

Care of the Body

Y11 RHSE [PD] Extraction 2026+

Healthy and Inactive Lifestyles: Risks of Ill-Health

Physical Activity

Regular physical activity is an important part of a healthy lifestyle. Exercise helps the body function properly and improves both physical and mental health. Adults are generally recommended to complete at least 150 minutes of moderate exercise each week, such as walking, cycling, swimming, or dancing.



Benefits of regular physical activity include:

- Strengthening the heart and lungs
- Improving muscle strength and flexibility
- Helping maintain a healthy body weight
- Reducing stress and anxiety
- Improving sleep and energy levels
- Lowering the risk of diseases such as type 2 diabetes and heart disease



People who are physically active are more likely to have stronger cardiovascular systems and better overall fitness.

Healthy and Inactive Lifestyles: Risks of Ill-Health



Maintaining a Healthy Weight

Maintaining a healthy weight means balancing the energy taken in from food with the energy used through activity and body functions. A balanced diet combined with regular exercise helps prevent being underweight or overweight.

A healthy weight can:

- Reduce pressure on the heart, joints, and organs
- Lower the risk of high blood pressure and diabetes
- Improve mobility and confidence
- Increase life expectancy

Being overweight or obese can increase the risk of several serious health conditions, especially cardiovascular disease.



Healthy and Inactive Lifestyles: Risks of Ill-Health

An inactive or sedentary lifestyle means spending long periods sitting or doing very little physical activity. Examples include excessive screen time, sitting at a desk all day, or rarely exercising. Lack of activity is linked to ill-health because the body becomes less efficient at circulating blood, controlling weight, and maintaining muscle strength.



Inactive Lifestyle and Ill-Health



An inactive lifestyle can lead to:

- Weight gain and obesity
- Poor mental health
- Reduced fitness and stamina
- Type 2 diabetes
- Weak muscles and bones

Healthy and Inactive Lifestyles: Risks of Ill-Health



An inactive lifestyle increases the risk of cardiovascular ill health because:

- The heart becomes weaker and less efficient
- Fat can build up in arteries, reducing blood flow
- Blood pressure may increase
- Cholesterol levels can rise
- Obesity becomes more likely

Physical inactivity can therefore contribute directly to serious heart problems and reduced life expectancy. Regular exercise helps improve circulation, lower blood pressure, and strengthen the heart, reducing these risks.

Inactive Lifestyle and Ill-Health



Cardiovascular disease refers to conditions affecting the heart and blood vessels, such as coronary heart disease, heart attacks, and strokes.

Weigh Up: Fold a page in your book. On one side write a key reason why a healthy lifestyle is beneficial. On the other side write a key reason why an unhealthy lifestyle is the opposite.

Healthy and Inactive Lifestyles: Benefits of Eating Healthily

Benefits of Eating Healthier

Eating a healthy and balanced diet provides many benefits for the body and mind.



Mental and Emotional Benefits

Healthy eating can also improve mental wellbeing by:

Improving concentration and memory

Supporting better mood and emotional balance

Increasing energy levels

Helping improve sleep quality

Physical Health Benefits

Healthy eating helps:

- Provide energy for daily activities
- Support growth and repair of body tissues
- Strengthen the immune system
- Maintain healthy skin, bones, and teeth
- Improve digestion
- Support a healthy body weight

A balanced diet also lowers the risk of developing illnesses such as:

- Type 2 diabetes
- Heart disease
- High blood pressure
- Some cancers

Healthy and Inactive Lifestyles: Benefits of Eating Healthily

Risks of an Unhealthy Diet

An unhealthy diet often includes too much sugar, saturated fat, processed foods, and sugary drinks, while lacking important nutrients. Over time, this can negatively affect health.

Tooth Decay

Eating large amounts of sugary foods and drinks increases the risk of tooth decay. Bacteria in the mouth feed on sugar and produce acid, which damages tooth enamel and causes cavities.

