

# Health and Wellbeing checklist

Your body is precious and it pays to look after yourself. Here are a variety of ideas to be – and stay – healthy

## A natural long-term remedy for urinary tract infections

Uralix is a herbal complex for help with symptoms and long term protection of the bladder, maintaining a healthy urinary tract.

Do you feel you are stuck in a cycle of recurring bladder infections, with no end in sight?

Antibiotic resistance is the reason that many women suffer from chronic, recurring urinary tract infections\*. Antibiotic resistance is a major threat that "could kill us before climate change does", according to Prof Dame Sally Davis, former Chief Medical Officer.

"URALIX is a new UK manufactured botanical supplement which has been specifically designed to improve urinary health", says Dr Gemma Newman MBChB DRCOG DFSRH MRCP.

Pharmacist, A. Gautama says: "The overwhelmingly positive response after taking URALIX is in line with the NHS guidelines of reducing antibiotic overuse".



### Benefits include:

- Manufactured in the UK
- 100% antibiotic free
- Clinically researched, safe ingredients
- Supports and promotes bladder health
- Does not cause yeast infections.

Order at [bluegreenhealth.co.uk](http://bluegreenhealth.co.uk) and enjoy 10% off with code U10, valid until 30 November.

\*Urinary tract infections: epidemiology, mechanisms of infection and treatment options by Ana L. Flores-Mireles et al

## Next level clean hands

So Handi is taking clean hands to the next level, with more than 30 'scent-sational' spray and gel varieties to choose from. Keep clean in style.

Visit [sohandi.co.uk](http://sohandi.co.uk) and use code OCT30 for 30% off.

SO HANDI



## Start your journey to varicose-vein-free legs

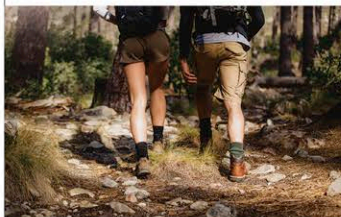
Varicose veins are twisty, bulging veins on the legs and feet, which tend to get larger and more swollen with time. They are an indicator of an underlying valve problem in the veins underneath the skin, which are feeding the visible varicosities. They are also very common, affecting at least one in three people at some point in their lifetime\*.

Veincentre are one of the UK's leading varicose veins specialists, with clinics nationwide, and they have been using modern techniques for over 18 years. The team at



Veincentre provide the most effective, proven treatment and the highest quality of care, that is accessible to everyone.

All their treatments are carried out by venous specialists who have extensive personal experience in the non-surgical management of varicose veins. By choosing Veincentre, you can be assured that discomfort will be minimised, outcomes will be optimised, and you will be looked after by a team who really care for you.



Call 03717 053035 or visit [veincentre.com](http://veincentre.com)

\*Varicose veins in the legs (National Institute For Health and Care Excellence, 2014).

## iStent inject® W – the advanced device for glaucoma therapy

Glaucoma is a serious, progressive eye disease which, left untreated, can lead to blindness. It can be difficult to detect without an eye test as most types of glaucoma have no symptoms. Glaucoma is sometimes caused by an increase in pressure in the eye when the fluid cannot drain adequately.



Damage to the optic nerve is irreversible and can lead to loss of field of vision and even blindness. Early diagnosis is crucial and lowering the eye pressure is the most effective way to control glaucoma.

Once diagnosed, the most common treatment is prescription eye drops, which will help to either reduce the fluid production or increase the drainage of fluid from the eye. Some patients have difficulty using eye drops or experience side effects from the drops. Trabecular micro-bypass surgery, namely iStent implantation, can be a good alternative treatment.

iStent inject® W comprises microscopic 0.36mm stents which are implanted into the eye. The stents, invisible to the human eye, work by helping to restore the eye's natural



fluid outflow, reducing ocular pressure. The surgery is quick and safe and can be carried out at the same time as cataract surgery, or during a separate procedure<sup>1</sup>.

At Queen Victoria Hospital they have previously published research demonstrating that iStent inject® W is effective at both lowering eye pressure and reducing the number of drops patients need to take after stent placement. Their latest research outcomes, which focused on patient quality of life and eye comfort after stent surgery, is very encouraging. It supports an international study which shows 72% of patients who

were treated with iStent inject® W no longer need to take glaucoma medication after 12 months<sup>2</sup>.



For more information visit the website at [glaukos.com/en-uk/](http://glaukos.com/en-uk/)

<sup>1</sup> Voskanyan L, Garcia-Feljóo J, Belda J, Fea A, Junemann A, Baudouin C. Prospective, unmasked evaluation of the iStent inject® system for open-angle glaucoma: Synergy trial. Adv Ther. 2014;31:189-201  
<sup>2</sup> Neuhann TH. Trabecular micro-bypass stent implantation during small-incision cataract surgery for open angle glaucoma or ocular hypertension: Long-term results. J.Cataract Refract Surg. 2015; 41: 2664-2671

## Improved body image can lead to boosted confidence and wellbeing

In an image-conscious world, the fact that over one third of adults admit to having felt anxious or depressed over their body image\* will come as no surprise. A few of the most common causes of body image woes are hair thinning and chronic skin conditions. But, what can be done?

