



well-being

taking care of yourself
for a smoother ride



A Derby City Council Project



well-being

leading a healthy lifestyle which includes eating well, drinking sensibly, keeping active, staying safe in the sun and not smoking, can lower your risk of:

- heart disease
- high blood pressure
- type 2 diabetes
- stroke
- some cancers.



This booklet explains some of the causes of these health problems and the associated risks.

You may be worried about some or even all of them but don't get down-hearted – the commitment you've already made by joining Livewell is a step in the right direction. Chat through any concerns with your advisor, doctor or health professional.

livewell stop smoking – you can do it!

lifestyle support for smokers ready to stop

Giving up smoking can transform the lives of you and your family for the better.

benefits of giving up:

- you have more money to spend on yourself and your family
- you make your friends and family proud
- your breath, clothes and home smell fresher
- you have more time to spend with your children and family
- your life insurance premiums lower
- your sense of smell and taste improves
- you can cope better with sudden exertion, such as running for a bus
- your stress and anxiety levels fall
- you'll look better – fewer wrinkles, no tobacco stains on your teeth and a healthier glow to your skin
- you lower your risk of lung cancer
- your risk of a heart attack falls within 15 years to the same level of someone who has never smoked.

livewell offers free, local support that really works. livewell advisors are trained to help you stop smoking as part of your personal lifestyle plan. even better you get 'free stop smoking medicine and a free activity plan to keep you going. 'terms and conditions apply.

cancer

You're twice as likely to survive cancer as you were 40 years ago.

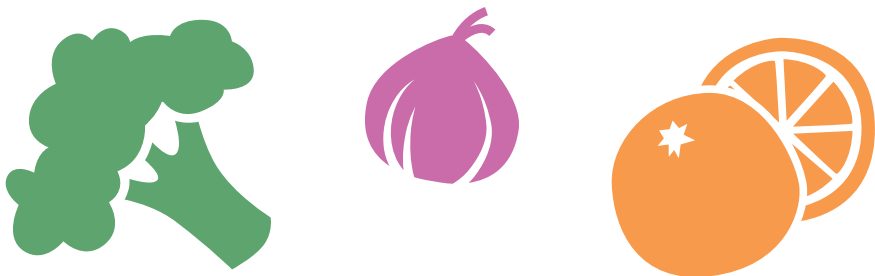
Around 268,000 new cases of cancer are diagnosed in England every year. It mainly affects older people, with almost 9 out of 10 cases diagnosed in people aged 50 or over. But thousands of people survive cancer every year.

when it comes to cancer there are four key signs to look out for:

