



HEALTH OVERVIEW GUIDE

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A photograph of a person with grey hair, seen from behind, looking out a large window. The view outside shows a bright blue sky with scattered white clouds and some trees with autumn-colored leaves. The person is wearing a dark jacket.

Introduction

We all want to live not just long lives, but long healthy lives. The truth is that health is the central pillar of longevity. You can eat well, exercise, and sleep properly, but if you allow certain preventable conditions to creep in unchecked, your independence, quality of life, and healthspan can shrink dramatically.

The good news? Many of the biggest threats to our later years are not fixed by fate or genetics. They are conditions that can be delayed, controlled, or avoided altogether through simple daily habits, awareness of early warning signs, and making use of modern screenings.

This guide is not about cramming in every possible health issue. Instead, it focuses on eight conditions that matter most to your long-term vitality — illnesses that are both common and preventable. From high blood pressure and diabetes, to osteoporosis and dementia, these conditions account for a huge share of avoidable suffering in later life.



You'll learn:

- Why each condition is so important to longevity.
- The essential steps you can take to reduce your risk.
- How to spot the early signs before real damage is done.
- Where to go deeper if you want a full action plan.

Each section ends with a short interactive element — a quick quiz, a checklist, or a tracker — so you can see where you stand today. At the end of the booklet, you'll add everything together in our **Longevity Scorecard**, giving you a clear picture of your current strengths and the areas that most need attention.

Think of this booklet as your **shop window to a longer healthspan**. It's a starting point, not the whole journey. Where you discover gaps, you'll find links to our dedicated guides that go step by step into each condition. Preventing disease is the fastest way to add healthy years. Let's begin.



Contents

 Introduction	Page 2-4
 Why Prevention Matters	Page 5-8
 Type 2 Diabetes & Insulin Resistance	Page 9-13
 High Blood Pressure & Stroke Risk	Page 14-18
 Osteoporosis & Bone Health	Page 19-23
 Prostate Health & Screenings	Page 24-28
 Dementia & Brain Longevity	Page 29-33
 Other Avoidable Conditions	Page 34
 Colorectal Cancer	Page 35-39
 Skin Cancer	Page 40-43
 COPD (Chronic Lung Disease)	Page 44-47
 Pulling It All Together	Page 48-51



Why Prevention Matters

Most people think illness arrives suddenly — a stroke, a fracture, or memory loss that “just happens.” In truth, many of the biggest threats to long life build slowly, often for decades, without obvious symptoms. By the time they surface, damage is already done.

High blood pressure can harm arteries for years before a first stroke. Bones can quietly lose density until a simple fall causes a hip fracture. Changes in the brain may start long before memory slips are noticed.

That’s why prevention is so powerful. **Acting early adds more healthy years than waiting for treatment later.**

The same protective habits defend you against multiple conditions at once:

- **Movement:** Regular activity keeps blood vessels, muscles, and bones strong.
- **Nutrition:** A diet rich in plants, fibre, and healthy fats helps guard against diabetes, heart disease, and cancer.
- **Sleep & stress control:** Both are vital for balanced hormones, memory, and blood pressure.
- **Screening:** Modern tests for conditions like bowel cancer or prostate problems can catch disease while it is still curable.



This guide focuses on eight conditions because they are **common, serious, and preventable.**

They represent the “big wins” of healthspan: areas where small daily actions make the difference between living well into old age and losing independence too soon.

Prevention is not about fear of illness. It is about protecting your ability to live fully — to keep your independence, your mobility, and your mental sharpness for as long as possible.



The Big Avoidable Threats

So, what are the main conditions that quietly cut healthspan short? Out of the hundreds of possible illnesses, a small group stand out. They are common, they cause the greatest loss of independence, and — most importantly — they can often be prevented or delayed.

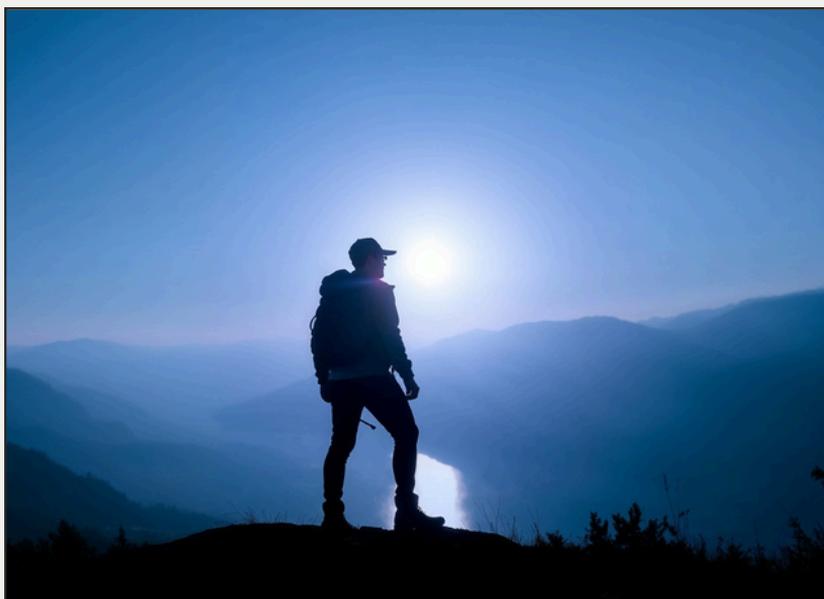
These include:

