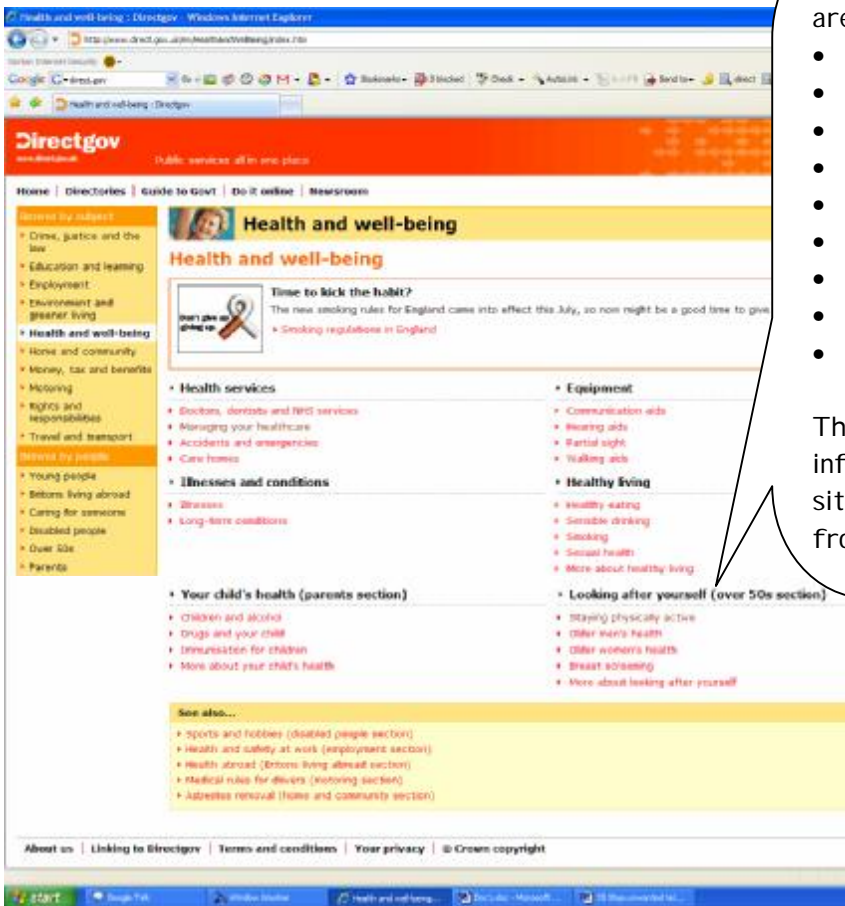


The examples below are for the 'over 50s' but you'll find ideas & support for all ages and groups on www.direct.gov.uk.



Click on 'Health and well-being' for a list of the main areas.



