

Health Triangle

The official e-mag of
UK Health Radio



5 Ways
to improve
your health

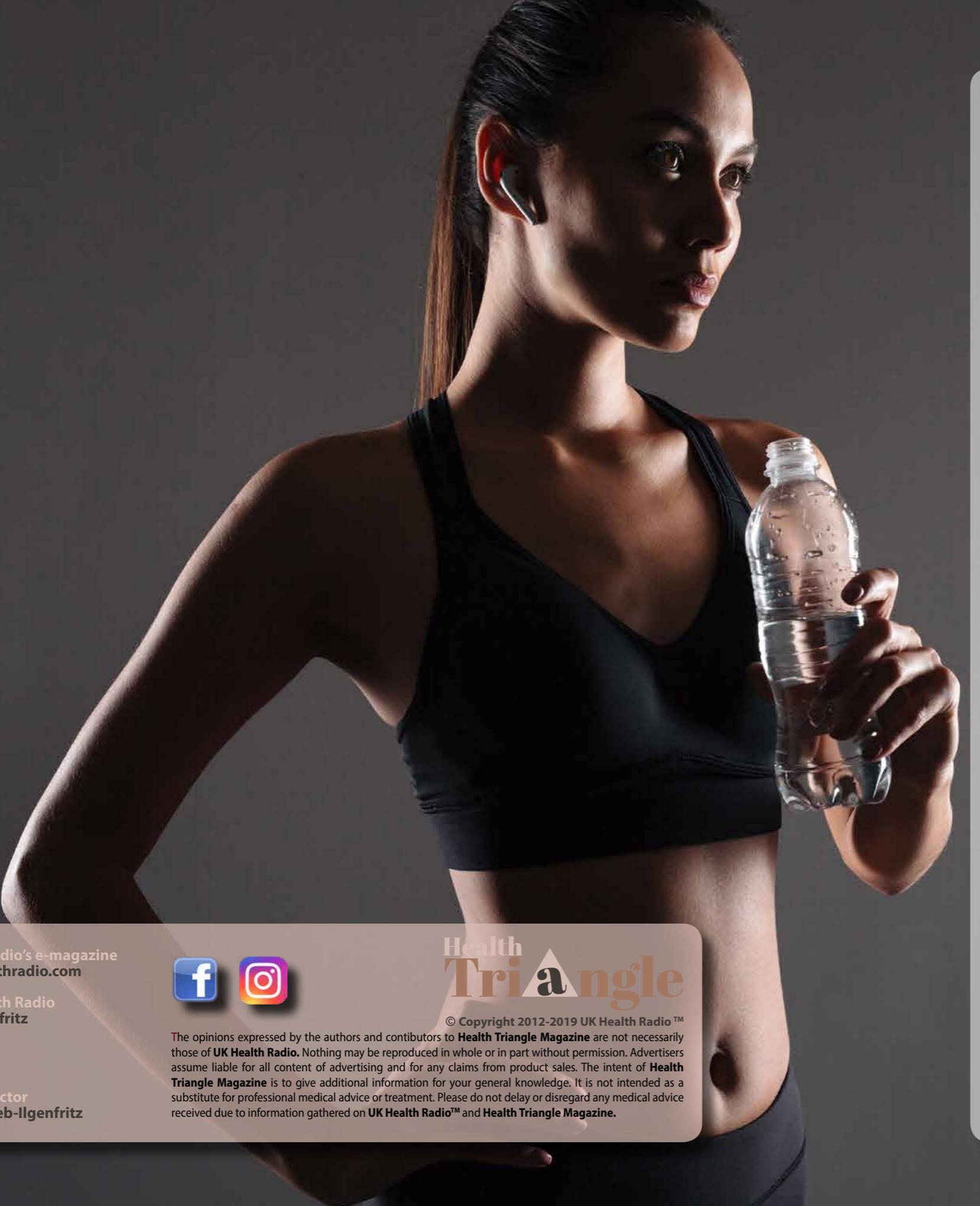
Treating a
Herniated Disc
without surgery

Things you should NEVER
say to someone who's
Depressed by Chrissy B

The Diabetes
Sweet Spot

Health Focus
**Back
Pain**

The Cancer Alchemist
Abi Flynn



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Triangle

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Editor's Note:

This Month ▲

REALITY LIES IN WORDS

Welcome to a bright new and wonderfully wordy edition of Health Triangle! The words here add up to "Individual truth, well told" - or so we like to think.