- **Type 2 Diabetes and Insulin Resistance** — a silent disruptor that damages almost every system in the body.
- **High Blood Pressure and Stroke Risk** — the “silent killer” that often goes unnoticed until it is too late.
- **Osteoporosis and Bone Health** — weak bones that can turn a simple fall into a life-changing event.
- **Prostate Health and Screenings** — a key concern for men over 50, where early checks can make a big difference.
- **Dementia and Brain Longevity** — a key concern for men over 50, where early checks can make a big difference.

There are also a handful of other conditions that deserve attention because they are both serious and preventable:

- **Colorectal Cancer** — one of the most treatable cancers when caught early.
- **Skin Cancer** — often visible to the eye, if we know what to look for.
- **COPD (Chronic Obstructive Pulmonary Disease)** — almost always linked to smoking, but preventable and manageable.

Together, these eight conditions represent the biggest “wins” in protecting your future health. If you can reduce your risk in these areas, you dramatically improve your chances of living not just longer — but stronger, sharper, and more independent.





Type 2 Diabetes & Insulin Resistance

Why it matters

Type 2 diabetes is one of the leading causes of early death and disability worldwide. The damage it causes is wide-ranging: it raises the risk of blindness, kidney failure, amputations, heart attacks, strokes, and even dementia. What makes it particularly dangerous is how quietly it develops. For years, high blood sugar can go unnoticed, doing harm in the background.

The problem usually begins with **insulin resistance**. At this stage, blood sugar levels may still look “normal” on a test, but the body is already struggling to process food properly. This silent phase is when prevention matters most. Acting early here can delay or even avoid diabetes altogether.



Who is at risk?

Some people develop diabetes despite living healthily, but for most the warning signs are clear. Carrying extra weight around the waist is a strong predictor. A family history of diabetes, high blood pressure, or abnormal cholesterol all increase risk. Tiredness, thirst, or frequent urination can be clues — but many people have no symptoms at all. That's why regular checks are so important.

Type 2 Diabetes – Warning Signs

- Unusual thirst or frequent urination.
 - Tiredness, blurred vision, or slow-healing wounds.
 - Tingling or numbness in hands and feet.
- 👉 Many people have no symptoms at all — that's why regular checks are vital.



What you can do

The good news is that small lifestyle changes make a big difference. Regular physical activity is the most powerful step: even a brisk 30-minute walk most days improves how your body uses insulin. Nutrition also matters — limiting sugary drinks and refined carbs while emphasising vegetables, whole grains, beans, and lean proteins protects your blood sugar control.

Managing weight is another key factor. Losing just 5–10% of body weight — often only a few kilos — can dramatically reduce risk.

Finally, knowing your numbers is essential. **If you're over 40, overweight, or have a family history, ask your GP for a simple blood test (HbA1c) to measure your average blood sugar.**



Diabetes Self-Check

Grab a pen and paper. This quick exercise will help you see your level of risk when it comes to getting diabetes.

Warning signs to be aware of:

- I have noticed unusual thirst or frequent urination.
- I often feel tired, have blurred vision, or slow-healing cuts.
- I sometimes experience tingling or numbness in my hands or feet.

You need to act:

- My waist is over 96cm (men) / 82cm (women).n.
- I exercise less than 120 minutes per week.
- I frequently drink sugary drinks.
- I haven't had a recent blood sugar (HbA1c) test.

Scoring:

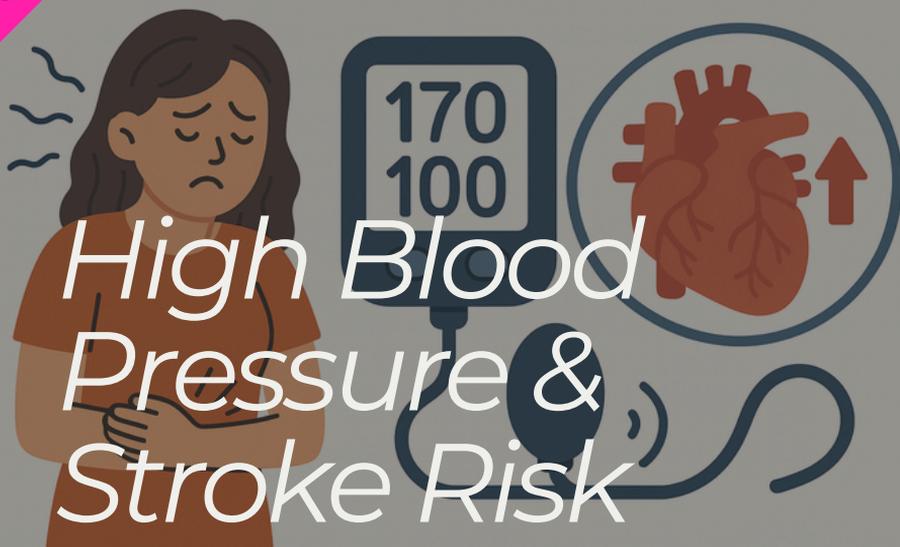
- 6–7 ticks = High risk — see your GP.
- 3–5 ticks = At risk — time to tighten habits.
- 0–2 ticks = Excellent, low risk.

➡ Carry your score forward to the **Longevity Scorecard** at the back.



3 Quick Actions

1. Cut sugary drinks completely — today.
2. Walk briskly for 30 minutes, 5 days a week.
3. Book a blood sugar check with your GP if you've never had one.



High Blood Pressure & Stroke Risk

Why it matters

High blood pressure is often called the **silent killer**. Most people feel completely well while their arteries are being damaged day by day. It is the single biggest risk factor for stroke and a major driver of heart disease, kidney damage, and dementia. **Around one in three adults in the UK has high blood pressure, but many are unaware of it.**

Even a modest rise matters: for every 10 mmHg increase in systolic blood pressure, the risk of stroke and heart disease jumps by about 20%. The good news is that **lowering your numbers**, even slightly, can have a powerful impact on health and life expectancy.



Who is at risk?

Because high blood pressure usually causes no symptoms, the only way to know is to measure it. Risk is higher in people who carry excess weight, especially around the waist, or who eat a lot of processed food and salt. Drinking heavily, smoking, and living an inactive lifestyle all add to the danger. Family history is also important: if your parents or siblings developed hypertension or suffered a stroke, your own risk is greater.

High Blood Pressure – Warning Signs

- Often none — it’s called the “silent killer.”
- Headaches, blurred vision, or nosebleeds may appear in severe cases.

👉 The only reliable warning sign is a **high reading** — check your blood pressure regularly.



What you can do

The first step is to know your numbers. A **home blood pressure monitor is inexpensive**, easy to use, and more accurate than relying on occasional checks at the surgery. Recording your readings weekly helps you catch problems early.

Lifestyle plays a huge role too. **Reducing salt** — especially from processed foods, snacks, and cured meats — lowers blood pressure significantly in many people. Limiting alcohol, staying within recommended guidelines, and keeping active with at least 150 minutes of brisk walking or similar activity each week also make a difference.

Even a small weight loss can improve the situation. Stress management is another piece of the puzzle: breathing exercises, meditation, or simply making time to relax all support healthy blood pressure.



High Blood Pressure & Stroke Risk Self-Check

Grab a pen and paper. This quick exercise will help you see your level of risk when it comes to having a stroke or high blood pressure.

Warning signs to be aware of:

- I sometimes get headaches, blurred vision, or nosebleeds.
- I have been told I have high blood pressure in the past.
- I have a family history of stroke or heart disease.

You need to act:

- I don't know my most recent blood pressure reading.
- I regularly eat processed or salty food.
- I drink more than the alcohol guidelines (less than 14 units/week).
- I exercise at less than 120 minutes per week.

Scoring:

- 6–7 ticks = High risk — act now.
- 3–5 ticks = At risk — tighten your habits.
- 0–2 ticks = Excellent control.

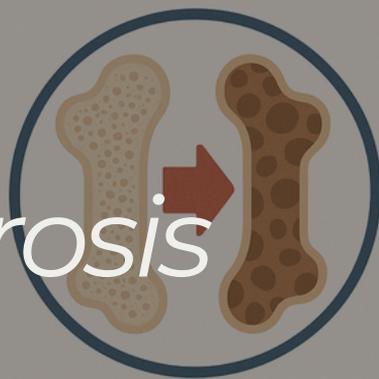
➡ Carry your score forward to the **Longevity Scorecard** at the back.



3 Quick Actions

1. Buy a home monitor and check your numbers weekly.
2. Swap one processed meal/snack each day for fresh food.
3. If your reading is consistently above 140/90 mmHg, see your GP.

