

You and your health

A basic guide to being healthy

Contents

What is this book about?	2
What if I want to talk about being healthy?	2
What if I am worried or want advice about my health?	2
Health emergency telephone numbers	2
Telephone numbers for your health services	3

Eating a good diet

What is a good diet?	4
Fruit and vegetables	4
Bread, potatoes and other cereals	5
Meat, fish and eggs	6
Milk and dairy foods	7
Sugary foods	8
Fatty foods	9
Salt	9

Looking after your body

Keeping fit	11
Keeping your teeth healthy	12
Smoking	12
Enjoying a drink	12
Having a healthy sex life	13
Staying safe in the sun	13

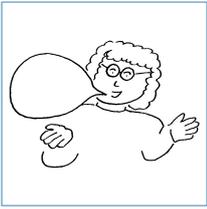
Health check ups

Having health check ups	15
Health check ups for men	15
Health check ups for women	16



What is this book about?

This book is a basic guide to being healthy.



What if I want to talk about being healthy?

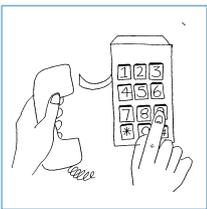
If you would like to talk about being healthy, please talk to your support worker:

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	Telephone number 	<input type="text"/>



What if I am worried or want advice about my health?

If you are worried or would like advice about your health, talk to your doctor or another health professional. This could be a nurse, dentist or optician.



Emergency telephone number

If you or someone else is seriously ill or needs immediate medical help, call for an ambulance:

 **999** for an ambulance

Tell the emergency service:

- what the emergency is
- where the emergency is
- where you are phoning from
- the telephone number of the phone you are using.



Telephone numbers for your health services

The name of your doctor is:

Their address is: 

Their telephone number is: 

The name of your dentist is:

Their address is: 

Their telephone number is: 

The name of your optician is:

Their address is: 

Their telephone number is: 

The name of your is:

Their address is: 

Their telephone number is: 



Eating a good diet



What is a diet?

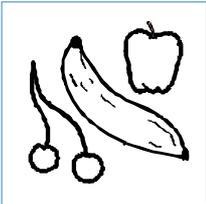
Your diet is all the food you eat.



We need food and water to grow and be healthy. You should enjoy your food!

You need to eat lots of different foods to be healthy. There are no good or bad foods, but there are good and bad diets.

You can find out what foods you should eat to have a good diet on the next few pages.



Fruit and vegetables

Fruit and vegetables are good for you. They help you to stay healthy.

You should:

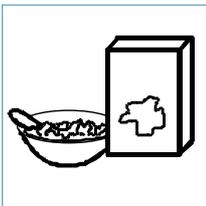
- try to eat 5 portions of fruit and vegetables a day
- make sure you eat some fruit, vegetables and salad. This will make sure you get all the vitamins you need to stay healthy

Fruit and vegetables can be fresh, dried, frozen, canned or a juice.



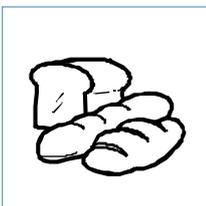
What is a portion?

- 1 piece of fruit, like an apple, peach, banana or orange
- 1 slice of large fruit, like melon, mango or pineapple
- a handful of grapes, cherries or berry fruits
- a small handful of dried fruit
- a glass of fruit or vegetable juice
- a small tin of fruit
- a serving of vegetables, like peas, carrots or broccoli
- a small salad
- the vegetables in a meal, like vegetable curry, lasagne, stir fry or casserole



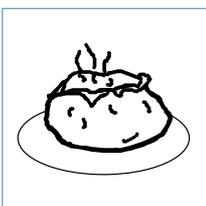
Bread, potatoes and other cereals

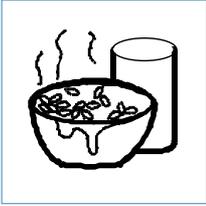
Some foods are good for you because they give you energy. They are called carbohydrates. You should make these foods the main part of your meal.



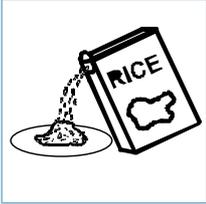
These foods are:

- bread
- bread rolls
- breakfast cereals
- potatoes





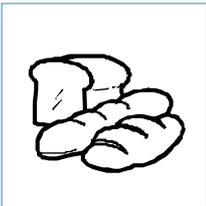
- pasta
- beans
- yams



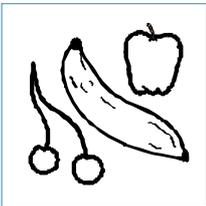
- rice
- noodles.