### Industry-leading hair, skin and vein treatments

Dr Wilf Ali (FRCP(Edinburgh), FRCP (London), MBBS, DCH, DRCOG, MRCPG, MRCS) and Regina Kazlauskaitė, a qualified aesthetic practitioner with over 17 years of experience, founded HHC in order to help answer that question. HHC are a highly-regarded UK clinic that specialise in helping patients tackle their body image issues through advanced cosmetic treatments.

HHC are experts in tackling hair-loss – no matter your age or gender. Taking into account medical history

and aesthetic preference, their team's forte is beautiful and natural-looking hairlines that enhance the appearance, by using advanced surgical and non-surgical techniques.

Patients also head to HHC for their specialist vein and skin treatments, with their skin procedures effectively rejuvenating skin, as well as tackling scarring, stretch marks and acne.

Their team of leading endovascular and vein consultants treat both varicose and thread veins without the need for large surgical cuts or general anaesthesia – they even guarantee that any varicose veins they treat will be closed successfully.



Dr Wilf Ali

Regina Kazlauskaitė



State-of-the-art minimally invasive laser techniques, as recommended by NICE (National Institute for Health and Care Excellence), ensure patients can confidently walk out of clinic straight after treatment.

**Rated outstanding by the CQC**  
With flagship clinic locations in Harley Street, London and in Nottingham, demand for HHC's industry-renowned hair and skin procedures has never been higher. They've attracted patients from across the UK.

"We are an affordable UK-based cosmetic clinic offering a beautiful and serene environment. We have proper UK medical standards in place, top-of-the-range diagnostic equipment as well as the finest practitioners in

the country. Patient-centered care is our number one priority," stated co-founder Dr Wilf Ali.

**Affordable finance options**  
Offering transparent pricing why not explore what HHC can do to give your body image and confidence the boost it deserves. Consultations are available at convenient locations across the UK, including Nottingham, Harley Street – London, Manchester, Leeds, Liverpool, Bristol, Newcastle, and Cambridge.

**To book a free initial consultation call 0800 288 4085, visit [hhclinics.co.uk](http://hhclinics.co.uk), or email [info@hhclinics.co.uk](mailto:info@hhclinics.co.uk)**

\*Mental Health Foundation with YouGov in March 2019 of 4,505 UK adults over 18 years.



## In the mood for a cup of Brilliant Raccoon?

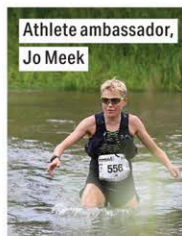
Get in the Mood Coffee is serious about 100% natural, blended coffee, wellbeing and the planet. But being serious shouldn't stop you from having fun. So, if a cup of Brilliant Raccoon, a bright, punchy coffee, doesn't put you in the mood to get going, you could go for a Fancys Cat, a Partied out Panda, a Hectic Hamster, or an Intrepid Baboon.

Drinking coffee can be an important part of everyday life – for the great taste and for the benefits the coffee components have on the body. It helps athletes get the most from exercise, and Gareth Shaw, pro golfer, highlighted

in the Get in the Mood Coffee blog that coffee improves mental acuity and reaction time.



Enjoy 15% off any Get in the Mood Coffee and Kits with code HAPPY15 until midnight 31 October at the website [getinthemoodstore.com](http://getinthemoodstore.com)



Athlete ambassador, Jo Meek

## ExpressTest by Cignpost can help you take back control

Your health and your family's has never been more important. As the world reopens and everyone starts to return to overseas travel, schools and offices, are you more anxious about your family's health? ExpressTest can help you take control – as a UK government listed Covid-19 screening service, they offer at-home testing kits and have 36 clinics across the UK. These include Heathrow, Birmingham and Edinburgh airports – allowing you to test at your convenience. They've completed over 3 million tests to date, and are proud to have reunited loved ones across the UK, and reopened the world of international travel.

PCR, and lateral flow tests from ExpressTest will give you the confidence to get back to what you love, and if that includes holidays, then trust them with Fit to Fly, pre-departure and arrivals tests for all of your travel needs.



Visit [expresstest.co.uk](http://expresstest.co.uk) to find out more.

## Straighten your teeth easily with Harley Street orthodontist Dr Emma Laing

Based in a beautiful, listed building, Dr Emma Laing has a five-star Google rating and last month won at the Aesthetic Dentistry Awards 2021. As you lie back in the dental chair

you see an ornate ceiling with paintings dating from the 18th century, whilst she uses the latest technology to make your appointments easy and enjoyable using precise 3D photographic scanning



techniques. Using all types of cosmetic braces like Invisalign, she can straighten your teeth to perfection, whatever your age.



Contact [info@emmalaing.com](mailto:info@emmalaing.com) or call 020 7580 4200. Visit [emmalaing.com](http://emmalaing.com), and follow [@drEmmaOrthodontist](https://www.facebook.com/drEmmaOrthodontist) [@dremmalaing](https://www.instagram.com/dremmalaing)