OSTEOPOROSIS



Osteoporosis & Bone Health

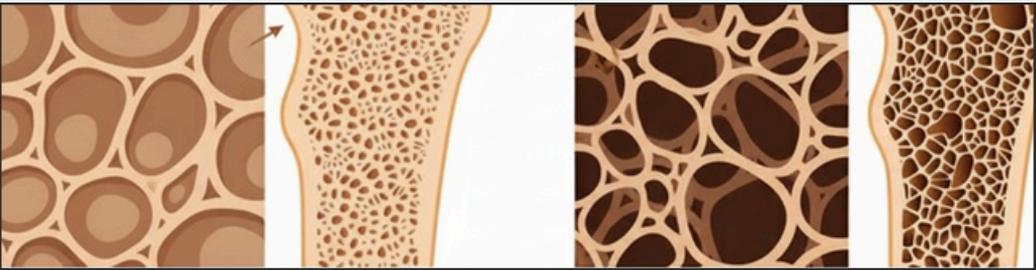
Why it matters

Osteoporosis is sometimes called the **bone thief**. You cannot feel your bones getting thinner, but over the years they lose strength and become more fragile. The real danger appears later in life when a minor fall or even a sudden twist can lead to a serious fracture.

Hip fractures are particularly devastating: nearly half of older adults who suffer one lose their independence, and around **one in five will die within a year**.

This condition is common, especially after the age of 50. One in three women and one in five men worldwide will suffer an osteoporotic fracture.

But it is not an inevitable part of ageing. **Bone strength can be preserved**, and sometimes even improved, through **simple lifestyle choices**.



Who is at risk?

Risk rises with age, but other factors matter too. Family history of fractures, low body weight, smoking, heavy drinking, or long periods of inactivity all increase vulnerability. Poor diet, especially one lacking in calcium or vitamin D, also plays a major role.

Osteoporosis – Warning Signs

- Back pain or loss of height.
- Stooped posture.
- Fractures from minor falls or simple movements.

👉 The condition often has no symptoms until a fracture happens — prevention is key.



What you can do

The most powerful protection is **regular weight-bearing and resistance exercise**. Activities such as walking, jogging, stair climbing, and strength training stimulate bones to stay strong.

Nutrition is equally important: calcium-rich foods like dairy products, leafy greens, beans, and nuts should feature daily, supported by adequate protein.

Vitamin D helps the body absorb calcium, so safe sunlight exposure or supplementation during winter months is recommended. Balance and coordination training, such as yoga or tai chi, are also vital, as preventing falls is just as important as strengthening bones. For those at higher risk — particularly adults over 65 — **a bone density scan (DEXA) can identify problems early.**



Osteoporosis & Bone Health Self-Check

Grab a pen and paper. This quick exercise will help you see your level of risk when it comes to getting osteoporosis or having bone health issues.

Warning signs to be aware of:

- I have lost height or developed a stooped posture.
- I've suffered a fracture from a minor fall or knock.
- I often have back pain without clear cause.

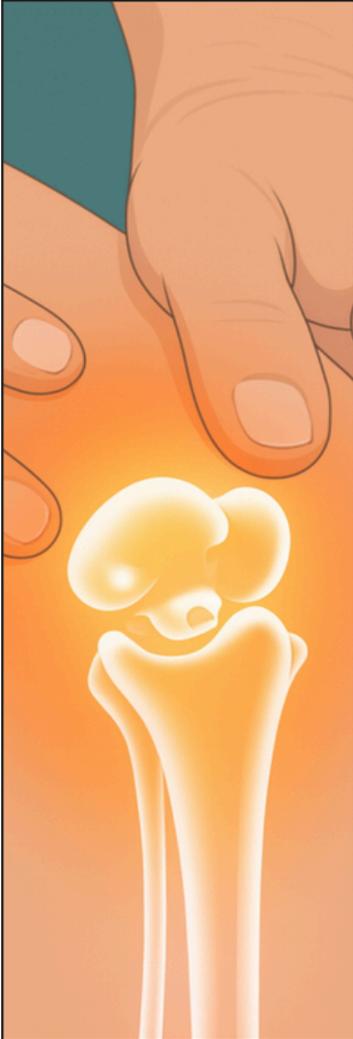
You need to act:

- I don't do weight-bearing or resistance exercise twice a week.
- I don't eat calcium-rich foods most days.
- I don't get regular safe sun exposure or take vitamin D.
- I don't regularly practise activities that improve balance and strength.

