

Health Triangle

The official e-mag of
UK Health Radio



Health Focus:
Do you have the flu?

**SEASONAL FOODS
IN NOVEMBER**

**THE SLEEP-EXERCISE
CONNECTION:**

How Good Sleep
Enhances Mental and
Physical Health

by **Andrew Colsky**

Yes To Life
Dancing in Pursuit
of Wholeness

by **Emily Jenkins**

**Talk
Thyroid**

Living with
chronic illness

**MOVEMBER
MORE THAN JUST
A MOUSTACHE ...**

by **Dr. Anabel Ternès von Hattburg**

**BREAKING
NEWS
THE RIGHT
TO DIE**



“Real strength is not suppressing emotions, but being vulnerable enough to share them.”

- Chris Evans -



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

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Health
Triangle

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Editor's Note:

This Month ▲

“SELF-LOVE, MY LIEGE, IS NOT SO VILE A SIN AS SELF-NEGLECTING.”

The November edition of Health Triangle addresses the biggest of all issues.

The creator of Movember did it in memory of his brother who took his own life. Suicide is now the single biggest cause of death for men aged 20 - 49. Without doubt, men are habitually reluctant to talk about what's worrying them. Movember is more about men's mental health than any new moustache, however elegant!

In Poetry Corner, Wendy Cope uses a witty villanelle to encourage her significant other, who gets by 'with friends and drink', to see a psychiatrist.

You deduce it's an uphill struggle!

Breaking News focuses on the right to die at a time of your choice.

Danielle Sax and Robert Manni both champion the life-enhancing value of sleep.

Every year, November is a natural bridge between autumn and winter. It is both an end and a beginning.

There is work to do in the garden to acknowledge the end and to prepare for the new beginning next spring.

Meanwhile there are great recipes to enjoy now from this year's harvest.

Even the four movie reviews, this month, focus respectively on a young woman recovering from alcoholism on a remote Scottish island, a famous war photographer in World War Two, a facially disfigured man coping with his individual challenges and an elderly gay theatre critic in London in the 1930s when male homosexuality was actually illegal.

The world continues to change. There are new insights into perennial problems. See Yes to Life every single month.

Including this one: Movember!

A handwritten signature in black ink that reads "Reg Starkey".

