Failing heart: Dave Randie, right, with his friend

Mark Preston, was told to arrange palliative care

scheme. Dave had to wait until February 2019 for the procedure

(in the meantime his lung condition stabilised thanks to another treatment).

another treatment).
On the morning of the procedure, I was lying on the trolley petrified — there was a team of 14 doctors and nurses all

lined up waiting for me. I knew it

was make or break for me — if this didn't work there really were no options left.'

could take six months to notice a difference, Dave says he felt improvements within a week. 'It was like a switch had been

flicked, I could carry shopping and walk up the stairs mucl

at work — not as a driver — but

training new recruits.'
Two-and-a-half years on

'I'm humping barrels up the stairs from the cellar, serving as well as working in the kitchen,

done 120 miles away and 1

Dave's heart is now numning Dave's heart is now pumping oxygenated blood at 38 per cent and he's achieved one of his dreams by becoming the licen-see of a pub — The Waggon And Horses in Halesowen.

ESPITE being told it

The inspiring stories of the

without Good Health, they

Patients told they have

an irritable bowel when

it's really a rare cancer

wouldn't be here today...

readers who say that

FOR 30 years Good Health has been a trailblazer in health journalism, reporting not only on the latest breakthroughs, but informing readers about revolutionary approaches long before they became mainstream. Here are some of those stories - and what they mean for you now

By JINAN

ADVICE: The availability and

food makes it almost impossible to eliminate, but try to limit it as much as possible. If it's prepared

in a factory, wrapped in plastic and contains an ingredient not found in a domestic kitchen — emulsifi-ers, stabilisers, preservatives, bulk-

ing agents, flavourings and so on then it's a UPF.

August 9, 1994 THE use of cannabis as a medi

cine was banned in 1971, but in 1994 we wrote about

doctors (70 per cent, according to one survey) hoping it

survey) hoping it would be available for

therapeutic purposes such as treating pain.

It's now known that

the cannabis plant con-tains around 130 active

compounds called cannabi-noids — the body produces similar compounds, called endocannabi-

noids, which latch on to receptors

One of their roles is to respond to

one of their foles is to respond to damage or calm inflammation. They're also thought to help moderate pain signals and may have a "balancing" effect in the brain. The theory is that cannabi-

noids mimic the effects of the

ADVICE: There are now three

medicinal cannabis brands licensed for use on the NHS (for spasticity associated with multiple sclerosis, rare forms of epilepsy,

and chemotherapy-induces

nausea). Medicinal cannabis is

also available privately, but can be

endocannabinoid system.

A number of clinical trials have

nce explored its use, but sceptics by the evidence is not

oughout the body including in

CANNARIS

AS MEDICINE

HARB

RT FOR MEN CAN EALLY HELP

Ju 22, 1996 w skin patch for symptoms of ien suggested that low stosterone levels can reduce a an's sex drive, and trigger pression. At the time there iren't even patches for women ow widely available). So this was sting edge in many ways. This patch, billed as a 'hormon placement therapy' fo

sold seen through the skin and to the bloodstream at a rate imparable to normal sex rmone production. Vhile it's taken years for the male enonause to be recognised (and

ere are now a range of h en, including gels and illy pills. There is en a reversible emical vasectomy owing promise in nical trials.

NICE: If you have mptoms, your GP ay order a blood test measure your stosterone levels, and if cessary hormonal replace ent may be prescribed.

LTRA-PROCESSED OODS AND OBESITY

ay 4, 1999 11999 we ran a series that exposed e harmful ingredients in many quilar children's foods — these ere often highly processed and re often highly processed and avily loaded with chemical addi-es, sugar and salt. This issue is ill rumbling on, although now we ill these foods 'ultru-processed'. It is going to take time for the space of this major change in ting patterns to show, but initial dications are not good,' we wrote

Excessive consumption of ultra-ocessed foods is increasingly ing linked to a number of health sues including obesity and pe 2 diabetes.

One in five British adults eats a et of mainly ultra-processed foods (PFs) and, worryingly, two-thirds children and teenagers' calories

RINT A PELVIS

ec 2014 ASCINATING interview with one m revolutionary 3D printing slica of the nelvis, so they can

Oct 2015 A REPORT on Forget keyhole, surgeons had developed a new 'pinhole' surgery technique for making an inci-

IT'S PINHOLE SURGERY

surgery is even

FORGET KEYHOLE OPS - NOW : A CURE FOR THE COLD? November 2016

EXCLUSIVE report on how British scientists were testing a cold vac-cine sniffed into the nose. The drug. trials which show it's piratory syncytial virus, a major cause of colds. The

SURGEONS WARN OF BREAST IMPLANT RISKS

January 2018 AN interview with a woman whose breast implants triggered a rare and potentially fatal blood cancer. fatal blood cancer, We reported on how the Royal College of Surgeons called for prospective patients prospective patients are do blood cancer,



