

Health Triangle

139/October 2025

The official e-mag of
UK Health Radio



Health Focus Atrial Fibrillation

ANCIENT WOODLAND for childlike souls

by Lizzy Farmer

The Healing Power of **DREAMS**

by Theresa Cheung

The Fight Against Breast Cancer

MENTAL HEALTH CARE AND THE AI THERAPIST

by Neel Zaver

THE HEALING POWER OF SOLITUDE

by Dr Sam Watts





“How beautifully
leaves grow old.
How full of light
and color are
their last days.”

—
John Burroughs

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

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Health
Triangle

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Editor's Note:

This Month▲

A NEW CHAPTER, A SEASON OF REFLECTION

After thirteen years working on the design of **Health Triangle Magazine**, I'm proud to introduce myself as your new *Editor-in-Chief*.

From the very beginning, I've had the privilege of helping shape the look and feel of this magazine. It's been a journey of learning, collaboration, and growth. So when our much-loved editor, **Reg Starkey**, made the decision to retire, it felt like a natural step to take on the editorial helm alongside my design role. Reg's voice and vision helped define **Health Triangle Magazine**. His dedication was evident in every issue. He leaves behind a legacy that inspires me, and I'm committed to carrying it forward with care, clarity, and fresh energy.

This October issue is the first under my editorial direction, and it's a strong one. October has always held a special place in the health calendar. It's a month of awareness: **Breast Cancer, World Osteoporosis Day, Mental Health** and a time when we're prompted to slow down, take stock, and prioritise wellbeing. As the seasons change, we're reminded to care for both our physical and emotional health - to listen more closely to our bodies, and to reset where needed.

In this issue, we explore a wide range of topics - from **atrial fibrillation and osteoporosis awareness to mental health, women's health**, and the surprising **power of dreams**. We ask big questions: *Could chickenpox be on its way out? Can AI truly support mental healthcare? Why do we wake at 3 AM? And what does laziness really mean?*

We also make space to reflect on the season, on creativity and on what really matters. October encourages us to pause, realign, and embrace the quiet strength in slowing down. As always, thank you for reading and for being part of our growing community. I look forward to what's ahead and I'm excited to continue shaping **Health Triangle Magazine**, both inside and out.

Warm regards
Raphaela Reeb

Editor-In-Chief





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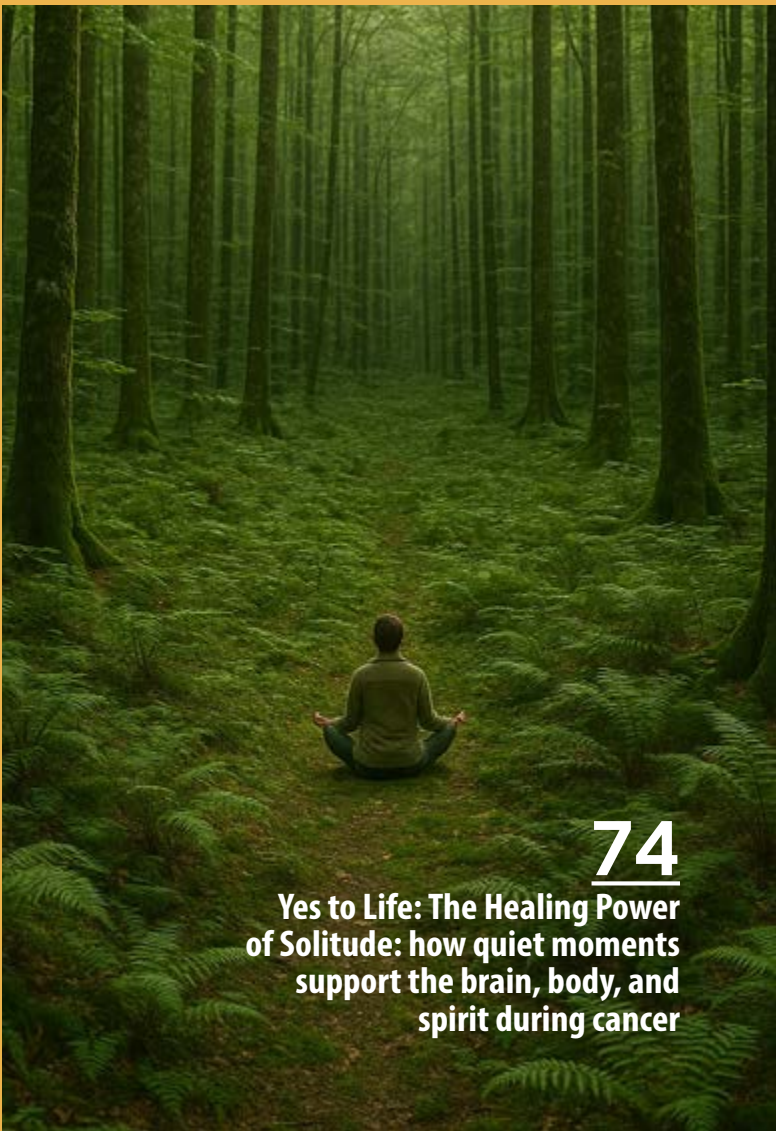


