

# Health Triangle

138/September 2025

The official e-mag of  
UK Health Radio



## Health Focus Endometriosis

### DECLUTTERING:

The Gateway to  
Positive Change

by Janine Lowe

### AGEING IS A CHOICE

Tips for a Successful  
First Date

by Robert Manni

### FROM CRICKET CHAMPION TO MENTAL WELLNESS PIONEER

The Robbie  
Uthappa Story

The Diagnosis  
**NO ONE**  
Talks About

### BREAKING NEWS

Psychedelics  
"Turn on. Tune  
in. Drop out."





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Health  
**Triangle**

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Editor's Note:

## This Month ▲

SUICIDE IS A PERMANENT SOLUTION  
TO A TEMPORARY PROBLEM.

This year **World Suicide Prevention Day** falls on my 85th birthday...! [Is it a sign, Janine?]

**Wolfgang Grupp** attributed his own recent attempted suicide to 'age-related depression.'

**Prof Dr Anabel von Hattburg** explores the motivations - and the silence - around the urge towards self-destruction.

11 days later, on September 21, is **World Alzheimer's Day**. A key objective is to raise awareness of 'dementia's growing toll.'

What is the quality of a life that no longer feels worth living?

Shakespeare made suicide sound poetic: "to pass upon the midnight with no pain."

Even Poetry Corner has **Robert Frost's** short ironic poem 'Fire and Ice' which anticipates the End of the World.

In reality, only the end of the world is The End of the World.

As I now put down my Editor's commitment, I would like to thank you all for your loyalty to this monthly magazine and to recognise the rarity of its integrity.

As for me, as I say farewell, I would like to offer you a less famous and altogether more savoury quote from the poet Philip Larkin:

**"Love and be loved always. Sometimes remember me."**

*Reg Starkey*

Reg Starkey  
Editor





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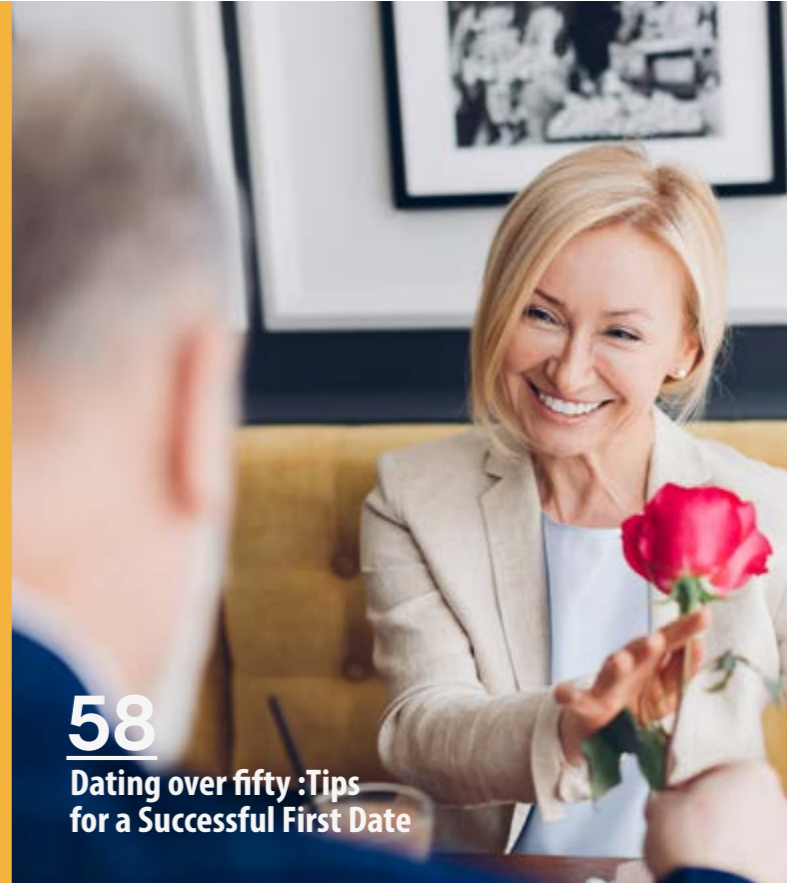
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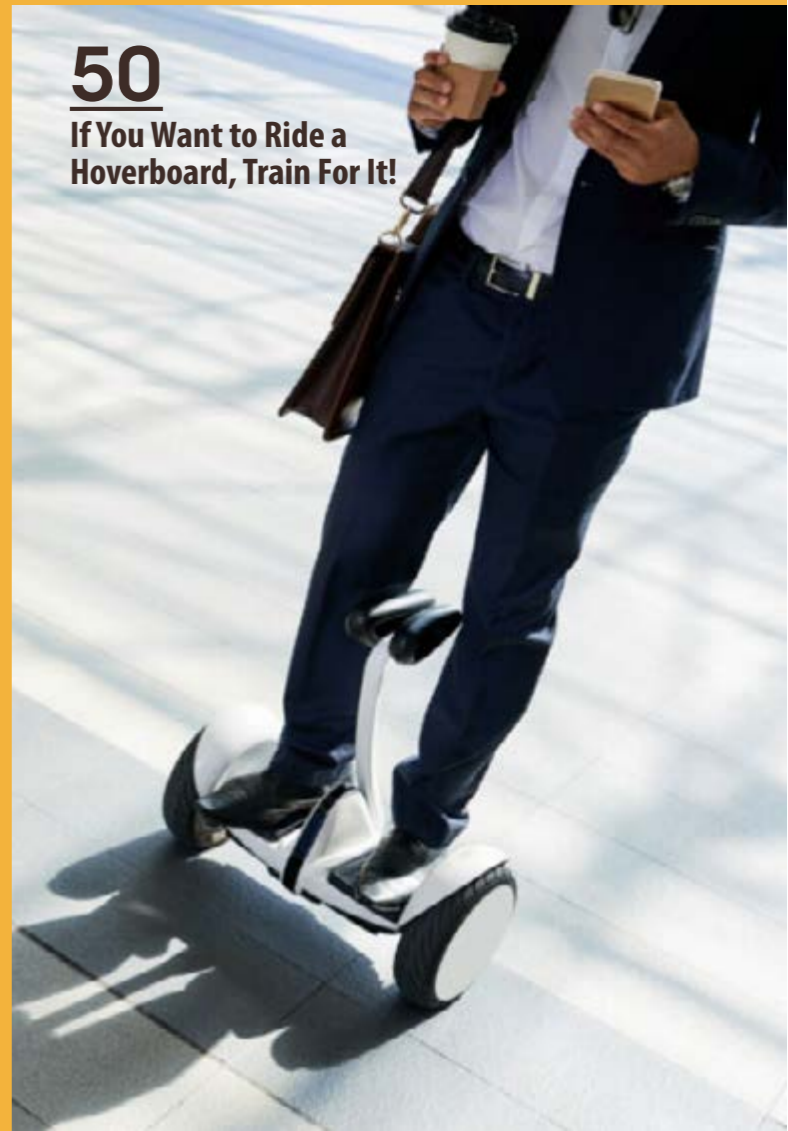
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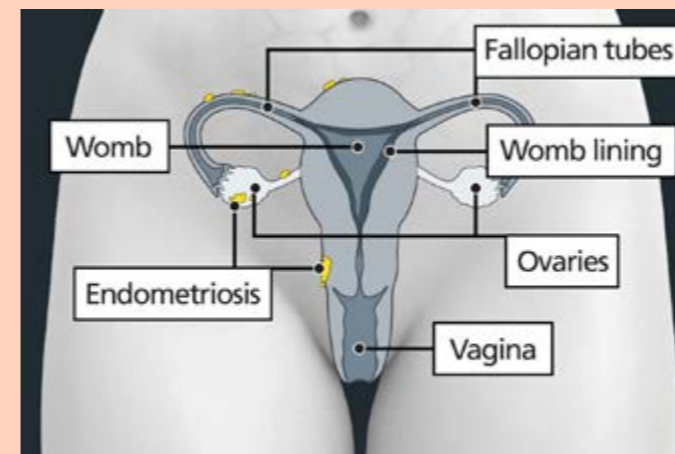


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If You Want to Ride a  
Hoverboard, Train For It!

