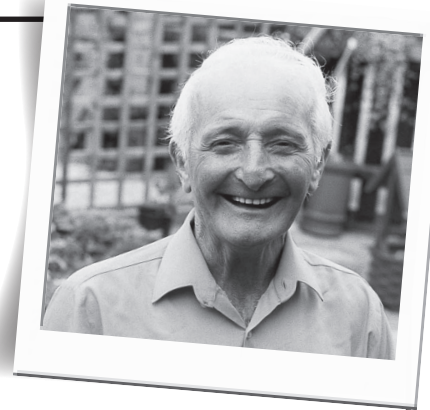


Case study 6 – Making changes



Name: Stephen
Age: 68
Gender: Male
Ethnicity: British
Waist measurement: 99cm (about 39 inches)



Stephen tries to exercise regularly by going for a 10-minute leisurely walk with his dog at least three times a week and whenever else he finds the time. Occasionally, he also walks when he is meeting friends or going to the shops. He knows this is good for him, although he finds it easier to drive.

He smokes approximately 15 cigarettes a day (low tar). He doesn't enjoy smoking as much as he used to and has been thinking of giving up and has asked his GP for some advice. Stephen's waist measurement puts him in the 'health is at risk' category.

1. What are Stephen's risk factors for coronary heart disease?

2. Which of his known risk factors are modifiable, ie, which can he change?

3. Do you think Stephen is ready to make a lifestyle change?

4. What are the potential barriers to Stephen becoming more physically active and/or stopping smoking, and how could he overcome them?