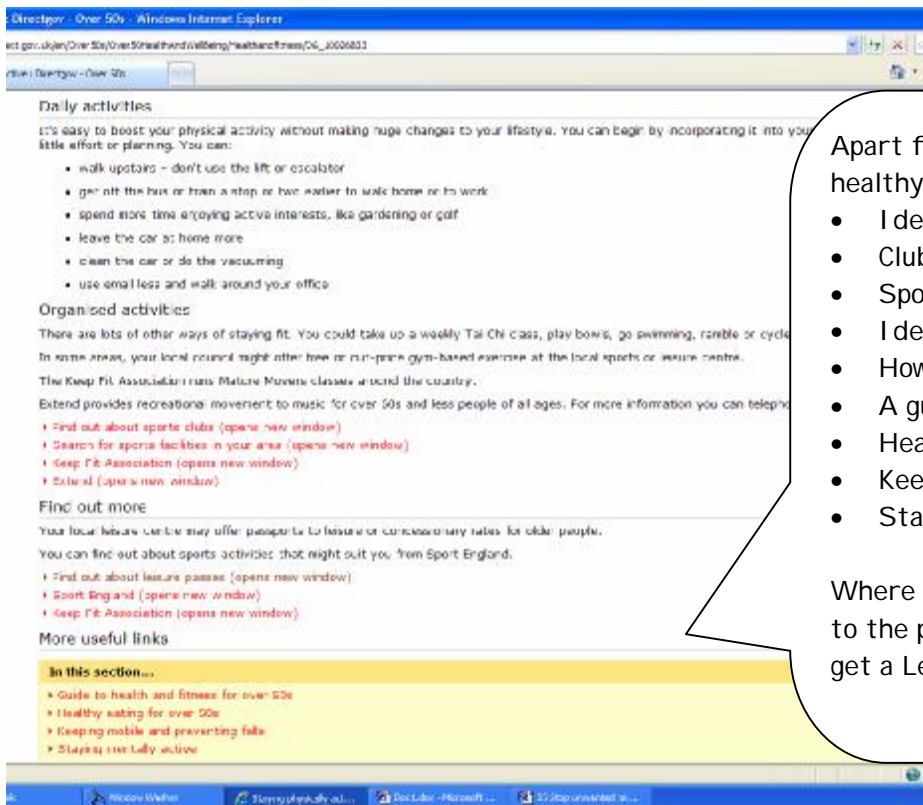
Scroll down this page to see the main areas including:

- Smoking – kicking the habit
- Health services
- Illnesses and conditions
- Your child's health
- Equipment
- Healthy living
- Looking after yourself (over 50s)
- Sports & hobbies (disabled section)
- Health abroad

These sections sometimes just give information but often link to other sites e.g. sports facilities in your area from Bristol City Council's website.

I've decided to look at some of the features available under 'Looking after yourself (over 50s section)'. Each person will have different reasons for accessing the site and the following are just examples. The main starting points in this section are:

- Staying physically active
- Older men's health
- Older women's health
- Breast screening
- More about looking after yourself



Apart from the pros & cons of staying healthy the practical advice includes:

- I deas for daily activities
- Clubs & sports in your area
- Sports facilities in your area
- I deas for the Keep Fit Association
- How to get a Leisure Pass
- A guide to health & fitness (50+)
- Healthy eating (50+)
- Keeping mobile & preventing falls
- Staying mentally active

Where appropriate you can link through to the page for your area e.g. how to get a Leisure Pass in Bristol.



I clicked on 'Find out about leisure passes (opens new window)'. In the new window I entered my postcode, selected 'Bristol City Council' and was taken to their site with details of what to do and where to go.

I printed out the information, closed the window and returned to the original direc.gov site.



This is part of the 'Older men's health' page. Apart from lots of general information there are links through to other pages/sites giving details. For example you might like to read up on 'prostate problems' before you see the doctor. You'll know what they're talking about and might have some questions to ask.

Prostate problems

There are three main things that could go wrong with your prostate - benign prostatic hypertrophy, prostatitis and prostate cancer.

Benign prostatic hypertrophy
Benign disease or benign prostatic hypertrophy (BPH) is common in older men with the prostate growing slowly bigger. It can cause difficulty in pain when passing urine, the growing prostate (not prostate) in the tube that carries urine from the bladder. In some treatments are available, often a prostate gland or in men over 50.

Prostatitis
Prostatitis is inflammation of the prostate gland. It can cause pain and difficulty when passing urine. Prostatitis is treatable and can occur in men of any age.



The 'Breast screening' page explains what's involved, the methods used and your options. There are numbers for support lines and links to various sites with more information.



The 'Guide to health and fitness for the over 50s' page gives general advice and guidance.

Most of the main topics are briefly explained so it's quite a good way to find things.

Clicking here on 'Over 50's' takes you to the main page containing information for over 50s with a wide range of topics - work, retirement, pensions etc.



The 'Pensions Tracing Service' page gives general information about what you'll need and a link to the service that lets you complete a form online so that the details will be sent to you.