

Best of Health & Wellbeing

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

Glaucoma Awareness



GLAUKOS[®]

TRANSFORMING VISION

Glaucoma is a serious, progressive group of eye diseases, which, if left untreated, can lead to blindness. Despite affecting 2% of people over 40 years old and 10% over 75, it is relatively unknown¹.

Most cases are caused by an increase in pressure within the eye when the fluid can't drain adequately. Damage to the optic nerve is irreversible, so early diagnosis is crucial. Lowering the eye pressure is the most effective way to control glaucoma and help prevent further damage.

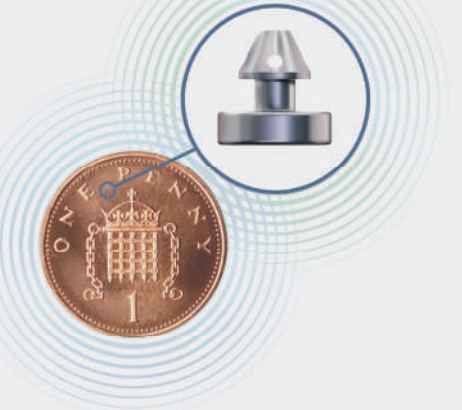
Glaucoma can be difficult to detect without an eye test, as most people experience no symptoms in the early stages. Regular eye checks are vital and particularly the glaucoma checks that form part of normal sight tests.

Glaucoma treatment
Once diagnosed, the most common treatment for glaucoma is prescription eye drops, which may need to be applied up to three times a day. Compliance can become an issue, potentially limiting the efficacy of the treatment.

An alternative treatment is Trabecular micro-bypass surgery, which involves implanting micro stents into the eye such as iStent inject[®] W. Research² has shown that this procedure provides an opportunity for patients to experience a better quality of life — the primary goal of glaucoma management. The surgery can improve their visual function and ease their fears about glaucoma-related sight loss³.

iStent inject[®] W comprises of microscopic 0.36mm stents which are implanted into the eye. The surgery is quick, safe and can be performed under needleless anaesthetic at the same time as cataract surgery or as a separate procedure. The stents work by helping to restore the eye's natural fluid outflow which in turn reduces eye pressure⁴.

An international study has shown that 72% of patients who were treated with iStent inject[®] W no longer need to take glaucoma medication after 12 months⁴.



Glaucoma risk factors⁵

- Age: glaucoma becomes more common with age. The incidence is one in two for those 80 and over.
- Blood pressure: very high blood pressure can lead to an increase in intraocular pressure.
- Diabetes: people with diabetes may be at higher risk of developing glaucoma.
- Family history: there is at least four-times higher risk of developing glaucoma if a family member has it.



iStent
inject[®] W

For more details, visit glaukos.com/en-uk

1. [moorfields.nhs.uk/eye-conditions/glaucoma](https://www.moorfields.nhs.uk/eye-conditions/glaucoma)
2. Samuelson TW, Singh IP, Williamson BK, et al. Quality of life in primary open-angle glaucoma and cataract: an analysis of VFQ-25 and OSDI from the iStent inject[®] pivotal trial. *Am J Ophthalmol*. 2021;229:220-229.
3. Neuhann TFL. Trabecular micro-bypass stent implantation during small incision cataract surgery for open angle glaucoma or ocular hypertension: Long-term results. *Cataract Refract Surg*. 2015; 41: 2664-2671.
4. Prospective, unmasked evaluation of the iStent inject[®] system for open-angle glaucoma: Synergy trial by Lilit Voskanyan et al.
5. [glaukos.com](https://www.glaukos.com)

Elevate your pelvic floor training with Empelvic

Incontinence can be uncomfortable to talk about, but it's more common than you might think. In fact, it is estimated that about seven million people in the UK are living with urinary incontinence¹. While incontinence can occur for many reasons, a common cause is a weak pelvic floor. This issue can be particularly relevant during significant life stages such as menopause, which can lead to changes in pelvic floor health. Additionally, prostate cancer affects one in eight men in the UK², and treatments like surgery or radiotherapy can result in pelvic floor dysfunction, contributing to incontinence.

