

## Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information to help you stay healthy while waiting to attend hospital and should be read in conjunction with the procedure level guidance appropriate for your condition.

## Take Your Medication

You should continue to take your prescribed medications and only stop after consultation with your GP.

## Keep Moving

Maintaining your fitness – it is recommended that you take regular exercise (20 minutes per day until you are short of breath, increasing a bit at a time). Take a brisk walk or consider an exercise bike.

See below for support from **Healthy Cornwall**.

## Improve Your Health

Improving your general health is important, particularly if your referral may end in a surgical intervention.

- **Smoking cessation** – access support to stop smoking
- **Weight control and nutrition** – achieve a healthy weight
- **Blood pressure** – needs to be well controlled
- **Diabetes** - blood sugars need to be well controlled
- **Alcohol consumption** – should be within accepted limits

Support is available at **Healthy Cornwall** to help you with:

- Weight management
- Physical activity
- Healthy eating
- Stopping smoking

Contact them at:

- Telephone - 01209 61500
- Email – [healthy.cornwall@cornwall.gov.uk](mailto:healthy.cornwall@cornwall.gov.uk)
- Website – [www.healthycornwall.org.uk](http://www.healthycornwall.org.uk)

## Good Mental Health

There are many ways you can keep your mental health fit and well, just as you would your physical health.

Support is available at [Mental health - NHS Kernow CCG - NHS Kernow CCG](#)