

Positive Cardiometabolic Health Resource

Well-planned physical health monitoring can make a real difference

THE LESTER RESOURCE: helping people experiencing psychosis and schizophrenia live healthier and longer

Not enough checks and monitoring of my risks for obesity, diabetes and heart disease

Not enough information given to me about medication side effects

Poor physical health contributes to 15-20 years loss of life

2 to 3 times more likely to develop diabetes

Not sure who should be looking after my physical health

Poorer diet
Less physical activity
More smoking

2 to 3 times more likely to suffer a heart attack or stroke

These problems can be avoided: Regular physical health check-ups matter. Ask for support from your GP or mental health team.

This isn't my CHOICE...
...it's my RIGHT

The **LESTER RESOURCE** has been developed for doctors and nurses in both your GP surgery and your mental health team.

It offers guidance on physical health monitoring to help people with severe mental illness avoid conditions like diabetes, heart disease and stroke.

Your doctor or nurse can download the **LESTER RESOURCE** here:

www.rcpsych.ac.uk/quality/NAS/resources or

www.nice.org.uk/guidance/cg178/resources

The Service User Reference Group for the National Audit of Schizophrenia developed this card as a way of empowering service users to improve the quality of care they receive.

