

Trailblazer

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.

URT FOR MEN CAN EALLY HELP

ly 21, 1996
NICE in 1996 we reported on a skin patch for symptoms of a male hormone deficiency. It suggested that low testosterone levels can reduce a man's sex drive, and trigger depression. At the time there weren't even patches for women (as widely available). So this was fitting edge in many ways. This patch, called as a 'hormone replacement therapy' (HRT), contained testosterone that would seep through the skin and into the bloodstream at a rate similar to normal sex hormone production. While it takes years for women to be recognized and a testosterone skin divider experts, it was a first step in the placement of options for men. It was a first step in the placement of options for men. It was a first step in the placement of options for men.

LTRA-PROCESSED OIDS AND OBESITY

1999 we ran a series that exposed the harmful ingredients in many popular foods — those that are highly processed and contain a lot of sugar and fat. It was a first step in the placement of options for men. It was a first step in the placement of options for men. It was a first step in the placement of options for men.

UNT A PELVIS CE 2014

ASCENDING interview with one of the first patients to benefit from revolutionary 3D printing in the pelvic area. It was a first step in the placement of options for men. It was a first step in the placement of options for men. It was a first step in the placement of options for men.



By JINAN HARB
DEPUTY FOOD EDITOR

CANNABIS AS MEDICINE

THIR 1994
This use was banned in 1971, but in 1994 we wrote about the use of cannabis in medical cannabis. It was a first step in the placement of options for men. It was a first step in the placement of options for men. It was a first step in the placement of options for men.

FORGET KEYHOLE OPS - NOW IT'S PINHOLE SURGERY

Oct 2015
A REPORT on how British surgeons had developed a new 'pinhole' surgery technique for hernia repairs. It was a first step in the placement of options for men. It was a first step in the placement of options for men. It was a first step in the placement of options for men.

SIX months after a heart attack at the age of 44, Dave Randle learned that he might not even see out the end of the year. Dave, formerly a tour bus driver for Bruce Springsteen and rock bands, was told his heart 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. He also developed pulmonary hypertension — high blood pressure affecting the arteries supplying the lungs — which can cause dizziness and heart failure.

I couldn't believe what I was reading. "You could have scraped me off the floor after nine treatments were being carried out in London on a compassionate treatment programme — there was hope for me after all," he says.

It was the first time Dave had heard the word 'cancer' in his life. He had been told the feature he read in Good Health was about a new compound called cannabidiol (CBD) that was being used to treat patients throughout the body including in the brain.

One of their roles is to respond to damage or inflammation. They're also thought to help with pain, inflammation and may have a 'balancing' effect in the body. It was a first step in the placement of options for men. It was a first step in the placement of options for men. It was a first step in the placement of options for men.

A CURE FOR THE COLIC? November 2016

EXCLUSIVE report on how British scientists were using a drug called SYNGEN, a new in clinical trials which show it's effective against cancer. It was a first step in the placement of options for men. It was a first step in the placement of options for men. It was a first step in the placement of options for men.



Failing heart: Dave Randle, right, with his friend Mark Preston, was told to arrange palliative care

The article explained how the treatment was being used in the UK by a team of doctors at a charity called the Heart Foundation. I found the phone number and contacted them.

ESPTT being told it could take six months to get a transplant. Dave says he felt disappointed when he was told that.

Two-and-a-half years on, Dave's heart is now pumping oxygenated blood at 34 per cent of his normal rate. He's achieved one of his dreams by becoming the first man to work — not as a driver — but as a tour bus driver.

I'm jumping barrels up the wall. The wagon and the horse are going. I'm working 16 hours a day, which used to be a waste of time. It was a first step in the placement of options for men. It was a first step in the placement of options for men. It was a first step in the placement of options for men.

SURGEONS WARN OF BREAST IMPLANT RISKS January 2018

AN interview with a breast cancer expert who said that implants triggered a rare form of cancer called BIA-ALCL. It was a first step in the placement of options for men. It was a first step in the placement of options for men. It was a first step in the placement of options for men.

The inspiring stories of the readers who say that without Good Health, they wouldn't be here today.

Good Health's patients told they have an irritable bowel when it's really a rare cancer

ARE YOU READY TO LOSE WEIGHT? I was a first step in the placement of options for men. It was a first step in the placement of options for men. It was a first step in the placement of options for men.

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RACE TO BEAT PROSTATE CANCER April 2019

AN ESSENTIAL Good Health guide to the very latest tests being developed to detect prostate cancer. It was a first step in the placement of options for men. It was a first step in the placement of options for men. It was a first step in the placement of options for men.

recommended a gluten-free diet, followed by yet more tests — when these came back clear the GP concluded Angela had irritable bowel syndrome, advising her to try to eat more fibre.

"I simply couldn't accept this," says Angela. "I saw every doctor in our practice but was just made to feel like a hypochondriac."

She was referred for scans, which revealed she had tumours "everywhere" — a 12-hour operation in August 2017 to remove her womb, a third of her liver, her gallbladder, parts of her stomach and some of the diaphragm as well as lymph nodes.

Angela spent six years chasing a diagnosis for symptoms, which began with stomach aches and bloating. It was a first step in the placement of options for men. It was a first step in the placement of options for men. It was a first step in the placement of options for men.

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