Connecting with your pelvic floor can lead to greater awareness and control over these muscles, potentially improving bladder control and reducing the risk of incontinence. This connection might also enhance core stability, support better posture and help with relaxation during physical activity. By consciously engaging the pelvic floor, you could boost sexual health, reduce discomfort and improve overall wellbeing.

The Empelvic cushion has been designed to offer a simple and non-invasive solution for anyone looking to improve pelvic floor health. Its unique design enhances the feedback between your mind and your pelvic floor muscles. When combined with the easy-to-follow breathing exercises, the cushion can help you better connect with, strengthen and relax the pelvic floor, supporting treatment for a variety of conditions, including incontinence. With just five minutes daily and a flat surface, you might easily train your pelvic floor using Empelvic.



Visit claritistore.com to find out more and claim 15% discount off your Empelvic cushion* with code TT-EMP15.

1. Percentage of the population affected by incontinence. [incontinence.co.uk/what-percentage-of-the-population-are-affected-by-incontinence](https://www.incontinence.co.uk/what-percentage-of-the-population-are-affected-by-incontinence)
2. Prostate cancer affects one in eight men in the UK. [prostatecancer.org.uk/prostate-information-and-support/risk-and-symptoms/about-prostate-cancer](https://www.prostatecancer.org.uk/prostate-information-and-support/risk-and-symptoms/about-prostate-cancer)

*Offer valid until 31 January 2025. Discount applies to Empelvic and cannot be transferred to other products. Delivery fees apply.

A vegan world in 80 years



Many people's New Year's resolutions include becoming healthier and doing more to make the world a kinder place. The good news is that you can contribute to these goals by going vegan.

This year, The Vegan Society is marking its 80th anniversary. To celebrate, the charity has launched a brand-new virtual reality campaign, The Future is Vegan, which looks forward to what the next 80 years of the vegan movement will bring and aims to answer the question of 'what could a vegan world look like?' with a positive visualisation that helps people envision the benefits, generating excitement for creating one.

The interactive desktop utopia is an educational tool aimed at helping people learn about the benefits for animal rights, the climate, biodiversity, human health and changes to how we use land. It's for anyone wanting to understand more about what would happen to formerly farmed animals and how we might be able to use freed-up land, as well as why we could expect to see less river pollution and more wildlife.



To learn more and start exploring the interactive world, scan the QR code or head to vegansociety.com/the-future-is-vegan and follow the hashtag #TheFutureIsVegan on socials.



* (data provided by Foodsteps)

What is the 'male menopause'?



The 'andropause', also known as the 'male menopause', is a collection of gradual symptoms, including fatigue and a decrease in libido, experienced by some middle-aged or older men and attributed to a steady decline in testosterone levels.

Research suggests that one in four men over 30 have low levels of testosterone¹. Alphagenix are passionate about improving the quality of life for men nationwide through education, investigation, diagnosis and the treatment of low testosterone levels. They offer medically supervised testosterone therapy* for men across the United Kingdom.

All of their doctors are UK trained and registered with the General Medical Council; continue to work with the NHS; and have undergone full and detailed training. Additionally, they receive ongoing clinical and educational support and work closely with Alphagenix to improve and develop the service, ensuring an ever-improving experience for clients.

Plus, the doctors have weekday, weekend and evening availability, and allocate sufficient appointment time to discuss your blood results, treatment plan and health goals, allowing for as much flexibility as you need with your appointments.



Get in touch today to schedule a free, confidential discovery call. Call 0333 090 5002, email info@alphagenix.co.uk or visit alphagenix.co.uk for more information.