Reg Starkey
Editor

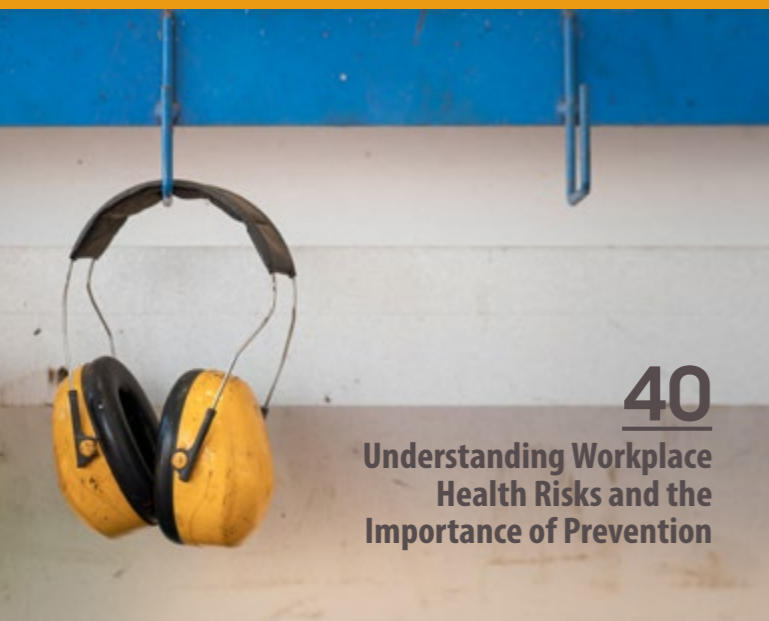




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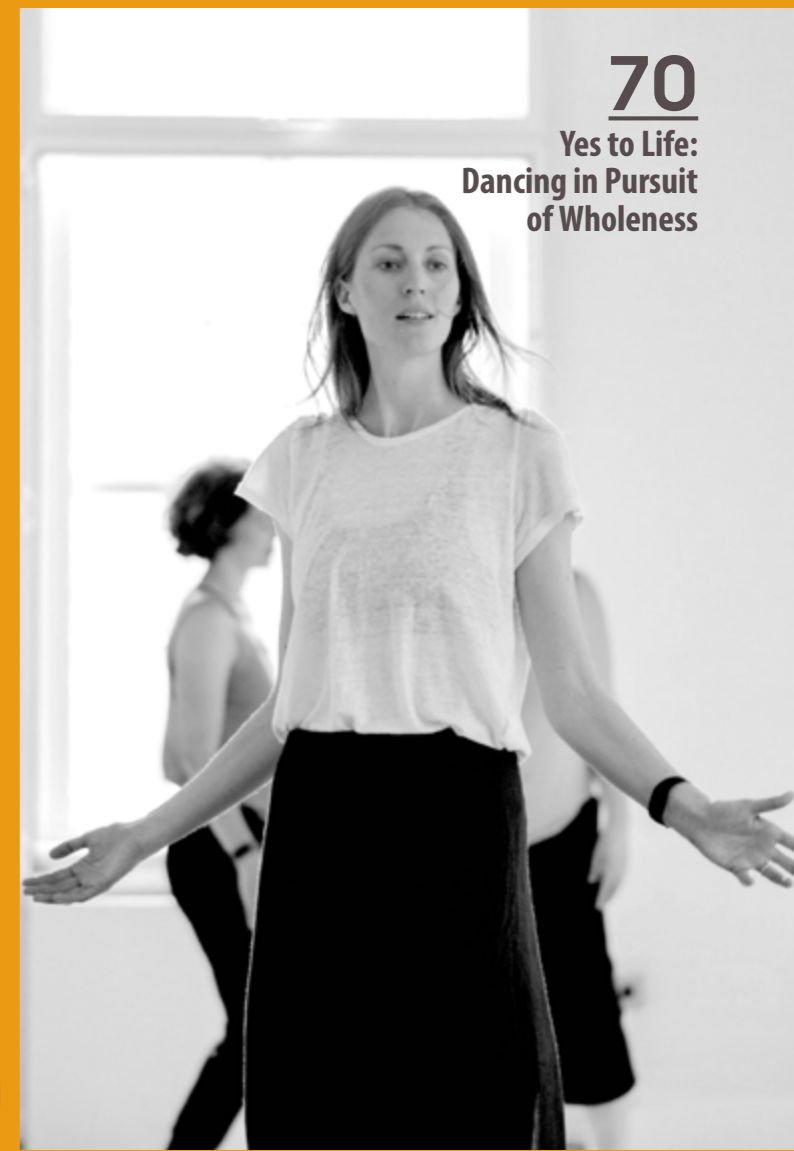
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Do you have the Flu?

Flu will often get better on its own, but it can make some people seriously ill. It's important to get the flu vaccine if you're advised to.

CHECK IF YOU HAVE FLU

Flu symptoms come on very quickly and can include:

- a sudden high temperature
- an aching body
- feeling tired or exhausted
- a dry cough
- a sore throat
- a headache
- difficulty sleeping
- loss of appetite
- diarrhoea or tummy pain
- feeling sick and being sick

The symptoms are similar for children, but they can also get pain in their ear and appear less active. Cold and flu symptoms are similar, but flu tends to be more severe.

DIFFERENCES BETWEEN COLD AND FLU.

Flu	Cold
<ul style="list-style-type: none"> • Appears quickly within a few hours • Affects more than just your nose and throat • Makes you feel exhausted and too unwell to carry on as normal 	<ul style="list-style-type: none"> • Appears gradually • Affects mainly your nose and throat • Makes you feel unwell, but you still feel well enough to do your normal activities

HOW TO TREAT FLU YOURSELF

If you have flu, there are some things you can do to help get better more quickly.

Do

- rest and sleep
- keep warm
- take paracetamol or ibuprofen to lower your temperature and treat aches and pains
- give paracetamol or ibuprofen to your child if they're distressed or uncomfortable – check the packaging or leaflet to make sure the medicine is suitable for your child, or speak to a pharmacist or GP if you're not sure
- drink plenty of water to avoid dehydration (your pee should be light yellow or clear)

A PHARMACIST CAN HELP WITH FLU

A pharmacist can give treatment advice and recommend flu remedies.

Do not take paracetamol and flu remedies that contain paracetamol at the same time as it's easy to take more than the recommended dose.

ANTIBIOTICS

Antibiotics do not work for viral infections such as flu. GPs do not recommend antibiotics for flu because they will not relieve your symptoms or speed up your recovery.



URGENT ADVICE:

Ask for an urgent GP appointment or get help from NHS 111 if:

YOU OR YOUR CHILD HAVE SYMPTOMS OF FLU AND:

- you're worried about your baby's or child's symptoms
- you're 65 or over
- you're pregnant
- you have a long-term medical condition – for example, diabetes or a condition that affects your heart, lungs, kidneys, brain or nerves
- you have a weakened immune system – for example, because of chemotherapy or HIV
- your symptoms do not improve after 7 days

You can call 111 or get help from 111 online.

