

# Health Triangle

The official e-mag of  
UK Health Radio



Health Focus  
**MOUTH  
ULCERS**

Menopause  
**Hair Thinning**

The **Diabetes**  
Sweet spot

**Can we protect  
ourselves against  
EMF's?** by Janey Lee Grace

**Food &  
Grief**

Research  
**SCHIZOPHRENIA**





“All the strength  
you need is right  
there inside of you;  
once you find it,  
you can use it  
endlessly.”

Danielle Sax

Editor's Note:

## This Month ▲

**THIS IS NOT A SPRINT, IT'S A MARATHON.**

**A**fter two months of Lockdown, we appear to be on top of the first wave of **Covid 19**. Now the unanswerable question is whether carefully relaxing the regime will stimulate a second wave, remembering that one hundred years ago the second wave of Spanish Flu was far more lethal than the first. On the plus side, we have learned a lot since then, while in some areas we still have a lot to learn.

For example, only 15% of a representative UK sample were getting fresh air outside on an every day basis and 41% had not even left their house on 5 of the last 7 days, despite the sunshine. 48% have also put on weight. If you contract **Covid 19**, obesity and diabetes significantly reduce the risk of survival. A couch potato lifestyle lubricated with alcohol is definitely not recommended. Consistently, the new edition of Health Triangle advocates regular exercise and healthy diet, with new insights into diabetes and cancer. On the Covid front, nurse **Helen McCarthy** honours Florence Nightingale with a poem about life and death on a ward today. Meanwhile **Janey Lee Grace** continues her pursuit of excellence in recognition of quality products. Despite the radical change of circumstances worldwide, Life goes on and Life is good.



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Health  
**Triangle**

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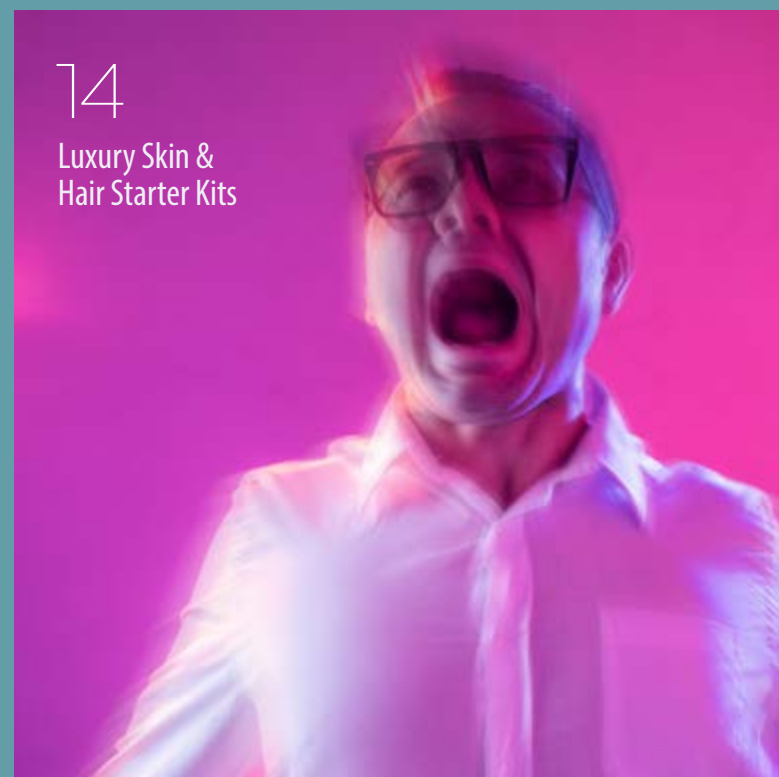


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**M**outh ulcers are common and should clear up on their own within a week or 2. They're rarely a sign of anything serious, but may be uncomfortable to live with.

#### **HOW YOU CAN TREAT MOUTH ULCERS YOURSELF**

Mouth ulcers need time to heal and there's no quick fix. Avoiding things that irritate your mouth ulcer should help:

- speed up the healing process
- reduce pain
- reduce the chance of it returning

#### **DO**

- **use a soft-bristled toothbrush**
- **drink cool drinks through a straw**
- **eat softer foods**
- **get regular dental check-ups**
- **eat a healthy, balanced diet**

#### **DON'T**

- **do not eat very spicy, salty or acidic food**
- **do not eat rough, crunchy food, such as toast or crisps**
- **do not drink very hot or acidic drinks, such as fruit juice**
- **do not use chewing gum**
- **do not use toothpaste containing sodium lauryl sulphate**

#### **A PHARMACIST CAN HELP WITH MOUTH ULCERS**

A pharmacist can recommend a treatment to speed up healing, prevent infection or reduce pain, such as:

- antimicrobial mouthwash
- a painkilling mouthwash, gel or spray
- corticosteroid lozenges

You can buy these without a prescription, but they may not always work.

See a dentist or GP if your mouth ulcer:

- lasts longer than 3 weeks
- keeps coming back
- becomes more painful and red – this may be a sign of an infection

Although most mouth ulcers are harmless, a long-lasting mouth ulcer is sometimes a sign of mouth cancer. It's best to get it checked.