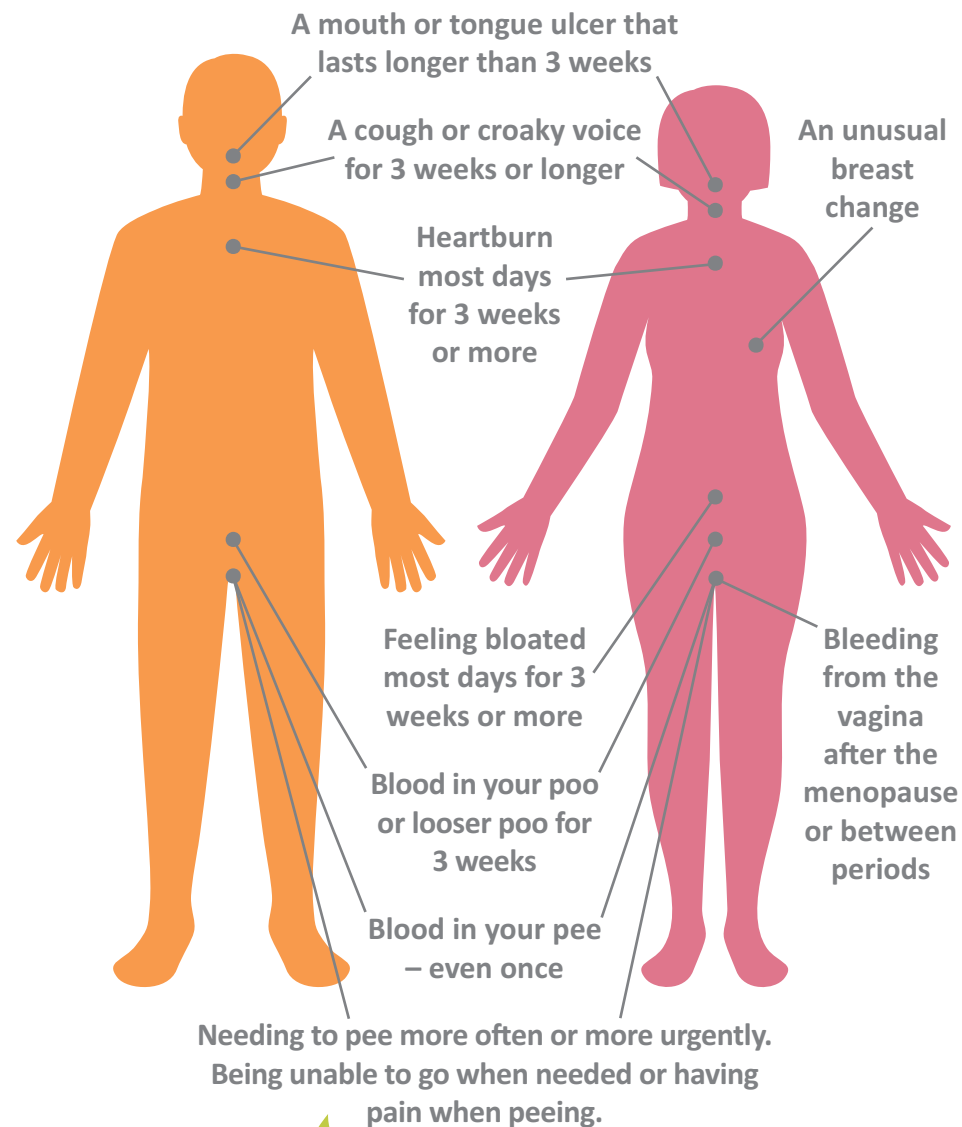
1. Blood – unexplained blood that doesn't come from an obvious injury.
2. An unexplained lump.
3. Losing weight – unexplained weight loss, which feels significant to you.
4. Pain – any type of unexplained pain that doesn't go away.

If you notice any of these, make an appointment to discuss it with your GP. The chances are it's nothing serious, but finding cancer early means that it's more treatable.

Cutting back on alcohol, not smoking, being careful in the sun, eating well and being more active can all reduce your chances of getting some cancers.



be clear on cancer



for more information visit
cancerresearchuk.org

cancer symptom awareness quiz

1. try to list the four key signs to look out for.

2. how many cases out of 10 are diagnosed in people aged 50 or over?

3. how long does a cough or croaky voice last before becoming a symptom?

4. what should you do if you have any symptoms?

5. which of these lifestyle factors can help reduce the chances of you getting cancer? (please tick)

- eating a balanced diet ☐
- being active ☐
- drinking sensibly ☐
- not smoking ☐
- being careful in the sun ☐

Answers

1. Unexplained blood/lump/weight loss/pain. 2. 9 out of 10. 3. 3 weeks or longer. 4. Tell your doctor. 5. All factors!

a healthier heart

Being overweight means that you're more likely to have a heart attack, especially if your extra weight is around your middle.

The good news is that your Livewell advisor can help you to make changes to your lifestyle which can cut your risk of heart disease.

so what is heart disease?

Coronary heart disease is the most common form among adults. It occurs when the coronary arteries bringing oxygen-rich blood to your heart muscle get 'furred up' by fatty deposits. This causes them to narrow.

A heart attack occurs if a coronary artery becomes completely blocked which usually happens when a blood clot forms in a narrowed artery.

that's the science bit sorted but it's also important to understand the risk factors that can cause coronary heart disease.

these are the main ones:

- Being overweight
- Being inactive
- Smoking
- High blood pressure
- High blood cholesterol
- Diabetes
- Family history of coronary heart disease

high blood cholesterol

The most common cause is eating too much fat, particularly saturated fat.



