

# OLDER & WISER

## Make your personal health pledge

Use this pledge to decide what area of your lifestyle you want to focus on and set a personal target.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Postcode: \_\_\_\_\_

Contact details: \_\_\_\_\_  
\_\_\_\_\_

**I would like to make the following improvement to my lifestyle:**  
(please tick)

**Lose weight:**  **Eat more healthy:**

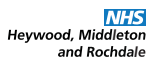
**Exercise more:**  **Stop or cut down smoking:**

**Drink less alcohol:**

My personal aim is to: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I will do this by (date): \_\_\_\_\_

If you want help to achieve your goal, speak to your doctor or call a health trainer on 0161 655 1739.



do you feel good? 

# OLDER & WISER

Make some small changes and you can lead a longer, healthier life.



[www.doyoufeelgood.org](http://www.doyoufeelgood.org)

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## BE DRINK AWARE

**As we get older we become more sensitive to the effects of alcohol. We react more slowly and tend to lose our sense of balance, so alcohol affects us more than younger people.**

You might drink less alcohol than you used to, but still 1 in 6 older men and 1 in 15 older women are still drinking enough to harm themselves.

As well as the health implications of drinking excessively, such as liver failure and stomach ulcers, alcohol can also add to the effect of some medications like painkillers or sleeping tablets. It also affects specialist medication too, which you're more likely to be using in older age.



One pint of beer or cider = **3 units**



Bottle of lager = **1.5 units**



A small glass (125ml) of wine = **1.5 units**



A single measure of spirits (e.g. whisky, vodka, rum or gin) = **1 unit**

### How many alcohol units do you drink in a week?

**If you want some help to manage your alcohol intake, are concerned about a friend or just need some advice on how much is safe for you to drink, call 01706 860033 or visit [www.units.nhs.uk](http://www.units.nhs.uk).**

## KICK THE HABIT

**If you're a smoker now, you've probably been smoking for the majority of your adult life and wonder if there's any point in giving up now. It's never too late to quit smoking and reap the health benefits!**



The effects of smoking in older years can really impact on your independence and quality of life. If you want to quit but can't leave the house easily, we can visit you at home and provide the support you need to kick the habit. We can also work with you to make sure your home is a no smoking zone, helping you to lead a healthier, longer, smoke free life and making it a safer environment for your family.

**Why not try to quit with a friend? By having each other for support, you are more likely to succeed.**

**TASK is the local stop smoking service: 0161 655 1581.**



# WATCHING YOUR WEIGHT

It can be really difficult to maintain a healthy weight as you get older and your metabolism changes. Some people pile on the pounds and others struggle to keep them on.



It's important that you watch what you eat and try to make every calorie count nutritionally. Avoid eating empty calories which are high in calories but low in nutritional benefit.

If you would like advice and support to keep a healthy weight, ask your doctor to refer you to a dietitian.

You may also be eligible for one of our weight or exercise referral schemes which your GP can help with.

## Eat well

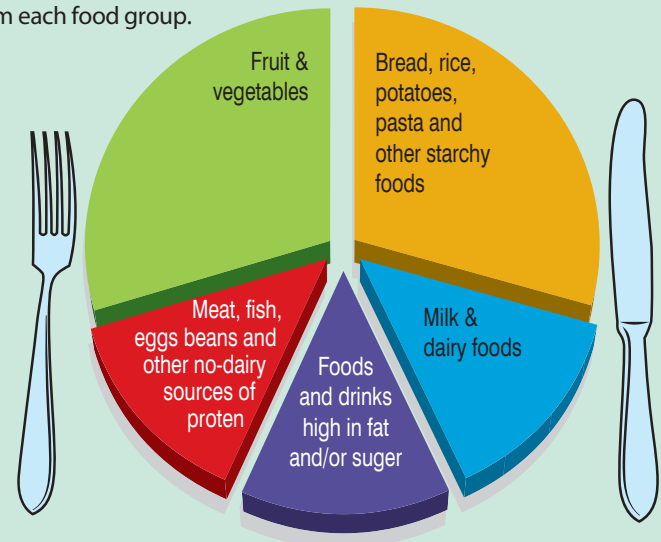
As you get older you are more prone to health conditions that can be avoided by eating the right foods.

- ✓ Avoid constipation by making sure there is enough fibre and fluid in your diet.
- ✓ Decrease your chances of high blood pressure and stroke by reducing the amount of salt in your food.
- ✓ Help to prevent cardiovascular disease by eating plenty of oily fish like mackerel and cutting down on saturated fats. Saturated fats are typically any fat that is solid at room temperature - so get rid of the rind on bacon!



## The eatwell plate

Use the eat well plate to help you get the balance right, as it shows how much you should eat from each food group.



## STAY ACTIVE

Your muscles and joints become weaker as you get older but exercising regularly helps to keep you as fit and strong as possible. Exercise also improves the body's circulation, helping to keep you warm.

Exercise shouldn't be strenuous, just enough to get your heart rate up, so walking, swimming and even cleaning are great to get your heart pumping and joints moving.



Why not try one of the relaxing health walks available across the borough? There is a walk to suit varying levels of fitness and as well as keeping you moving, it's a chance to meet new people. Find out more by calling our health walks co-ordinator on: 0161 655 1478.

For a full list of local clubs and activities visit [www.link4life.org](http://www.link4life.org) or call 01706 924840.

Alternatively, if you want more help and advice to get active, call the exercise referral team on 0161 655 1478

## BOWEL CANCER FACTS

**Bowel cancer is the third most common cancer in the UK and the second leading cause of cancer deaths. 80% of people with bowel cancer are aged 60 plus.**

Bowel cancer can be a bit of an embarrassing subject but make sure you don't ignore it. It's really important that you check for signs of bowel cancer, which includes bleeding from the bottom or blood in poo, a change in normal toilet activity and pain in the stomach or bottom.

If you are worried about any symptoms that you think could be caused by cancer in the bowel you should go to see your GP. Watch out for friends and loved ones too as spotting bowel cancer early helps to make treatment more successful.

Locally, NHS Heywood, Middleton and Rochdale is taking part in a National Bowel Cancer Screening Programme which automatically sends out home testing kits to everyone aged between 60 and 69. Those aged over 70 can request a kit.

If found early, 95% of patients live for longer after treatment, so if you have received a kit make sure you do the test and send it back. If you haven't had a kit or have but threw it away, it's not too late to get one.

**If you need a kit, contact: 0800 707 6060.**