#### **TREATMENT FROM A DENTIST OR GP**

Your GP or dentist may prescribe stronger medication to treat severe, recurrent or infected mouth ulcers.

You may have more than 1 ulcer at a time and they can change in size.

Mouth ulcers are not contagious and should not be confused with cold sores.

Cold sores appear on the lips or around the mouth and often begin with a tingling, itching or burning sensation.

If you have several mouth ulcers, this can be a symptom of:

- hand, foot and mouth disease, which also causes a rash on the hands and feet
- oral lichen planus, which causes a white, lacy pattern inside the cheeks

#### **YOU CANNOT ALWAYS PREVENT MOUTH ULCERS**

Most single mouth ulcers are caused by things you can try to avoid, such as:

- biting the inside of your cheek
- badly fitting dentures, braces, rough fillings or a sharp tooth
- cuts or burns while eating or drinking – for example, hard food or hot drinks
- a food intolerance or allergy
- damaging your gums with a toothbrush or irritating toothpaste
- feeling tired, stressed or anxious

Sometimes they're triggered by things you cannot always control, such as:

- hormonal changes – such as during pregnancy
- your genes – some families get mouth ulcers more often
- a long-term condition – such as inflammatory bowel disease (IBD), coeliac disease or Behçet's disease
- a vitamin B12 or iron deficiency
- medicines – including some NSAIDs, beta blockers or nicorandil
- stopping smoking – people may develop mouth ulcers when they first stop smoking

# MOUTH ULCERS



# MAKE A U-TURN, GIVE UP OR GO THROUGH IT?

by Danielle Sax  
[www.daniellesax.com](http://www.daniellesax.com)

## 7 Quotes to inspire you to rise again when life hits you

**Y**es, we are still in the middle of a global situation in which no precedent can compare, but it is time to go through this challenge head up high and get on with living.

In these last weeks I have been listening to a lot of statements of strength, whether it be short videos or texts to motivate myself to stay on track and be authentic to my journey and purpose of serving and inspiring people. Not to be influenced to go into the drama and doom thinking that many media suggest. I let myself be inspired by my mentors to stay in my positive energy and my self-care daily routines. We do not need to do this alone, it is always better to be guided by a professional or by a supportive community! For me, the daily practice of meditation, journaling and contact with nature really help me to continue to be my creative self through all this stand still. While many of us choose to make a U-turn to avoid the confrontations with themselves or even give up by eating, drinking their emotions away until this situation will be over. What about you?

Herewith seven quotes that have inspired me to consciously go through this, learn through this and develop myself along the way! It has been an amazing period of inner reflection and future building.

***"You are confined only by the  
walls you build yourself."***

Andrew Murphy

Isn't this quote applicable in this stage of global stand still? Whatever anyone outside tells us what to do...

▲ Research

## NEW INSIGHTS INTO THE MECHANISMS UNDERLYING THE DEVELOPMENT OF SCHIZOPHRENIA

**P**atients with schizophrenia have higher levels of dopamine and the typical symptoms of the disease have been linked to this. However, it is not only the elevated level of the neurotransmitter dopamine that triggers symptoms in patients but also poorer regulation of dopamine release by a certain area of the brain. For the first time, this has now been demonstrated by MedUni Vienna scientists ...





# Hair Thinning

*Hi Ladies,*

**T**his month we'll cover something that you may not realise could be a menopausal symptom and that's hair thinning!

It happened to me, to the point where I had to wear a wig, so I know how distressing and worrying it is, but the good news is that I found a solution that worked and mine all grew back, even better than before, but more of that later.

For women, our hair is our crowning glory and how we

style and wear it is unique to us, so when it starts to thin, it affects us quite badly so...

## WHAT CAUSES HAIR THINNING?

The first thing is to go to your Doctor to check that there are no underlying medical reasons as to why this is happening to you and they might check your thyroid, just to be sure. Hair loss that's menopause related, researchers believe, is the result of a hormonal ...

# Food and Grief

by **Janet Jones**, presenter  
of *The Good Grief Conversation* on **UK Health Radio**



**G**rief has a physical damaging effect on the body. With excessive production of cortisol and the body's hormones being out of balance; the body can suffer anything from aches and pains to a compromised immune system. During the Covid-19 pandemic, it is essential to take care of the body's immune system, especially during times of grief.

Speaking with Jenny Tschiesche, nutritionist, speaker and author, on The Good Grief Conversation program on UK Health Radio, about the physical impact of grief on the body and the gut, I discovered why I had put on over a stone (14lbs/6kg) in weight and constantly felt exhausted after I lost my 22-year-old son. It wasn't only extreme sadness that was at the root of the problem.

At a time when you need to take the greatest care of yourself, it seems impossible to eat well. In the early days after the loss of a loved one, people rush around bringing food and doing shopping. I don't think I would have eaten had friends and family not stepped in. Days would pass when I didn't know if I had eaten or not. This is a common problem and sometimes grief can lead to malnutrition, either by not eating or eating comfort food ...





▲ Chi-Qigong



# FORGIVENESS

## AS A SUPER POWER

by Clara Apollo



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