Poor dental health can lead to:

- Toothache and infections
- Difficulty eating
- Gum disease
- Tooth loss

Regular brushing and limiting sugary snacks and drinks help reduce this risk.

Unhealthy Weight Gain

Consuming more calories than the body uses can lead to unhealthy weight gain and obesity. Foods high in fat and sugar are often high in calories but low in nutrients.

Unhealthy weight gain can:

- Put pressure on joints and organs
- Reduce fitness and mobility
- Increase the risk of heart disease and diabetes
- Affect confidence and mental wellbeing



Healthy and Inactive Lifestyles: Impacts of Alcohol on Triggering Unhealthy Weight Gain

Alcohol can contribute to weight gain in several ways:

- Many alcoholic drinks, such as beer, cider, cocktails, and spirits mixed with sugary drinks, are high in calories.
- Drinking alcohol regularly can increase overall calorie intake without making a person feel full.
- Alcohol can reduce self-control and lead to unhealthy food choices, such as eating fast food or snacks high in fat and sugar.
- The body prioritises breaking down alcohol before burning fat, which can increase fat storage.

Because of this, frequent drinking can lead to excess body fat and obesity over time.

Unhealthy weight gain caused by alcohol can increase the risk of:

- Cardiovascular disease
- High blood pressure
- Type 2 diabetes
- Liver disease
- Reduced fitness and mobility

Excess weight may also affect mental wellbeing and confidence.

Drinking too much alcohol can also:

- Damage the liver and other organ
- Affect judgement and coordination
- Disrupt sleep patterns
- Increase the risk of addiction
- Negatively affect mental health

Weigh Up: Now see if you can add another point to each side.

Prevalence of Serious Health Conditions

Cardiovascular Disease

Cardiovascular disease (CVD) includes conditions affecting the heart and blood vessels, such as coronary heart disease, heart attacks, and strokes.

Characteristics:

- Chest pain or discomfort
- High blood pressure
- Shortness of breath
- Poor circulation
- Fatigue

CVD is often linked to smoking, unhealthy diet, obesity, alcohol misuse, and physical inactivity.



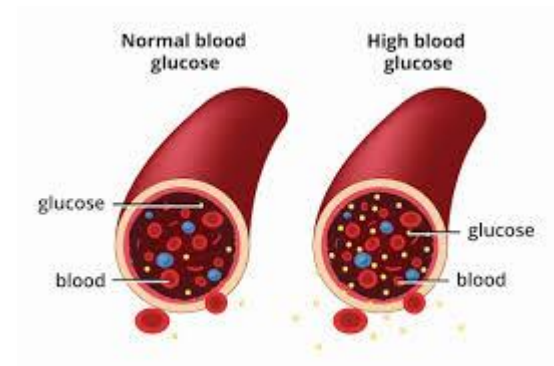
Type 2 Diabetes

Type 2 diabetes occurs when the body cannot properly control blood sugar levels because it becomes resistant to insulin.

Characteristics:

- Increased thirst
- Frequent urination
- Tiredness
- Blurred vision
- Slow healing of wounds

It is strongly associated with obesity, poor diet, and lack of exercise.



Prevalence of Serious Health Conditions

Obesity

Obesity is a condition where a person has excessive body fat that may harm their health.

Characteristics:

- Excessive weight gain
- Reduced mobility and fitness
- Breathlessness
- Joint pain
- Increased fatigue

Obesity increases the risk of many other serious conditions including heart disease, diabetes, and some cancers.

Stroke

A stroke happens when blood flow to part of the brain is interrupted.

Characteristics:

- Weakness on one side of the body
- Difficulty speaking
- Facial drooping
- Loss of balance
- Confusion

Risk factors include high blood pressure, smoking, obesity, and lack of physical activity.

Liver Disease

Long-term alcohol misuse and obesity can damage the liver and lead to conditions such as fatty liver disease or cirrhosis.

