



POST HEALTH

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In association
with Spire

Yale Hospital
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with **ALEX HICKEY**



INSIDE & OUT

Iqbal S Shergill
Consultant urological
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Healthcare



'Pain that's 'as bad as labour'

KIDNEY stones are common, affecting one in seven men, and one in 20 women.

They can occur at any age, but are more common

between the ages of 20 and 40. Kidney stones seem to

develop when waste chemicals build up in the urine, producing miniscule crystals. These crystals accumulate and form stones. In most cases, the cause of kidney stones is unknown. Factors such as dehydration, an underlying medical condition and family history of kidney stones may contribute.

Kidney stones present themselves as a dull ache in the back (loin), as blood in the urine or as recurrent urinary infections. Stones can move from the kidney into the ureter (waterpipe) from kidney into the bladder) resulting in a very severe pain. Patients say this is the worst pain they have had, and some women say that is even worse than labour pains! Amazingly, many patients with kidney stones do not have symptoms, despite having large stones.

As 50% of patients who develop a kidney stone will develop another one later in life, I try to establish an underlying cause, and advise on preventative measures.

Each patient is given personalised advice to prevent future kidney stones. It has been found that one factor is important for all patients. As stones form in concentrated urine, patients are less likely to have further stones if they drink plenty of water. The aim is to keep the urine dilute (like a pale white wine colour at all times).

SIGNS AND SYMPTOMS

Drink water to maintain dilute urine at all times

- When to seek treatment
 - If you develop chronic back (loin) pain
 - Acute onset severe loin or groin pain
 - Blood in the urine
 - Recurrent urinary infections
- Follow-up Care**
Regular reviews by Urology Consultant. Regular scans to assess evidence of new stone formation. Regular blood and 24 hour urine tests

Health 'MOT', saved my life

AS any mechanic knows one of the keys to keeping a car in good condition is a regular service. According to St Asaph man John Lloyd

it is no different for the human machine - and he should know.

In March, the 87-year-old former chartered surveyor, ex Royal Marine and D-Day veteran, went for his annual health MOT and it uncovered something sinister.

Mr Lloyd said: "My blood test came back and showed that I was anaemic. They then carried out further tests to find out why and discovered it was bowel cancer causing my blood (count) to drop."

The diagnosis came a shock but, never knocked him out of his stride, and because it was picked up early enough they could do something about it.

"I was disconcerted, but philosophical about it and thank god I had my family around me (in Rhuddlan and Denbighshire). It would have been more difficult if they had lived away."

Mr Lloyd, who has lived alone following the death of his wife Dorothy last year, faced a battery of tests, scans and visits to Ysbyty Glan Clwyd, HM Stanley in St Asaph, and Wrexham Maelor Hospital, before he went in for major surgery in August.

The surgery seems to have been successful and he is waiting for the

ROUTINE CHECK-UP CATCHES MAN'S BOWEL CANCER IN THE NICK OF TIME

all-clear after a final check-up from his surgeon.

"I've had a CT scan and the cancer doesn't appear to have spread."

He is not quite up and on his feet: "I've got very good at sitting down", but is slowly on the road to recovery.

His message to everyone, old or relatively young, is to have a annual check up.

"I had a mild heart attack when I was 65 and I have been going for my MOT ever since."

Mr Lloyd went on to heap praise on the Betsi Cadwaladr Health Board for the quality of care he has received this year.

"There was not a hint of ageism."

St Asaph man
John Lloyd



RECIPE OF THE WEEK



Marinated Tofu Kebabs (serves four)

THIS week's recipe, supplied by WeightWatchers, is for marinated Tofu kebabs. Tofu is made from soya bean curd in a similar way to making cheese. It contains protein and calcium and is especially useful in vegan and vegetarian diets.

INGREDIENTS

- 3 tablespoons of soy sauce
- 1 tablespoon of rice wine vinegar, or cider vinegar
- The zest of 1 orange (small) finely grated, and juice of it
- A half teaspoon of Chinese five spice powder
- 2 tablespoons of fresh coriander, chopped
- 250g regular tofu, drained and cut into 16 cubes
- 2 medium courgettes, each sliced into 8 pieces
- 2 medium red green or yellow pepper(s), (1 yellow and 1 red), each cut into 12 pieces
- 8 large mushrooms, closed cap, halved
- 4 sprig fresh coriander, to garnish

METHOD

- Choose a shallow, non-metallic dish large enough to hold eight kebabs. Add the soy sauce, vinegar, orange rind, orange juice, Chinese five spice powder and chopped coriander. Mix together.
- Thread the tofu cubes on to 8 wooden kebab sticks, alternating the pieces with the courgettes, peppers and mushrooms. Lay the kebabs in the marinade, turning to coat.
- Cover, refrigerate and leave to soak for at least an hour, turning them once after 30 minutes.
- Preheat the grill. Arrange the kebabs on the grill pan and cook them for about 8-10 minutes, turning frequently and basting with the marinade.
- Serve, garnished with fresh coriander sprigs.

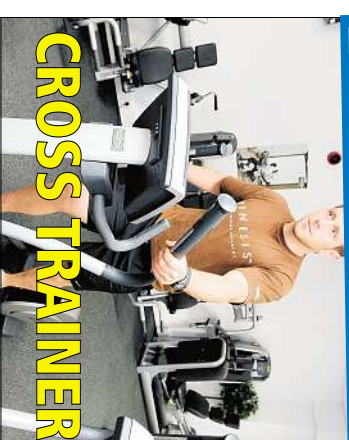
WeightWatchers points value: 5

Preparation time: 15 min

Cooking time: 30 min

- More information at weightwatchers.co.uk

EXERCISE OF THE WEEK



CROSS TRAINER

Geraint Davies works out on the cross trainer

COLIWNI leisure instructor Geraint Davies tries out a cross trainer this week. The machine is a stair climber, treadmill, and the exercise bike rolled into one which combines the movements and benefits of hiking, cross country skiing, and biking.

TARGET AREA: When used correctly, the whole body.

HOW TO DO IT: Step on the machine and select the correct speed and duration of workout.

CARE TIPS: Make sure knees, hips and ankles are aligned. Grip the handrails in a smooth controlled motion and stride forward or reverse, smoothly and continuously.

Getting in the pink for survival fight

A FUNDRAISING group is organising a pink balloon day to raise money for Cancer Research UK.

The Caernarfon branch of Cancer Research UK is joining the "fight for women's survival" by promoting breast cancer awareness on Saturday,

October 16.

Local Cancer Research UK volunteers will be selling



balloons and message cards in the run up to event which will see hundreds of personalised pink and white balloons on display at

Caernarfon Castle.

Chairman Glens Williams said: "Having seen the effects of cancer, we wanted to do our bit and promote awareness of breast cancer and raise money for Cancer Research UK.

"We're all really looking forward to the event and want the whole community to come along and join in to help us raise as much

money as possible."

David Reeves, Cancer

Research UK's area manager, added: "I urge everyone in Caernarfon to support the event by buying a balloon or attending the special day on 16th October at the entrance to the castle from noon."

For more information please contact Glens Williams on (01286) 650360.