



Eating well, feeling good

Are you eating and drinking enough?

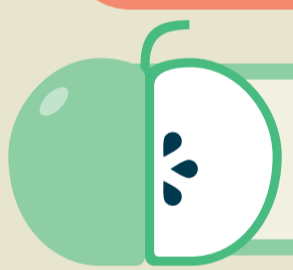
If you or someone you know have any of these symptoms, make an appointment to talk to your practice nurse.



Unplanned weight loss



Frequent or prolonged illness



Reduced appetite



Underweight (BMI under 20)



Feeling tired and weak

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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