

NHS Health Checks - Health Advice

NHS Choices - Your Health, Your Choices

www.nhs.uk "LIVE WELL"

Name :

Date :

WEIGHT (Weight todayBMI.....)

Being overweight raises the risk of heart disease, cancer and diabetes.

Eat less and exercise more. Healthy BMI is between 18-25

Risk identified ☐ Advice given ☐ F/U needed ☐



BLOOD PRESSURE (Blood pressure today/.....)

High blood pressure increases the risk of heart disease and stroke.

Reducing your blood pressure also protects against kidney disease.

Cut down on salt and alcohol to recommended limits. Normal is under 140/90

Risk identified ☐ Advice given ☐ F/U needed ☐



CHOLESTEROL (Cholesterol level)

This type of fat narrows and blocks arteries, which can cause a heart attack or stroke.

Reducing animal fat and using more olive oil helps.

If your CVD (cardiovascular disease) risk is raised, cholesterol lowering drugs may be advised. Acceptable levels for cholesterol depend on your overall risk.

Risk identified ☐ Advice given ☐ F/U needed ☐



EXERCISE (Exercise : **yes** ☐ or **no** ☐)

If you do less than 150 minutes of moderate activity per week, your health will benefit from increasing this.

Do what suits you and that you can keep on doing long-term.

Risk identified ☐ Advice given ☐ F/U needed ☐



SMOKING (Smoker : **yes** ☐ or **no** ☐)

Half of smokers will die early from smoking related diseases.

It is never too late to stop.

Support for stopping smoking doubles your chance of success.

Ask to book a smoking cessation appointment at the surgery.

Risk identified ☐ Advice given ☐ F/U needed ☐



ALCOHOL (how many units per week.....)

Alcohol increases blood pressure and puts a strain on your liver.

Work out how much you can drink @ www.nhs.uk/livewell/alcohol.

Risk identified ☐ Advice given ☐ F/U needed ☐

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CARDIOVASCULAR RISK (CVD Risk %)

Putting all these factors together with your age and sex and family history, we can estimate your chance of heart disease or stroke happening in the next ten years.

Under 10% - low risk

10-20% - moderate risk, work at your lifestyle, no need for treatment

Over 20% - high risk, we will offer treatment to help cut this risk,

together with your lifestyle changes

Goring & Woodcote Medical Practice
www.goringwoodcotemedicalpractice

Goring Surgery 01491 872372
Woodcote Surgery 01491 680686

Email gandwhealthchecks@nhs.net
Text to : 07582 737527

Useful national websites:

NHS Choices - Your Health, Your Choices
www.nhs.uk "LIVE WELL"

Becoming more active

www.nhs.uk/letsgetmoving
www.nhs.uk/livewell/fitness
www.bhf.org.uk/keeping_your_heart_healthy/staying_active.aspx
www.ramblers.org.uk
www.walkengland.org.uk/walknowgettingstarted.aspx
www.whi.org.uk
www.walkit.com
www.sustrans.com
www.britishcycling.org.uk
www.btcv.org.uk

Eating well

www.uk/5aday
www.eatwell.gov.uk -search in here for 'lower your cholesterol'
www.nhs.uk/change4life
www.weightwatchers.co.uk
www.slimmingworld.com

Smoking

www.uk/smokefree

Alcohol

www.nhs.uk/alcohol

Lifestyle

www.nhs.uk/lifecheck

Useful local websites:

www.goringgapwalks.co.uk

www.getoxfordshireactive.org