

# 10 Symptoms to Watch After 60



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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.

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☐ Unexplained weight loss

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☐ Memory loss that affects daily life

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☐ Frequent falls or balance issues

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☐ Changes in bowel or bladder habits

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☐ Shortness of breath during normal activity

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☐ Sudden or worsening vision changes

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☐ Persistent fatigue or weakness

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☐ Numbness or tingling in hands or feet

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☐ Chest discomfort or pressure

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☐ Mood changes, apathy or loss of interest

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**Stay strong. Stay mobile. Stay well.**

 Based in the UK

 [keepwellnutrition.com](https://keepwellnutrition.com)

 07932 541 546

 [cedric@keepwellnutrition.com](mailto:cedric@keepwellnutrition.com)