Characteristics:

- Tiredness
- Abdominal pain
- Yellowing of the skin (jaundice)
- Swelling
- Nausea



Blood, Organ and Stem Cell Donation

Blood, organ, and stem cell donation are important ways of helping people with serious illnesses and medical conditions. Donations can save lives, improve quality of life, and support medical treatments and emergencies. Donating is an important part of healthcare systems and benefits both individuals and society as a whole.

Blood Donation

Blood donation involves giving blood that can be used in hospitals for patients who need transfusions.

Social Importance of Blood Donation

Blood donations are needed every day to help people:

- During emergencies and accidents
- Undergoing surgery
- Receiving cancer treatment
- With blood disorders such as anaemia
- After childbirth complications

Because blood cannot be manufactured artificially, hospitals rely on volunteer donors to maintain supplies.

Regular blood donation helps ensure that enough blood is available for people in need.

Benefits to Society

- Saves lives in emergencies
- Supports ongoing medical treatments
- Helps healthcare services respond to crises
- Encourages community support and responsibility



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Organs that can be donated include:

- Heart
- Kidneys
- Liver
- Lungs
- Pancreas



Organ Donation

Organ donation involves donating healthy organs after death, or in some cases while alive, to help someone whose organs are failing.

Social Importance of Organ Donation

Many people with organ failure depend on transplants to survive. Organ donation can greatly improve or save a person's life.

Benefits to Society

- Reduces deaths among people on transplant waiting lists
- Improves quality of life for patients
- Allows people to return to work, education, and family life
- Raises awareness about helping others

Organ donation also provides hope for families affected by serious illness.

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Benefits to Society

- Helps treat life-threatening illnesses
- Supports medical research and treatments
- Encourages diversity in donor registries to help more patients find matches

Conditions Treated with Stem Cell Donation

- Leukaemia
- Lymphoma
- Sickle cell disease
- Other blood disorders

Stem Cell Donation

Stem cells are special cells that can develop into different types of blood cells. Stem cell donation is often used to treat serious blood diseases.



Social Importance of Stem Cell Donation

Finding matching stem cell donors can be difficult, so donor registries are very important. Stem cell donations can give patients a second chance at life when other treatments have failed.

Importance of Good Personal Hygiene

Personal hygiene refers to keeping the body clean and maintaining habits that support good health and wellbeing. Good personal hygiene is important for preventing illness, reducing the spread of infection, and improving confidence and social interactions.

Examples of Good Personal Hygiene

- Washing the body regularly
- Washing hands with soap
- Wearing clean clothes
- Keeping hair clean
- Covering coughs and sneezes
- Trimming nails and keeping them clean

Importance for Physical Health

Good personal hygiene helps prevent the spread of bacteria, viruses, and other harmful microorganisms that can cause illness.

Benefits include:

- Reducing the risk of infections
- Preventing body odour
- Protecting skin health
- Lowering the spread of diseases such as colds, flu, and stomach bugs

Handwashing is especially important because germs can easily spread through touch and contaminated surfaces.

Importance for Mental and Social Wellbeing

Maintaining personal hygiene can also:

- Improve self-confidence
- Help people feel comfortable in social situations
- Create a positive impression on others
- Support emotional wellbeing

Poor personal hygiene may lead to embarrassment, social isolation, or bullying, particularly in schools and workplaces.

Importance of Good Dental Hygiene

Examples of Good Dental Hygiene

- Brushing teeth twice a day with fluoride toothpaste
- Flossing or cleaning between teeth
- Limiting sugary foods and drinks
- Visiting the dentist regularly
- Using mouthwash when appropriate



Importance for Oral Health

Good dental hygiene helps:

- Prevent tooth decay
- Reduce plaque build-up
- Protect gums from disease
- Keep teeth strong and healthy
- Prevent bad breath

Brushing and flossing remove food particles and bacteria that can damage teeth and gums.

Weigh Up: Now add a comment in your books about good dental and personal hygiene. Do you add the comment to the healthy or unhealthy side?

Dealing with Minor Ailments

Minor ailments are common illnesses or health problems that usually improve without major medical treatment. Many can be managed safely at home through self-care, rest, and over-the-counter medicines.