If we were to do a Word Cloud for this abundance of words, from the writers' point of view, it would include PASSION and SINCERITY.

From the readers' point of view, it would include EXPERT OPINION and GOOD INFORMATION. Yet the key word in this or any other Cloud is ACTION!

When Winston Churchill sent messages to people, his final words were often: "ACTION THIS DAY!"

His contemporary George Bernard Shaw put it like this: "Progress is impossible without change and those who cannot change their minds cannot change anything."

In this edition we offer third party proof that changing your mind can save your life; that your dental health directly affects your total health; that diabetics need to be aware of the threats to their feet. At a lighter level, we talk about telling stories one word at a time! And have a poem by the late Lord Byron, who was famously described as "mad, bad and dangerous to know"! We have an introduction to his only daughter, **Ada Lovelace**, who sadly never knew him...But did know Charles Dickens! And significantly helped develop the cornerstone concept for the world's first Computers!

Cicero and later Blaise Pascal, both acknowledged that refining important thoughts into fewer words demands TIME. (What can you "cut without loss"?)

A feast of words awaits you - not to mention the bonus of accompanying pictures and graphics, each worth another 1000 words!

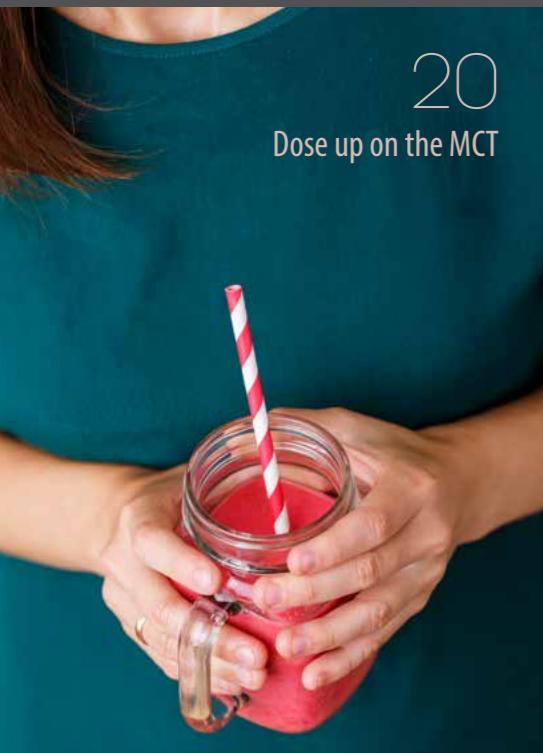
Reg Starkey

Reg Starkey
Editor

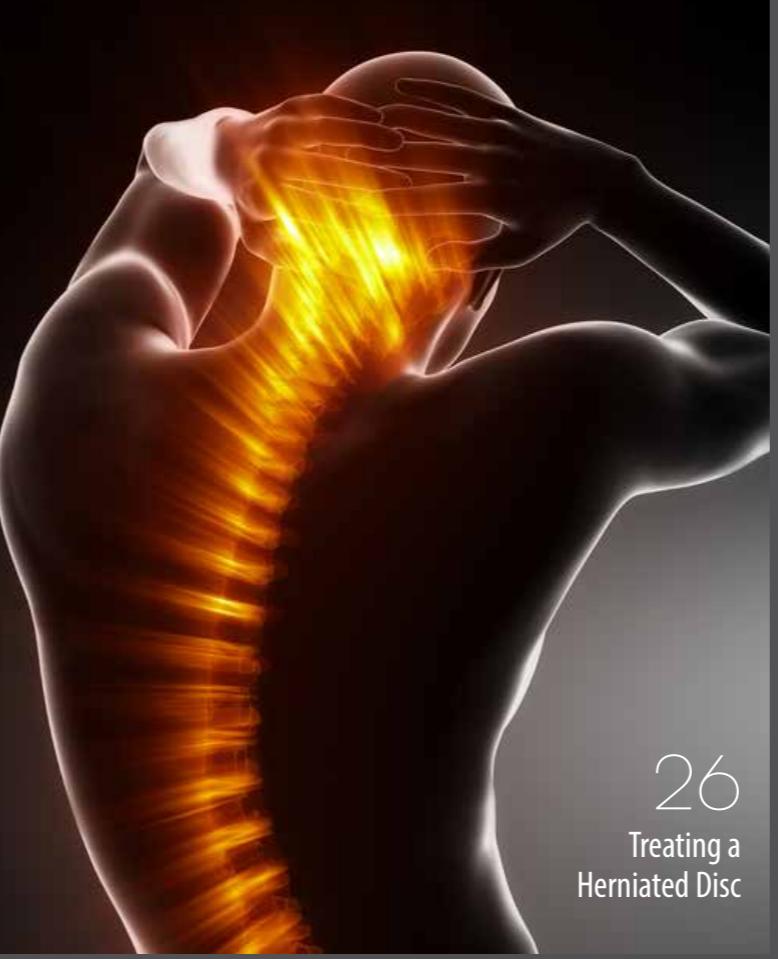


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Back pain is very common and normally improves within a few weeks or months. Pain in the lower back (lumbago) is particularly common, although it can be felt anywhere along the spine – from the neck down to the hips. In most cases the pain isn't caused by anything serious and will usually get better over time. There are things you can do to help relieve it. But sometimes the pain can last a long time or keep coming back.

GETTING HELP AND ADVICE

Back pain usually gets better on its own within a few weeks or months and you may not need to see a doctor or other healthcare professional. But it's a good idea to get help if:

- the pain doesn't start to improve within a few weeks
- the pain stops you doing your day-to-day activities
- the pain is very severe or gets worse over time
- you're worried about the pain or are struggling to cope

You can see your GP, who will ask about your symptoms, examine your back, and discuss possible treatments. They may refer you to a specialist doctor or a physiotherapist for further help.

Alternatively, you may want to consider approaching a physiotherapist directly. Some NHS physiotherapists accept appointments without a doctor's referral, or you could choose to pay for private treatment.

TREATMENTS FROM A SPECIALIST

Your GP, specialist or physiotherapist may recommend extra treatments if they don't think your pain will improve with self-help measures alone.

These may include:

- group exercise classes – where you're taught exercises to strengthen your muscles and improve your posture
- manual therapy – treatments such as manipulating the spine and massage, usually carried out by physiotherapists, chiropractors or osteopaths
- psychological support, such as cognitive behavioural therapy (CBT) – this can be a useful part of treatment if you're struggling to cope with the pain

Some people choose to see a therapist for manual ther-

apy without seeing their GP first. If you want to do this, you'll usually need to pay for private treatment. Surgery is generally only considered in the small number of cases where back pain is caused by a specific medical condition.

CAUSES OF BACK PAIN

Often it's not possible to identify the cause of back pain. Doctors call this "non-specific" back pain. Sometimes the pain may be a result of an injury such as a sprain or strain, but often it occurs for no apparent reason. It's very rarely caused by anything serious. Occasionally back pain can be due to a medical condition such as:

- a slipped (prolapsed) disc – where a disc of cartilage in the spine presses on a nearby nerve
- sciatica – irritation of the nerve that runs from the pelvis to the feet

These conditions tend to cause additional symptoms – such as numbness, weakness or a tingling sensation – and they're treated differently to non-specific back pain.

