

# Health Triangle

The official e-mag of  
UK Health Radio



**Health Focus:  
KEEP BONES  
HEALTHY  
OVER 65**

# Face Yoga

## What Is Life?

by Kino MacGregor

**BREAKING  
NEWS**  
**ASSISTED DYING  
THE GREAT DEBATE**

**GREAT TIPS TO FEEL  
YOUR FABULOUS  
SELF THIS SUMMER**

## Getting the nutrients in

by Janey Lee Grace



“It's not how old you are, it's how you are old.”

Jules Renard

Health  
**Triangle**

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Editor's Note:

## This Month▲

“THINK OF NAUGHT BUT TO PLEASE YE.”

This timely advice remains more valid today than when first expressed hundreds of years ago. Confronting today's information overload, the need for intelligent optimism is more important than ever. The Divine Life Yogini guides you through the seven Chakras. It's an ancient road map yet the link between a healthy mind and a healthy body is now independently established. Your bones will age but your attitudes don't have to! The nutritional value of most food may be in decline but the quality of supplements is increasing. Health Triangle can help you find them. Science is on the side of humanity! The earth has survived for billions of years and will survive for billions more, whatever happens to the weather. The surface environment is what's vulnerable, not the core. Perception is everything. Action is critical. Life is made with literally billions of passing moments. Breathe the air. See the beauty. Record it in words, in pictures, or at least in memories. Be conscious. Be grateful! Be a reader, be a leader. Take minutes to change your life for the better on a daily basis - because today is all we know we have for sure. The new edition is full of intelligent optimism. Make the most of it.

Reg Starkey  
Editor







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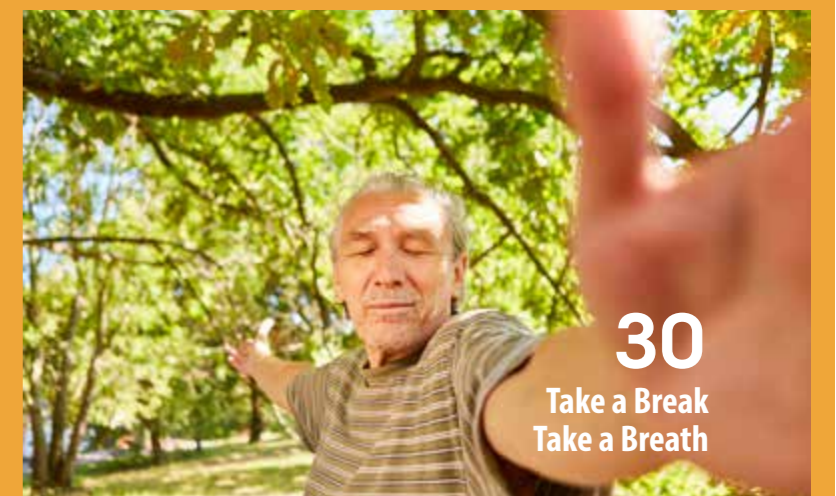


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# Keep Bones Healthy over 65



It's true that our bones tend to lose strength as we get older. But even in later years, there's plenty we can do to prevent falls and fractures.

## STAY ACTIVE

Being inactive makes your muscles and bones lose strength. This increases your risk of osteoporosis, falls and fractures.

### Moderate-intensity exercise

People over 65 should try to get 150 minutes (2 and a half hours) of moderate-intensity exercise every week. It's best to do some exercise every day, spread across the day. Doing something is always better than doing nothing. Exercise outdoors if you can and build up slowly.

Moderate activity will raise your heart rate and make you breathe faster and feel warmer.

One way to tell if you're exercising at a moderate level is if you can still talk but can't sing the words to a song.

Examples of moderate-intensity activities include:

- walking
- water aerobics
- ballroom and line dancing
- riding a bike on level ground or with few hills
- playing doubles tennis
- pushing a lawn mower

### Activities for strength

You should also try to do activities to improve muscle strength at least twice a week.

This could include:

- lifting weights
- dancing
- carrying groceries
- going up and down stairs

- exercising to music
- heavy gardening, such as digging or shovelling
- yoga

### Activities for balance and flexibility

It's also a good idea to do activities to improve balance and flexibility twice a week as this can reduce your risk of falling.

Activities such as yoga or tai chi are best for this. These types of activity can also ease stiffness and unsteadiness associated with painful joints.

You can do activities twice a week that combine moderate-intensity exercise with improving your strength, balance and flexibility or you can do different activities. You should also try to avoid sitting around for long periods. If you find you have been sitting for more than about 20 to 30 minutes, get up and go for a stroll. If you have a health condition such as heart disease or arthritis, you may be able to join a suitable group exercise class.

### Exercising with osteoporosis

If you have a high fracture risk or spinal fractures caused by osteoporosis, you need to look after your back. It's especially important to bend your knees when lifting objects. Avoid movements that involve awkward bending and lifting movements.

