

Living with asthma

Medicines are only part of your treatment for asthma. You will also need to deal with the things that make it worse. Keep a diary to record anything that triggers your asthma - this can help you to discover a pattern. Using a peak flow meter to monitor your lung function can also help. If you have repeatedly low readings in a certain situation (for example, at the end of a working day, after exercise or after contact with an animal) this may indicate the trigger.

Useful Information

<http://www.nhs.uk/pages/home.aspx>

<https://patient.info/>

<https://www.asthma.org.uk/>

Cancer

[Cancer - Healthtalkonline](#)



Healthtalkonline, an award-winning charity website, lets you share in other people's experiences of health and illness. An excellent resource compiled after interviewing a wide range of people suffering from heart disease.

Cancerhelp

Free information service provided by Cancer Research UK about cancer and cancer care for people with cancer and their families. Information is formatted in such a way that makes understanding the website an easy process

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Macmillan Cancer Support

Europe's leading cancer information charity, with over 4,500 pages of up-to-date cancer information, practical advice and support for cancer patients, their families and carers.

[NHS Choices](#)

Further information about symptoms, treatment, causes and prevention of Cancer

Coronary Heart Disease (CHD)

Coronary heart disease (CHD) is a preventable disease that was responsible for the deaths of 88,000 people in the UK in 2008 ([British Heart Foundation CHD Statistics 2010](#)). In all, 191,00 died from heart and circulatory disease in the UK. Death rates are highest in Scotland and North of England and lowest in the South of England. CHD is the biggest killer in the country.



Now you can download and listen to podcasts free from the BHF - either on the move or in the comfort of your own home. We have a few examples below.

"The British Heart Foundation is Britain's leading charity fighting heart and circulatory disease – the UK's biggest killer. The BHF funds research, education and life-saving equipment and helps heart patients return to a full and active way of life. The charity relies on donations to continue its vital work."

COPD

Chronic obstructive pulmonary disease (COPD)

Chronic obstructive pulmonary disease (COPD) is the name for a collection of lung diseases including chronic bronchitis, emphysema and chronic obstructive airways disease. The main symptom of COPD is an inability to breathe in and out properly. This is also referred to as airflow obstruction.

Useful Links

[NHS Choices](#)

Guide to the symptoms, diagnosis, treatment and risks of COPD from the NHS

[COPD Factsheet](#)

This factsheet is for people who have chronic obstructive pulmonary disease (COPD), or who would like information about it.

[British Lung Foundation](#)

in other people's experiences of health and illness. An excellent resource compiled after interviewing a wide range of people suffering from heart disease.

Type 1 Diabetes

An excellent resource with useful information and references relating to Type 1 Diabetes.

Type 2 Diabetes



A useful resource regarding Type 2 Diabetes.

Diabetes UK

Largest charity in the UK devoted to the care and treatment of people with diabetes in order to improve the quality of life for people with the condition

NHS Choices

Further information about symptoms, treatment, causes and prevention of Diabetes

These links all come from trusted resources but if you are unsure about these or any other medical matters please contact your doctor or pharmacist for advice.

Mental Health

Mental Health

Mental health is about how we think, feel and behave. One in four people in the UK have a mental health problem at some point in their lives, which affects their daily life, relationships or physical health.

Mental health disorders take many different forms and affect people in different ways. Schizophrenia, depression and personality disorders are all examples of mental health problems. Diseases such as Alzheimer's and dementia generally develop in old age, whereas eating disorders are more common in young people.

Alzheimer's Society - Diagnosis interview with Terry Pratchett

The Alzheimer's Society is the leading care and research charity for people with dementia and their carers.

They provide further information and education, support for carers, and quality day and home care on the

<https://www.alzheimers.org.uk/>

The website of the Mental Health Foundation outlines the charity's work in research, policy, service development and service user involvement. The site offers information and publications to download on research, good practice in services and on mental health problems and key issues.

Useful Links

[Mental Health - Healthtalkonline](#)



Healthtalkonline, an award-winning charity website, lets you share

in other people's experiences of health and illness. An excellent resource compiled after interviewing a wide range of people suffering from heart disease.

[Alzheimer's Disease](#)

An information sheet helping to understand more about Alzheimer's Disease



[Depression](#)

An information sheet helping to understand more about the causes, treatment and understanding of Depression

Comprehensive information for people with all forms of dementia. Alzheimer's Society is a membership organisation, which works to improve the quality of life of people affected by dementia in England, Wales and Northern Ireland.



[Mental Health Foundation](#)

Founded in 1949, the Mental Health Foundation is a leading UK charity that provides information, carries out research, campaigns and works to improve services for anyone affected by mental health problems, whatever their age and wherever they live

Osteoarthritis

Osteoarthritis is the most common type of arthritis, affecting 8.5 million people in the UK. It develops gradually over time, causing joints to become stiff and painful. It can affect any joint but commonly affects the hands, knees, hips, feet and spine.

Osteoarthritis: a real story

Who develops osteoarthritis?

Osteoarthritis usually develops in people who are over 50 years of age, and it is more common in women than in men. It is commonly thought that osteoarthritis is an inevitable part of getting older, but this is not true. Younger people can also be affected by osteoarthritis, often as a result of an injury or another joint condition.

Useful Links



Providing answers today and tomorrow

[Arthritis Research UK](#)

Arthritis Research UK is the charity leading the fight against arthritis. Everything we do is underpinned by research

[NHS Choices](#)

Guide to the symptoms, diagnosis, treatment and risks of Osteoarthritis from the NHS

[Osteoarthritis Factsheet](#)

This factsheet is for people who have osteoarthritis or who would like information about it.

[Arthritis Care](#)

Arthritis Care exists to support people with arthritis. They are the UK's largest organisation working with and for all people who have arthritis.

Stroke



A stroke is a serious medical condition that occurs when the blood supply to part of the brain is cut off.

Like all organs, the brain needs the oxygen and nutrients provided by blood to function properly. If the supply of blood is restricted or stopped, brain cells begin to die. This can lead to brain damage and possibly death.

Strokes are a medical emergency and prompt treatment is essential because the sooner a person receives treatment for a stroke, the less damage is likely to happen.

The NHS Stroke Act FAST pages offer a great deal of information about stroke, including how to recognise the signs, some real stories of stroke sufferers and advice on how to live your life after a stroke.

<http://www.nhs.uk/actfast/Pages/stroke.aspx>

Transient Ischaemic Attack (TIA)

A transient ischaemic attack (TIA), or 'mini-stroke', is caused by a temporary fall in the blood supply to part of the brain, leading to a lack of oxygen to the brain. This can cause symptoms that are similar to a stroke, although they don't last as long. A TIA lasts only a few minutes and is usually resolved within 24 hours

As TIAs are serious, it is important that they are always investigated so that appropriate treatment can be given quickly. With treatment, the risk of a further TIA or a full stroke can be greatly reduced.

