

Why we have made this appointment for you

Everyone has some risk of developing heart disease, stroke, diabetes, kidney disease or other conditions. The good news is that these conditions can often be prevented – even if you have a history of them in your family.

You are eligible for an NHS Health Check PLUS if:

- You are between 40 – 74 years old
- You are a Greenwich resident or registered with a Greenwich GP
- You have not had an NHS Health Check in the last 5 years

You are not eligible if you have been diagnosed with any of the following diseases:

- Heart Disease or Heart Failure
- Stroke or TIA (Mini stroke)
- Diabetes
- Kidney Disease
- Hypertension (High Blood Pressure)
- Atrial Fibrillation
- Familial Hypercholesterolaemia
- Peripheral Arterial Disease (PAD)
- On medication for cholesterol



Questions you may want to ask us

Why do I need this health check? I feel fine!

Even if you're feeling well the NHS Health Check helps to identify potential risks early. By having this check now you may be able to improve your chances of living a healthier and longer life.

These conditions run in my family so there's nothing I can do?

If you have a family history of heart disease, stroke, type 2 diabetes or kidney disease then you may be more at risk. There could be lifestyle changes you can make now that may help you to delay the onset of these conditions.

I know I need to get healthier but I don't know where to start?

If you want to make lifestyle changes to improve your health such as losing weight, getting more active and stopping smoking, there are free, local services available to help you. We can direct you to these as part of your check and you can also look now at www.livewellgreenwich.org.uk

If I am assessed as being at 'low risk', does this mean I won't develop these conditions?

It is impossible to say that someone will or won't go on to develop one of these conditions. But taking action now can help to keep your risk low.

Will everyone have this check?

The check is part of a new national scheme to help prevent the onset of these health problems. Everyone between the ages of 40 and 74 who has not been diagnosed with the conditions mentioned will be invited for a check once every five years. If you are outside the age range and concerned about your health, you should talk to your GP.

For further information call 0800 470 4831

An Appointment Worth Keeping Free NHS Health Check PLUS

Small changes, Big results



Your local Health Check Team

Free NHS Health Check PLUS Programme

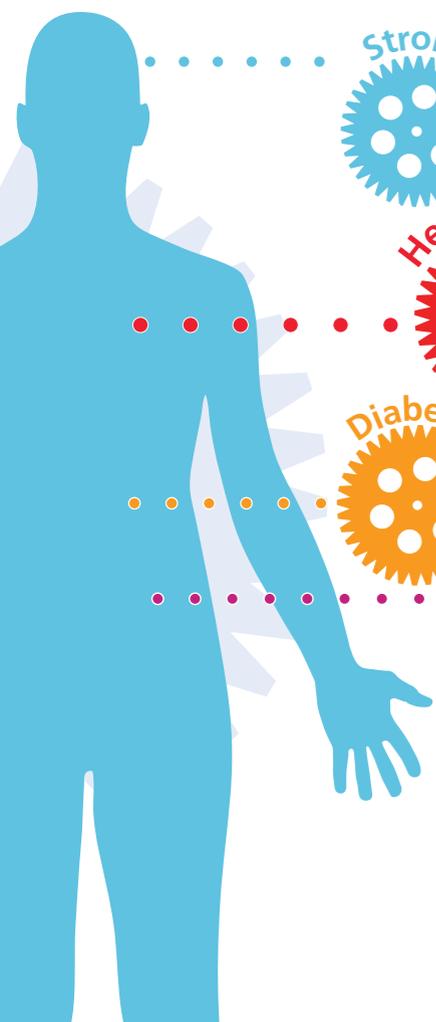
Helping you prevent heart disease, stroke,
diabetes, kidney disease and other conditions.

Why do I need an NHS Health Check PLUS?

We know that your risk of developing heart disease, stroke, type 2 diabetes and kidney disease increases with age. There are also certain things that will put you at a greater risk:

- Being overweight
- Lack of exercise
- Smoking
- High blood pressure
- High cholesterol

Both men and women develop these conditions, and having one could increase your risk of developing another in the future.



In the brain a blocked artery or a bleed can cause a stroke.



In the heart a blocked artery can cause a heart attack or angina.



The kidneys can be damaged by high blood pressure or diabetes, causing chronic kidney disease and increasing your risk of having a heart attack.

Being overweight and a lack of exercise can lead to type 2 diabetes. If unrecognised, type 2 diabetes could increase your risk of further health problems, including heart disease, kidney disease and stroke.

What happens at the check?

- The check will take about 20-30 minutes.
- You'll be asked some simple questions, for example if you smoke or not. This is also a chance for you to talk about your health.
- We'll record your height, weight, age, sex and ethnicity.
- We'll take your blood pressure.
- We'll do a simple blood test to check your cholesterol level and sometimes your blood sugar level.

This is a chance to talk about your health.

What happens after the check?

We can help you make lifestyle changes to stay healthy, as well as offer treatment where necessary. By taking early action you can live a longer and healthier life.

Local residents Eileen and Dan went along for a health check recently after receiving an invite from their GP. They had their blood pressure and cholesterol checked and were offered the opportunity to see a local NHS Health Trainer.

"Our health trainer has helped us get more active together by introducing us to lots of free activities nearby. We have lived here for years but had no idea how much was going on. We've been going to group walks and 'sit and get fit' classes ever since! After retiring we were always indoors but since our health check we love going for the walks together and chatting to the new people we've met and it's great that it's all free. Doing this means time for us and we feel better for it. It was our health check that really motivated and helped us to make these changes."

Patricia, who works locally, had been a smoker of 25 years at the time of her Health Check.

She was shocked to learn that her lung age was 67 years when she was only 45, but this gave her the motivation to want to change her lifestyle by quitting smoking.



"With help from the stop smoking specialist at my GP practice, I have not had a cigarette since and intend not to ever go back. I now feel stronger, my skin is much healthier and I am always full of energy. I encourage everyone to have their health check as it shows a real picture of the state of your health."