

10 Symptoms to Watch After 60



Use this checklist to track any new or persistent symptoms. Bring it with you to your GP appointments or share it with family members or carers.

☐ Unexplained weight loss

☐ Memory loss that affects daily life

☐ Frequent falls or balance issues

☐ Changes in bowel or bladder habits

☐ Shortness of breath during normal activity

☐ Sudden or worsening vision changes

☐ Persistent fatigue or weakness

☐ Numbness or tingling in hands or feet

☐ Chest discomfort or pressure

☐ Mood changes, apathy or loss of interest

Stay strong. Stay mobile. Stay well.

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