*Please note, TRT is only available to men with clinically diagnosed low testosterone levels.
1. [2minutemag.com/life-testosterone-are-you-one-in-four](https://www.2minutemag.com/life-testosterone-are-you-one-in-four)



Transform your passion for natural health into a rewarding career

Are you enthusiastic about natural health and looking to make a positive impact on others?

Become a certified health coach with the College of Naturopathic Medicine (CNM) and take the first step towards a fulfilling new career.

At CNM, you can train with the leaders in natural therapies at an internationally recognised and award-winning institution. With over 26 years of expertise, benefit from their decades of excellence in education: over 80% of graduates are now practicing professionals.

Training at the CNM is unique and unmatched, tailored to the health needs of today.



Visit thehealthcoach.com now to download their free course guide and begin your path to being a health coach.

CNM Health Coach



Maximise your health with Tracy Tredoux



Are you fed up with feeling drained and not at your best? Seeking expert guidance to transform your health? Meet Tracy Tredoux, a nutritional therapist and functional medicine practitioner^{*}.

Tracy delves beyond symptoms to address the underlying cause of your health issues. Her personalised approach includes customised dietary strategies, effective rest and exercise plans, stress reduction techniques, nutritional supplements and targeted testing.

It's time to tackle your health challenges with small, powerful steps. Tracy is here to guide you towards improved health and vitality. Why wait any longer to address what's been bothering you?

Schedule your free 15-minute consultation with Tracy today at tracytredoux.com and start your journey to better health.

*Tracy is a registered nutritional therapist and certified functional medicine practitioner based in London, specialising in immune and gut health.



Take care of your bladder

Maintaining good bladder health is crucial to your overall wellbeing and quality of life. A healthy bladder allows you to hold urine comfortably and empty it completely when needed. Issues with the bladder, such as infection, stones or cancer, and the prostate, in men, can affect good bladder health.

Being aware of bladder health can improve your quality of life, relationships and sleep. By addressing

Save on a luxury lakeside spa break

Begin 2025 with a focus on you: your health, your wellbeing and your sense of balance. Escape to the perfect lakeside retreat at the privately-owned Lake Country House Hotel & Spa in the tranquil heart of Mid Wales.

For just £400 per couple, enjoy a night in a sumptuous suite, a full Welsh breakfast, a four-course dinner in the award-winning restaurant, a 60-minute bespoke spa treatment carefully curated to relax and rejuvenate, including facial and massage, and full use of the award-winning spa facilities, fitness suite and tranquil relaxation lounges. Add extra nights bed and breakfast for £75 per person.

Until 30 June 2025, save 30% on a double or twin suite for two adults aged 18 or over, subject to availability. Terms and conditions apply.

To book, call 01591 620202 and quote THE TIMES. For more details, visit lakecountryhouse.co.uk



Lake
Country
House

Hotel
Spa



Jumpstart your wellbeing journey

Kickstart your weight loss journey with Slimmr, an online weight management clinic combining the latest medical treatments for weight loss with expert-led, medical support.

Slimmr offers a comprehensive approach to health. From weight loss treatments to exercise classes and specialist-led CBT tutorials, Slimmr provides the tools to help you lose weight, transform your relationship with food and embrace lasting change.

Want deeper insights into your health? Opt for at-home blood testing to track your biomarkers, ensuring progress isn't just about pounds lost. Plus, Slimmr's patient support and pharmacy team are always available to answer your questions.

Take the first step to becoming your healthiest self today and complete your free consultation to begin your Slimmr journey.

Get started now at getslimmr.co.uk

The Slimmr pharmacy is registered with the General Pharmaceutical Council and based in the UK.



slimmr



ASHWIN SRIDHAR
Consultant Urologist

issues early, you can avoid leaks, frequent nighttime urination and discomfort that may affect intimacy and social interactions.

As a specialist in bladder health assessment and treatment, Mr Ashwin Sridhar offers rapid diagnosis and empathetic, high-quality care.

Visit his website at ashwinsridharurology.com to learn more about how you can achieve better bladder health and enhance your overall wellbeing.