Examples of minor ailments include:

- Colds and coughs
- Headaches
- Sore throats
- Minor cuts and bruises
- Indigestion
- Mild fever
- Sprains and strains



Importance of Self-Care

Self-care involves taking simple actions to relieve symptoms and support recovery. Managing minor ailments correctly can:

- Reduce discomfort
- Prevent conditions from worsening
- Support faster recovery
- Reduce unnecessary pressure on healthcare services

Common Ways to Deal with Minor Ailments

Rest and Sleep

Getting enough rest helps the body recover and fight infection. Sleep supports the immune system and can improve healing.

Drinking Fluids

Staying hydrated is important, especially when ill with a fever, sickness, or diarrhoea. Water helps prevent dehydration and supports normal body functions.

Healthy Eating

Eating nutritious foods can provide energy and nutrients needed for recovery.

Over-the-Counter Medicines

Medicines from pharmacies may help relieve symptoms.

Treating Minor Injuries

Cuts and Grazes

- Clean the area with water
- Apply antiseptic if needed
- Cover with a clean dressing or plaster

Sprains and Strains

The RICE method is commonly used:

- Rest the injury
- Ice to reduce swelling
- Compression with a bandage
- Elevation of the injured area

Preventing the Spread of Illness

To avoid spreading infections:

- Wash hands regularly
- Use tissues when coughing or sneezing
- Dispose of tissues properly
- Avoid close contact with others when unwell

When Medical Help Is Needed

Although most minor ailments improve on their own, medical advice should be sought if:

- Symptoms become severe
- Illness lasts a long time
- Breathing difficulties occur
- A high fever does not improve
- An injury appears serious or infected

Healthcare advice can be obtained from pharmacists, doctors, or urgent care services if necessary.



Breast Self-Examination

How to Perform a Breast Self-Examination

1. Visual Check

Stand in front of a mirror and look for:

- Changes in breast size or shape
- Skin dimpling or puckering
- Redness or swelling
- Changes to the nipple, such as inversion or discharge

2. Physical Check

Using the pads of the fingers:

- Move in small circular motions around the entire breast
- Check the breast and underarm area
- Use light, medium, and firm pressure

This can be done lying down or in the shower.

Signs to Report

Seek medical advice if any unusual changes are found, including:

- Lumps or thickened tissue
- Persistent pain
- Skin changes
- Nipple discharge
- Swelling

Most changes are not cancer, but it is important to get them checked.



Circles



Wedges



Lines

Picture: Time to have a go with a demonstrator.

Testicular Self-Examination

How to Perform a Testicular Self-Examination

1. Best Time to Check

The examination is often easiest after a warm bath or shower when the skin is relaxed.

2. Physical Check

- Hold each testicle gently between the fingers and thumb
- Roll it carefully to feel for lumps, swelling, or unusual hardness
- Check for changes in size, shape, or texture

It is normal for one testicle to be slightly larger than the other.

Signs to Report

Medical advice should be sought if there is:

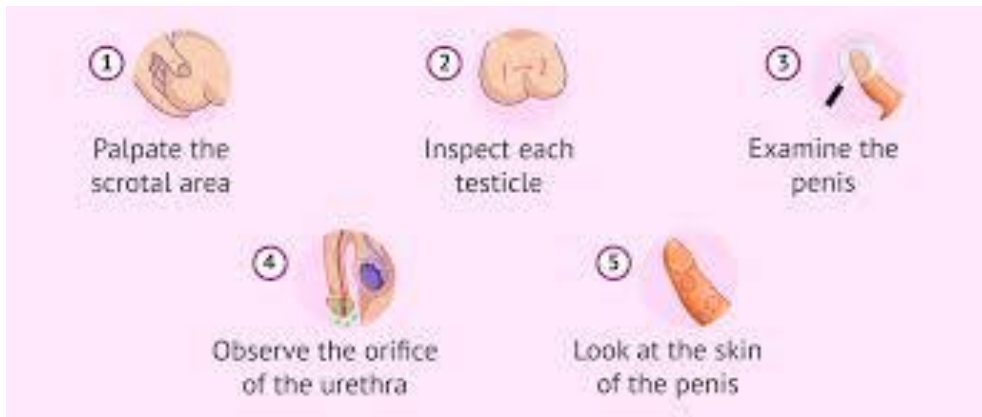
- A lump or swelling
- Pain or discomfort
- A feeling of heaviness
- Changes in size or firmness

Early detection can improve treatment outcomes.