You should also eat food that will help your body go to the toilet. They are called fibres.

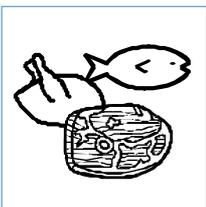
These foods are:



- brown (wholemeal) bread
- brown rice



- fruit and vegetables
- breakfast cereals, like Weetabix, Shredded Wheat, porridge and Ready Brek.

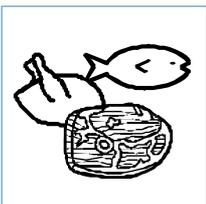


Meat, fish and eggs

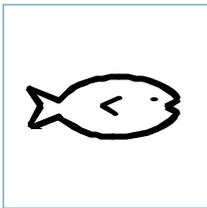
Some foods are good for you because they help your body to grow and mend itself. They are called proteins.

You should try to eat lots of different foods that give you protein.

These foods are:



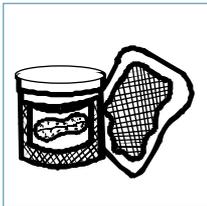
- meat: beef, pork, bacon, lamb, sausages, beef burgers and meat pies



- poultry: chicken and turkey
- fish: this can be fresh, frozen or canned
- fish products: fish fingers and fish cakes



- liver and kidney
- eggs

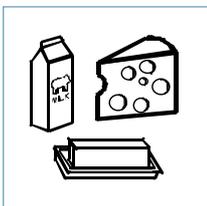


- baked beans, chickpeas and lentils
- nuts



- peanut butter.

If you eat 1 or 2 meals every day with a few different foods you should get all the protein you need.



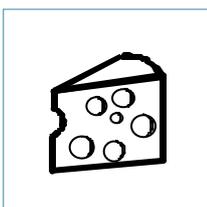
Milk and dairy foods

Food like milk, cheese and yoghurt are good for you because they give you calcium. Calcium helps your bones and teeth to stay strong and healthy.



You should try to have 1 of these things every day:

- a glass of milk
- milk with your cereal



- yoghurt
- a piece of cheese



- cottage cheese.

If you are worried about being overweight you can use skimmed milk, low fat yoghurt and low fat cheese.



Sugary Foods

Sugary foods are nice to eat and make us feel good.

These are foods like:



- jam
- sweets
- cakes
- chocolate
- fizzy pop
- biscuits
- ice cream.

But eating too much sugar can be bad for you. It can give you bad teeth and make you put on weight. You should try not to eat too much sugary food.



To help cut down on sugary foods:

- drink tea and coffee without sugar, or use a sweetener
- drink diet pop
- try not to eat too much jam, sweets, cakes, chocolate, biscuits and ice cream

- buy low sugar puddings and desserts.



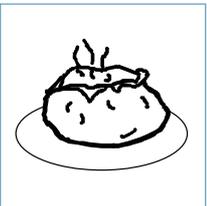
Fatty foods

You should eat some fat because it helps you to stay healthy.

But too much fat can be bad for you. You should try not to eat too much fat.

To help cut down on fat:

- snack on fresh or dried fruit rather than biscuits and chocolate
- take the fat off meat
- buy lean cuts of meat and reduced-fat minces
- grill or bake food instead of frying it
- use semi-skimmed or skimmed milk instead of whole fat
- only have chips twice a week. Try baked potatoes instead
- try not to eat too many crisps
- use vegetable oil and low fat spreads instead of lard, butter or margarine.



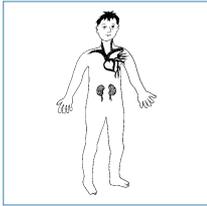
Salt

If you eat too much salt it can lead to health and heart problems. You should try not to eat too much salt.

To help cut down on salt:

- use less or no salt when you cook

- do not put salt on your meals
- try not to eat too many salted crisps and salted nuts
- buy tinned food which says 'no added salt'.



Looking after your body

Keeping fit



Exercise is good for you. It helps to keep your weight down, helps you to relax, builds up your fitness and helps to keep you active.

You should try to do some exercise every week. There are lots of different things you can do, so choose things you like doing.

Here are a few ideas:



- play a game like football with some friends
- go swimming
- join a gym



- go to an exercise class
- be active to music or go dancing
- go for walks



- ride a bike
- use the stairs instead of the lift
- do some gardening



Exercise can be more fun with a friend. You can also try to do different types of exercise so you don't get bored!

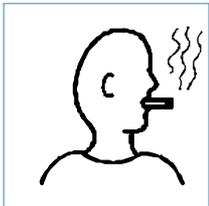


Keeping your teeth healthy

It is important to keep your teeth healthy. This will stop tooth decay (when your teeth go bad and are painful) and will make your gums feel good.

