

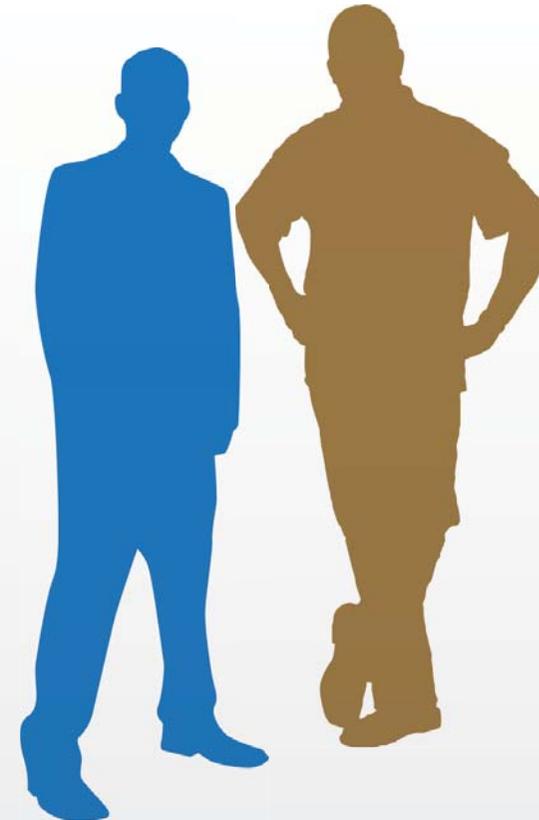
Your Healthy Living Pharmacy can give expert advice on a range of topics. Advice is free. You don't need to make an appointment and every Healthy Living Pharmacy has a private consultation room.



Why not ask about...?

- Prescription medicines
- Purchased medicines (such as flu remedies or indigestion medicine)
- Blood pressure
- Bowel cancer - early symptoms to look out for
- Prostate cancer - early symptoms to look out for
- Contraceptive services
- Emergency Contraception
- Travel Health

Notes:



For Men

Staying Healthy

Staying healthy and happy is all about prevention rather than cure. Today we hope to give you some advice and tips to help you stay healthy.

Advice and support provided by:



FOREVERYBODY

www.pompey-pharmacy.info

Smoking: The facts

Over 100,000 people in the UK die each year because they smoke. Smoking-related deaths are mainly due to cancers, lung disease and heart disease.

About half of all smokers will die from a smoking-related disease. In the UK about 8 in 10 non-smokers live past the age of 70, but only 5 in 10 of long-term smokers live past 70. The younger you are when you start smoking, the more likely you are to smoke for longer and to die early from smoking.

The good news is:

Stopping smoking can make a big difference to your health. It is never too late to stop smoking to improve your health. For example, if you stop smoking in middle age, before having cancer or some other serious disease, you avoid most of the increased risk of death due to smoking.

Your Healthy Living Pharmacy adviser can help you start your *Quit Journey* today by signposting you to free support from the NHS.

Alcohol: The facts

In UK about 3 out of every 10 men drink more than the recommended weekly limit of 21 units a week.

- For Men
No more than 3 - 4 units a day on a regular basis

The good news is:

If you are drinking too much then making some small changes can dramatically reduce your alcohol intake.

Your Healthy Living Pharmacy adviser can help you start today by helping you accurately assess your alcohol intake and helping you with an action plan.

Healthy Weight: The facts

Being overweight or obese increases your risk for many diseases and conditions. The more you weigh, the more likely you are to suffer from heart disease, high blood pressure, diabetes, gallbladder disease, sleep apnoea, and certain cancers.

The good news is:

Achieving a healthy weight can make a big difference to your health. It helps you to lower your risk for developing these problems, helps you to feel good about yourself, and gives you more energy to enjoy life.

Your Healthy Living Pharmacy adviser can help you today by assessing your weight and BMI (body mass index). We can also give you some advice on how to make some healthy changes to your diet and activity.

Moving More: The facts

We know that participating in 20-30 minutes moderate intensity activity 5 days a week improves our health and helps us to feel good about yourself.

Over half the adult population, in the UK, are doing no physical activity at all. Our challenge is: 'To get more people, more active, more often'

The good news is:

Research shows that the greatest health improvements are gained from moving from doing nothing to some level of activity (i.e. zero per week to once a week).

Your Healthy Living Pharmacy adviser can help you today by assessing how active you are. We can also give you some advice on how to make some changes to your activity levels.