Regular self-examination can:

- Increase awareness of normal body changes
- Encourage early detection of possible problems
- Promote personal responsibility for health

Self-examinations do not replace professional medical screening or advice but can support early identification of concerns.



Picture: Time to have a go with a demonstrator.

Vaccination and Immunisation: Facts and Scientific Evidence

How Vaccines Work

Vaccines work by stimulating the immune system:

- The body recognises the vaccine as foreign.
- It produces antibodies to fight it.
- Memory cells are created, which “remember” the pathogen.
- If the real infection occurs later, the immune system responds quickly and prevents or reduces illness.

This is known as acquired immunity.

Herd Immunity (Community Protection)

When a high percentage of the population is vaccinated:

- Disease spread is reduced
- Vulnerable people are protected (e.g. babies, elderly, or immunocompromised individuals)

This is known as herd immunity, and it helps protect people who cannot be vaccinated.

Vaccination is the process of introducing a vaccine into the body, usually by injection.

Immunisation is the overall protection the body develops against a disease, often as a result of vaccination.

Vaccines contain weakened, inactive, or harmless parts of a pathogen (such as a virus or bacteria), or instructions that help the immune system recognise and fight it.

Scientific Evidence for Effectiveness

There is strong evidence that vaccines:

- Reduce the spread of infectious diseases
- Lower hospital admissions and deaths
- Protect individuals and communities

Examples include:

- Smallpox has been eradicated worldwide due to vaccination.
- Polio cases have been reduced by over 99% globally.
- Measles outbreaks are far less common in populations with high vaccination rates.

Large-scale studies and long-term monitoring consistently show that vaccines are effective in preventing serious illness.

Importance of Sleep

Physical Health Benefits of Sleep

Good sleep helps the body to:

- Repair muscles and tissues
- Strengthen the immune system
- Regulate hormones that control hunger and growth
- Maintain a healthy heart and circulation
- Support healthy growth and development in children and teenagers

Lack of sleep over time can weaken the immune system, making it easier to become ill.

Sleep and Healthy Lifestyle

Sleep works alongside other healthy lifestyle factors such as:

- Balanced diet
- Regular physical activity
- Good mental health habits

Poor sleep can also affect eating habits by increasing cravings for high-sugar and high-fat foods, which may contribute to weight gain.

Mental Health and Brain Function

Sleep is important for brain function and emotional wellbeing. It helps:

- Improve concentration and memory
- Support learning and problem-solving
- Stabilise mood and reduce irritability
- Reduce stress and anxiety

Poor sleep can lead to difficulty focusing, poor decision-making, and increased emotional sensitivity

Effects of Not Getting Enough Sleep

Regular lack of sleep (sleep deprivation) can cause:

- Fatigue and low energy
- Reduced performance at school or work
- Increased risk of accidents and poor coordination
- Mood changes, including irritability and low mood
- Weakened immune response
- Long-term risk of health problems such as obesity and cardiovascular disease

Healthy Behaviour Before, During and After Pregnancy

Before Pregnancy (Pre-conception Health)

Healthy behaviours include:

- Eating a balanced diet rich in nutrients such as folic acid, iron, and calcium
- Maintaining a healthy body weight
- Avoiding smoking, alcohol, and recreational drugs
- Managing long-term conditions such as diabetes or high blood pressure
- Taking folic acid supplements (helps reduce the risk of birth defects)
- Having regular health checks or pre-pregnancy advice from a GP

Importance:

Good health before pregnancy increases fertility, supports healthy embryo development, and reduces the risk of complications.