Immediate action required:

Call 999 or go to A&E if you:

- **get sudden chest pain**
- **have difficulty breathing**
- **start coughing up a lot of blood**

Do not drive to A&E. Ask someone to drive you or call 999 and ask for an ambulance.

Bring any medicines you take with you.

HOW TO AVOID SPREADING THE FLU

Flu is very infectious and easily spread to other people. You're more likely to give it to others in the first 5 days. Flu is spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours.

To reduce the risk of spreading flu:

- **wash your hands often with warm water and soap**
- **cover your mouth and nose with a tissue when you cough or sneeze (if you do not have a tissue, cough or sneeze into the bend of your elbow, not into your hand)**
- **bin used tissues as quickly as possible**

Try to stay at home and avoid contact with other people if you have a high temperature or you do not feel well enough to do your normal activities. Flu vaccines are safe and effective. They're offered on the NHS every year in autumn or early winter to help protect people at risk of flu and its complications.

www.nhs.uk

HOW TO PREVENT VIRUS INFECTION



Get Plenty Of Rest



Drink Lots Of Water



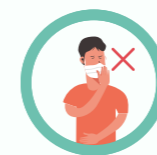
Wash Your Hands Frequently



Cover Your Nose And Mouth With Face Masks



Do Not Share Things With Others



Avoid Close Contact With People Who Are Sick



Avoid Travel Places While Virus Spreading



Eat Healthy Food



Get Vaccinated



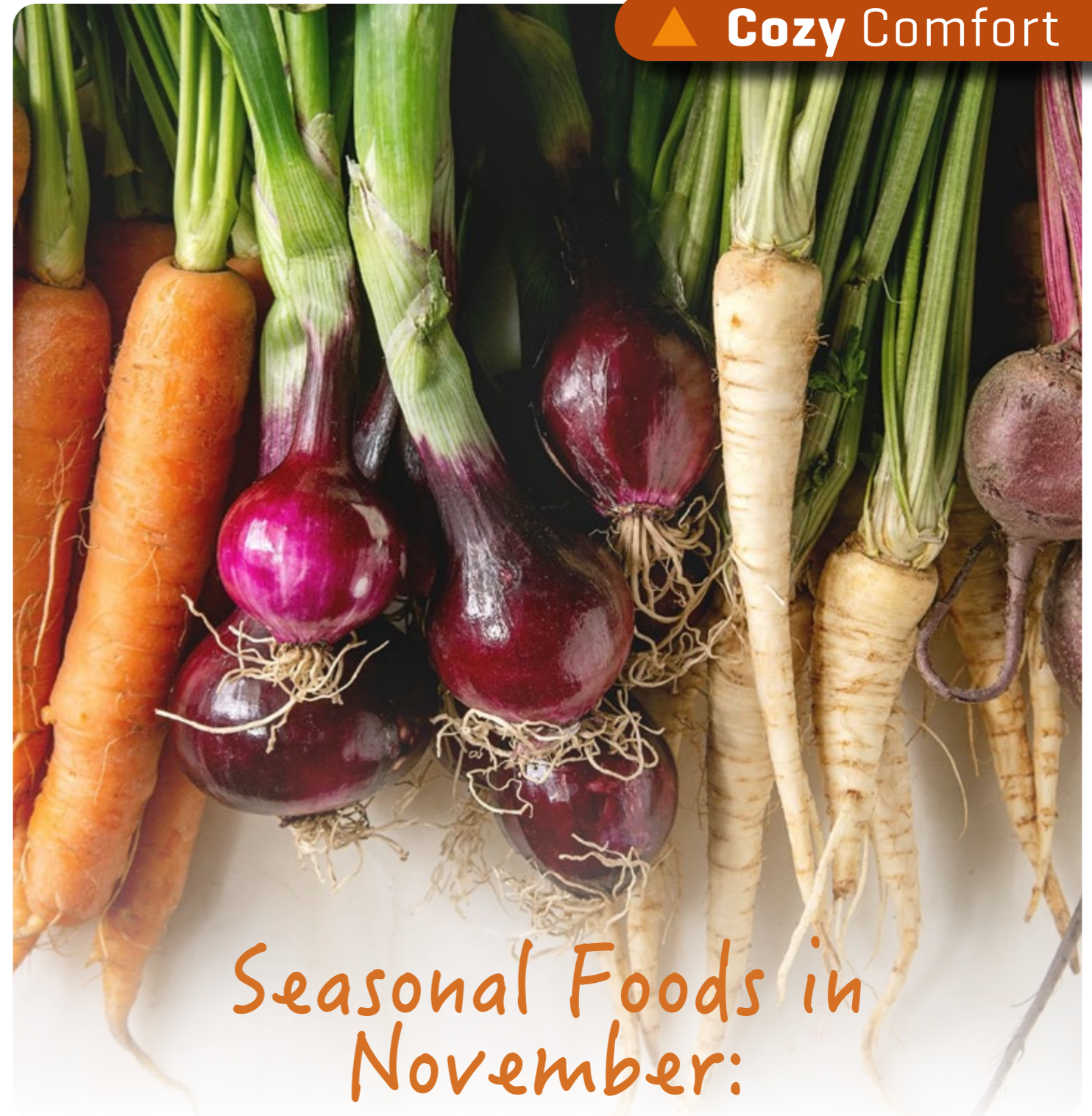
Clean And Disinfect The Most Touched Spot





