Pontypool Medical Centre

**Lifestyle Kit**

**Advice and Support**

A pair of scissors cutting a paper with a couple of black text

Description automatically generated

Information and signposting for:

**Weight** Management

**Smoking** Cessation

**Alcohol** Management

Your guide to a healthy lifestyle

**Weight Management**

In the UK it is estimated that around 1 in every 4 adults and around 1 in every 5 children aged 10 to 11 are living with obesity. The most widely used method to check if you’re a healthy weight is body mass index (BMI). A BMI calculation in the heavy weight range is between 18.5 to 24.9. For most adults, if your BMI is:

* Below 18.5 You’re in the underweight range
* 18.5 – 24.9 You’re in the health weight range
* 25 – 29.9 You’re in the overweight range
* 30 – 39.9 You’re in the obese range
* 40 or above You’re in the severely obese range

Obesity is a serious health concern that increases the risk of many other health conditions. These include:

* Type 2 diabetes
* Coronary heart disease
* Some types of cancer, such as breast cancer and bowel cancer.
* Stroke

You can self-refer if you have the following BMI:

* BMI >29.5kg/m2 without co-morbidities
* BMI >24.5kg/mw with co-morbidities

You can find the Adult Weight Management Team by scanning the QR code of phoning 0300 303 4906 on Tuesday and Thursday 9.00 – 12.30.

A qr code with black dots

Description automatically generated

Or weight management HELP available via

[Pontypool Medical Centre - Weight management HELP AVAILABLE](https://www.pontypoolmedicalcentre.co.uk/info.aspx?p=13)

**Smoking**

Smoking is a major risk factor for many chronic diseases and reduces your health in general. Smoking harms nearly every organ in your body. With every cigarette smoked, around 7,000 chemicals are inhaled, and your life expectancy is reduced by 10 years for the individuals who continue to smoke. On average around 76,000 people in the UK die from smoking and 20,000 deaths are from cardiovascular disease. Smoking causes around 7 out of 10 cases of lung cancer (70%) but it can also cause cancer in many other parts of the body, including the:

* Mouth
* Throat
* Voice Box (Larynx)
* Oesophagus (The tube between your Mouth and Stomach)
* Bladder
* Bowel
* Cervix
* Kidney
* Liver
* Stomach
* Pancreas

Passive smoking (breathing in second-hand smoke) increases your health risk. Babies and children are particularly vulnerable and a child who is exposed is at an increased risk of chest infections, meningitis, a persistent cough, cot death and an ear infection. The risk of a heart attack is up to 4 times greater.

**Call 0800 085 2219**

**Text MHQ 80818 or**

**Visit** [**https://www.helpmequit.wales**](https://www.helpmequit.wales)

**Alcohol**

Men and Women are advised not to drink more than 14 units a week. 14 units is the equivalent to 6 pints of average strength beer or 10 small glasses of lower strength wine.

Drinking while pregnant can lead to long term harm to the baby due to the baby not having a fully developed liver which cannot process the alcohol.

There is also evidence to show that regular drinking at high-risk levels can make your mental health deteriorate.

There is now a better understanding of the link between drinking and some illnesses. The type of illnesses you can develop after 10 to 20 years of regularly drinking more than 14 units are:

* Mouth cancer, throat cancer and breast cancer
* Stroke
* Heart Disease
* Liver Disease
* Brain Damage
* Damage to the nervous system

If you regularly drink as much as 14 units a week, it is recommended you spread your drinking over 3 or more days.

**Call 0330 999 3577**

**Email** [**info@gdas.wales**](mailto:info@gdas.wales)

Or book in to see a GP or Nurse where you can discuss your alcohol use further and they will refer you to the appropriate team.