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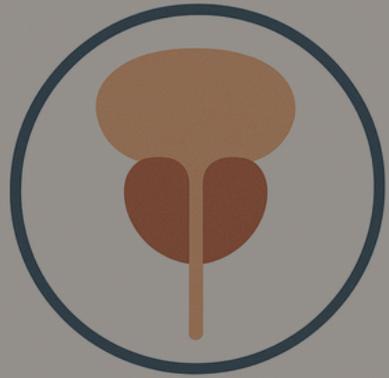
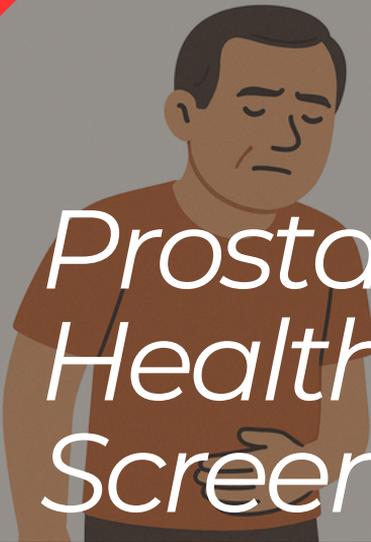
- 6–7 ticks = High risk — act now.
- 3–5 ticks = At risk — build stronger habits.
- 0–2 ticks = Excellent protection.

👉 Carry your score forward to the **Longevity Scorecard** at the back.



3 Quick Actions

- 1.** Add two short strength or weight-bearing sessions each week.
- 2.** Include at least one calcium-rich food daily.
- 3.** Ask your GP about a bone density scan if you are over 65 or have risk factors.



Prostate Health & Screenings

Why it matters

The prostate is a small gland below the bladder that becomes increasingly important with age. Many men develop **benign prostatic hyperplasia (BPH)**, an enlarged prostate that can make urination more difficult.

More serious is **prostate cancer**, now one of the most common cancers in men. One in eight men in the UK will be diagnosed during their lifetime, and the risk rises steeply after the age of 50.

Because early prostate cancer often causes no symptoms, men can be unaware until the disease is advanced. When **caught early, however, treatment is usually highly effective.** That's why awareness and proactive checks matter.



Who is at risk?

- Men over 50.
- Those with a father or brother who has had prostate cancer.
- Men of African or Caribbean background, who face a higher risk.

Prostate Health – Warning Signs

- Needing to urinate often, especially at night.
- Weak or slow urine flow.
- Difficulty starting or stopping urination.
- Feeling unable to fully empty the bladder.

👉 These are usually caused by an enlarged prostate (BPH), but should always be checked by your GP.



What you can do

Regular exercise, a diet rich in vegetables and healthy fats, and maintaining a healthy weight may help reduce risk.

More importantly, **men over 50** — or younger if they have risk factors — should **discuss prostate checks with their GP**. A simple blood test, the **PSA (prostate-specific antigen)**, combined with a clinical assessment, is the best current tool for early detection.



Prostate Health & Screenings Self-Check

Grab a pen and paper. This quick exercise will help you see your level of risk when it comes to your prostate health.



Warning signs to be aware of:

- I need to urinate often at night (nocturia).
- I have weak or slow urine flow.
- I struggle to start or stop urination.
- I feel I cannot fully empty my bladder.

You need to act:

- I have a family history of prostate cancer.
- I haven't discussed prostate health or PSA testing with my GP.
- I am a male over 45.

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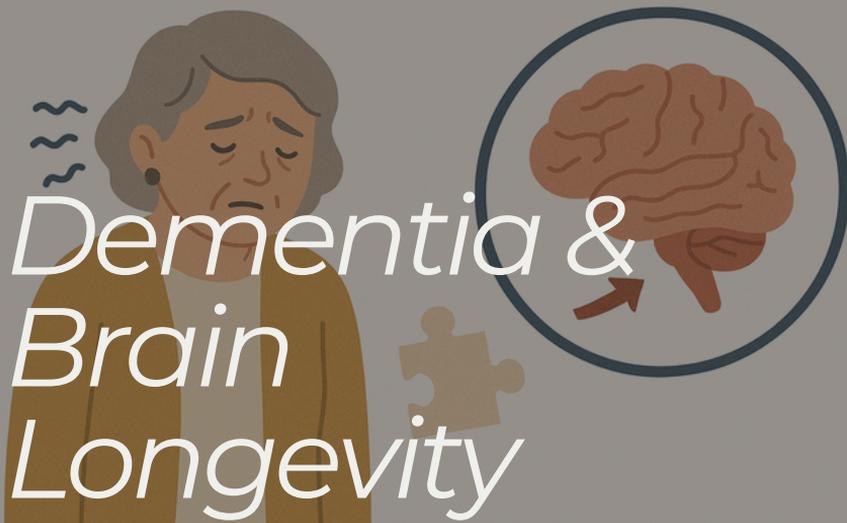
- 6–7 ticks = High risk — see your GP.
- 3–5 ticks = Needs improvement — take action.
- 0–2 ticks = Excellent awareness.

➡ Carry your score forward to the **Longevity Scorecard** at the back.



