

The NHS logo, consisting of the letters 'NHS' in white on a blue rectangular background.

Lewisham

Your results

and further information

Your name

.....

.....

Date of Health Check

.....

.....

Health Check undertaken by

.....

.....

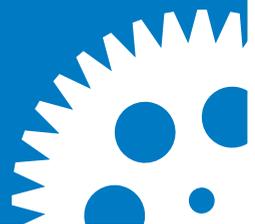
Location

.....

.....

Free NHS Health Check

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



Introduction

Everyone is at risk of developing heart disease, stroke, type 2 diabetes and kidney disease, and developing one of these conditions could increase your risk of developing another in the future.

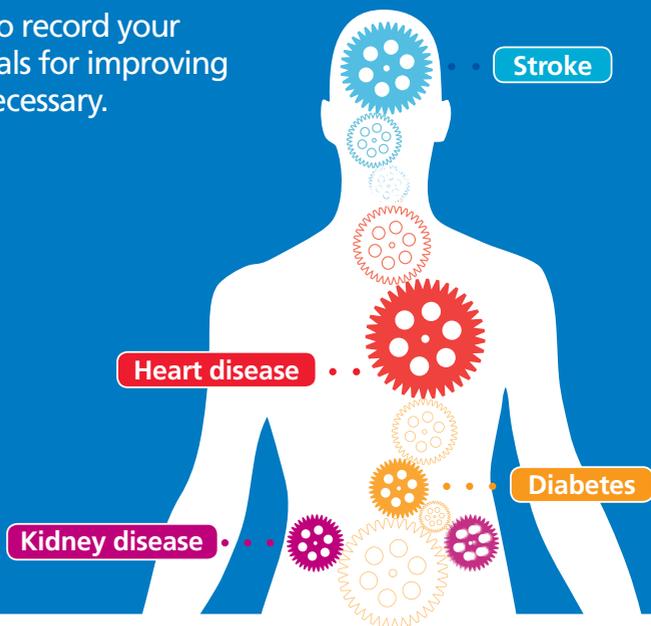
Your risk increases with age. There are also certain things that will put you at even greater risk. These are:

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

The good news is that these conditions can often be prevented.

The tests that you have had as part of your NHS Health Check will help you and your healthcare professional discuss changes that you might need to make to reduce your risk of developing heart disease, stroke, type 2 diabetes and kidney disease.

Use this booklet to record your results and set goals for improving your lifestyle if necessary.



Blood pressure test

Your result



There are two measurements used to assess blood pressure:

- *systolic pressure* is the pressure exerted when your heart pumps, forcing blood to move through your arteries, and
- *diastolic pressure* is the pressure exerted when your heart is at rest, between beats.

The result is usually described as, for example, '120 over 80', meaning a systolic pressure of 120mmHg and a diastolic pressure of 80mmHg. This would be written: **120/80mmHg**.

Ideally, we should all have blood pressure at or below 120 over 80 (120/80).

High blood pressure can be treated or prevented by making changes to your lifestyle, such as exercising more regularly, eating a healthier diet and cutting back on your consumption of alcohol and salt. Medicines are also available that can help lower your blood pressure. Your healthcare professional will advise you about this.

You will be given advice about making changes to your lifestyle, and information on local schemes set up to help you.

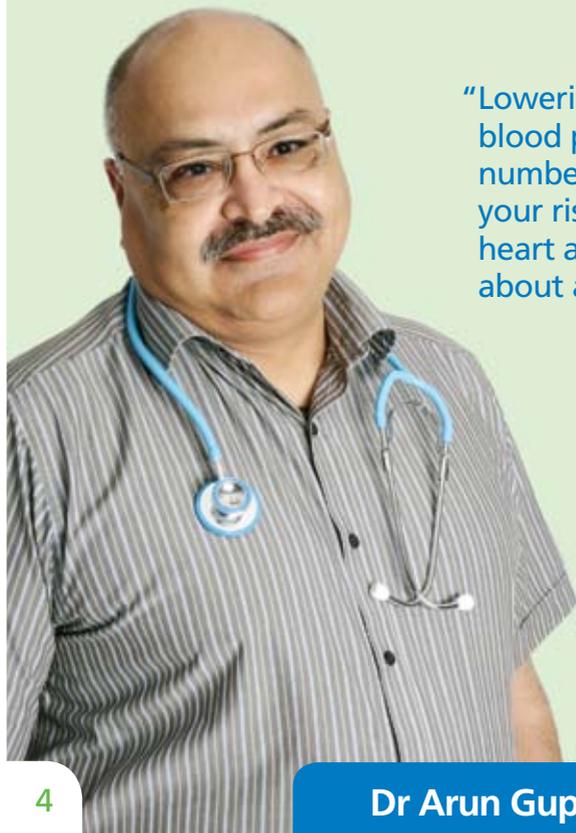
If your blood pressure result is high, you will be advised to have a test to check if you are at risk of developing diabetes. If it is higher than 140/90, you will also be advised to have a test to check your kidneys are working properly.