# ENDOMETRIOSIS

**E**ndometriosis is where cells similar to those in the lining of the womb (uterus) grow in other parts of the body. It can have a big impact on your life, but there are treatments that can help.



Credit: Multimedia Team - nhs.uk

## SYMPTOMS OF ENDOMETRIOSIS

Endometriosis is often found in areas around the womb, such as the ovaries, fallopian tubes and lining of the pelvis.

It also sometimes affects organs, such as the bladder and bowel. Rarely, endometriosis is found in areas outside the pelvis, such as in the chest.

Symptoms happen when patches of endometriosis break down and bleed during your period but cannot leave your body.

You might have some symptoms during your period, such as:

- severe period pain, that stops you from doing your normal activities
- heavy periods, where you need to change your pads or tampons every 1 to 2 hours, or you may bleed through to your clothes.
- pain when you poo or pee

You can have other symptoms at any time in your menstrual cycle, such as:

- pain in your lower tummy and back (pelvic area)
- pain during or after sex

- extreme tiredness (fatigue)
- pain or bleeding in other areas, such as in the chest, which may cause shortness of breath and coughing up blood

You may also have difficulty getting pregnant and have low mood or anxiety.

Endometriosis is commonly diagnosed in women and girls, from when their periods start (puberty) through to menopause. It can affect anyone who has periods.

## SEE A GP IF:

- you think you might have endometriosis
- your symptoms are affecting your everyday life, work and relationships
- you've had treatment from a GP but your symptoms do not get better, or get worse

## TESTS FOR ENDOMETRIOSIS

It can take a long time to diagnose endometriosis. You might need several different tests to find out if you have it.

This is because endometriosis symptoms can be similar to other conditions, such as:

- adenomyosis
- fibroids
- pelvic inflammatory disease
- irritable bowel syndrome

## WHAT HAPPENS AT YOUR GP APPOINTMENT

A GP will ask about your symptoms and if any of your close relatives have had endometriosis. They may ask to do:

- a physical examination (including an internal vaginal exam) – to check your tummy (abdomen) and your pelvic area
- blood tests

Give your GP as much information about your symptoms as you can.

If they think you might have endometriosis, your GP may:

- refer you to a specialist called a gynaecologist for further tests
- offer medicines to help relieve your symptoms

## ▲ Health Focus

### FURTHER TESTS

Further tests for endometriosis include:

- an ultrasound scan – this may be done on your tummy or inside your vagina
- an MRI scan
- a procedure called a laparoscopy (where a camera is passed through a small cut in your tummy) – this can confirm if you have endometriosis

It may be possible for doctors to remove any areas of endometriosis during your laparoscopy.

### TREATMENTS FOR ENDOMETRIOSIS

It's not known what causes endometriosis and there are currently no treatments that can cure it. But treatment can help manage symptoms such as pain.

Your doctor will talk to you about the risks and possible side effects of each treatment.

If treatment is not working or your symptoms are very severe, you may be referred to a specialist endometriosis service.

### MEDICINES FOR ENDOMETRIOSIS

Medicines are often the first treatment for endometriosis. They include:

- painkillers, such as paracetamol and ibuprofen
- hormones, such as the combined contraceptive pill – these can help ease pain

You will not be given hormones if you're trying to get pregnant.

### SURGERY FOR ENDOMETRIOSIS

If other treatments are not working or you have lots of endometriosis, you may be offered surgery. Surgery is also an option if endometriosis is affecting your ability to have children.

You can have surgery to:

- remove areas of endometriosis or fluid-filled sacs (ovarian cysts) caused by endometriosis
- remove your womb (hysterectomy) or ovaries (oophorectomy)
- remove part of your bladder or bowel, if endometriosis is affecting these

You may need to have more surgeries if your symptoms come back after your first surgery, or if surgery causes scarring that makes your organs to stick together [adhesions].

### SUPPORT FOR LIVING WITH ENDOMETRIOSIS

Treatment and support are also available for other problems caused by endometriosis.

Support you might need includes:

- advice on ways to manage long-term pain and extreme tiredness (fatigue)
- referral to a fertility specialist if you have difficulty getting pregnant
- mental health support if you have low mood or anxiety

### HOW ENDOMETRIOSIS AFFECTS YOUR LIFE

Endometriosis is different for everyone.

