Spotting the signs of weight loss

Shirt collars looser
Clothes look too big
Looser dentures
Shoes and slippers looser
Jewellery looser or slipping off
Thinner legs
Belts and waistbands looser

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.

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

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