



## How to stay well this in winter

Cold weather can make some health problems worse and even lead to serious complications, especially if you are 65 or older, or if you have a long-term health condition. Some people are more vulnerable to the effects of cold weather.

This includes:

People aged 65 and older.

Babies and children under the age of 5.

People on a low income (so cannot afford heating).

People who have a long-term health condition.

People with a disability.

Pregnant women.

People who have a mental health condition.

Get advice if you feel unwell.

If you are 65 or over, or in one of the other at-risk groups, see a pharmacist as soon as you feel unwell, even if it's just a cough or a cold.

Pharmacists can give you treatment advice for a range of minor illnesses. They will also tell you if you need to see a doctor.

The sooner you get advice, the sooner you are likely to get better.

## Keep you home warm

Follow these tips to keep you and your family warm and well at home:

If you're not very mobile, are 65 or over, or have a health condition, such as heart or lung disease, heat your home to at least 18C.

Keep your bedroom at 18C all night if you can – and Keep bedroom window closed.

If you're under 65, healthy and active, you can safely have your home cooler than 18C, as long as you're comfortable.

Have at least 1 hot meal a day – eating regularly helps keep you warm.

Have hot drinks regularly.

Babies should sleep in rooms heated to between 16C and 20C.

Draw curtains at dusk and keep doors closed to block out draughts.

Get your heating system checked regularly by a qualified professional.



## WHAT IS TYPE 2 DIABETES?

- Your body doesn't make enough insulin or can't use the insulin it makes
- 9 out of 10 people with diabetes have Type 2 diabetes
- People are more likely to develop this as they grow older

Insulin is produced by the pancreas which plays a very important role on the body. After we eat and digest foods containing carbohydrates, the body breaks them down into glucose. Insulin is released to absorb the glucose and uses it as fuel for energy.

In not producing enough insulin, the body doesn't respond to the insulin and their cells doesn't absorb enough of the glucose. This is known as insulin resistance, which results in high levels of glucose going into their bloodstream and in time can damage the arteries and increase the risk of heart attacks, strokes and circulatory diseases.



**INTERESTED IN JOINING THE PATIENT PARTICIPATION GROUP (PPG)?**

**Please ask at Reception or contact: [mrsppgc@gmail.com](mailto:mrsppgc@gmail.com)**