You may need to be cautious about some types of high impact exercises. Your GP can advise you about this.

### EATING FOR HEALTHY BONES

Some people find their appetite starts to drop as they get older. Eating less can make it more difficult to get the nutrients you need to keep muscles and bones healthy.

Staying active will help to keep your appetite up. But if you don't feel like eating much some days, it's still important to try to stick to a healthy, balanced diet. For healthy muscles and bones, you need calcium, vitamin D and protein:

- calcium keeps our bones and teeth healthy
- vitamin D helps our bodies to absorb calcium
- protein is important for muscle maintenance

Another reason to eat a balanced diet is that it will help you to maintain a healthy body weight. Keep your weight up. Being underweight is linked to a higher risk of fractures.

If your diet isn't as good as it should be, you may want to consider taking a dietary supplement.

Go for one that contains calcium and vitamin D. Your GP or pharmacist can help you choose one that's suitable for you.

Some medicines can affect your appetite. If you think a medicine you're taking may be affecting your appetite, perhaps because it makes you feel nauseous, talk with your pharmacist or GP. They may be able to suggest an alternative.

### VITAMIN D

Vitamin D is important for both strong muscles and healthy bones. Our bodies make vitamin D from the action of the summer sunlight (from late March/April to the end of September) on our skin. All adults are advised to consider taking a daily vitamin D supplement, particularly during the winter months (October to March).

People who are not often exposed to the sun should take a daily vitamin D supplement throughout the year. These include people who:

- are not often outdoors, such as those who are frail or housebound

- are in an institution, such as a care home
- usually wear clothes that cover up most of their skin when outdoors

People with dark skin, such as those of African, African-Caribbean and south Asian origin, might not get enough vitamin D from sunlight, so they should consider taking a supplement throughout the year.

Some foods contain vitamin D. These include oily fish such as mackerel and salmon, eggs, foods fortified with vitamin D such as fat spreads, and some breakfast cereals.

But it's difficult to get enough vitamin D from food alone. If you have osteoporosis, your GP may prescribe a calcium supplement, too.

### OTHER WAYS TO PROTECT YOUR BONES

Other things to consider to help prevent falls and fractures:

- quit smoking and try these tips to help you cut down on alcohol
- go for an eye test – poor eyesight can affect mobility and balance
- get your hearing checked – ear problems can affect your balance
- look after your feet – foot pain can affect your mobility
- review your medicines with your GP or pharmacist – some medicines can make you feel dizzy or drowsy
- make your home safer to avoid accidents

It's important you do not stop taking a medicine without getting advice from a qualified health professional.

### MORE INFORMATION

**Exercises to promote bone and muscle strength (video and PDF) on the Royal Osteoporosis Society website**

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

# Welcome to a world of alcohol freedom

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# BREAKING NEWS

## *Assisted Dying* THE GREAT DEBATE

**“To be or not to be? That is the question.”**

**T**he question posed by Shakespeare is even more relevant today than it was in the year that it was written. Why?

Because advances in medicine have made it universally possible for doctors to extend life significantly compared with, say, 100 years ago. In Shakespeare's era, average life expectancy in England was only 30 years! Around 50% of all children at that time died before they were 15. William Shakespeare's own son, Hamnet, died in 1596, aged 11. Average life expectancy in 2022 for a baby born in the UK today is 79 for a boy and 82 for a girl, in round figures.

However, anyone reaching retirement age today can realistically expect to live - or at least survive - for up to 20 more years, perhaps.

The number of people living to 100 years or more is expected to exceed 3.5 million by 2050.

In many ways, this is all very encouraging - but millions are now questioning the value of living so much longer if the quality of life is actually that much lower?

Four out of five people in Britain say they would welcome a change of the law in favour of assisted dying.

The Church of England is against.

The British Medical Association has shifted its position to neutral.

The subject is not top priority in Politics.

Assisted dying remains illegal in England, as it also does in France, although 'palliative sedation' may be more popular there than here.

While suicide is no longer a crime, assisting or facilitating someone else's death, even at their request or with their complete consent, is a crime punishable with up to 14 years in prison in the UK.

In continental Europe, assisted dying is legal internationally in Switzerland and to their own citizens in several other countries including the Netherlands, Belgium and Luxembourg.

It is also legal in many English-speaking countries including 6 or more states in the USA, parts of Australia, Tasmania, Canada and New Zealand.

