

THE SWEDISH SOCIETY OF MEDICINE

GRAINS OF GOLD

A healthier life – for everyone



TOBACCO

You are now holding a grain of gold in your hand! It is a publication that aims to provide help and support for healthy lifestyles, and to improve mental wellbeing.

The publication was originally developed in 2017 as a tool for physicians and other healthcare professionals to assist patients with psychological issues or mental illness.

ALCOHOL

Healthy living habits have a great impact on our physical and mental wellbeing. Because "Grains of gold" has worked well in promoting healthy living, we have designed this document for distribution to patients and relatives - Grains of gold for everyone!

PHYSICAL ACTIVITY

Attention is paid to important facts and advice on lifestyle habits for those who suffer from current mental illness and need support to achieve and maintain a healthy lifestyle. We offer so-called "small grains of gold" such as "could smoking affect certain medication?"

Grains of gold has been prepared by the Swedish Society of Medicine's project "Lifestyle project" which is initiated and financed by the National Board of Health and Welfare with the aim of implementing the national guidelines.

For a complete list of references to the material within this document, visit www.sls.se/levnadsvanor

EATING HABITS

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All regular smoking and use of snus harms your health, both physically and mentally. E-cigarettes and hookah are no exception. If you are pregnant, breast-feeding or have a serious illness, occasional use also has a negative effect on your health. Snus is harmful to health and the risks should be compared with not using snus, rather than smoking. Snus contains nicotine and is addictive just like smoking. Snus contains 3,000 substances that are harmful to health, of which at least 28 are carcinogenic. (Source: Läkarsamtalet om tobak)

Check yourself and your tobacco use. Applies to ALL forms of tobacco use:

- I have never used any tobacco.
- I quit less than six months ago.
- I quit more than six months ago.
- I use tobacco, but not daily.
- I use tobacco daily: How much or how many?

A few more questions:

Do you use snus at night?

How long have you smoked / used snus?

If you have quit smoking / using snus, how long has it been?

Do you smoke or use snus at night?

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DID YOU KNOW?

- It is NOT anxiety relieving to smoke. It is *only* the nicotine abstinence that is relieved.
- Smoking can aggravate depression and anxiety.
- Smoking is 2-4 times more common for people with mental illness.
- Your sleep is negatively affected by tobacco use.
- Smoking can impact the effects of certain prescription drugs, including psychopharmaceuticals – do not hesitate to discuss this with your doctor.



“It is never too late to quit smoking!”

AFTER YOU QUIT SMOKING

20 minutes	Your blood pressure and heart rate have dropped to lower levels.
12 hours	The carbon monoxide content in your blood is back to normal. As a result, the oxygen has more space and the oxygen content in your blood increases.
24 hours	You have saved the cost of a pack of cigarettes, if you previously smoked a pack a day.
2 weeks – 3 months	Your blood circulation and lung function have improved so you have more stamina. Your cough and shortness of breath have begun to decrease. You have reduced the risk of complications associated with surgery.
4 – 6 months	You have now a more unbound life and the risk of relapse has decreased significantly. In most people, any problems or difficulties of quitting smoking are gone.
1 year	The risk of developing cardiovascular disease such as a heart attack or stroke has been greatly reduced. After four years, the risk is almost half compared to if you had continued to smoke. If you previously smoked one pack a day, you have now saved about SEK 25,000.
5 years	The risk of you having a stroke is now significantly lower and within fifteen years the risk is the same as for someone who has never smoked.
10 years	The risk of developing lung cancer has now been reduced by half compared to if you had continued to smoke. The risk of cancer of the mouth, throat, oesophagus, bladder, cervix and pancreas has also decreased. You have a richer and more unbound life and improved your health significantly compared to if you had continued to smoke.

Source: www.slutarokalinjen

TOBACCO

Support

Your healthcare center or your psychiatric clinic.

www.1177.se

www.slutarokalinjen.se



We advice

Avoid situations that you associate with smoking or other tobacco use. Break, pause or avoid habits and situations that you associate with smoking and other tobacco use.

My plan to become tobacco free:

ALCOHOL

Harmful use of alcohol increases the risk of harmful physical, psychological or social consequences. There is no completely risk-free alcohol consumption.

Harmful use of alcohol is a use of alcohol where there is a significantly increased risk of harmful consequences at group level, compared with no consumption. High alcohol consumption is epidemiologically linked to more than 60 diseases and health problems. (Source: Riddargatan 1, September 2020)

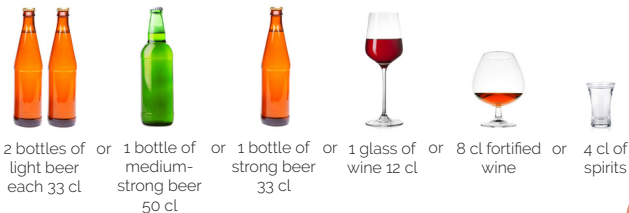
ALCOHOL

Harmful use of alcohol is defined as follows:

- If you are female and drink more than 9 standard glasses a week or 4 standard glasses at one time at least once a month.
- If you are male and drink more than 14 standard glasses a week or 5 standard glasses at one time at least once a month.
- If you are pregnant, all alcohol consumption is risky.
- All alcohol consumption is risky for minors.
- All alcohol consumption is risky if you suffer from certain medical conditions – check with your doctor.