Treatment usually helps manage symptoms of endometriosis.

But you may have long lasting symptoms that can affect your daily life, work and relationships for many years.

Symptoms of endometriosis usually stop after the menopause – although it's possible to have symptoms after menopause.

### HELP AND SUPPORT FOR ENDOMETRIOSIS

Endometriosis can be a difficult condition to live with, both physically and emotionally.

As well as support from your doctor, you may find it helpful to get support from other people with endometriosis or a support organisation such as

**Endometriosis UK** or **The Endometriosis Foundation**.

[www.endometriosis-uk.org](http://www.endometriosis-uk.org)

Helpline: 0808 808 2227

[www.theendometriosisfoundation.org](http://www.theendometriosisfoundation.org)

[www.nhs.uk](http://www.nhs.uk)

# BREAST CANCER UNITE *festival*

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Sept 1 — Oct 31 2025

## From Cricket Champion to Mental Wellness Pioneer: The Robbie Uthappa Story

**R**obbie Uthappa's journey reads like a masterclass in resilience, transformation, and the power of authentic leadership. As a World Cup-winning cricketer who helped India claim the inaugural T20 World Cup in 2007, Robbie's sporting achievements are legendary. He became the first cricketer to win both the Orange Cap and IPL championship in the same season, cementing his place among cricket's elite performers.

But Robbie's most profound victory came off the field - conquering clinical depression and suicidal thoughts that threatened to derail not just his career, but his life. This personal battle became the catalyst for his transformation from sports star to mental health advocate and peak performance coach.

### Beyond the Boundary

Today, Robbie operates at the intersection of elite performance and mental wellness through his venture TRUE (The Robbie Uthappa Endeavour). As a certified life coach, NLP master practitioner, and transformation mentor, he helps individuals and organisations unlock their potential by addressing both performance and mental wellbeing.

His corporate coaching work with major organisations across the world demonstrates

how sporting excellence translates to business leadership. Robbie's approach focuses on building resilience, fostering team culture, and maintaining excellence under pressure - lessons learned from facing down bowling attacks in packed stadiums and navigating the mental challenges that elite sport demands.

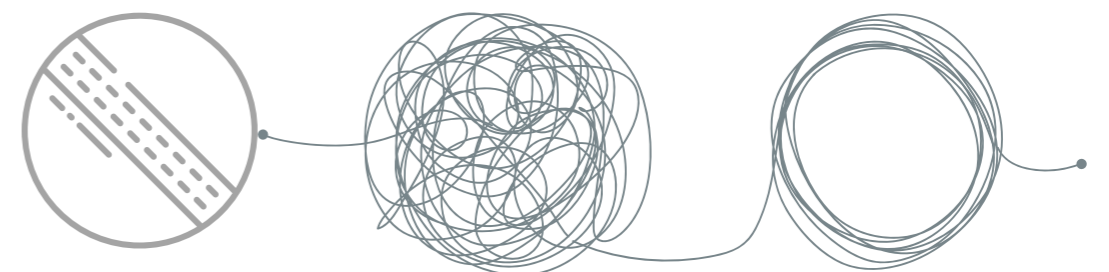
### The TRUE Philosophy

What sets Robbie apart is his unflinching honesty about mental health struggles. His advocacy work breaks the stigma around depression and anxiety, particularly among high performers who often suffer in silence. Through TRUE, he's created a UK Health Radio - Article & Bio 1 platform that integrates mental wellbeing with leadership development and peak performance strategies.

His cricket academy RUCCA takes this holistic approach to young athletes, focusing not just on technical skills but on mental toughness and character development. Students work directly with Robbie in personalised coaching sessions that address both the physical and psychological aspects of high-level competition.

### A Voice for Change

Robbie's willingness to discuss difficult topics - from performance anxiety to the mental toll of professional sport - has made him a respected voice in the sports community...



# WHEN THE LIGHT RETURNS:

How to Live After a Suicide Attempt – A Reflection Inspired by Wolfgang Grupp

by Prof. Dr. Anabel Ternès von Hattburg

“...Mental health continues to be viewed through a lens of shame in many cultures. This discourages people from seeking help early...”

