

Health Triangle

The official e-mag of
UK Health Radio



The Diabetes Sweet Spot

Vegan Skin Care

by Janey Lee Grace

Health Focus

Hair Loss

Mental Health
with *Chrissy B*

& PLACEBO NOCEBO

“ Our voices can make a difference
when we share compassion”

– Valma James –



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Triangle

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Editor's Note:

This Month ▲

“What the mind can conceive - and believe -
it can achieve.”

They say, in Spring, a young man's fancy turns to... what young women have been thinking about all winter. Or perhaps it's the other way around? No matter! What there is no doubt about whatsoever is the power of positive thinking and the vital importance of the stories we tell ourselves and those that we tell others about ourselves. We can talk ourselves into an early grave and we can also talk ourselves out of it - see Yes to Life in this month's issue. “Nothing is impossible.” Albert Einstein and Muhammad Ali both believed that. Neither was shackled by self-limiting beliefs.

If we want to live the longest, healthiest, most meaningful lives, we need to ensure that our thoughts are aligned with our values and our values are reflected in our lifestyles. Our bodies will believe the words which we tell them as much as they will respond to the diet and exercise regimes we choose for them. Plenty of food for thought in the pages that follow.

Happy reading, happy thinking!

Reg Starkey
Editor



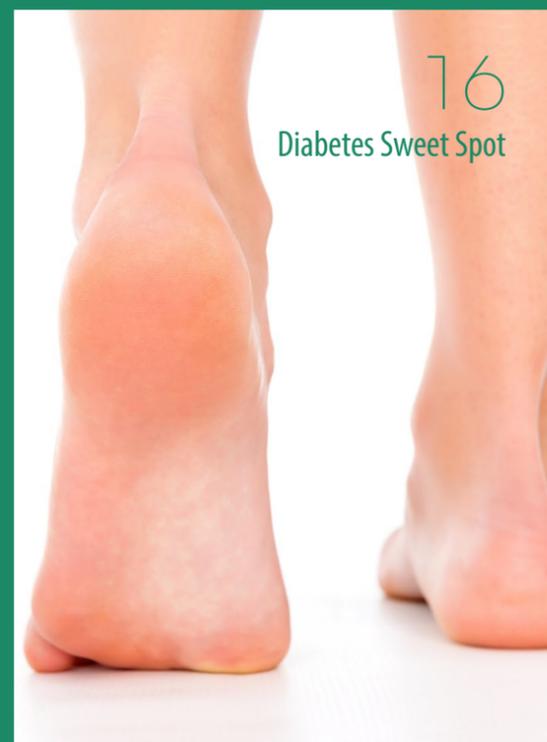
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Hair loss

Losing your hair isn't usually anything to be worried about, but it can be upsetting. Treatment may help with some types of hair loss.

CAUSES OF HAIR LOSS

It's normal to lose hair. We can lose between 50 and 100 hairs a day, often without noticing. Hair loss isn't usually anything to be worried about, but occasionally it can be a sign of a medical condition.

Some types of hair loss are permanent, like male and female pattern baldness. This type of hair loss usually runs in the family.

Other types of hair loss may be temporary. They can be caused by:

- **an illness**
- **stress**
- **cancer treatment**
- **weight loss**
- **iron deficiency**

See a GP if:

- **you have sudden hair loss**
- **you develop bald patches**
- **you're losing hair in clumps**
- **your head also itches and burns**
- **you're worried about your hair loss**

WHAT HAPPENS AT YOUR APPOINTMENT

Your GP should be able to tell you what's causing your hair loss by looking at your hair.

Tell your GP if your hair loss is affecting your well-being, and ask what treatments are available.

IMPORTANT

See your GP first to get a clear and accurate idea of what's causing your hair loss before thinking about going to a commercial hair clinic, which can be expensive.

TREATMENT FOR HAIR LOSS

Most hair loss doesn't need treatment and is either:

- temporary and it'll grow back
- a normal part of getting older

Hair loss caused by a medical condition usually stops or grows back once you have recovered.

There are things you can try if your hair loss is causing you distress. But most treatments aren't available on the NHS, so you'll have to pay for them.

No treatment is 100% effective.

FINASTERIDE AND MINOXIDIL

Finasteride and minoxidil are the main treatments for male pattern baldness.

Minoxidil can also be used to treat female pattern baldness. Women shouldn't use finasteride.

These treatments:

- **don't work for everyone**
- **only work for as long as they're used**
- **aren't available on the NHS**
- **can be expensive**