ALCOHOL

A standard glass contains 12 grams of alcohol and is equivalent to:



How much does a bottle & box of wine contain?

A Bag-in-box (3 l) = 24 standard glasses.

A bottle of wine (75 cl) = 5-6 standard glasses

“Alcohol can seriously damage your health!”

CHECK YOURSELF:

- ☐ How often do you drink more than 9 standard glasses/week or 4 standard glasses at the same time at least once in a month?
- ☐ How often do you drink more than 14 standard glasses/week or 5 standard glasses at the same time at least once in a month?
- ☐ Have you ever had a period of your life with too much alcohol?
- ☐ Have you ever sought or received help for this?

DID YOU KNOW?

- Alcohol affect the brain's reward system, which quickly can lead to an addiction.
- Some drugs in themselves that causes drowsiness can reduce concentration and alertness even with smaller amounts of alcohol.
- Alcohol and painkillers can strengthen each other, which can lead to serious conditions.
- Alcohol contains a lot of calories, but almost no nutrition.
- Alcohol influence is behind a large proportion of incidents of violence, drowning, fires, falls and traffic accidents.
- Alcohol increases the risk of high blood pressure, which in turn increases the risk of cardiovascular diseases such as heart attack and stroke.
- Alcohol is linked to about 60 different diseases and health problems.

Alcohol use can affect and often worsen:

- Mental illness such as depression, anxiety and suicide risk.
- Stress and sleep problems.

Support

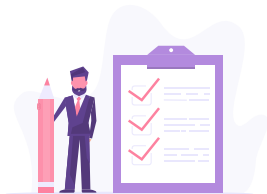
Your contact in healthcare, such as your health care center.

- www.1177.se
- www.riddargatan.se
- www.alkoholprofilen.se
- www.alkohollinjen.se, Tel. 020-84 44 48
- www.aa.se



Advice for controlling your drinking:

- Determine that every other drink is non-alcoholic.
- Choose drinks with a lower alcohol content.
- Drink alcohol-free after a specific time.
- Find activities that are not associated with alcohol.
- Write down your goals and how you will achieve them.
- Reward yourself with something other than alcohol once you've passed milestones such as a "white" month.



My plan to control my drinking:

PHYSICAL ACTIVITY

Physical activity affects your entire health in a positive way.

Recommendations for physical activity for all:

Physical activity for at least 150 minutes a week or 75 minutes at a more strenuous level:

- The activity must raise your heart rate.
- Do muscle strengthening activities at least twice a week.
- Be as active as possible if you suffer from physical disability.
- Regularly take activity breaks from sedentary behaviour.



PHYSICAL
ACTIVITY

DID YOU KNOW?

- Any physical activity is better than none at all.
- Physical activity improves your sleep.
- Physical activity is a treatment for depression and certain types of anxiety.
- Regular physical activity reduces the risk of a wide range of bodily diseases.
- Regular physical activity will improve your overall health.
- Physical effort level is individual and adapted to your ability and general fitness.

CHECK YOURSELF: *Do you reach 150 activity minutes/week or do you need to make a change?*

How much time do you spend doing physical exercise, which makes you short of breath, such as running, exercise gymnastics or ball sports?			How much time do you spend on everyday exercise, e.g. walking, cycling or gardening? Calculate all the time (at least 10 minutes at a time)?		
Training (minutes)			Everyday exercise (minutes)		
Monday			Monday		
Tuesday			Tuesday		
Wednesday			Wednesday		
Thursday			Thursday		
Friday			Friday		
Saturday			Saturday		
Sunday			Sunday		
Summary	_____	x 2 = _____		+ _____ =	_____

Support

Need help to getting started? Ask your health care contact for a FaR (Physical Activity on Prescription).

FYSS = Physical activity in disease prevention and disease treatment www.fyss.se

Physical activity as medicine – a version for the general public of FYSS. (Sisu SportsBooks 2018).

Visit 1177.se for examples of exercise opportunities in your vicinity.

