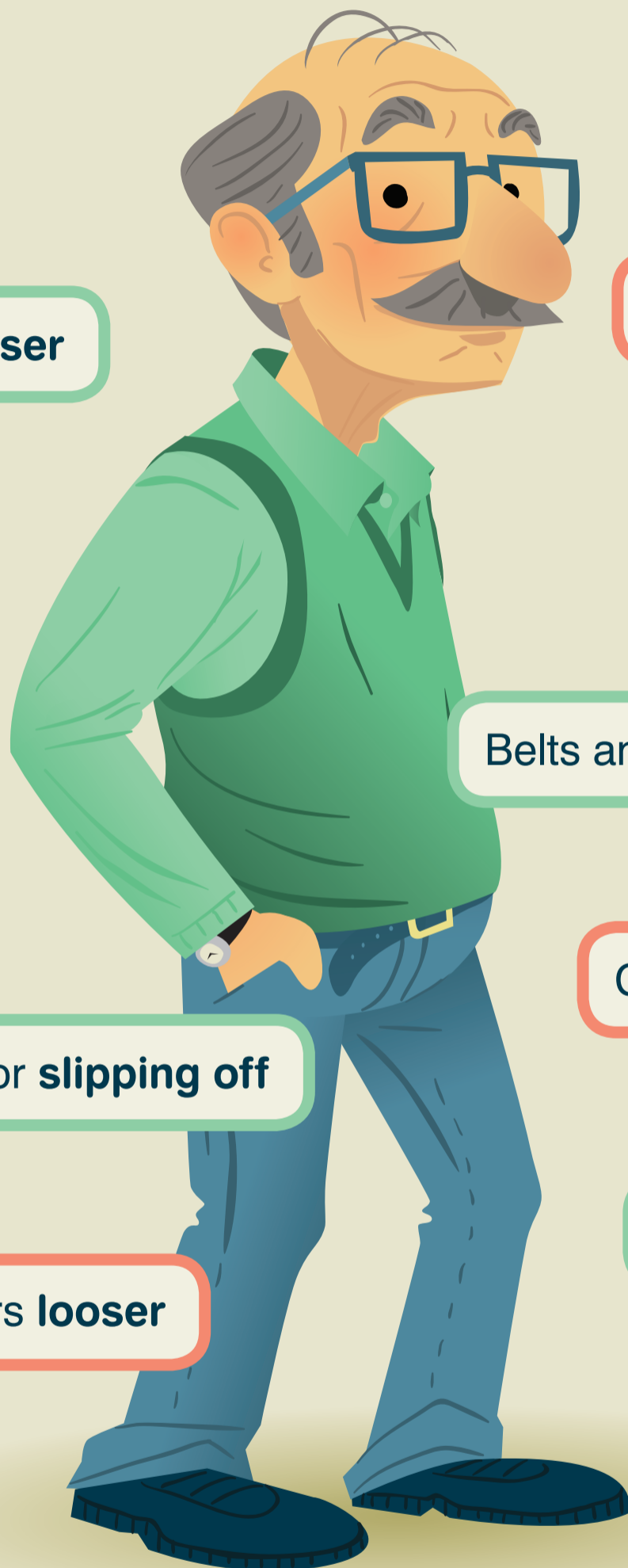


Spotting the signs of weight loss



Shirt collars **looser**

Looser dentures

Thin arms

Belts and waistbands **looser**

Jewellery **looser** or **slipping off**

Clothes look **too big**

Shoes and slippers **looser**

Thinner legs

Where to go for help

If you or someone you know are concerned, it's best to seek individual advice from **your Practice Nurse** initially, unless you have a medical issue, in which case you should make an appointment with **your GP**. **Your community pharmacist** may also be able to provide support and advice.

Your local community organisation (e.g. Age Concern) and **the council** can also provide information, and a range of options to support you.



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You can also **email Wessex AHSN** for more information and a leaflet about nutrition: nutrition@wessexahsn.net

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