PREVENTING BACK PAIN

It's difficult to prevent back pain, but the following tips may help reduce your risk:

- do regular back exercises and stretches – your GP or a physiotherapist may be able to advise you about exercises to try
- stay active – doing regular exercise can help keep your back strong; adults are advised to do 150 minutes of exercise a week
- avoid sitting for too long when driving or at work
- take care when lifting – read some safe lifting tips
- check your posture when sitting, using computers and watching television – find out how to sit correctly and tips for laptop users
- ensure the mattress on your bed supports you properly
- lose weight through a combination of a healthy diet and regular exercise if you're overweight – being overweight can increase your risk of developing back pain

WHEN TO GET IMMEDIATE MEDICAL ADVICE

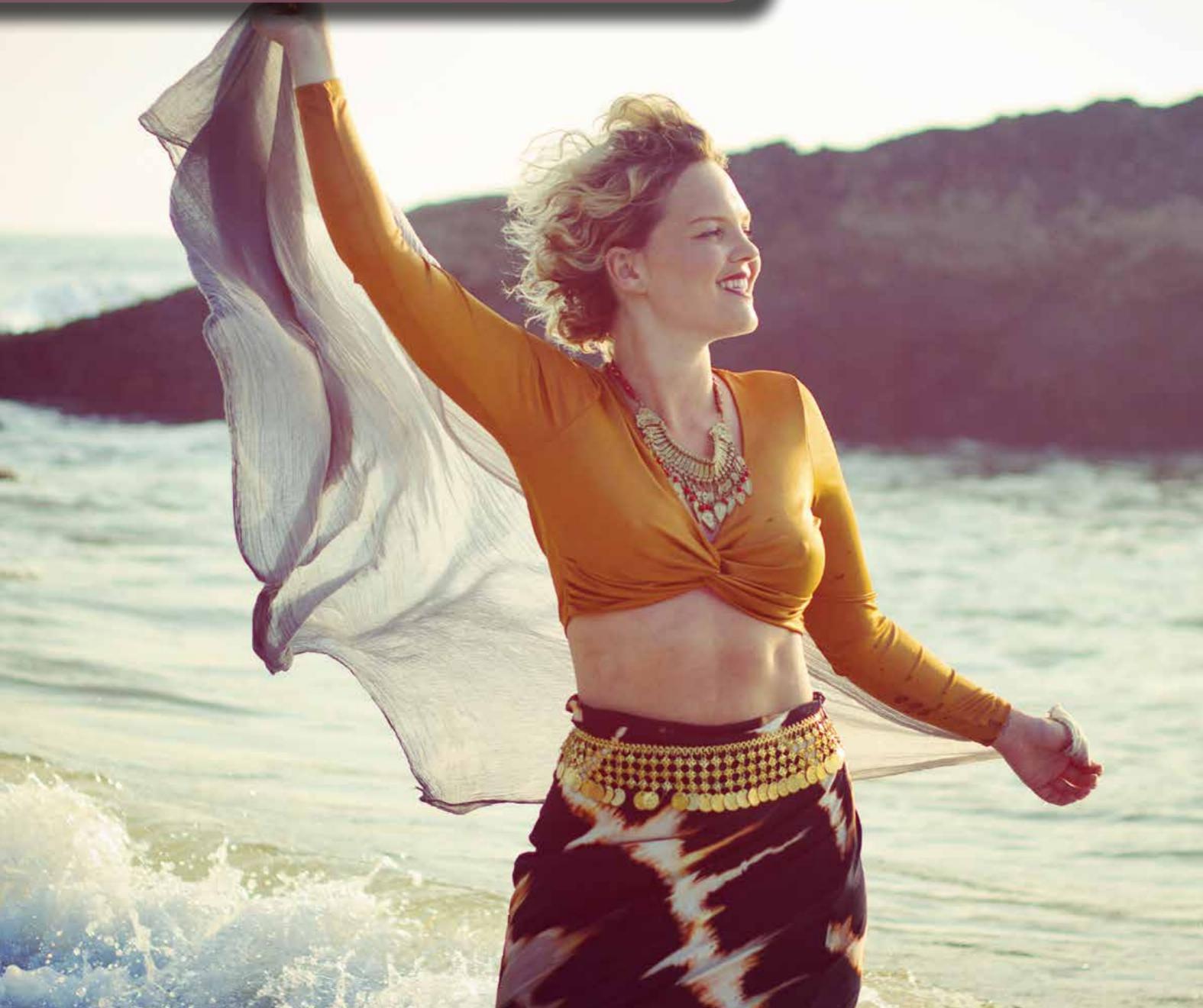
You should contact your GP or NHS 111 immediately if you have back pain and:

- numbness or tingling around your genitals or buttocks
- difficulty peeing
- loss of bladder or bowel control
- chest pain ...



