

Meet the experts who could improve your health



We all want to be well informed about our health and wellbeing. We trawl the internet for information on hip replacements, varicose vein removal, or cataract surgery. It helps, but sometimes what we really need is to get in a room with an expert and pick their brain.

Are you experiencing knee pain, and thinking you may need surgery? Do varicose veins stop you from fully enjoying the summer months? Or are you considering cosmetic surgery, and would simply like to find out more about what's available? This month, Nuffield Health Bristol Hospital in Clifton Village will be hosting a series of free public open events on a broad range of surgical topics. Each of these events will include a presentation by one of the hospital's consultant surgeons, with the opportunity to ask them any questions you might have.

On 11 February, the first of these events will focus on **EYE HEALTH AND CATARACTS**. Consultant Ophthalmic Surgeon Mr Philip Jaycock will be speaking about the condition, which can be corrected with a simple outpatient procedure. So if you or someone you know is experiencing problems with vision, this event may provide all the answers you need.

For anybody suffering from arthritis in their hips or knees, the prospect of joint replacement surgery can be daunting, not least because of the waiting times that can sometimes accompany NHS referrals. On 14 February, Consultant Orthopaedic Surgeon Mr James Robinson will offer advice to anybody who has been experiencing **KNEE PAIN**, either through arthritis or injury, and on 26 February, Consultant Orthopaedic Surgeon Mr Sanchit Mehendale will be speaking about **HIP PAIN**, for anybody who thinks they may need a hip replacement. Also at these events, a member of Nuffield Health's physiotherapy team will be available to tell you about the aftercare services which are available to our patients.

If you've been considering a new look in 2018, the event about **COSMETIC SURGERY** on 25 February could be just for you. Consultant Plastic and Reconstructive Surgeon Miss Lisa Sacks, whose areas of expertise include breast augmentation, tummy tuck and liposuction, will be available to answer your questions. And on 15 February, the topic will be **VARICOSE VEINS**. For many people who suffer with varicose veins, baring their legs when the warmer weather returns isn't something they feel comfortable doing. Consultant Vascular Surgeon Mr William Neary will talk about the options for varicose vein removal, which unfortunately are no longer readily available on the NHS.

Places at these events are limited, so if you are interested in attending any of them or would like more information, please call 0300 131 1413 to book your place, or visit: www.nuffieldhealth/hospitals/bristol/events.



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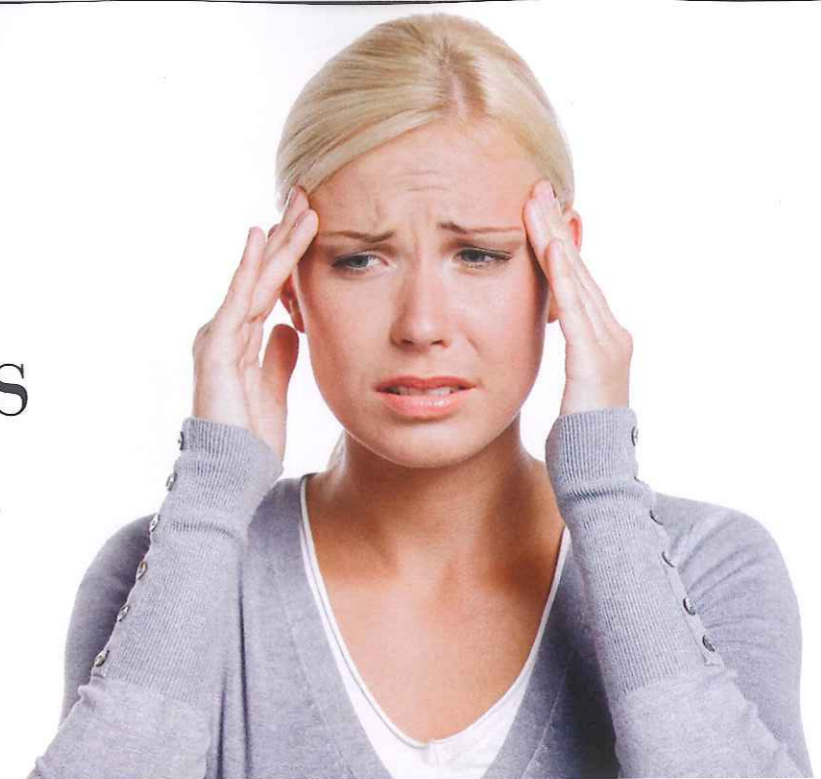
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ADVERTISEMENT FEATURE