3 Quick Actions

1. If you're over 50, ask your GP about a PSA test.
2. Monitor urinary symptoms and don't ignore changes.
3. Learn your family history of prostate cancer.



Why it matters

Dementia is the most feared health condition for many people, often more than cancer or heart disease. It robs memory, independence, and personality, placing a huge burden on families as well as individuals.

In the UK, nearly **one million people live with dementia**, and numbers are expected to rise sharply as the population ages.

While age and genetics play a role, lifestyle has a powerful influence. **Vascular health, blood pressure, blood sugar, and daily habits all contribute to brain resilience.** Protecting your brain is not only possible — it's one of the most important steps you can take for a long, healthy life.



Who is at risk?

- Anyone over 65, with risk increasing steadily with age.
- People with uncontrolled high blood pressure, diabetes, or obesity.
- Those who smoke or drink heavily.
- People who are socially isolated or mentally inactive.
- Family history of dementia also raises risk, though lifestyle still plays a major role.

Dementia – Warning Signs

- Frequent memory lapses affecting daily life.
- Difficulty finding words or following conversations.
- Struggling with money, planning, or problem-solving.
- Getting lost in familiar places.

👉 If several of these apply, see your GP. There are steps you can take to protect your brain.



What you can do

The best protection comes from habits that support both brain and blood vessel health. Regular physical activity boosts blood flow and stimulates the brain.

A Mediterranean-style diet rich in vegetables, fruit, fish, nuts, and olive oil reduces inflammation. Keeping the mind active through learning, reading, puzzles, or music builds “cognitive reserve.”

Sleep, social contact, and managing blood pressure and cholesterol are equally vital. Together, these steps can significantly delay or even prevent dementia.



Dementia & Brain Longevity Self-Check

Grab a pen and paper. This quick exercise will help you see your level of risk when it comes to dementia and brain longevity.

Warning signs to be aware of:

- I frequently forget things that affect daily life.
- I find managing money, planning, or problem-solving more difficult.
- I have become lost in familiar places.

You need to act:

- I exercise at less than 3 times per week.
- I rarely challenge my brain (reading, puzzles, learning).
- I don't have regular social contacts.
- I smoke.

Scoring:

- 6–7 ticks = High risk — act now.
- 3–5 ticks = Room to improve — add new habits.
- 0–2 ticks = Excellent brain protection.

👉 Carry your score forward to the **Longevity Scorecard** at the back.



3 Quick Actions

1. Stay active — both physically and mentally.
2. Strengthen your social connections.
3. Check and manage blood pressure, cholesterol, and blood sugar with your GP.

👉 If you recognise several warning signs, speak to your GP. And remember — there are things you can do to help. Our booklet explains the best steps in detail.

A photograph of a male doctor with a grey beard and a female patient with short blonde hair, both smiling and engaged in conversation in a clinic. The doctor is wearing a white lab coat over a blue shirt and tie. The patient is wearing a yellow cardigan over a black and white striped shirt. The background shows a teal wall with a shelf of books and a computer monitor.

Other Avoidable Conditions

The conditions we've just covered — diabetes, high blood pressure, osteoporosis, prostate disease, and dementia — are among the biggest drivers of lost healthy years. They are also the ones where lifestyle changes and early checks make the clearest difference.

But they are not the whole picture. Other diseases, such as **lung cancer, liver disease, and chronic kidney disease**, also cut lives short — and we cover these in detail in other parts of our health programme.

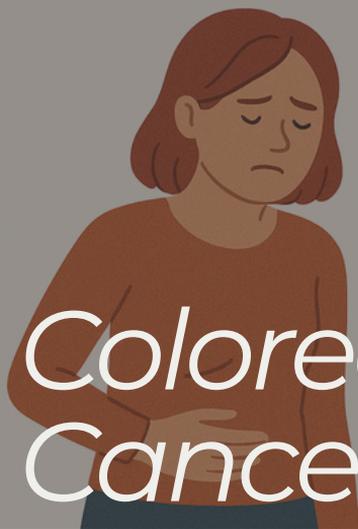
In this booklet, we'll highlight three additional conditions that are both serious and preventable, and which you can take action on today:

- **Colorectal cancer** — one of the most treatable cancers if caught early through screening.
- **Skin cancer** — often visible to the eye if you know what to look for.
- **COPD (chronic lung disease)** — almost always linked to smoking, but preventable and manageable when caught early.

Addressing these risks alongside the “big five” adds another layer of protection to your healthspan.



COLORECTAL CANCER



Colorectal Cancer

Why it matters

Colorectal (bowel) cancer is one of the most common cancers in the UK. The risk rises with age, but the good news is that it is also one of the most preventable and treatable — if caught early.