Watch your salt intake

Too much salt can cause raised blood pressure. High blood pressure is called the silent killer as it often has no symptoms, but if you have high blood pressure you are three times more likely to develop heart disease or have a stroke.

One easy way to eat less salt is to stop adding extra salt to your food during cooking and at the dinner table.

Also read food labels to avoid foods that are high in salt. High is more than 1.5g salt per 100g (or 0.6g sodium).



“Lowering your systolic blood pressure (top number) by 10 will reduce your risk of having a heart attack or stroke by about a quarter (25%).”

Body mass index (BMI) test

Your result



BMI is a measure of whether you are a healthy weight for your height. However, it is only a guide and, for some people, BMI may not take into account things like being particularly muscular.

- If your BMI is less than **18.4**, this falls within the underweight BMI range.
- If your BMI is between **18.5** and **24.9**, this falls into the healthy BMI range.
- If your BMI is over **25**, this falls into the overweight BMI range.
- If your BMI is greater than **30** (or **27.5** for South Asians), you will be invited for another test to check that you do not have diabetes.

If your BMI is high, your healthcare professional can provide you with advice and support on losing weight and reducing your BMI.

There is lots of advice and support on www.nhs.uk/nhshealthcheck

Diet

A healthy and balanced diet, which includes five portions of fruit and vegetables a day, is important to reach or maintain a healthy weight.

Weight Management

If you are ready to make some changes to get to a healthy weight, there are lots of options available to you. You may be offered help from a dietician or can attend one of the free **Shape-Up** community weight management programmes. Tel **0808 1410 118** or visit the keep well and healthy section of the NHS Health Check on www.lewishampct.nhs.uk



“Eating a healthy diet, exercising and reducing alcohol and salt can all help to reduce your blood pressure and help you get to a healthy BMI. Even small changes can make a difference.”

Physical activity

Your result



As part of your NHS Health Check, your physical activity level will be measured and you will be given a score.

If you are in the inactive category and you are interested in increasing the amount of physical activity levels you do, you will be offered help and support to gradually increase your activity.

Achieving 30 minutes of moderate intensity physical activity on 5 days of the week helps prevent and manage over 20 chronic diseases, including heart disease, stroke, diabetes and kidney disease, some cancers and depression.

Moderate intensity means how hard your body is working when you are being physically active. You should still be able to talk but your breathing will be quicker and deeper, your body will be warming up and your heart will be beating faster than normal but not racing.

Physical activity

All movement counts – sit less, move more and gradually build up to doing 30 minutes of moderate activity, 5 times a week. The aim is to try and get your heart beating faster, and lungs working a bit harder for at least 10 minutes at a time.

Get active

Starting to become more active is about gradually building up the amount you do and most importantly doing an activity that you enjoy which fits into your everyday life. The good news is that there are lots of different ways to become active and benefit your health: from walking to dancing; gardening to swimming; yoga to football, there will be an activity there for you.

Step into a new activity

If you are 40 years and over and interested in being more active contact the Lewisham Sport and Leisure Team who will provide you with information on activities near to you. The activities will be ideal for beginners, people looking to make healthier lifestyle choices about being more active and if you are new to exercise. For more information visit www.lewisham.gov.uk/sport, tel **020 8314 9274** or email sportandleisure@lewisham.gov.uk

Lewisham Healthy Walks

If you want to be more active in the fresh air, you can get support with a 12 week walking programme led by health trainers or join one of the weekly walks led by volunteer walk leaders in parks across Lewisham. All walks are free and a great way to meet new people. Contact **0808 1410 118** for more information or email jenny.budd@nhs.net or visit www.lewishampct.nhs.uk

Cholesterol test

Your result

Total

TC/HDL

Cholesterol is a fat that is carried around our bodies in the blood. It is vital that we have enough for our bodies to work properly. Too much cholesterol can cause our arteries to become blocked, increasing our risk of heart disease and stroke.

Your blood has been checked for cholesterol levels. If your level is high, your healthcare professional will give you advice about how to lower it. They may also consider prescribing you cholesterol lowering drugs.

If your levels are within normal limits, you may still want to take action to prevent it increasing by eating a healthy, balanced diet that is low in saturated fat.