Back Pain

▲ The Cancer Alchemist



Beyond Death, Life:

My Miracle Self-Love Healing Journey
from Dying to Living the Dream

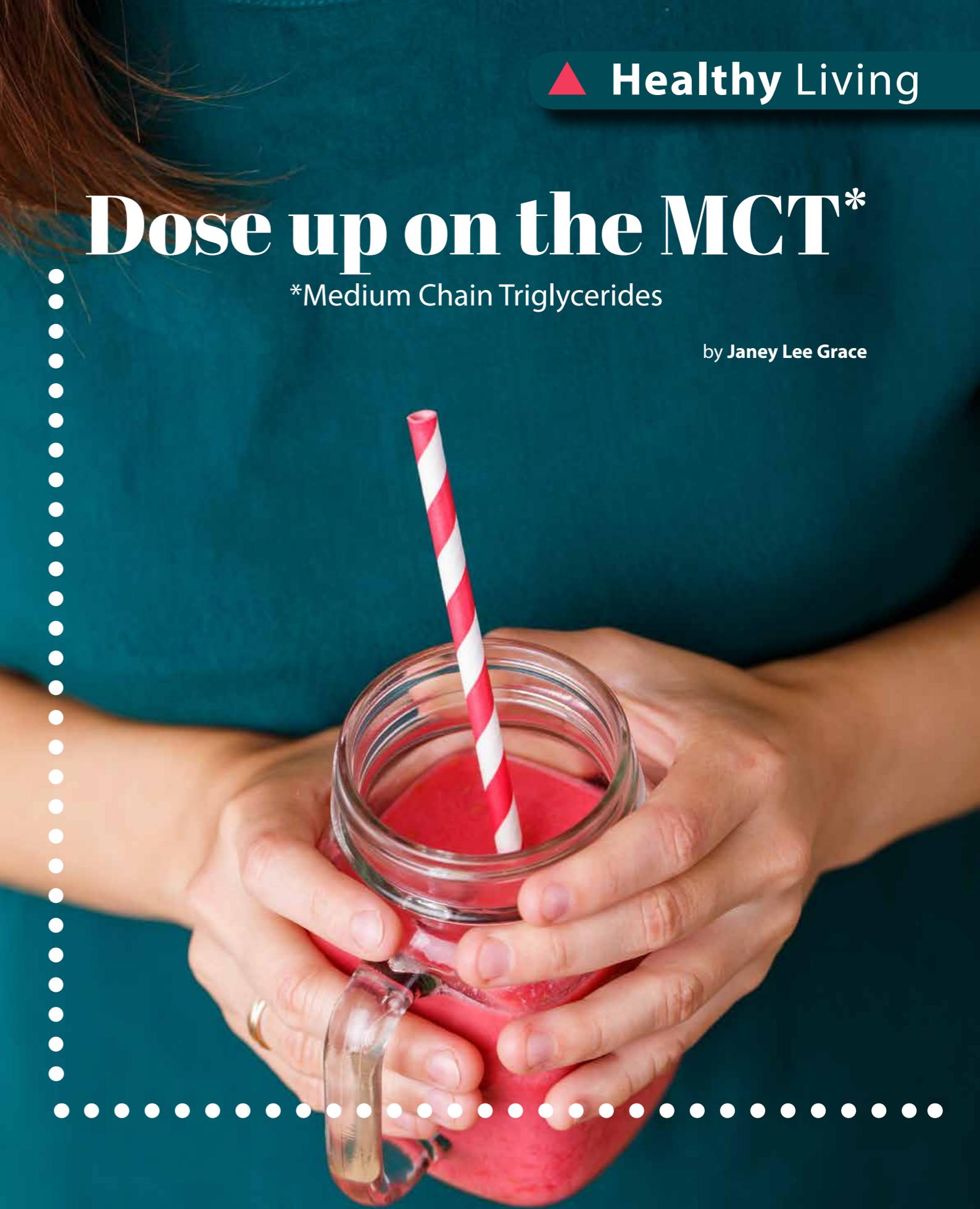
by Abi Flynn

▲ Healthy Living

Dose up on the MCT*