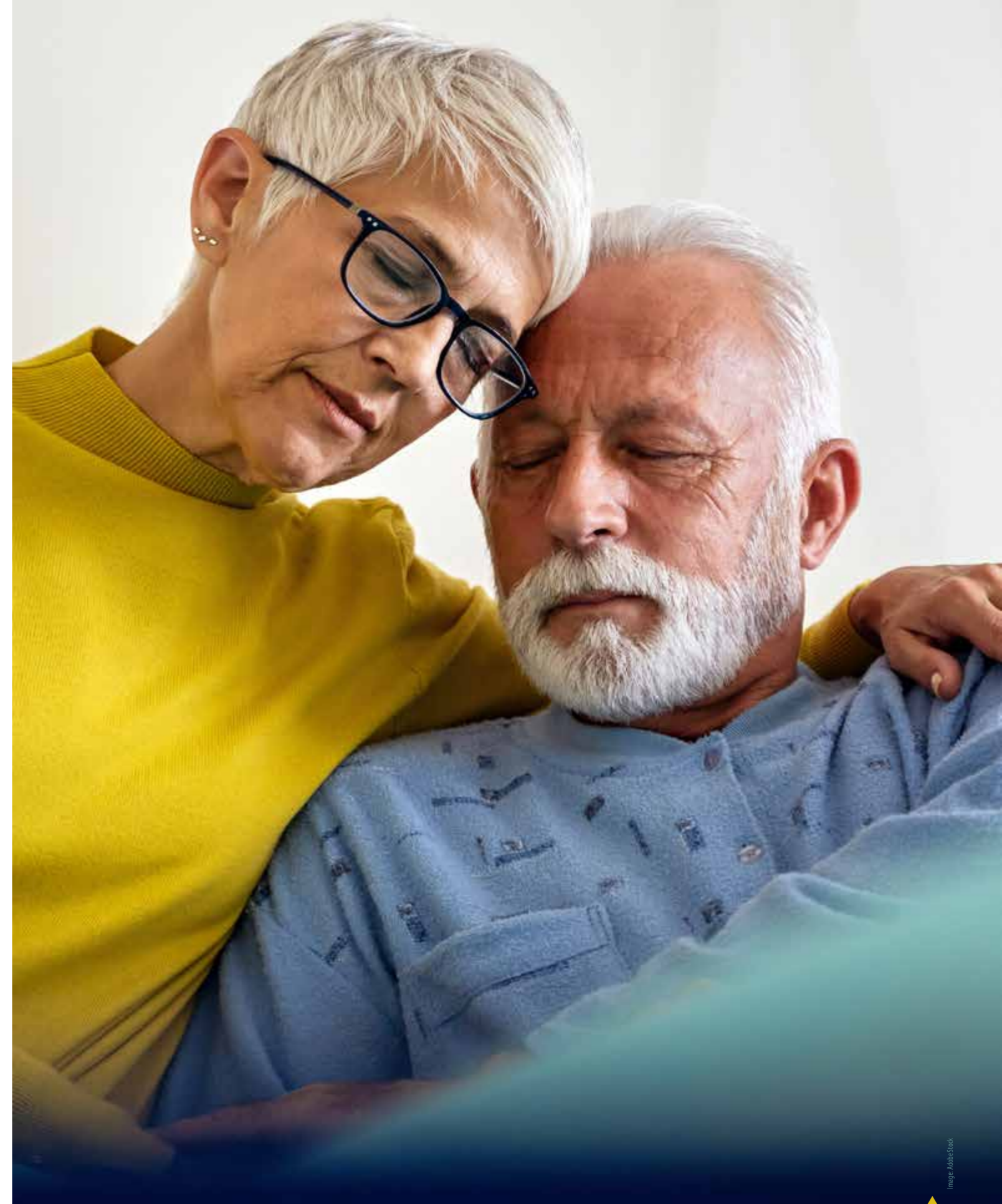
In every case, there are strict conditions attached to the procedure designed to protect the individual from what critics see as an unnecessary permanent solution to a possibly temporary problem.

As a nation of compassionate pet-lovers, we would never allow our dog or our cat to suffer unnecessary pain, yet this is exactly what the law demands we do for our family members or friends in comparable circumstances.

Research suggests that suicide rates double when there is no other alternative available in the eyes of the sufferer. For most, a dignified assisted death in Switzerland is not unattractive - it is simply unaffordable.

One day, the law will be changed. One day, the circle of compassion will enlarge to give sufferers the legal choice to end their wretched lives with dignity. One day...!

For more information, please check out  
**My Death, My Decision**  
[www.mydeath-mydecision.org.uk](http://www.mydeath-mydecision.org.uk)





# Face Yoga

by Sarah Jane Brown

Over time, erratic work habits can take a toll on your mind and body which manifest as stress, anxiety, tension and sickness. BUT when do we STOP and TREAT our wellness needs? Within the corporate world, many of us often work long hours, sat at a desk hunched over a laptop or with a phone pressed to our ears, looking down at a blue screen. Many of us subconsciously hold a lot of tension in our face, jaw, neck and shoulders. By releasing tension in these areas, the body feels lighter and opens to increasing efficiency...



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