Survival rates are above 90% when bowel cancer is detected at an early stage, but fall sharply if it is discovered late. That makes awareness and screening essential.

Who is at risk?

- Adults over 50 (risk rises steadily with age).
- Those with a family history of bowel cancer.
- People with diets low in fibre and high in red or processed meat.
- People who are inactive, overweight, or heavy drinkers.



Who is at risk?

- Anyone over 65, with risk increasing steadily with age.
- People with uncontrolled high blood pressure, diabetes, or obesity.
- Those who smoke or drink heavily.
- People who are socially isolated or mentally inactive.
- Family history of dementia also raises risk, though lifestyle still plays a major role.

Dementia – Warning Signs

- Frequent memory lapses affecting daily life.
- Difficulty finding words or following conversations.
- Struggling with money, planning, or problem-solving.
- Getting lost in familiar places.

👉 If several of these apply, see your GP. There are steps you can take to protect your brain.



What you can do

Diet plays a powerful role in prevention. **Eating plenty of fibre** from vegetables, fruit, whole grains, beans, and nuts protects the bowel. **Limiting processed and red meat lowers risk**, as does maintaining a healthy weight and regular exercise.

Avoiding heavy alcohol use and not smoking are also important.

Screening is the most effective protection. In the UK, everyone aged 60–74 is offered a simple home test kit (FIT test) every two years. Some areas now begin from age 50. This test looks for tiny traces of blood in the stool and can detect problems long before symptoms appear.



Bowel Health Self-Check

Grab a pen and paper. This quick exercise will help you see your level of risk when it comes to your bowel health.

Warning signs to be aware of:

- I have noticed blood in my stool.
- I often have unexplained changes in bowel habits.
- I have unexplained weight loss or persistent abdominal pain.
- I have a family history of bowel cancer.

You need to act:

- I don't regularly eat fibre-rich foods (fruit, veg, whole grains, beans).
- I often eat processed and red meat.
- I failed take part in my most recent bowel cancer screening.

Scoring:

- 6–7 ticks = High risk — see your GP.
- 3–5 ticks = At risk — improve habits or attend screening.
- 0–2 ticks = Excellent awareness and protection.

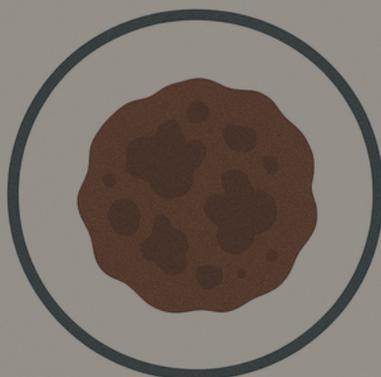
➡ Carry your score forward to the **Longevity Scorecard** at the back.



3 Quick Actions

1. Eat fibre-rich foods every day.
2. If you're over 50, complete the NHS bowel screening test when it arrives.
3. Speak to your GP if you notice persistent changes in bowel habits.

SKIN CANCER



Skin Cancer

Why it matters

Skin cancer is the **most common cancer in the UK**. Most cases are preventable, and when spotted early, treatment is highly effective. But if left untreated, especially with melanoma, skin cancer can spread quickly and become life-threatening.

The danger is that many people underestimate their exposure. It isn't just about long hours on the beach — years of **outdoor work**, repeated **holidays in strong sun**, or the use of **sunbeds** all add up to significant risk.

Who is at risk?

- People with fair skin, freckles, or a history of sunburn.
- Anyone who works outdoors (builders, farmers, gardeners, delivery workers).
- People who take frequent holidays in sunny climates.
- Users of sunbeds or tanning lamps.
- Those with a family history of skin cancer.



What you can do

Protection is simple but requires consistency. Use **sunscreen** (SPF 30 or higher) whenever outdoors for extended periods, even in the UK. **Cover up** with clothing, hats, and sunglasses during strong sun. Avoid sunbeds entirely — there is no safe level of exposure.

Self-checks are just as important: new moles, or changes in existing moles, should never be ignored. The “**ABCDE** rule” (Asymmetry, Border, Colour, Diameter, Evolving) is a simple way to spot suspicious changes. Early detection saves lives.



Skin Health Self-Check

Grab a pen and paper. This quick exercise will help you see your level of risk when it comes to your skin health.

Warning signs to be aware of:

- I have fair skin and freckles.
- I have an existing mole that has changed in size, shape, or colour.
- I have a sore or lesion that has not healed within 3 weeks.
- I have regularly used tanning beds.

You need to act:

- I failed to use SPF 30+ sunscreen when outdoors in strong sun.
- I rarely check my skin and moles regularly for changes.
- I have many moles and blemishes on my skin.

Scoring:

- 6–7 ticks = High risk — see your GP or dermatologist.
- 3–5 ticks = At risk — tighten your habits.
- 0–2 ticks = Excellent awareness and protection.