Healthy Behaviour Before, During and After Pregnancy

During Pregnancy

Healthy behaviours include:

- Eating a nutritious, balanced diet to support growth and development
- Staying physically active with safe exercises such as walking or swimming
- Attending all antenatal appointments and screening checks
- Avoiding alcohol, smoking, and illegal drugs (these can harm foetal development)
- Limiting caffeine intake
- Getting enough rest and sleep
- Taking recommended supplements (e.g. folic acid and vitamin D)

Importance:

Healthy behaviour during pregnancy reduces risks such as:

- Low birth weight
- Premature birth
- Developmental problems
- Pregnancy complications (e.g. high blood pressure or gestational diabetes)



Healthy Behaviour Before, During and After Pregnancy

After Pregnancy (Postnatal Health)

Healthy behaviours include:

- Eating a balanced diet to support recovery and, if applicable, breastfeeding
- Gradually returning to physical activity when advised
- Getting enough rest and sleep where possible
- Attending postnatal check-ups for both parent and baby
- Breastfeeding if possible, as it provides ideal nutrition and immune protection for the baby
- Seeking support for mental health, including postnatal depression if needed
- Continuing to avoid smoking, alcohol, and drugs around the baby

Importance:

Good postnatal health supports:

- Recovery after birth
- Healthy infant growth and development
- Bonding between parent and baby
- Early identification of health concerns



Weigh Up: Now add a comment in your books about health during pregnancy. Do you add the comment to the healthy or unhealthy side?

Guide to Navigating the UK Healthcare System (NHS)

Registering with a GP (First Point of Contact)

A General Practitioner (GP) is usually the first person to contact for non-emergency health problems.

Role of a GP:

- Diagnoses and treats common illnesses
- Prescribes medication
- Refers patients to specialists
- Provides ongoing care for long-term conditions

You normally need to register with a local GP practice to access routine healthcare.

Dental and Eye Care

- NHS dental services provide treatment for oral health problems, though charges may apply in England.
- Opticians provide eye tests and prescriptions for glasses, with NHS support available for some groups.

When to Use NHS 111

NHS 111 is a free service for urgent but non-life-threatening medical concerns.

You can use it for:

- Advice on symptoms when you are unsure what to do
- Help finding the right NHS service
- Urgent medical concerns outside GP hours

It is available online or by phone.

Mental Health Services

Mental health support is available through:

- GP referrals
- Community mental health teams
- NHS talking therapies (such as counselling and CBT)

Early support is important for conditions such as anxiety and depression.

Guide to Navigating the UK Healthcare System (NHS)

Emergency Care (999 and A&E)

For life-threatening emergencies, you should use emergency services immediately.

Call 999 or go to Accident and Emergency (A&E)

if there is:

- Chest pain or suspected heart attack
- Severe breathing difficulties
- Heavy bleeding
- Serious injury
- Loss of consciousness or stroke symptoms

A&E departments treat serious and urgent conditions.

Pharmacies

Community pharmacies provide easy access to healthcare advice.

Pharmacists can:

- Treat minor illnesses (e.g. colds, sore throats, minor infections)
- Provide over-the-counter medicines
- Offer advice on medication use
- Help with minor skin conditions and pain relief

Pharmacies are often the quickest option for minor ailments.



Guide to Navigating the UK Healthcare System (NHS)

Urgent Treatment Centres

Urgent Treatment Centres (UTCs) treat injuries and illnesses that are urgent but not life-threatening, such as:

- Sprains and strains
- Minor fractures
- Cuts needing stitches
- Mild infections

They help reduce pressure on A&E departments.

Prescriptions

GPs may prescribe medication that can be collected from a pharmacy.

In England, prescriptions usually have a charge unless you qualify for free prescriptions. Some people (e.g. children, elderly, or those with certain conditions) may be exempt.

Referrals and Specialist Care

If a condition needs further investigation or treatment, a GP may refer you to a hospital specialist.

