



**TURNING
POINT**
inspired by possibility



Checks for your health



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Checking your weight and body size



It is really important to stay a healthy weight and size.



Lots of people in the UK are really overweight. This is called **being obese**.



Being obese can be caused by :

- an unhealthy diet and eating lots of fat and sugar



- unhealthy habits like drinking alcohol



- some health problems and medicines



- hormone problems



- your body stopping your periods. This is called the **menopause**



Losing weight and not being able to put weight on can also be a problem for people.



This could be because you:

- eat the wrong food or not enough food



- have a health problem that causes you to lose weight



- have a problem with your mouth and teeth



- have an eating disorder. This means you might do things like starve yourself or make yourself sick



- you have problems with swallowing

Finding out what is a healthy weight for you



What you weigh depends on your body shape and how tall you are.



It is important to know what you should weigh. This can help you keep track of your weight.



You can use scales that tell you how much you weigh. You should do this at least once a month.



Use the same scales every time you weigh yourself and be dressed in the same way.



If you use a wheelchair, you can get some special scales. These will weigh you while you sit in you wheelchair.

Checking your temperature



The human body should be about 37 degrees. You can measure this on a thermometer.



If you are hotter than 37.8 degrees this will cause a **fever**.



A **fever** is when you feel too cold or too hot. You might feel shivery and unwell.



You might get a fever if you have:

- an infection
- a virus. Things like flu or COVID-19



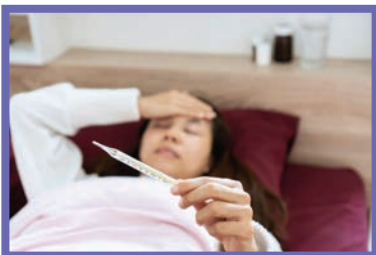
- a **Urinary Tract Infection**. This is called a **UTI** for short. A UTI is an infection in your bladder which can make it painful to have a wee



To check your body temperature you will need a thermometer.



You put the thermometer under your tongue or in your armpit.



Then you look at what number it says on it.

You can also use an electric thermometer. These check your temperature:



- in your ear

or



- on your forehead



If you don't have a thermometer, you can still tell if someone has a high temperature.

They might be hot to touch but feel cold and shivery.



Testing your wee

Your wee gets rid of things your body does not need.



By looking at your wee, doctors can understand lots of things about your health.



If your doctor needs to test your wee, they will give you a special tube to wee into.



Some people have problems holding their wee. They wear pads to catch any leaks.



The doctor can take some wee from the pad to test.

Using an asthma spacer tube

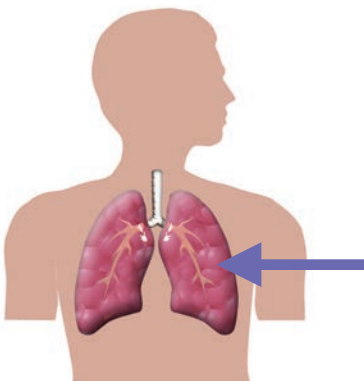


People with asthma often use inhalers to help them breathe easier.

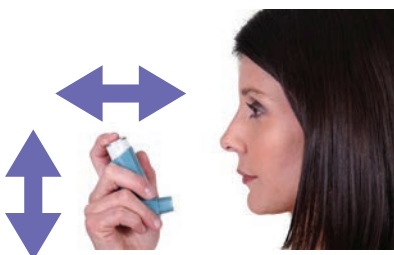


Sometimes, people have problems using their inhaler. They might need to use a **spacer**.

A **spacer** is a plastic tube that fixes onto your inhaler. It helps you to use your inhaler better.



Using a spacer helps more of the medicine get into your lungs.



To use a spacer, hold your inhaler upright and give it a good shake.



x5

Put the inhaler in the end of the spacer tube. Close your mouth tightly around the other end so that no medicine can leak out.

Sit up straight and lift your chin up.

Press the inhaler to let out the medicine. Breathe in and out slowly 5 times.



Always wash your spacer after you have used it. Do not use a towel to dry it.