👉 Carry your score forward to the **Longevity Scorecard** at the back.



3 Quick Actions

1. Use SPF 30+ sunscreen whenever outdoors in strong sun.
2. Avoid sunbeds completely.
3. Check your skin monthly and see a doctor about any changes.



COPD

COPD (Chronic Lung Disease)



Why it matters

COPD, which includes chronic bronchitis and emphysema, is a long-term condition where the lungs become damaged and breathing grows steadily harder. It is the **third leading cause of death worldwide**. Once established, COPD cannot be reversed, but it can be slowed and managed — which makes prevention absolutely vital.

The overwhelming cause is smoking, but long-term exposure to workplace dust, fumes, and air pollution also raises risk. Breathlessness, once it starts, can reduce independence dramatically and make everyday activities a struggle.

Who is at risk?

- Current or former smokers (even light smoking causes damage).
- People exposed to second-hand smoke.
- Workers in dusty or polluted environments (construction, mining, factories).
- People with frequent chest infections.



What you can do

The **single most important step is to never smoke** — or to quit completely if you do. Even after years of smoking, stopping slows lung damage and improves quality of life.

Avoiding second-hand smoke and wearing **protective masks in dusty or polluted workplaces** helps protect the lungs.

Regular physical activity is also protective: walking, cycling, or simple breathing exercises improve lung capacity and resilience. If you have a persistent cough, wheeze, or breathlessness, see your GP — early diagnosis and treatment can make a huge difference.



Lung Health Self-Check

Grab a pen and paper. This quick exercise will help you see your level of risk when it comes to your lung health.

Warning signs to be aware of:

- I often have a persistent cough with phlegm.
- I get breathless walking up one flight of stairs.
- I frequently have chest infections.

You need to act:

- I smoke or vape.
- I regularly suffer second-hand smoke.
- I have worked in dusty or polluted environments without protection.
- I don't regularly exercise to a state where I'm out of breath.

Scoring:

- 6–7 ticks = High risk — see your GP.
- 3–5 ticks = At risk — tighten your habits.
- 0–2 ticks = Excellent awareness and protection.

➡ Carry your score forward to the **Longevity Scorecard** at the back.



3 Quick Actions

1. If you smoke, seek help to quit completely.
2. Stay active with walking, cycling, or breathing exercises.
3. See your GP if you have a persistent cough or breathlessness.



Pulling It All Together

You've now seen eight of the most important conditions that shorten healthspan. Each of them can **take away years of independence and vitality**. The encouraging message is that they are not inevitable. Most can be **prevented, delayed, or managed effectively** through the right habits and early checks.

What stands out is how much the advice overlaps:

- **Movement** protects against diabetes, high blood pressure, dementia, osteoporosis, and even COPD.
- **Healthy eating** — rich in plants, fibre, and good fats — lowers the risk of bowel cancer, diabetes, dementia, and heart disease.
- **Avoiding smoking and excess alcohol** reduces risks across the board.
- **Screening and regular check-ups** spot problems early, when they are easiest to treat.



Small, consistent daily choices are what protect your future health.

You don't need to tackle everything at once — start with the area where you scored lowest in the interactive sections.

At the back of this guide, you'll find the **Longevity Scorecard**. This brings together all your answers into a single score, giving you a snapshot of where you stand today and where you most need to take action.



Your Longevity Scorecard

Add up your points from each section. If a condition does not apply to you (e.g. prostate for women, osteoporosis for younger adults), mark it **N/A** and don't include it in your total.

Core Conditions

- Type 2 Diabetes & Insulin Resistance /7
- High Blood Pressure & Stroke Risk /7
- Osteoporosis & Bone Health /7 (mainly women after menopause, men over 65 — N/A if not relevant)
- Prostate Health & Screenings /7 (men only, usually over 50 — N/A if not relevant)
- Dementia & Brain Longevity /7

Additional Conditions

- Colorectal Cancer /7
- Skin Cancer /7
- COPD (Lung Health) /7



Your Score

Total points:

Maximum possible (excluding N/A):

Percentage: %

How to Read Your Score

- **0–9 Points:** Excellent — you’re protecting your healthspan well.
- **10–19 Points:** Good — strong foundations, but some gaps to close.
- **Above 20 Points:** At risk — start with your weakest area now.

Next Steps

Look at where you scored lowest. That’s your first priority.

- Struggled on blood pressure? → See our “Lowering Blood Pressure & Reducing Stroke Risk” guide (£10).
- Unsure about bone strength? → See our “Osteoporosis & Bone Health” guide (£10).
- Worried about memory? → See our “Dementia & Brain Longevity” guide (£10).

👉 Each booklet offers a **step-by-step plan** to move your score in the right direction.