



Better weight management can assist in preventing falls in older people

More than 50 percent of frail and elderly people in the community are at risk of malnutrition and excess weight loss, and do not get the right nutrition advice and supplements to support their nutrition needs, according to Nutrition Professionals Australia.

Chemplus Good Health Choices Pharmacist, Adam Phillips says there are many serious risks for aging Australians who don't seek expert advice from health professionals that will support their nutritional needs and help them maintain a healthy weight and muscle condition.

Almost one in three older Australians suffer falls each year¹ but with the right nutrition analysis and action plan for each individual the likelihood of falls and associated after effects can be significantly reduced.

"The best thing older people and their families can do is to tap into their local healthcare networks to gain a nutrition analysis and personalised advice," says Mr Phillips.

"Without the correct advice from pharmacists, General Practitioners (GPs) and Accredited Practising Dietitians about diet and which vitamins or health products to use, all older people, even those who are medically well, are at risk of under- or mal- nutrition, which can lead to significant negative health outcomes."

"The local pharmacy is an important support mechanism working in conjunction with other healthcare professionals. Your local pharmacist is a reliable and accessible point of contact for quality product selection including nutritional supplements and vitamins" says Mr Phillips.

"At Chemplus our pharmacists take the time to find out your personal story and integrate the right products that will provide you with the most benefit."

Nutrition Professionals Australia, Advanced Accredited Practising Dietician, Anne Schneyder says weight loss and malnutrition are not normal parts of the aging process. "If people are losing weight without trying the following advice should be considered;

- Introduce small frequent meals. This can be done by eating little snacks between meals, for example crackers and cheese, yoghurt, nuts, dried fruit, cake or biscuits.
- Increase the nutrition in meals by making some small but worthwhile additions, for example milk powder, grated cheese, butter and cream.
- Drink nourishing fluids such as milk drinks, smoothies and fresh juices.
- It is important to also stay physically active if possible as this helps to ensure that the muscle strength is retained.
- Gain a nutritional analysis from your local pharmacist, GP or dietitian to determine the best supplements for your health needs.

Chemplus is encouraging local residents to take the first step to better health and weight management by speaking with their pharmacist for personalised consultation and advice.

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For more information or interview requests please contact:

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About Chemplus

We all understand the need for total well-being. Through Chemplus' commitment to the community, we have developed Good Health Choices – a program to assist in the total wellbeing of customers through the offering of appropriate information allowing customers to make well-informed decisions about their health. At

¹ Australian Commission on Safety and Quality in Healthcare (2009)

MEDIA RELEASE

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Chemplus, we the value of health and well-being in our community and encourage customers to take the first step in addressing their health needs and facilitate the necessary behaviour change to attain better health.

For added customer comfort and privacy we have introduced dedicated consultation areas at every location. This allows pharmacists, staff and nurses to provide personalised attention and guidance.

Chemplus is South Australian owned and has been providing better health choices for local communities for over 25 years. www.chemplus.com.au