To keep your teeth healthy:

- do not to eat too many sweets
- brush your teeth twice a day (in the morning and at night)
- go to your dentist for a regular check-up.



Smoking

If you smoke you could have a heart attack or get lung cancer.

If you smoke:

- the best thing you can do to be healthy is give up smoking, or at least cut down on how much you smoke
- if you want to give up smoking talk to your doctor.



Enjoying a drink

Many people enjoy drinking alcohol. Alcohol is in drinks like beer, lager, wine and spirits (like whiskey, vodka or gin).

But drinking too much alcohol can lead to problems. If you often drink too much alcohol you can put your liver and heart at risk. Drinking can also make you put on weight and can lead to accidents.

The simple way to stay healthy is not to drink too much. If you do drink alcohol, you should only drink 2 or 3 units a day.

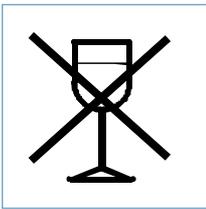


What is a unit?

1 unit of alcohol = 1/2 pint of ordinary beer, lager or cider

or, 1 small glass of wine

or, 1 single pub measure of spirits (like whiskey, vodka or gin).



Do not drink if you are going to swim or if you are taking medicines.

If you are worried about drinking, talk to your doctor.



Having a healthy sex life

If you have sex with someone new, you could get or pass on a sexual infection. Sexual infections include HIV, the virus that leads to AIDS.



- If you have sex with someone new, you can protect yourself and your partner by using a condom.
- Your doctor can give you advice on safe sex.



Staying safe in the sun

Lots of people enjoy being out in the sun. But too much sun on your skin can make your skin burn (turn red and painful). Even worse, it can cause skin cancer.

You should take care to protect your skin from the sun. Be especially careful if you burn easily, already have skin cancer or you have a large number of freckles or moles.

To take care of your skin:

- sit in the shade when the sun is at its strongest (around midday)
- wear a wide brimmed hat to protect your head
- use a sunscreen with a sun protection factor (SPF) of 15 or above.



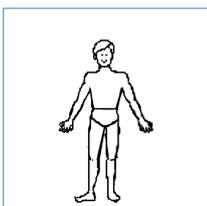
Health check ups

Having health check ups



To make sure you are staying healthy, you should have regular check ups with your dentist, optician and chiropodist if you have one. These check ups will help to spot any problems with your teeth, eyes and feet.

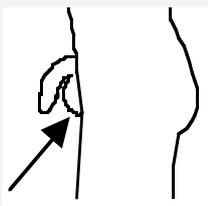
You should also ask your doctor for a health check up once a year. This check up will help to find any other problems, which the doctor will be able to help you with. There are some other check ups. These are different for men and women.



Health check ups for men

Men can get cancer in their balls (testicles). This is called testicular cancer. This cancer is not common, but some men do get it.

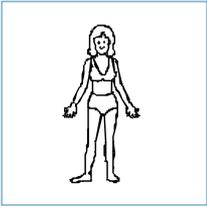
You can check your balls yourself. You should check your balls every month. This is the best way to find out if there may be a problem.



How do I check my balls?

- First of all, feel your balls to get used to what they normally feel like.
- Look out for any swelling or lumps on the balls. Or you may feel a dull or sharp pain around your balls.
- If you notice any of these or if you're worried and just want to know that everything is OK, go and see your doctor straight away.
- If you're not sure what your balls are supposed to feel like or how to check them, ask your doctor to show you.





Health check ups for women

There are 2 important check ups for women:

Smear tests

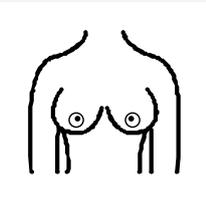
Smear tests are a way of looking for changes inside you that could become cancer. A nurse will check inside your vagina for any changes.

If you are aged between 20-64 your doctor will ask you to go for a smear test at least once every 5 years.

Breast screening

Breast screening is a way of checking for breast cancer. Normally only women aged 50-64 can go for breast screening.

You can check your breasts yourself. You should check your breasts every month. This is the best way to check if there may be a problem.



How do I check my breasts?

- First of all, look at your breasts in a mirror to get used to what they normally look like. Then feel your breasts to get used to what they normally feel like.
- Look out for any changes in the shape or size of your breasts. You should also look out for any lumps or any painful areas, or anything you think is unusual.
- If you notice any of these things or if you're worried and just want to know that everything is OK, go and see your doctor straight away.
- If you're not sure what your breasts are supposed to feel like or how to check them, ask your doctor to show you.



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Illustrations courtesy of Change, Widget and Sue Hellard