*Medium Chain Triglycerides

by Janey Lee Grace



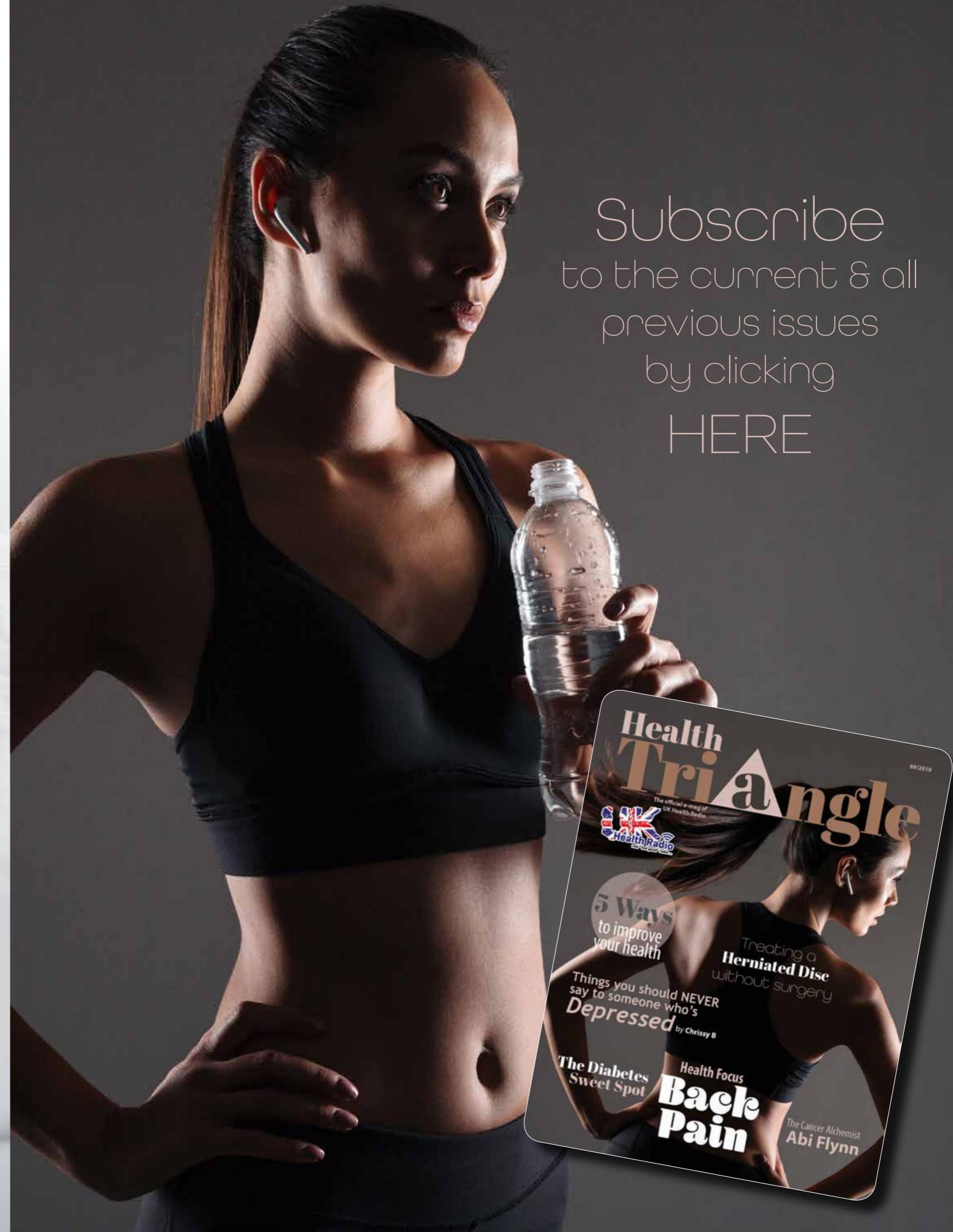
The Healing Revolution

Essential #5

Sleep



by Dr Frank King



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