This may include:

- Hospital clinics
- Diagnostic tests (e.g. scans or blood tests)
- Specialist treatment for long-term conditions

Waiting times may vary depending on urgency.

Screening and Preventive Services

The NHS offers screening programmes to detect diseases early, including:

- Cervical screening
- Breast screening
- Bowel cancer screening
- Vaccination programmes

These help prevent illness or catch conditions early when treatment is more effective.

Gillick Competence

Gillick competence is a legal and ethical principle used in the UK to decide whether a child under 16 can consent to their own medical treatment without needing parental permission. It comes from a court case and is now widely used in healthcare to assess a young person's ability to understand and make informed decisions about their health.

If a young person is Gillick competent, doctors may keep information confidential. However, confidentiality may be broken if:

- The young person is at serious risk of harm
- There are safeguarding concerns (e.g. abuse or exploitation)

A child is considered Gillick competent if they have enough:

- Understanding of the treatment
- Intelligence and maturity
- Ability to weigh up risks, benefits, and alternatives

If they meet this standard, they can legally consent to treatment themselves.

Doctors or nurses will assess whether the young person:

- Understands what the treatment involves
- Knows what could happen if they accept or refuse it
- Can explain the information in their own words
- Is making the decision voluntarily (without pressure)

There is no fixed age for Gillick competence—it depends on the individual's ability.

Gillick competence may be considered in situations such as:

- Contraception and sexual health advice
- Treatment for minor illnesses
- Mental health support
- Some vaccinations or medical procedures

For more serious treatments, clinicians may still involve parents or guardians where appropriate.

Menstrual and Gynaecological Health

A menstrual cycle is the monthly process where the body prepares for a possible pregnancy.

- The average cycle lasts about 28 days, but anywhere between 21–35 days is considered normal.
- A period (menstruation) is when the lining of the uterus is shed if pregnancy has not occurred.
- A typical period lasts about 3–7 days.

Normal periods can vary in flow, timing, and symptoms between individuals.

Premenstrual syndrome (PMS) refers to physical and emotional symptoms that occur in the days before a period.

Common symptoms:

- Mood swings or irritability
- Bloating
- Headaches
- Breast tenderness
- Tiredness

PMS is very common and usually improves once the period begins.

Menstrual and gynaecological health refers to the normal functioning of the female reproductive system and the management of periods (menstruation) and related health conditions. Good awareness of what is normal helps people recognise when something may need medical attention



Menstrual and Gynaecological Health

Heavy menstrual bleeding is when periods are unusually heavy or long.

Signs include:

- Needing to change pads or tampons very frequently
- Periods lasting longer than 7 days
- Passing large blood clots
- Feeling tired or dizzy (possible iron deficiency)

It can affect daily life and may require medical treatment.

Endometriosis is a condition where tissue similar to the lining of the uterus grows outside the uterus.

Symptoms:

- Severe period pain
- Pain during or after sex
- Heavy periods
- Fatigue
- Fertility problems

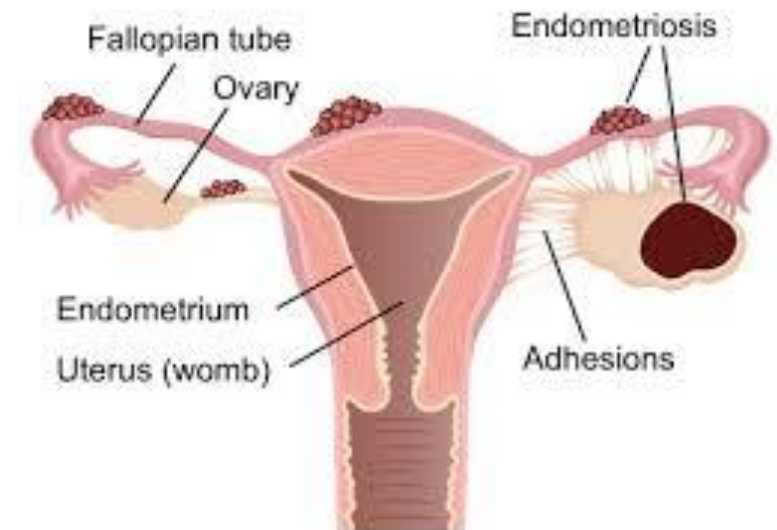
It is a long-term condition that can vary in severity.