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Atrial FIBRILLATION



Atrial fibrillation (sometimes called **afib** or **AF**) is a type of heart rhythm problem where your heartbeat is not steady. See a GP if you think you may have it.

SYMPTOMS OF ATRIAL FIBRILLATION

The main symptoms of atrial fibrillation are:

- **an irregular heartbeat, where your pulse is not steady**
- **suddenly feeling like your heart is pounding, racing, fluttering, skipping or missing a beat (heart palpitations) – this may last for a few seconds up to a few minutes**
- **a heartbeat faster than 100 beats per minute**
- **feeling very tired**
- **finding it harder to exercise**
- **chest pain or tightness**
- **feeling short of breath, lightheaded, dizzy or like you might faint**

Sometimes there are no symptoms, and atrial fibrillation is found as part of a routine check-up or when you're having tests for something else. If you do get symptoms, they may start and stop on their own (paroxysmal atrial fibrillation) or stop after treatment (persistent atrial fibrillation). Over time, you may always have symptoms (permanent atrial fibrillation).

SEE A GP IF:

- you think you may have symptoms of atrial fibrillation
- you have heart palpitations that keep happening or are getting worse
- you have been diagnosed with atrial fibrillation and treatment is not helping your symptoms

CALL 999 IF:

You currently have a fast or irregular heartbeat, and any of these symptoms:

- **chest pain**
- **shortness of breath**
- **sweating**
- **feeling or being sick**
- **fainting, feeling dizzy or falling over**
- **a severe headache**

- **weakness or numbness on one side of your face or body**
- **blurred vision or loss of sight**
- **confusion or difficulty speaking**

Do not drive yourself to A&E.

The person you speak to at 999 will give you advice about what to do.

TESTS FOR ATRIAL FIBRILLATION

If a GP thinks you could have atrial fibrillation, they will refer you to a heart specialist (cardiologist). At your appointment, they will ask about your symptoms and check your heart rate.

You will also have tests to see if anything else could be causing your symptoms and to check your heart rhythm. Tests may include:

- an electrocardiogram (ECG)
- an echocardiogram (echo)
- a chest X-ray
- blood tests

TREATMENT FOR ATRIAL FIBRILLATION

If you have been diagnosed with atrial fibrillation, you will have regular check-ups to make sure your symptoms are under control.

You may be given medicine to:

- **control the rate and rhythm of your heart, such as beta blockers**
- **lower the risk of blood clots or stroke (anticoagulants)**

Other possible treatments for atrial fibrillation include:

- **surgery to burn or freeze a section of the heart (ablation)**
- **using electricity to reset your heart rhythm (electrical cardioversion)**
- **having a pacemaker or implantable cardioverter defibrillator (ICD) fitted**

Sometimes atrial fibrillation can be caused by another health condition or medicine. In these cases, treating the condition or stopping the medicine can improve the symptoms...



UK Health Radio's HEALTH AWARDS 2025

Honouring the *Innovators, Leaders & Everyday Heroes*
Transforming Health

Four years ago, we launched the **UK Health Radio Health Awards** with one clear goal: to spotlight the people, products, and organisations truly improving our health and well-being. Not for headlines or hype, but because **their work matters**.

In 2024, more than **142,000** votes were cast across 38 categories, making it our most successful year to date. That momentum wasn't just numbers - it was proof of how many people care about progress in health, and how many are eager to celebrate the ones driving it.