**O**n a quiet morning in July 2025, the small town of Burladingen in southern Germany awoke to news that would ripple far beyond its borders. Wolfgang Grupp, the 83-year-old patriarch of the iconic German textile company Trigema, had attempted to take his own life. It was a revelation that stunned the nation. Grupp, long seen as a paragon of discipline, work ethic, and economic patriotism, disclosed in a letter to his employees that he had been suffering from age-related depression and had no longer seen a reason to live. “I am in my 84th year and suffering from what is called age-related depression,” he wrote. “That is why I also tried to end my life.” He expressed deep gratitude to his wife and children, acknowledged the importance of professional help, and urged others in similar situations to seek therapy....



# Brand Myths Explained

by Sophie Linton

## Audi



**E**very great brand attracts stories, rumours, and urban legends that over time become “truths” in the public imagination. Car brands, perhaps more than any other, have an aura of prestige, innovation, and heritage that invites both admiration and myth-making. In this new monthly feature, we take a closer look at the myths surrounding iconic brands, separate fact from fiction, and uncover what really lies behind the logos we think we know so well. We begin with Audi – the German car manufacturer whose four-ring emblem is instantly recognisable

worldwide. For decades, Audi has been synonymous with luxury, engineering excellence, and understated style. But how much of what people say about Audi is fact, and how much is fiction? Let’s explore.

### MYTH 1:

#### The Four Rings Represent the Olympic Games

This is one of the most persistent myths about Audi. Many people assume the four interlocking rings on the badge are borrowed directly from the Olympic symbol. It’s easy to see why – they look remarkably similar. But the truth is quite different.

▲ **Beyond** the Bag

# THE DIAGNOSIS NO ONE TALKS ABOUT

by **Raphaella Reeb-Ilgenfritz**, host of **Stoma4Life**



**F**or thirty years, my life was measured in flight schedules, passenger lists, and perfectly pressed uniforms. As a senior flight attendant, I thrived on precision and the rhythm of global travel. Then, like an unexpected pocket of turbulence, life threw me into a storm I could never have prepared for. First came the pandemic, grounding flights and shaking the industry I'd built my career on. I took early retirement, dusted off my graphic design skills, and started charting a new course. But just as I found my footing, another blow hit: a Stage 3 bowel cancer diagnosis.

#### THE SIGNS I NEARLY MISSED

It started subtly—changes in my digestion and bowel habits, fatigue, disrupted sleep. I chalked it up to stress and menopause. When I finally saw my GP, I was told it was haemorrhoids and handed a prescription. But my gut told me something else was going on. I'd been vegan for a decade, conscious of my health, mindful of my nutrition. The irony was crushing ...

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# New Horizons

by **Johann Ilgenfritz**, Founder and CEO of UK Health Radio

▲ **Happy Retirement**



I met **Reg Starkey** right at the very beginning of my **UK Health Radio** journey. When I first came up with the idea of creating a digital magazine for the station, Reg was there, ready to lend his wisdom and guidance. Working closely with our Creative Director, **Raphaella**, he helped bring those early editions to life with clarity, professionalism and care.

But Reg's contribution went far beyond the magazine. Having spent decades in advertising, he was technically retired, yet he felt he still had more to give. And give he did—pouring his experience, ideas and unwavering support into UK Health Radio itself. He understood what we were trying to build and played a quiet but vital role in shaping the station's voice, vision and direction.

Then, when one of our founders stepped back about two years after launch, Reg stepped forward—taking on the role of editor and continuing to strengthen both the magazine and the wider station. For more than a decade, he's been a guiding presence: steady, wise, encouraging, and always ready to offer a perspective that lifted us higher.

As Reg now takes his well-deserved retirement, I want to say thank you. **Thank you** for believing in the vision, for giving your time and energy so generously, and for helping to shape UK Health Radio into what it is today. Reg, your contribution has left an indelible mark. You will be greatly missed, but your legacy runs through every word, every broadcast, and every step forward. Now, as you set off to pursue your love of travel—whether that's in the South of France, sunny Spain, or even South Africa—we wish you nothing but joy, peace and adventure.

**Bon voyage from the entire Team** - you've more than earned it.





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