Polycystic ovary syndrome (PCOS) is a hormonal condition that affects how the ovaries work.

Symptoms:

- Irregular or absent periods
- Excess hair growth (face/body)
- Acne or oily skin
- Difficulty becoming pregnant
- Weight changes

PCOS is common and linked to hormone imbalance and insulin resistance.



Menopause

The menopause is a natural stage in life when a person's periods stop permanently, meaning they are no longer able to become pregnant. It usually occurs between the ages of 45 and 55, although it can happen earlier or later.

A person is considered to have reached menopause when they have not had a period for 12 consecutive months.

Support and treatments are available, including:

- Hormone Replacement Therapy (HRT) to replace lost hormones
- Regular physical activity to support bone and heart health
- Healthy diet rich in calcium and vitamin D
- Stress management and good sleep habits

Menopause occurs because the ovaries gradually produce less of the hormones oestrogen and progesterone, which control the menstrual cycle. As hormone levels fall:

- Periods become irregular before stopping completely
- Ovulation (release of eggs) stops

Menopause can cause a range of physical and emotional symptoms, including:

- Hot flushes and night sweats
- Irregular or stopped periods
- Mood changes, anxiety, or low mood
- Difficulty sleeping
- Reduced energy levels
- Vaginal dryness
- Reduced bone density over time

Symptoms vary in severity and duration between individuals.

Lower oestrogen levels during and after menopause can increase the risk of:

- Osteoporosis (weakened bones)
- Cardiovascular disease

However, healthy lifestyle choices such as regular exercise, a balanced diet, and not smoking can help reduce these risks.

Faith-Based Views on These Areas

Healthy Lifestyle (Exercise, Diet, Sleep, Weight)

Many faith traditions encourage caring for the body as a gift from God.

A key Christian idea is:

“Do you not know that your bodies are temples of the Holy Spirit?” (1 Corinthians 6:19)

Meaning:

- The body should be looked after through healthy living.
- Avoiding excess (e.g. overeating, inactivity, harmful substances) is important.
- Rest and balance are also valued as part of wellbeing.

Alcohol, Smoking and Harmful Behaviours

Faith views often discourage harmful habits that damage the body or impair judgement.

Another quotation:

“Everything is permissible for me—but not everything is beneficial.” (1 Corinthians 10:23)

Meaning:

- People have freedom, but should choose what is healthy and responsible.
- Excess alcohol or drugs may be seen as harmful to the body and mind.

Citizenship Views

Healthy Lifestyle and Physical Activity

- Around 1 in 4 adults in the UK are classified as inactive, meaning they do less than 30 minutes of physical activity per week.
- Physical inactivity is linked to around 1 in 6 deaths in the UK.
- Regular exercise can reduce the risk of cardiovascular disease by up to 35%.

Diet, Obesity and Weight Gain

- Around 64% of adults in England are overweight or obese.
- Obesity increases the risk of type 2 diabetes by up to 5 times.
- Poor diet is a major contributor to long-term conditions such as heart disease and some cancers.

Alcohol

- Alcohol is linked to around 10,000 deaths per year in the UK.
- People who regularly drink above recommended limits have a significantly higher risk of weight gain and liver disease.
- Alcohol provides around 7 calories per gram, making it highly calorie-dense.

Smoking and Serious Disease

- Smoking causes around 74,000 deaths per year in the UK.
- Smokers are about 2–4 times more likely to develop heart disease than non-smokers.
- Smoking is a major cause of preventable illness, including cancer and respiratory disease.

Sleep

- Around 1 in 3 people in the UK regularly do not get enough sleep.
- Poor sleep is linked to increased risk of obesity, diabetes, and depression.