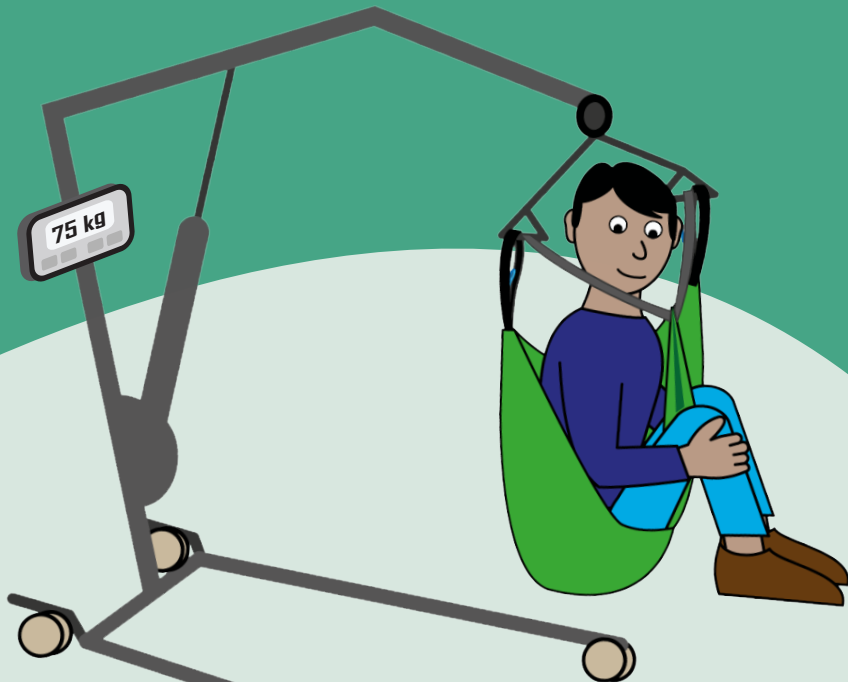


# Weight Matters

Information for patients



**Easy Read**

## easy read



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

## healthy weight



How much you weigh is important for health.

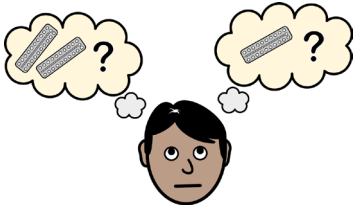
## staff



Hospital staff will ask you about your weight.

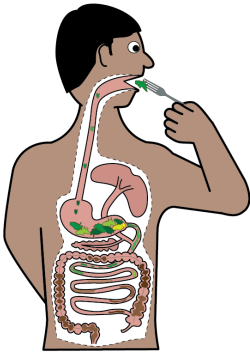
All our staff wear name badges.

## acceptable dose



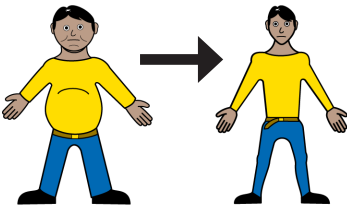
They need to know your weight for some medications and treatments.

## food being eaten



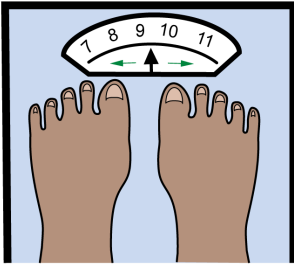
Or to support if you have any problems with eating and drinking.

## weight change



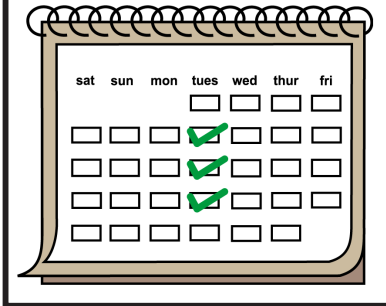
If you have lost weight or gained weight, without trying please let staff know.

## weight



Staff will weigh you when you first come into hospital.

## weekly



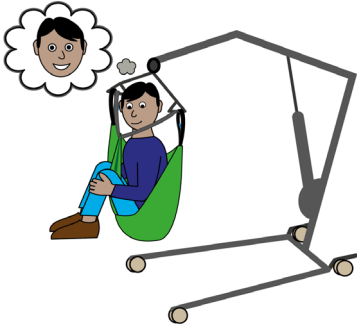
And every week during your stay.



Staff will support you to be weighed comfortably.

Being weighed should not cause you pain.

## comfortable hoist



We have lots of different scales across the hospital.

We will find one that you are comfortable on.



This could be: stand or sit on scales, hoist, chair or even bath scales.



You can be weighed while doing usual activities.

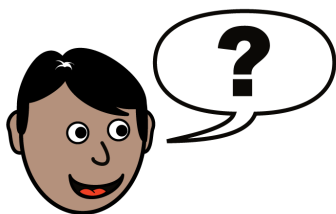
Like when getting out of bed, or going to the toilet.

## easy read



We have other Easy Reads available to support you.

## ask



If you have any questions, you can ask the staff.



If you have a Learning Disability or Autism diagnosis please complete a Health Passport and return it to the Learning Disability and Autism team on: [leedsth-tr.lautism@nhs.net](mailto:leedsth-tr.lautism@nhs.net)



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