Now, the **2025 UK Health Radio Health Awards** are here again and the field is **stronger**, more **diverse**, and more **inspiring** than ever.

This year's nominations reflect a broader definition of health, one that includes mental and emotional wellness, accessibility, prevention, and community-driven impact. Recommendations have come in from all across the health media ecosystem: presenters, producers, editors, healthcare professionals, marketers, and advocates.

Each nominee was selected by someone who sees their work up close - those who understand what genuine impact looks like in practice, not just in theory. These nominations were earned, not handed out.

And now, it's over to **YOU**. Voting will soon open across all 38 categories - from **product innovation** and **practitioner excellence** to **thought leadership** and **community outreach**. Whether you're in the industry or simply someone whose life has been improved by one of these nominees, your voice helps shape what progress in health really looks like.

We'll be sharing updates, nominee highlights, and behind-the-scenes stories throughout the coming weeks. We invite you to follow along, learn more, and most importantly - vote when the time comes.

Because real change in health doesn't happen in silence. It happens when we speak up, support each other, and recognise those doing the work.

Let's celebrate the people and ideas that are getting it right.

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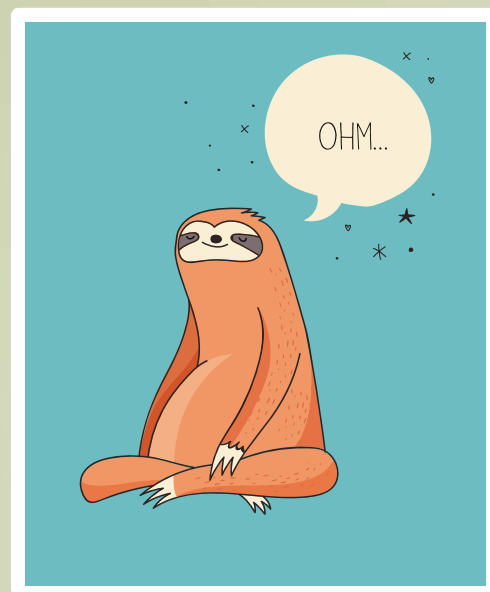


WHAT LAZINESS REALLY SAYS ABOUT US

by Sophie Linton

People throw the word “lazy” around like confetti. It’s the easiest insult in the book. Someone misses a deadline? Lazy. Someone doesn’t work out five times a week? Lazy. Someone sleeps in on Sunday? Lazy. But I’ve been on the receiving end of the word often enough to stop and ask: what do we really mean when we call someone lazy, and is it always true?

For me, laziness is less about lying on the couch and more about a kind of inner resistance. It’s that knot in your stomach when you know what you should do, but you’d rather do anything else. It’s procrastination dressed up as comfort. It’s staring at a task, knowing it won’t take long, but still circling it like a cat that refuses to pounce...



BREAKING NEWS

CHICKENPOX, CANCELLED?

NHS to Roll Out **Chickenpox Vaccine** for All Babies, Starting **January 2026**



“...It’s effective, yes – but some parents are right to ask what the long-term effects might be...”

Starting **January 2026**, the NHS will introduce a **chickenpox vaccine** into the UK’s routine childhood immunisation schedule. The two-dose jab will be administered at 12 and 18 months as part of a new combined MMRV vaccine — protecting against measles, mumps, rubella, and varicella [chickenpox].

Officials say the rollout could significantly reduce hospital admissions, prevent serious complications, and cut down on missed school and workdays for families. While chickenpox is often considered a mild illness, it can lead to more serious ...



▲ Strong Bones

World Osteoporosis Day – 20 Oct

Weach year on **20 October**, health organisations, clinicians, and patients mark **World Osteoporosis Day (WOD)**, a date dedicated to raising awareness of a disease that is often overlooked until it has already caused serious damage.

A BRIEF HISTORY

World Osteoporosis Day was first observed in **1996**, launched by the United Kingdom's **National Osteoporosis Society** with support from the European Commission. Initially, it was a modest campaign aimed at highlighting the silent yet widespread nature of the condition. Within a year, the event was taken under the wing of the **International Osteoporosis Foundation (IOF)**, which continues to coordinate global activities today. Since then, WOD has grown into a truly international health campaign, observed in more than 90 countries, with activities ranging from public screenings and awareness walks to scientific symposia and social media outreach.

