host of "Sleep Science Today" on UK Health Radio. Discover the science behind restful sleep with expert insights and actionable tips from leading sleep specialists.

NEW SHOW

If you've ever struggled with sleepless nights or restless mornings, you're not alone. Sleep is vital for both physical and mental well-being, and fortunately, there's a growing body of research on how to improve it. Enter Andrew Colsky, a leading figure in sleep medicine, who's on a mission to help people achieve restful, restorative sleep.



Andrew's show, Sleep Science Today, dives into the fascinating world of sleep science. Each week, listeners are treated to insightful discussions with top sleep experts who share the latest breakthroughs in how to sleep better. Topics range from understanding the impact of sleep on mental health to uncovering effective techniques for improving sleep quality. Whether you're battling insomnia or just looking to optimize your nightly rest,

the show covers what matters most when it comes to getting a good night's sleep. Through engaging interviews, Andrew opens the door to practical sleep solutions, empowering listeners to make small changes that lead to big improvements in their well-being. The message is clear: sleep isn't just about resting, it's about resetting and renewing.

Tune in to Sleep Science Today for valuable insights on how to sleep better, starting tonight!



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

Is Thyroid Cancer the "Good Cancer"?

by **Judith Taylor**

One of the most frequent complaints on thyroid cancer forums is from patients who say they've been told that thyroid cancer is a "good cancer". Of course it is meant to be reassuring. But it can mean that family and friends are dismissive of the symptoms and side effects. Thyroid cancer is still cancer, and although it is highly treatable, there are still a small number of cases that are more difficult to treat – and in rare cases, fatal. Fortunately the latest guidelines issued in December 2022 by the National Institute for Health and Care Excellence (NICE) advise doctors when

giving a diagnosis of thyroid cancer: Do not refer to thyroid cancer as a 'good cancer' because many people do not find this reassuring and it can cause them to feel that their diagnosis is unimportant." The two main types of thyroid cancer are differentiated thyroid cancer (DTC) and medullary thyroid cancer (MTC). This article focuses on DTC, consisting of papillary thyroid cancer and follicular thyroid cancer. Together these make up more than 90% of all cases. Options for treating DTC include surgery to remove the tumour or tumours followed by treatment with radioactive iodine therapy (RAI)...

▲ Regression Therapy

HABIT OR ADDICTION?

by Niki Cassar

The word “addiction” originates from the Latin “addictio,” meaning “a yielding to impulse” or “a devoting oneself to something.” In Roman law, an “addict” referred to a person who was enslaved through a court ruling, as a punishment for a crime. English usage of the word “addict” began in the 16th century. In the 1530s, “to addict” meant “to devote or give up oneself to a habit or occupation.” Over time, the meaning of the word shifted to encompass a sense of involuntary attachment or dependence.

These days, the word addiction is being applied much more frequently, and I regularly have clients who are convinced they are addicts. When asked what they think they are addicted to, the answer might be: alcohol, drugs, food, shopping, gambling, porn, social media, smoking and vaping... to name but a few. In my view, the word ‘addict’ is merely a label that we attach to ourselves, because we’ve been conditioned to do so. And when we attach labels, then we become what is written on those labels. [See my Health Triangle article Let’s tear off those labels!]



Movie & Documentary Reviews

by Reg Starkey



FLY ME TO THE MOON ***

Here is a thoroughly enjoyable and undemanding film, set in the 1960s, with America’s Moon landing. Scarlett Johansson is delightful as the amoral PR person charged with making the project a public success from start to finish - even filming a fake moon landing in a studio if need be! Very good if not great and well worth watching as old fashioned escapism.



IT ENDS WITH US ***

This is like the Romance channel on steroids. On the surface it is a romantic drama featuring the country girl heroine, who comes to the big City to start her own florist business. In doing so, she leaves behind a childhood sweetheart and replaces him with an Adonis from the local hospital. In the background are bigger darker patterns of familial and domestic abuse. Great soundtrack, competent acting but for this cynical viewer, unconvincing and therefore reduced to a chick-flick.





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