MOVEMBER

**MORE THAN JUST A MOUSTACHE -
A MOVEMENT FOR MEN'S MENTAL
HEALTH AND HOPE** by Dr. Anabel Ternès von Hattburg



Seasonal Foods in November:

What to Shop For, How to Store,
and Delicious Recipes

As we transition from autumn to winter, November brings an abundance of seasonal produce that's perfect for hearty, comforting meals. With a focus on nutrient-dense vegetables, fruits, and rich flavours, it's the ideal time to embrace the harvest and create wholesome dishes that warm the soul...

▲ Menopause Education

British Menopause Society Launches Menopause Education Platform to improve evidence-based training for Healthcare Professionals

A new survey by the British Menopause Society (BMS) for World Menopause Day reveals many Healthcare Professionals (HCPs) believe there is insufficient training and education around menopause.* The survey also shows that an increasing number of women are seeking support from HCPs through their menopause transition, but aren't always able to access adequate services. The BMS has launched a new education platform to help address these challenges in menopause care.

In the survey of British Menopause Society (BMS) members:

- **72% believe newly qualified HCPs have not been given enough education about the menopause.**
- **55% believe there is insufficient evidence-based education and training for qualified HCPs.**
- **98% say more women are seeking treatment.**
- **72% believe women do not have adequate access to services...**

▲ Socks Appeal

SOCKS MATTER!

by Dr Robert A. Weil

I've been doing my radio show, The Sports Doctor, for 40 years now and we've covered a lot of topics in that time. Ankle sprains, parenting young athletes, cleat placement, new shoe designs, bunions, all the usual stuff...but there's something new in the air. Lately we've been discussing, believe it or not, socks! Socks are essential to sports as well as everyday activities, especially for those who spend all day on their feet. They provide comfort, support, and protection for feet during physical activities, and also play a role in expressing personal style and fashion preferences. I remember growing up the blandness of getting socks as a present – how boring! Now colours and designs can make socks great fun! I Love my Cheech & Chong socks! But seriously, today, this humble piece of clothing is suddenly all the rage in both fashion and athletics with wild colours, different styles and heights, varying degrees of compression measures, different fibre sources, odour-blocking abilities, even sunscree...

The Sleep-Exercise Connection: How Good Sleep Enhances Mental and Physical Health

by Andrew Colsky

In today's fast-paced world, sleep is often viewed as a luxury rather than a necessity. However, the benefits of a good night's sleep extend far beyond simply feeling rested the next day. Quality sleep plays a critical role in maintaining both mental and physical health, and as it turns out, exercise can be an essential ingredient in achieving restful sleep. In this article, we will explore how sleep impacts mental and physical well-being, the link between exercise and sleep, and practical tips on exercises you can start today to improve your sleep quality.

HOW GOOD SLEEP AFFECTS MENTAL HEALTH

The connection between sleep and mental health is profound. While we sleep, our brains engage in vital processes that impact cognition, memory, and emotional regulation. Poor sleep, on the other hand, can exacerbate mental health issues, while quality sleep promotes emotional stability and cognitive clarity...



Understanding Workplace Health Risks and the Importance of Prevention

Workplace health risks remain a significant concern in the United Kingdom, affecting millions of workers across various industries. According to [recent statistics from the Health and Safety Executive](#)

[\[HSE\]](#), an estimated 1.8 million workers were suffering from work-related ill health in 2022/23. This figure underscores the urgent need for effective prevention strategies and heightened awareness of occupational health issues.

This guide aims to provide a comprehensive overview of workplace health risks, their impacts, and prevention strategies. Key topics we'll cover include:

- Common workplace health hazards and their effects
- The legal framework governing workplace health in the UK ...
- Effective risk assessment and prevention strategies
- The role of occupational health surveillance and mental health support



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