Occasionally you can have high levels due to an inherited condition.

high blood pressure

High blood pressure increases your risk of coronary heart disease, strokes and kidney disease. Being overweight, excessive salt intake, drinking too much alcohol and being inactive can all contribute.

With the support of your advisor you can improve your eating and exercise habits, stop smoking and reduce your alcohol intake to lower your chances of developing heart disease.

**the british heart foundation
provides more information about
heart health – visit bhf.org.uk**

understanding type two diabetes

There are two types of diabetes and type 2 is the most common. It is a condition in which there is too much glucose (a type of sugar) in the blood.

Any combination of the following can put you at risk of developing type 2 diabetes:

- You're overweight or have a high Body Mass Index (BMI).
- You have ever had high blood pressure, a heart attack or stroke.
- You have high cholesterol.
- You have a large waist (more than 80cm/31.5 inches in women, 94cm/37 inches in men or 90cm/35 inches in South Asian men).
- You're from an African/Caribbean, Black African, Chinese or South Asian background and over 25.
- You're from another ethnic background and over 40.
- You have a parent, brother or sister with diabetes.
- You have a history of polycystic ovaries, gestational diabetes or have given birth to a baby over 10 pounds/4.5kg.
- You suffer from schizophrenia, bipolar illness or depression, or you are taking anti-psychotic medication.

If you have diabetes you may experience any of these symptoms:

- Being very thirsty and drinking more than usual.
- Needing to go to the toilet (peeing) more frequently, especially at night.
- Feeling more tired.
- Losing weight even though you're not eating less or exercising more.
- Having blurred vision.
- Genital itching or frequent episodes of thrush.
- Slow-healing cuts or wounds.
- Urinary tract infections.
- Erectile dysfunction.
- Repeated infections.
- Increase in boils and abscesses.

controlling type two diabetes

Losing excess weight and maintaining a healthy weight will improve the management of type 2 diabetes. You don't need a special diet but you should eat a healthy one that's low in fat (especially saturated fat) low in sugar and salt and high in fibre, fruit and vegetables.

Physical activity lowers your blood glucose level, so it's very important to exercise regularly. Regular moderate exercise can also help to reduce your HbA1c, the regular blood test that monitors the stability of blood glucose levels. Regular blood glucose checking will help you to understand how activity affects your blood glucose levels.

By eating sensibly and exercising more often, it is possible to control diabetes, relieve the symptoms and reduce the chance of developing any further complications.

**for more information
about diabetes visit
diabetes.org.uk**

lose weight the right way with livewell's lose weight feel great 8-week programme

Through Livewell's practical and fun weekly sessions, you'll discover ways you can eat more healthily while steadily shedding the pounds. Livewell's sensible plan means you're much more likely to keep the weight off unlike other quick-fix diets.



book on for free through your livewell advisor...

how to cut back on your drinking

Most of us like to relax after a busy day but regular drinking over the guidelines can lead to serious health problems from heart disease to liver damage, to a higher risk of getting cancer.

This booklet can help you cut back without giving up completely. Don't forget you can get extra advice from your Livewell advisor.

If you have physical withdrawal symptoms like shaking, sweating or feeling anxious until you have the first alcoholic drink of the day, you should take medical advice and/or talk to your advisor before stopping completely. It can be dangerous to stop too quickly without proper advice or support.

drinking within the guidelines

There's no need to stop drinking alcohol altogether. If you stick within the guidelines below, there's a low risk of causing harm to your body in most cases.

Within these pages you'll be able to check how much you drink and see if it's too much. There's also lots of tips to help you cut down.

lower-risk guidelines*

- Women should not regularly drink more than 2 to 3 units a day.
- Men should not regularly drink more than 3 to 4 units a day.