WIGS

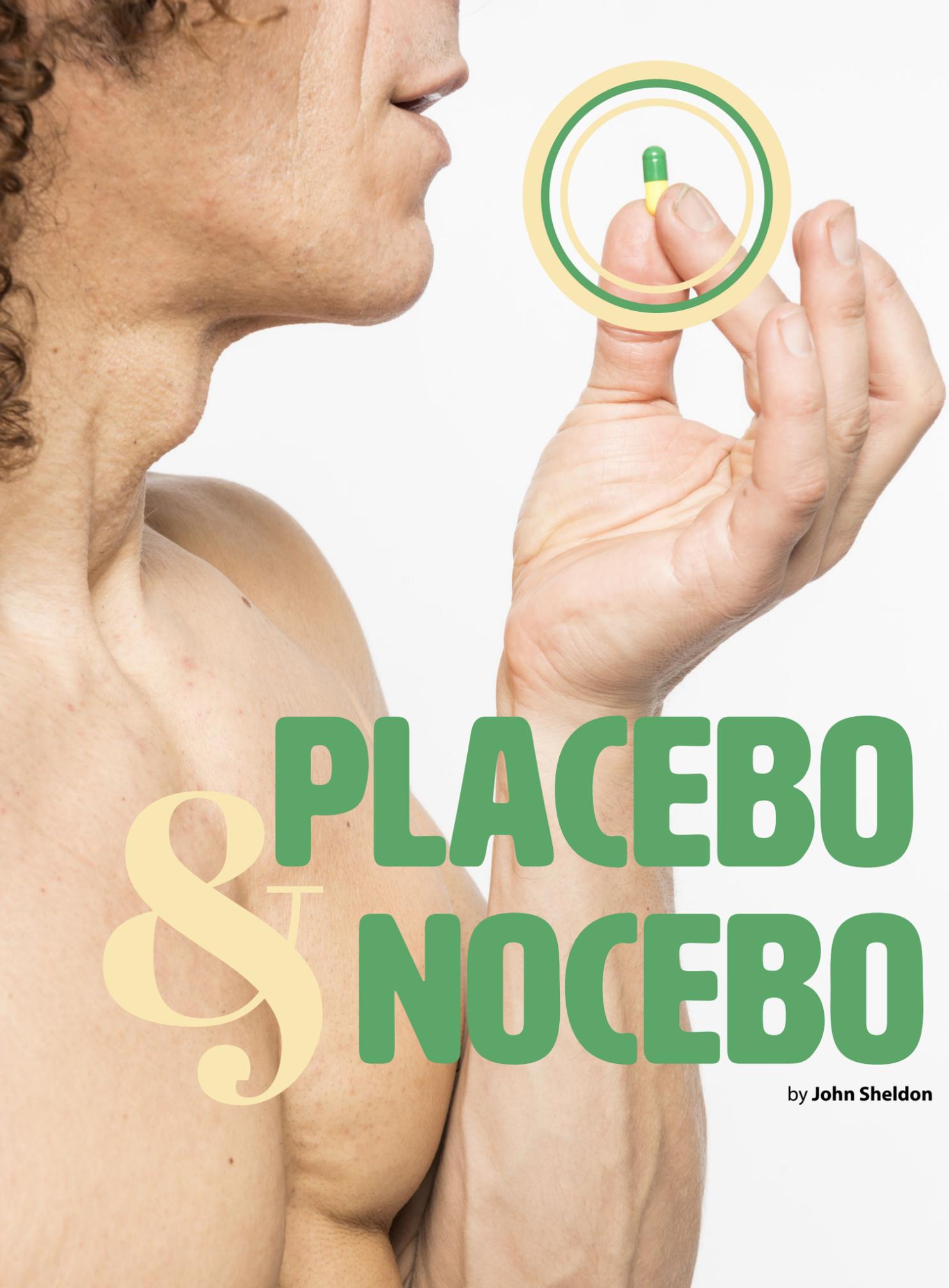
Some wigs are available on the NHS, but you may have to pay unless you qualify for financial help.

SYNTHETIC WIGS:

- **last 6 to 9 months**
- **are easier to look after than real-hair wigs**
- **can be itchy and hot**
- **cost less than real-hair wigs**

REAL-HAIR WIGS:

- **last 3 to 4 years**
- **are harder to look after than synthetic wigs**
- **look more natural than synthetic wigs**
- **cost more than synthetic wigs ...**



PLACEBO & NOCEBO

by John Sheldon

Irregular Periods

by Shelly Chapman

Hi ladies,

This month I'm going to talk to you about irregular periods during peri-menopause, because it's a really worrying time for us, as we haven't got a clue what's going on, or why, because our once regular periods can start to become irregular, lighter, heavier, spotting or even missing!

They were regular because your oestrogen and progesterone levels were behaving in a consistent pattern, every month. But when your body starts to go into peri-menopause (from your late 30's and 40's), your hormones fluctuate, your periods become more erratic, and so does the way you bleed and when.

This can happen over a number of years (4-8 is the average), whilst your hormones are sorting themselves out. But we're all different, there are no rules and your journey will be unique to you, so it's a good idea to start using a diary to track your periods.

IRREGULAR OR SHORTER CYCLES

Lower oestrogen levels during the beginning of peri-menopause makes the uterus lining thinner and this makes your periods shorter or lighter, so it's difficult to 'predict' when your



Vegan Skincare

by Janey Lee Grace

The skincare and beauty world has gone 'vegan-tastic' Cruelty free beauty has been around for eons – it means the ingredients weren't tested on animals, and Vegan usually means the products contains no animal derived ingredient, but a product could be cruelty free but not vegan, (ie not tested on animals but still containing animal products for example Beeswax) and similarly a product could be vegan, contain no animal products but potentially have ingredients that have at some point been tested on animals. . In an ideal world products would be both cruelty free and vegan. Here's a few select vegan friendly and cruelty free products that I currently love.

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