ABOUT ACNE DRUG Nov 2018 WHEN Ed Henthorn, 19.

opened up to his parents about his mental health it soon became clea prescription medicine blame. The latest in a

TROUBLING STORY



with Good Health has been an

immensely positive partnership, a real game-changer, and we're immensely grateful for that.

mmensey grateful for that.
Opening her copy of the Dully
Mullin January 2017, Angela Denton
felt a sense of dread as she read an
article in Good Health. B traced the
harrowing story of Sarah Smith, a
51-year-old teaching assistant from
Kent, wholf growt has

Kent, who'd spent ten years dealing

tummy upsets, indigestion, hot flushes and diarrhoea. She'd gone to her GP each time Good Health - it saved my life

same cancer, but after years of try-ing to get doctors to take me seri-ously, I was sure I'd found the cause. I'll be eternally grateful to The tumours - depending on location - cause symptoms such as cramps, flushing, diarrhoea, wheezing, skin problems and

revealed large tumours on her liver.

NETs start in the neuroendocrine cells, which release hormones and are found in most organs. Apple founder Steve Jobs died from a

NET on his pancreas.

'Reading Sarah's story was like

reading my own medical history,' recalls Angela, 67, a retired personal

'For six years I'd had hot flushes

and stomach upsets, only to be told I was either menopausal or suffering from IBS.

'I was horrified to think I had the

'spotting'. Doctors attributed this to the menopause even though she'd been through it several sne d been through it several years before.

Purther tests followed and she was told she might have endome-trial hyperplasta, a thickening of the inner lining of the womb, and was fitted with a coil.

abdominal pain. However, doctors

have so little experience of rare cancers such as NETs that patients

often wait years for a diagnosis, and as one leading expert told us, patients may be misdiagnosed with benign conditions such as IBS or

the menopause, and given treatments that have no effect. Angela spent six years chasing a

diagnosis for symptoms, which began with occasional blood

Agonising wait

for diagnosis: Angela Denton

But by 2012, Angela was suffering diarrhoea three or four times a day as well as random flushes. Her GP

followed by yet more tests — when these came back clear the GP concluded Angela had irritable owel syndrome, advising her to ry to live with it 'I simply couldn't accept this,' says Angela. 'I saw every doctor in

our practice but was just made to It was only when she read about Sarah that Angela found an answer. 'I took the article to my GP and

He disagreed, but as I was so deter-mined, agreed to carry out tests.'

Three weeks later, Angela, who is married to Mike, 72, a retired call from her GP admitting her tests did indeed suggest NET.

'Although I felt shock to hear the word cancer, I also felt enormous relief I was finally going to be treated. She was referred for scans, which revealed she had

tumours 'every where'. Angels underwent a 12 a cardiac arrest if a defibrillator is used within five minutes hour operation in August 2017 to remove her womb.

a third of her liver, her gallbladder, parts of her bowel and some of the diaphragm as well as of the diaphragm as well as tumours elsewhere. 'However weak I felt afterwards, I knew that I was on the way to recovery I asked the surgeon what would have happened if they hadn't operated and he said it was likely the cancer would have killed me.

the cancer would have killed me:
"All my symptoms have gone and
all that matters is I'm alive.
"Much as I'm grateful to Good
Health, I don't understand why it
should be the role of a newspaper to get patients the help they need.
If there's one thing GPs need to
take from this, it's to listen to your ients. It could save their lives

JANEY SEMP 58, a mother-or one from Manchester, who has a debilitating neurological isorder, finally managed to nd the right care via Good Health She saus-

DISHING out the roast chicken. I It wasn't a special occasion, but that, despite being diagnosed with a rare neurological condition. I was able to enjoy everyday life again in

a way I'd thought impossible.
And all because in March this
year Good Health ran a feature on my illness — functional neurologi-cal disorder (FND). This affects 50,000 Britons a year, yet many struggle to get a diagnosis. FND affects the way your brain

heirs STILL

began as I drove home one after began as I drove home one after noon when suddenly I felt painful pins and needles in my left arm. I was fit and active so was baffle by this, as was my GP. Over the next few months I began to fee really awful with a constant debill tating headache. And frighteningly

my toes began to curl under mak ing walking awkward.

Blood tests, brain scans and ever seeing an orthopaedic surgeor couldn't provide an answer. I knew

I was ill — I had difficulty walkin or raising my arms, my speech wa on make-up were exhausting Doctors

Your survival chances after

began asking if was suffering from stress. Then las year I went to hos pital after my righ eyelid 'dropped and I began to ably. It was terr

suspected a strok or brain tumour.
It was only the publication of my story in Good Health that led me to

story in Good Health that led me to an expert who would help — a spe cialist featured in the article, Mari Edwards, a professor of neurolog at St George's University Hospita NHS Foundation in London.