*Drinking within the guidelines is not completely safe but there's only a low risk if you keep within them. Regular drinking means most or every evening.

worth the risks?

you may not realise that regularly drinking over the lower-risk guidelines increases the chances of getting:

- cancer of the mouth, throat, oesophagus or larynx
- breast cancer in women
- a stroke
- heart disease
- high blood pressure
- liver disease
- pancreatitis
- reduced fertility
- stomach ulcers
- damage to unborn child.

So, the more you drink, the greater the risk. The good news is that drinking less now can make a big difference to your health later on.

why not start cutting back today?



did you know that two large glasses of wine or more a day could make you three times more likely to get mouth cancer?



counting the units


To ensure your drinking isn't damaging your health, try to stick within the lower-risk guidelines.

Watching your drinking can also help you watch your waistline, too. Did you know that there are the same amount of calories in a pint of bitter and a medium slice of pizza?

ABV is the percentage of alcohol in the drink.

women	2-3 units of alcohol a day	No more than a standard 175ml glass of wine (ABV 13%)
men	3-4 units of alcohol a day	No more than a pint of strong lager, beer or cider (ABV 5.2%)

lager, beer and cider

440ml can of regular lager, beer or cider (ABV 4.5%)	2 units	180-250 calories 
330ml bottle of strong lager, beer or cider (ABV 5.3%)	1.7 units	
500ml bottle of stronger cider (ABV 7.5%)	3.8 units	
Pint of strong lager, beer or cider (ABV 5.2%)	3 units	
Pint of extra-strong lager, beer or cider (ABV 8%)	4.5 units	

wine

Glass of red, white or rosé wine (ABV 13%)		
Small 125ml	1.6 units	105 calories
Standard 175ml	2.3 units	120-130 calories
Large 250ml	3.3 units	170-185 calories
750ml bottle of red, white or rosé wine (ABV 13.5%)	10 units	510-555 calories

other drinks

25ml single spirit and mixer (ABV 40%)	1 units	126-150 calories
50ml glass of sherry or other fortified wine (ABV 20%)	1 units	68 calories
50ml glass of liqueur (ABV 20%)	1 units	100-170 calories
275ml bottle of alcopop (ABV 5.5%)	1.5 units	160-230 calories

checking your drinking

To see if you're drinking over the lower-risk guidelines, try writing down what you drank over the last week. Adding up what you normally drink can help you see if you honestly need to cut back.

day	drink type and number of drinks	units	total units	drink calories
e.g.	Small 125ml glass of red wine. 50ml glass of sherry.	1.6 + 1	2.6	105 + 68 = 173
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				
Sun				

there are lots of ways to reduce the amount you drink:

- **Booze break**
Have alcohol-free days but don't increase the amount you drink on other days.
- **Keep track**
Use the Checking your Drinking chart to keep yourself within the lower-risk guidelines.
- **Do something else**
Instead of pouring a glass, get some fresh air, do some exercise, have a bath or enjoy a non-alcoholic drink.
- **Plan your night out**
Set yourself a drinks limit and budget, sit out a round, have a soft drink, turn up later so you drink less, replace your usual for a smaller glass.
- **Sensible swaps**
Opt for a smaller glass or bottle or one with a lower alcohol content (ABV) or add a mixer to make your drink last longer.
- **Think about the health benefits and the calories you'll save**
Feel better in the mornings, have more energy, experience improvements to your skin, manage your weight.
- **Treat yourself**
With the money you save from cutting down, reward yourself and your family!

if it's not there, you won't miss it – don't stock up on alcoholic drinks.

ADS Derby Alcohol Service provides advice, information and support for people concerned about their alcohol consumption, call **0300 7900265**

National Drink Helpline – for 24-hour support call **0300 1231110**

[illegible]

A **FREE** NHS Health Check can help you reduce these risks and make sure that you stay healthy.



**NHS
HEALTH
CHECK**

Helping you prevent

- diabetes
- heart disease
- kidney disease
- stroke & dementia



livewell
 ROUTES TO A
 HEALTHIER YOU
 A Derby City Council Project



livewellderby.co.uk

call 01332 641254 or
email livewell@derby.gov.uk
minicom 01332 640666

 follow us on twitter @livewellderby

 facebook.com/livewellderby



A Derby City Council Project