The day is not just symbolic. It acts as a rallying point for policy makers, healthcare providers, and patients alike, pressing home the message that osteoporosis is preventable, detectable, and treatable — but only if it is taken seriously...

"... osteoporosis is not inevitable. A combination of lifestyle choices and medical interventions can significantly reduce risk..."

▲ Sleep Disruptions

WHY DO PEOPLE WAKE AT 3 AM AND WHAT TO DO ABOUT IT

by **Andrew Colsky**, Behavioural Sleep Medicine Clinician

We've all been there—you're sound asleep, and suddenly, you're wide awake at 3 AM. You toss, you turn, you count sheep, but sleep doesn't come back. Waking up in the middle of the night is more common than you think, and there are simple reasons behind it—plus a few remedies to help you get back to rest.

COMMON REASONS FOR WAKING UP AT 3 AM

Stress and anxiety

An overactive mind is one of the most common culprits. If you're carrying worries from your day, your brain may jolt awake when your body hits its lightest sleep stage around 3 AM...



OCTOBER'S CALL:

Women's Mental Health,
Nutrition, and the Fight Against
Breast Cancer

by **Prof. Dr. Anabel Ternès von Hattburg**

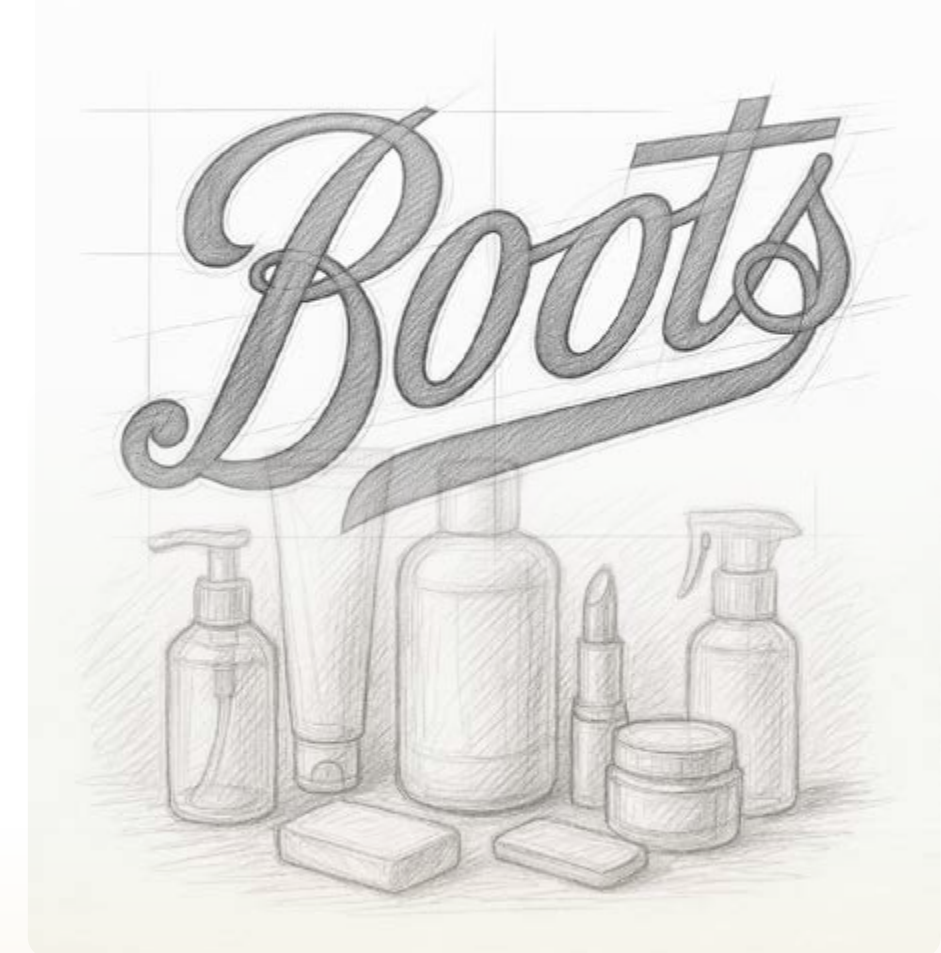
"...women who consumed high-fibre diets had a significantly lower risk of breast cancer, particularly in premenopausal years...."

