



## Find out about our **FREE and VERY QUICK** NHS Health Check

Even though you might be feeling great, if you're over **40** you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

A **FREE** and **QUICK** NHS Health Check can help you reduce these risks and make sure that you stay healthy.



Helping you prevent  
diabetes  
heart disease  
kidney disease  
stroke & dementia

[www.nhs.uk/nhshealthcheck](http://www.nhs.uk/nhshealthcheck)

# Working together to improve your health

Everyone is at risk of developing heart disease, stroke, diabetes, kidney disease and some forms of dementia. The good news is that these conditions can often be prevented – even if you have a history of them in your family. Have your free NHS Health Check and you will be better prepared for the future and be able to take steps to maintain or improve your health.

## Why do I need an NHS Health Check?

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

These are:

- being overweight
- being physically inactive
- not eating healthily
- smoking
- drinking too much alcohol
- high blood pressure
- high cholesterol.

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

- Being overweight and physically inactive can lead to type 2 diabetes.
- If unrecognised or unmanaged, type 2 diabetes could increase your risk of further health problems.

- 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.

## What happens at a NHS Health Check?

- This very quick check is to assess your risk of developing heart disease, type 2 diabetes, kidney disease and stroke.
- The check will take about 15 minutes.
- You'll be asked some simple questions. For example, about your family history and choices which may put your health at risk.
- We'll record your height, weight, age, sex and ethnicity.
- We'll check your blood pressure and cholesterol.