



EVERYONE ELSE GETS AN APPOINTMENT. WHAT ABOUT YOU?

There's a lot of noise about living longer, isn't there? Mary and I talk about looking at how we're actually living, asking what sits behind the promises and remembering that our own health questions deserve an appointment too.

A chat with Dr Mary Revelas about ageing, everyday life and looking after ourselves too.

KNOWING ISN'T DOING.

01 KNOWING ALL THE THINGS ISN'T THE SAME AS DOING THEM.

Mary was researching longevity while working late, running on caffeine and barely moving. She talks about noticing the gap between what she knew and how she was living.

02 HANG ON. WHAT'S BEHIND THAT PROMISE?

Mary questions some of the longevity claims on Instagram. Before buying into one, it's worth asking what the evidence says and whether it's right for you.

03 DOES YOUR DAY ACTUALLY WORK FOR YOU?

Late-night work wasn't working for Mary, so she changed her routine. Her experience is a lovely reminder to notice your own patterns, rather than copy someone else's.

04 YOU'RE ALLOWED TO ASK THE QUESTION.

The worry, the family history, the thing you keep putting off. Mary encourages bringing it into the appointment and allowing enough time to talk it through.

05 YOU BELONG ON YOUR OWN CARE LIST TOO.

Mary talks about organising appointments for her children while postponing her own. If that sounds familiar, your questions deserve a place in the diary too.



MIX IT UP. STAY IN YOUR LANE.

More useful bits from the conversation, each with one way to use it.

Pick the one that fits your week.

06 MIX UP YOUR MOVEMENT

Mary wants muscle, strong bones, mobility and flexibility, not one workout on repeat. **Try it:** Spot which type your week misses and ask a qualified trainer about adding it.

07 KEEP ONE HEALTH SUMMARY

Dom made one master summary of her surgeries and care, so she's not remembering it all on the spot. Mary loved it. **Try it:** Write a securely stored summary of surgeries, dates and records for appointments.

08 STAY IN YOUR OWN LEAGUE

People respond differently to training. Mary measures herself against her own progress. **Try it:** Compare your progress with your starting point, not a friend's score.

09 TAKE A DIFFERENT ROUTE

No time for a language? Even a new walking route gives your brain something different. **Try it:** Take a different safe route on your next walk.

10 ASK WHERE GENETIC DATA GOES

Mary chose a testing provider on accreditation and privacy. Talk usefulness through with your GP first. **Try it:** Ask who can access your data, whether it's sold and if it can be destroyed.

11 BOOK FRIENDS LIKE MEETINGS

If it's not in the calendar, Mary says, it doesn't happen. **Try it:** Put a catch-up in your diary and protect it like a meeting.



YOU'RE ON THE CARE LIST TOO.

Questions before commitments.

1 START WITH ONE ORDINARY DAY.

Is there one part of your routine that leaves you feeling rushed or worn out? Write it down. What's a small change you could realistically try?

2 TAKE YOUR QUESTIONS WITH YOU.

Jot down what you want to ask, including any relevant family history. Ask the practice how much appointment time you'll need to talk it through.

3 ASK BEFORE COMMITTING.

Considering a health product or test? Ask a qualified clinician about the evidence, benefits, limitations and whether it suits you.

ONE THING BEFORE 50. OR STARTING NOW.

The appointment you keep putting off deserves a place in the diary too. Start with your questions, rather than another promise about living longer.

OVER TO YOU

The health question I keep putting off is...

The conversation I'll make time for is...