In It began in a high-rise office in Frankfurt. Maria, 46, a senior executive in a global corporation, was the kind of woman many admired: blond hair, tall, always top-dressed, sharp, ambitious, always the first to arrive and the last to leave. Her marriage: without kids. Her relationship to her husband: many calls a day, jealous all the time, as she was frightened he might choose another woman. And behind the polished image, her business life was a storm. Her boss routinely undermined her in meetings, emails arrived at all hours, and rest was something she postponed indefinitely. Alcohol became her nightly escape, sugar her comfort, fast food her fuel. She hadn't set foot in a gym in years...



Brand Myths Explained

by **Sophie Linton**



Every month in Health Triangle Magazine we peel back the layers of brand storytelling to uncover the myths behind the names we think we know. From global lifestyle icons to health and wellness staples, this series explores what's fact, what's fiction, and why these stories endure. So far we have explored Audi. This month, we turn our attention to **Boots** – a high-street institution so familiar it feels woven into British life. Whether you

pop in for paracetamol, skincare, or a seasonal flu jab, Boots is more than just a shop. Yet around its history and identity, many myths have taken root. Let's separate truth from legend.

MYTH 1:

Boots Began as a Chain of Shops

It's easy to imagine Boots as having sprung fully formed as the nationwide chemist we see today. In reality, its story begins with a single herbal medicine ...

The Healing Power of Dreams

by Theresa Cheung

Each night, when the lights dim and the world hushes to a whisper, an extraordinary realm opens its doors. It is a sacred space that asks nothing of us but surrender. In this liminal world of infinite potential - the realm of dreams - we are offered not just images and symbols, but medicine. True, deep, timeless healing medicine.

For centuries, mystics, shamans, poets, and prophets have turned to dreams for guidance, comfort, and revelation. Today, neuroscience and psychology are beginning to echo what ancient wisdom has always known: dreams are not random. They are rich, intuitive dialogues between the soul and the self. They hold a mirror to our inner lives and, when we learn to listen, they can help us restore what has been broken...

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SAD or just feeling Sad?

by Niki Cassar

For those of us living north of the Equator, summer is swiftly drawing to a close, and long sunny days are being replaced by shorter, wet and windy ones. Some people welcome the Autumn, but for others, it brings a return of the uncomfortable feelings and emotions they've been more easily able to squash down in recent months. ['Anyone for Pimms?'] The easy answer to why they're starting to feel 'down' is to accept the diagnosis of **SAD** [*Seasonal Affective Disorder*], the symptoms of which include: persistent low mood, irritability, feelings of despair or guilt, lethargy and difficulty concentrating. They will be advised to start using light therapy or offered a prescription for ant-depressants. But just as IBS [Irritable Bowel Syndrome] is a catch-all name for a group of symptoms caused by stress, so SAD might be a catch-all name for underlying, long-term anxiety and depression. Light therapy or meds might bring some relief, but it'll more than likely only be temporary. Most likely, the low mood and other symptoms have been showing up for some time, not just in ...

"...the diagnosis of **SAD** (*Seasonal Affective Disorder*), the symptoms of which include: persistent low mood, irritability, feelings of despair ..."



Ancient Woodland

For Childlike Souls

by Lizzy Farmer



We are all children. We just got taller. When we were younger than we are today, we would have all picked up a stick, had a ladybird crawl over our hand or tried to catch a grasshopper or perhaps a butterfly. Us, the younger us, would have been enchanted. Watching this creature making its journey across our skin, tickling as it went, or witnessing its journey along a leaf, or fluttering by. Our gaze naturally following it, the insect totally unaware of its magic spell bestowed upon us fully captivating our attention and taking up our time most beautifully.

We lost ourselves in these moments. I too, today lost myself again for a while, wandering half crouched over and soaked to the bone, scouring the peaty woodland floor for edible fungi, chanterelle this time. Did I expect to find them? I truly hoped that we would, but the things I saw during my search for these elusive treats far outweighed the golden prizes that were foremost on my radar...

"... Small moments, any moments of time engaging with nature are, to my mind, valuable. Nature is everywhere; you are nature..."



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