Migraine headaches



Migraine is the world's sixth most debilitating illness. Can Acupuncture offer sufferers help? Amanda Hair answers for **CNM (College of Naturopathic Medicine)**.

If you have experienced a migraine, you will know that it's not like just having a bad headache. It's best described as an incapacitating collection of neurological symptoms, whereby the sufferer can experience visual disturbances, nausea, vomiting, dizziness, extreme sensitivity to sound, light, touch and smells, and tingling or numbness in the extremities or face.

Migraines seem to disproportionately affect women. Interestingly, boys are affected more than girls before puberty but, during adolescence, women experience more migraines, more than likely connected to shifting hormones.

With increasing research evidence that typical painkillers and migraine pharmaceuticals can actually aggravate the condition, some people choose to explore alternatives, such as Acupuncture.

The National Institute for Health and Care Excellence (NICE) include in their headache guideline (updated 2015) that a course of up to 10 sessions of acupuncture may be offered if western pharmacology 'isn't suitable' or 'doesn't work well for a particular patient'.

An Acupuncturist will diagnose migraine headaches through a series of differentiating signs and symptoms; for example, the nature

and location of the pain, frequency, duration and triggering or aggravating factors. Once a diagnosis is reached, very fine Acupuncture needles are placed in specific Acupuncture points along channels, which relate to the major organs within the body, called meridians. It's a very common occurrence for the liver organ and associated channel to be activated as these are related to a woman's menstrual cycle. Acupuncture needles may also be placed locally on the scalp or retained in the ear using 'seeds'. The needles are retained for up to 25 minutes, during which time many people experience an extreme sense of relaxation.

In the UK, the Migraine Trust endorses Acupuncture as a viable alternative to western medication. In one study, patients suffering with chronic headache (80% with migraine) were given 12 sessions of Acupuncture over 3 months. This resulted in 34% fewer headache days, 15% less medication, 15% fewer days off work and 25% fewer GP visits after one year.

You can, however, dramatically improve these results by looking at your migraines holistically. If you choose an Acupuncturist who has also been trained in Naturopathy, they will have an additional set of diagnostic lenses through which to see someone's illness. As well as tongue and pulse diagnosis, they will use Iridology, which identifies illness via the iris of the eye.

We know that there are many triggers for migraines, such as certain foods, alcohol, stress, hormones, and weather. A Naturopathic Acupuncturist will help you identify triggers specific to you, so you can get to the root cause of your problem. This is a fundamental principle of Naturopathy, to help ensure problems do not recur.

Naturopathic Acupuncturists also understand how toxins overload the body and

how these can be eliminated using a range of appropriate natural techniques such as Nutrition, Herbal Medicine and Homeopathic remedies. They will tailor-make a naturopathic plan for you that not only includes Acupuncture, but supportive dietary and lifestyle advice, so that you can address all the issues that may be contributing to your migraines.

So if you suffer from debilitating migraines, Naturopathic Acupuncture may be an appropriate therapy for you to explore.

If you'd like to find out more about training with CNM as a Naturopathic Acupuncturist, a highly rewarding career which gives you the chance to make a difference in people's lives, come along to an Open Evening at CNM.

Amanda Hair lectures in Acupuncture at CNM Bristol.



Attend a FREE Open Evening

to find out about part time training with CNM Bristol for a career as a Naturopathic Nutritionist in class and online or Naturopathic Acupuncturist.

6th February

Please book online at:

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