

# LIVING YOUR BEST LIFE

THE ONE YOU SOUTH  
GLOUCESTERSHIRE GUIDE  
TO HELP YOU LOSE WEIGHT  
AND/OR STOP SMOKING

**ONE YOU**  
                      
SOUTH GLOUCESTERSHIRE

Your health care team has referred you into One You South Gloucestershire to help you to be in the best possible health to benefit from any treatment for your hip and knee pain whether that is pain killers, physiotherapy or an operation. Patients who joined a similar programme in a neighbouring region found that in 50% of cases their symptoms and pain management improved to the point that they chose to manage their condition without the need for surgery.

Achieving better health by weight loss and stopping smoking will itself have a positive effect on your hip and knee pain. Losing weight and stopping smoking means that you can move easier and with less pain, getting back control of your life.

### **ABOUT ONE YOU SOUTH GLOUCESTERSHIRE**

One You South Gloucestershire is a collaboration between South Gloucestershire Council and Southern Brooks Community Partnerships. We have a team ready to support you to lose weight and/or stop smoking.

We are here to help you on your journey through the knee and hip pathway and if you need an operation, this can help reduce the risk of complications during surgery and ensure you make a good and quick recovery afterwards.

As a person with a Body Mass Index (BMI) of 30 or more\* and/or who smokes, our team is here to support you in making lasting changes to your health. We would aim to support you over a period of 12-weeks and this leaflet outlines how.

\*The risk factors for Asian people kick in at a lower level meaning a higher risk of developing vascular diseases such as diabetes at a lower BMI and therefore are classed as overweight and very overweight at a BMI over 25 or above.

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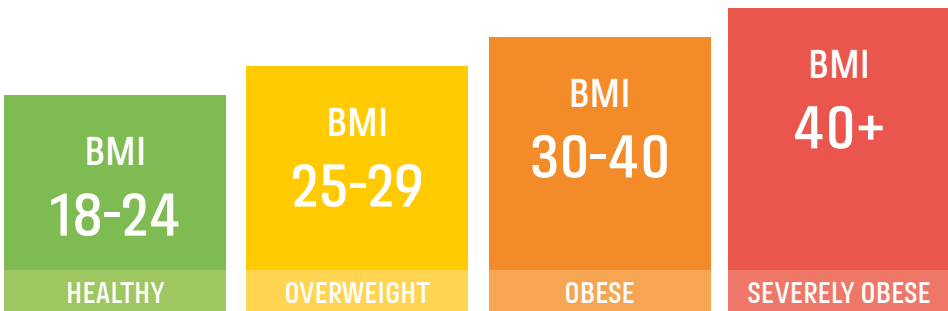
## WHY WE WANT TO SUPPORT YOU TO LOSE WEIGHT

Patients in a neighbouring region who joined a similar programme lost the most weight when they took up the offer of extra support. So, although you may feel healthy at your current weight studies show that people with a higher BMI are more likely to experience potentially serious health conditions. There are lots of positive reasons why we want to support you to lose weight including:

- Can help reduce the pain in your joints by decreasing your weight
- When combined with physiotherapy to strengthen important muscles, losing weight allows you to move with less pain
- Reduces the risk of complications during and after surgery
- Can reduce your risk of a range of health problems like heart disease, type 2 diabetes, stroke and certain cancers associated with having a BMI over 30.

## WHAT IS BODY MASS INDEX – BMI?

BMI is calculated based on your height and weight, telling you if you are a healthy weight, overweight or obese. Try it for yourself, use the NHS BMI calculator. A BMI above the healthy weight range, or excess weight around your waist, can increase your risk of a range of health problems like heart disease, type 2 diabetes, stroke and certain cancers.



## **WHAT DOES THIS MEAN FOR ME?**

We will work with you with the aim of reducing your weight by a minimum of 5%. This would be a healthy level of weight loss and matches what the NHS and Public Health England recommend.

You may feel that you know how to lose weight independently and have done this with some success in the past. However, you may also want some extra support, we are here to help.

## **OUR PLEDGE TO YOU:**

- Support you to set achievable weight loss goals
- Help you stay engaged and motivated with 1:1 buddy support
- Share ideas to increase your physical activity
- Show you how to access healthy eating resources including recipes, snack ideas and portion sizes
- You will receive 12 FREE vouchers for WW (formally known as Weight Watchers) giving you access to weight loss groups which can provide lots more motivation than losing weight on your own.

## **WHY WE WANT TO SUPPORT YOU TO STOP SMOKING**

Smoking greatly increases the risk of complications but if you stop smoking as soon as possible you can:

- By stopping smoking your lungs work better so you can move more easily which will help you manage your pain better
- Reduce your risk of complications after an operation including an increased risk of infection, and taking much longer to recover
- Enjoy the long-term benefits of reduced risk of lung cancer (the highest cause of deaths from cancer in men and women), heart disease and stroke.

## OUR PLEDGE TO YOU:

- An experienced One You Stop Smoking Advisor will call you within two working days of your referral (this initial call will last for around 30 minutes)
- Help you to decide which support is right for you
- Create a 12-week smokefree plan using a range of stop smoking medicines
- Help you to decide a quit date
- Help you manage your cravings and withdrawal symptoms
- Provide useful tips on coping with 'triggers' and help you avoid a relapse.

## AT A GLANCE – A TIMELINE OF HEALTH BENEFITS WHEN YOU STOP SMOKING



### After 20 minutes

Check your pulse rate, it will already be starting to return to normal.



### After 8 hours

Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.



### After 48 hours

All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.



### After 72 hours

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.



### After 2 to 12 weeks

Blood will be pumping through to your heart and muscles much better because your circulation will have improved.



### After 3 to 9 months

Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.



### After 1 year

Great news! Your risk of heart attack will have halved compared with a smoker's.



### After 10 years

More great news! Your risk of death from lung cancer will have halved compared with a smoker's.

## **YOUR NEXT STEPS**

Your health care team has referred you into One You South Gloucestershire to provide you some support with losing weight and stopping smoking.

One of our team will contact you by email or phone within two working days of your referral to talk through your next steps.

If you have not heard from us or just want to speak to the One You team please call us today on **01454 865337** or go to this page on our website and submit a webform:

**[oneyou.southglos.gov.uk/contact/](http://oneyou.southglos.gov.uk/contact/)**

We understand how hard it can be to achieve a healthy weight and/or stop smoking and we will work with you to help you reach your goals.

If your original medical condition deteriorates, please contact your health care team, who will help you decide on the best course of action.

## **USEFUL INFORMATION**

Getting 'Fitter Better Sooner' really matters; to find out why click on this link to the animated clip or download the booklet here:

**[www.rcoa.ac.uk/patient-information/  
preparing-surgery-fitter-better-sooner](http://www.rcoa.ac.uk/patient-information/preparing-surgery-fitter-better-sooner)**.

This initiative to help patients achieve better health by weight loss and stopping smoking is a collaboration between One You South Gloucestershire and the NHS.

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**[oneyou.southglos.gov.uk](http://oneyou.southglos.gov.uk)**

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