NHS Foundation in London.
Following a two-hour appoint
ment and tests in April he diag
nosed FND, a recognised neuro
logical disorder for more than 29
years. The relief of finally bein
understood was overwhelming.
Professor Edwards referred me to specialist neuro-physiotherapist and psychotherapists, which ha transformed my life. He took me of the cocktail of medication I'd beer put on, which has helped with my

speech, and I've lost 2%st.
I'm not cured, but I am able tenjoy everyday activities I though were gone for ever; spending th were gone for ever; spending the evening chatting or watching Ti with my husband Alan, 78, and going out for a coffee with friends Good Health has given me back



BROKEN-HEARTED MUMS

WANT ACTION ON ALLERGIES July 2021 A TOUCHING and

with two mother who each lost daughter to food allergies and wh joined forces to campaign for the



at the age of 46, Dave Randle learned that he might not even

see out the end of the year. Dave, formerly a tour bus driver for ce Springsteen and rock bands, was told eart was failing fast, but he was too weak for a transplant and no other long-term

treatments were available.

I was advised to go home, put my affairs in order and arrange palliative care," he says. I was devastated — I didn't want to die." The heart attack Dave experienced in 2016 damaged his heart muscle, leaving him breathless and struggling to walk upstairs.

oreatness and strugging to wast upsairs. He also developed pulmonary hypertension — high blood pressure affecting the arteries supplying the lungs — which can cause clots and meant he couldn't have a transplant. As Dave struggled to come to terms with

his terminal diagnosis, his best friend Mark Preston rang in excitement in November. Pression rang in excitement in Mark told me to get a copy of the Daily Mail and look at a story in the Good Health sec-tion about a man in a similar situation to me who'd been successfully treated with see cells to mend his damaged heart tissue, 'recalls Dave. To sounded to good to be true.

too good to be true.'
Dave, 51, who is single and lives
in Halesowen, West Midlands,
had already heard about stem
cell treatment but had been told it was not available it was not available.
'I couldn't believe what I was reading — you could have scraped me off the floor, heart

treated with stem cells in a

trial led by Professor Anthony Mathur, a consultant cardiologist at Barts Hospital.

'Owen had been in just as bad a situation as me and his heart had only

and his heart had or been pumping oxy-genated blood out at 21 per cent — around the same as me — and yet

here he was alive

'Stem-cell

en't the stuff

of science fiction after all, recalls

Dave. 'It seemed

available in a

treatments

including Owen and then Dave. Stem cells are the body's building blocks for repairing itself and are found in the brain bone marrow, liver, eyes, heart and skin. They can turn into a scraped me off the floor: heart stem treatments were being carried out in London on a compassionate treatment programme — there was hope for me after all, he says. and skin. They can turn into a host of specialist cells, such as blood or muscle cells, and offer huge potential for treating a range of conditions, including worn-out knees. It was the first time Dave had ever bought the Daily Mail but the feature he read in Good

For nationts such as Dave the treatment involves taking stem cells from the patient's bone marrow via the hip, processing them and then injecting them Health that day gaved his life It told the story of 54-year-old Owen Palmer from Abbey Wood, South-East London, who'd also had a heart attack that left into the heart via a catheter.

Professor Mathur's research
has shown that between 60 to his heart damaged but who'd been successfully

70 per cent of heart failure patients treated with stem

was being funded by a charity called the Heart Cells Founda-tion. I found the phone number

treated 450 patients since 2008

and rung straight away. Heart stem-cell treatments have been pioneered in the UK by Professor Mathur, who has

cells experience improve-ment in their symptoms and quality of life — 'which is remarkable when you consider that these patients have often been told there are

plus doing all the paperwork— I'm working 16 hours a day which isn't bad for a bloke who he says. While the was at death's door,' says Dave. 'I totally credit Good Health with helping save my life. If it hadn't been for that article, I £10.000 treat ment is not available would never have known heart the NHS stem cell treatments were being wouldn't be here today through the charity

Neurological disorder:

Dave is also planning a motorcycle ride around the UK in 2022 to raise money for the Heart Cells Foundation. Professor Mathur says it's



probes into the safety of

www **RACE TO BEAT** The acne drug

PROSTATE CANCER April 2019 AN ESSENTIAL Good Health

guide to the very latest tests being developed to spot a disease that kills 12,000 men a year in the UK

AS COVID-19 tightened its grip, Good Health took an in-depth look at the science behind the race to develop a

Male infertility imental Covid jab.

IS THIS THE COVID VACCINE THAT WILL SAVE THE WORLD? March 2020

vaccine. Just days earlier, Jennifer Haller, from Seattle in the U.S. became the first in the

THE PATIENTS HARMED BY SURGICAL BLUNDERS June 2021

GOOD HEALTH has Why are drill repeatedly high-

lighted the surgical blunders causing NHS patients agony when doctors leave equipment inside them. This report are still affected