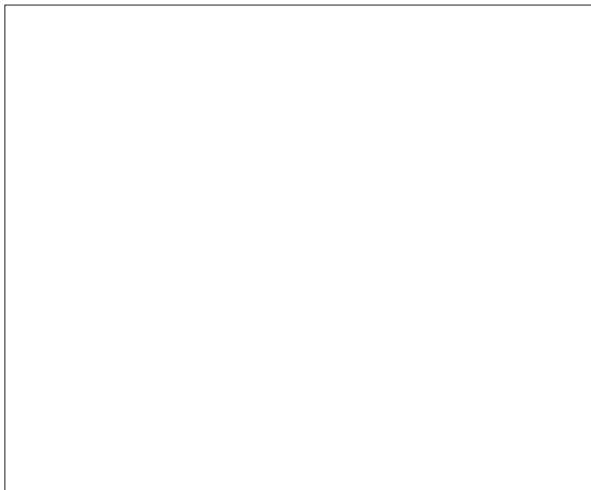


Advice:

- Use pedometers or other activity trackers.
- Document your physical activity with exercise diary, watch, app or similar.
- Get a training buddy or participate in organized activities.
- Take short breaks from sitting.
- Take advantage of the range of workouts available on the internet and on TV.
- Increase your activities in everyday life, walking or cycling.
- Take the stairs instead of the elevator.
- Define your own goals.
- Take every chance you get to physical activity.
- All movement counts and benefits you.
- The best training is the training that is performed.

PHYSICAL
ACTIVITY

My plan to be physically active:



*All movement
is valuable and
physical effort level
is individual!*

PHYSICAL
ACTIVITY



EATING HABITS

Eating habits are considered unhealthy when they don't meet your nutritional or energy needs.



DID YOU KNOW?

- Eating habits have a major impact on our health and mental health can be improved by a good and balanced diet.
- Studies show that diet can prevent and alleviate pre-existing depressions.
- Our eating habits are the lifestyle factor that causes the most illness and death.
- One in five premature deaths could be prevented with healthier eating habits, especially those caused by cardiovascular disease and cancer.
- Ask your doctor if there are any foods that you should avoid combining with your prescribed medication. For example, grapefruit can inhibit the breakdown of certain sedatives as well as some medicines for epilepsy and for bipolar disorder. The effect persists up to three days after a glass of juice.

EATING
HABITS

Review your eating habits if you suffer from:

- Depression and anxiety.
- Sleep disturbance and eating at night.
- Disturbed circadian rhythm which can affect when you eat and/ or when you take your medicine.
- Emotionally driven eating, for example, comfort eating or lack of appetite.
- Weight gain or weight loss.
- Dry mouth that can lead to increased intake of sugary drinks.
- Large intake of "empty calories" such as soda, crisps and sweets.
- High alcohol intake that in addition to being a risk factor in itself, also provides many calories



CHECK YOURSELF

1. HOW OFTEN DO YOU EAT VEGETABLES OR ROOT VEGETABLES??	4. HOW OFTEN DO YOU EAT COOKIES, CHOCOLATE, SWEETS, CHIPS OR SOFT DRINKS??
Twice every day or more (3p) Once a day (2p) A few times a week (1p) Once a week or less (0p)	Två gånger varje dag eller oftare (0p) En gång varje dag (1p) Några gånger i veckan (2p) En gång i veckan eller mindre (3p)
2. HOW OFTEN DO YOU EAT FRUIT OR BERRIES?	5. HOW OFTEN DO YOU EAT BREAKFAST? <i>The question is not scored but gives a picture of your dietary habits. If you don't eat breakfast, it may be of value to introduce it.</i>
Twice every day or more (3p) Once a day (2p) A few times a week (1p) Once a week or less (0p)	Every morning almost every morning A few times a week Once a week or less
3. HOW OFTEN DO YOU EAT FISH OR SHELLFISH?	Calculate your points and see how you are doing with your eating habits. Interpretation of dietary index: 0-4 points; You have unhealthy eating habits. 5-8 points; you need to take action. 9-12 points; indicates you have healthy eating habits
Three times a week or more (3p) Twice a week (2p) Once a week (1p) A few times a month or less (0p)	

EATING
HABITS

Find your way – *eat more vegetables, eat just enough and be physical active.*



MORE

Vegetables
Fruit and berries
Nuts and seeds
Physical activity



CHANGE FROM

White flour
Butter-based fats
Full dairy products
Nuts and seeds



TO

Whole grains
Vegetable-based fats
Low fat dairy products

LESS

Red meat
Salt
Sugar
Alcohol



Support:

Online education at the National Board of Health and Welfare "Good eating habits"

www.socialstyrelsen.se

www.livsmedelsverket.se/hitta-ditt-satt

www.hfsnatverket.se

www.vardguiden1177.se

Advice:

- Reward yourself with something other than food.
- Plan "this week's menu" and stick to the plan when shopping.
- Plan for a month with improved new eating habits.



My plan to improve my eating habits:

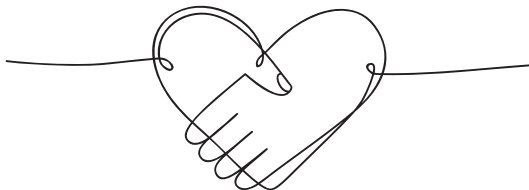


EATING
HABITS

*We wish you the best of luck in changing your lifestyle in the way best suited
to give you good health.*

Get help from your loved ones and especially yourself.

*Sincerely,
Jill Taube och Yvonne Lowert
The Swedish Society of Medicine*



Svenska
Läkaresällskapet