

have you...

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... lost weight without trying?

... felt weak, tired, dizzy or colder than normal?

or

or

... felt that clothes, dentures, belts or jewellery are looser than normal?

... got an increasingly reduced appetite or only been able to eat small amounts?

YES?

If you answered yes to any of the above, you may be suffering from, or in the early stages of, malnutrition. It is important to talk about any concerns you may have with your GP surgery.

Losing weight is not always great.

Talk about malnutrition.