

Smoking

Smoking is well known to be a cause of early death, both as a cause of fatal illnesses and long-term chronic conditions. It also exacerbates existing illnesses including asthma and diabetes. Giving up smoking is probably the single most important way of improving your health both now and for the future.

Tips for Quitting

- Write a list of reasons to quit (including financial and health)
- Set a date and let people know you are quitting
- Get rid of any cigarettes, ashtrays or lighters
- Avoid situations that make you want to smoke
- Take one day at a time
- Be prepared for withdrawal symptoms and realise that they will ease over time
- Get help – see below

Stop Smoking Help Services

- We can help you quit, at the surgery. Speak to Frieda
- The local Health Authority will give you information about local groups. Call on 0208 846 6840
- LBHF campaign, see <http://www.kick-it.org.uk/>
- More information can be obtained from www.nhs.uk

Alcohol

Recommended Limits

Regularly drinking above recommended levels can be harmful.

Men should drink no more than **21** units of alcohol per week and no more than **4** units in any one day.

Women should drink no more than **14** units of alcohol per week and no more than **3** units in any one day.

Pregnant Women should not drink alcohol at all – this is the Department of Health recommendation

Tips for Cutting Down

Keep a drink diary to help you to work out how much you're drinking

Pace yourself by drinking slowly or alternating alcoholic drinks with soft drinks

Help yourself achieve your targets by giving yourself credit where due and set incentives

Alcohol Advice Services

The Drink Aware Trust – www.drinkaware.co.uk

NHS Alcohol Advice website – www.units.nhs.uk

One pint of beer = 2 Units

One Shot of spirits = 1 Unit

One glass of wine = 2 units

1 Alco Pop = 2 units



Exercise

Exercise is an essential part of a healthy lifestyle. Regular exercise helps to maintain overall fitness and manage your weight. It can lower the risk of many life-threatening conditions.

Regular exercise improves mental and emotional health, helps deal with stress and promotes happiness.

Diet

Good health is fundamental to leading a full and active life. The right nutrition is a basis for good health.

For more information, go to:

www.nhs.uk/livewell

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020 7471 3333

www.brookgreenmc.co.uk

LIFE STYLE

Information and Advice

Smoking

Alcohol

Exercise

Diet

If you have any concerns regarding any of the items in this leaflet or about any other health issues, please contact the surgery for more information or make an appointment with a doctor or nurse.

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