



KEEP YOURSELF IN THE PICTURE. GET A FREE NHS HEALTH CHECK.

If you are 40-74 and live in Leicester City you are eligible for a **free** health check – it takes just 30 minutes.

Don't risk losing any quality time with your family.

Contact your GP practice to book your health check or for more information.

www.leicestercityccg.nhs.uk

Free NHS Health Check

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





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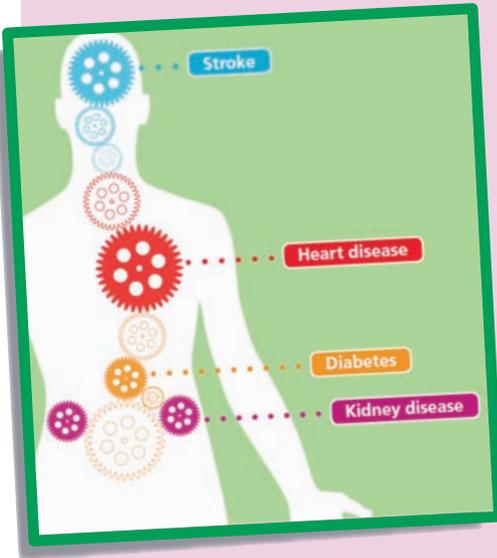
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Helping you prevent heart disease, stroke, diabetes and kidney disease.



It can happen to anyone

Anyone can develop heart disease, diabetes, kidney disease or have a stroke. The good news is that these conditions can often be prevented – even if you have a history of them in your family.



That's why, if you are 40-74 and live in Leicester City, you will be invited for a health check by your local GP practice.

Even if you feel fine now, you should accept the invitation. You will be better prepared for the future and know how to improve your health and your quality of life. It will be 30 minutes well spent.

Leicester leads the way

Leicester City Clinical Commissioning Group will be responsible for health services in Leicester City from April 2013. As GPs, they have seen first-hand the impact of ill-health and are committed to helping Leicester people to live longer and healthier lives by preventing disease.

Life expectancy in Leicester is lower than average, largely due to cardiovascular disease. That's why Leicester City Clinical Commissioning Group is going the extra mile to make health checks available to all eligible 40-74 year olds, straight away. Furthermore, patients who want to lower their risk of disease will receive extra support to reach their goals.

Why do I need an NHS Health Check?

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 even greater risk.

These are:

- high blood pressure
- high cholesterol
- being overweight
- lack of exercise
- smoking

Both men and women can 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 or unmanaged, type 2 diabetes could increase your risk of further health problems, including heart disease, kidney disease and stroke.

Even if you're feeling well, it's worth taking the time to have your NHS Health Check. We can then work with you to lower your chances of developing these health problems in the future.

Contact your GP practice to book your health check or for more information.
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What happens at the check?

This check will assess your risk of developing heart disease, type 2 diabetes, kidney disease and stroke. It is carried out locally at your GP Practice.

- The check will take about 20–30 minutes.
- You'll be asked some simple questions. For example, about your family history and any medication you are currently taking.
- We'll record your height, weight, age, sex and ethnicity.
- We'll take your blood pressure.
- We'll carry out blood tests to help assess your risk of developing heart disease and diabetes.
- If you are a high risk patient you will receive a plan from your GP to help you manage your condition.

What happens after the check?

We will discuss how we can support you to reduce your risk and stay healthy.

- You'll be taken through your results and told what they mean. Some people may be asked to return at a later date for their results.
 - You'll be given personalised advice on how to lower your risk and maintain a healthy lifestyle.
 - Some people with raised blood pressure will have their kidneys checked through a blood test.
 - Some people may need to have another blood test to check for type 2 diabetes. Your health professional will be able to tell you more.
 - Treatment or medication may be prescribed to help you maintain your health.
 - High risk patients will receive a second check to help manage their condition.
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Questions you may have

Why do I need this check? I feel fine!

The NHS Health Check helps to identify potential risks early. By having this check and following the advice of your health professional, you improve your chances of living a healthier life.

I'm too busy to have the health check. What should I do?

The health check only takes 30 minutes and this short investment could add years to your life. If you find it difficult to take time off work, speak to your practice about an appointment in the evening or at the weekend.

But don't these conditions run in the family?

If you have a history of heart disease, stroke, type 2 diabetes or kidney disease in your family then you may be more at risk. Taking action now can help you to prevent the onset of these conditions.

I know what I'm doing wrong, how can the doctor help me?

If you would like help, we will work with you to find ways to reach your healthy weight, take more exercise or stop smoking. You may be prescribed medication to help lower your risk.

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 you lower your potential risk.

Will everyone have this check?

All patients who are between 40 and 74 and are registered with a Leicester City GP practice will be invited for a check every five years, unless they have previously been diagnosed with:

- Diabetes
- Cardiovascular disease (CVD)
- Coronary heart disease (CHD)
- Stroke or transient ischaemic attack (TIA or mini-stroke)
- Ischaemic heart disease (IHD)
- Peripheral vascular disease (PVD)
- Hypertension (high blood pressure) on or after 1st April 2009.

If you are outside the age range or you are concerned about your health, you should contact your GP.

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