If you are overweight, losing weight should help reduce your cholesterol level. You will be given advice about this and you can visit www.nhs.uk/nhshealthcheck

Cut saturated fat

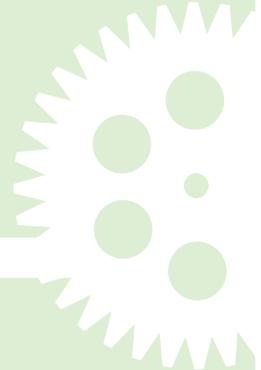
- Choose lean cuts of meat and trim off extra fat before cooking.
- Bake, steam, poach or grill rather than fry or roast.
- Check food labels for saturated fat content.
- Use less meat and instead add bulk to sauces and stews with vegetables or beans.
- Choose lower-fat dairy products, such as skimmed milk and lower-fat yoghurt.

Smoking

If you smoke you should be offered support and advice to help stop as part of your NHS Health Check. (Smoking increases both blood pressure and cholesterol and is a significant risk factor for heart disease). The great news, however, is that you can reduce your risk, over a period of time, by stopping.

Lewisham has a free local NHS Stop Smoking Service which can help you find your best way of stopping, providing the medication and support you need. You are up to four times more likely to quit if you use NHS support than if you go it alone.

Call **0800 0820 388**, text **0752 2679 249**,
email quit@smokefreelewisham.co.uk
or visit www.smokefreelewisham.co.uk
or ask your healthcare professional to refer you to the local service.



Alcohol

Drinking too much alcohol can increase your blood pressure and increase your risk of developing cardiovascular disease.

You should not drink any more than **2 to 3 units** of alcohol each day if you are a woman and **3 to 4 units** if you are a man. You should try to avoid alcohol on at least 2 days each week.

Alcohol *continued*

Drink	Percentage alcohol	Volume equivalent to one unit
Beer/lager	3.5 %	0.5 pint (half pint)
Beer/lager	5.0 %	0.35 pint (about a third pint)
Wine	10 %	100 ml (one 750 ml bottle = 7.5 units)
Wine	13 %	77 ml (one 750 ml bottle = 9.75 units)
Fortified wine/sherry	17.5 %	57.1 ml
Spirits	40%	25 ml

- A small glass (125 ml) of average strength wine (12%) contains **1.5 units**.
- A pint of lager/beer contains **1.8 - 2.8 units**.
- A 25 ml measure of spirits contains **1 unit**.

Alcohol support services in Lewisham

Free confidential alcohol service

Based in some GP surgeries in Lewisham. You can make an appointment to speak to the primary care alcohol practitioner by calling **07795 374014**.

Drug and alcohol action team

23 Mercia Grove, SE13 6BJ
Tel **020 8314 8226**.

Lewisham Integrated Substance Misuse Service

410 Lewisham High Street,
Lewisham, SE13 6LJ
Tel **020 8314 5566**.

The service works to reduce the harm caused by problem drinking and is available free to anyone over 18 experiencing alcohol related problems.

Cardiovascular disease risk score

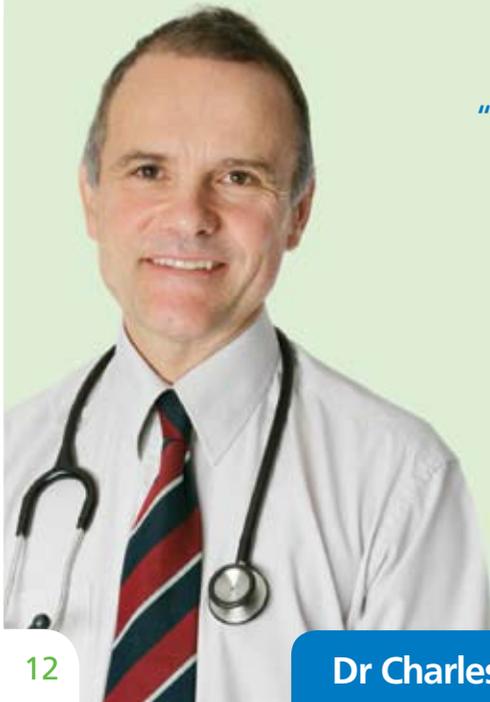
Your assessor will enter all the information that they have collected about you into a computer programme to estimate your risk of having a cardiovascular event (a heart attack or a stroke) over the next 10 years.

Your result



If your risk is high, you will be given advice about how to lower your risk. You may be given medicines or offered further support to help reduce your risk.

Whatever your result, even if your risk is assessed as being low, you will be given advice about staying healthy.



“Patients have told us they want to maintain good health so that they can enjoy life and be healthy for their family. Making small changes will help to reduce your cardiovascular risk which may reduce, delay or remove the need for long-term medicines.”

Lewisham Health Trainers

Freephone 0808 1410 118

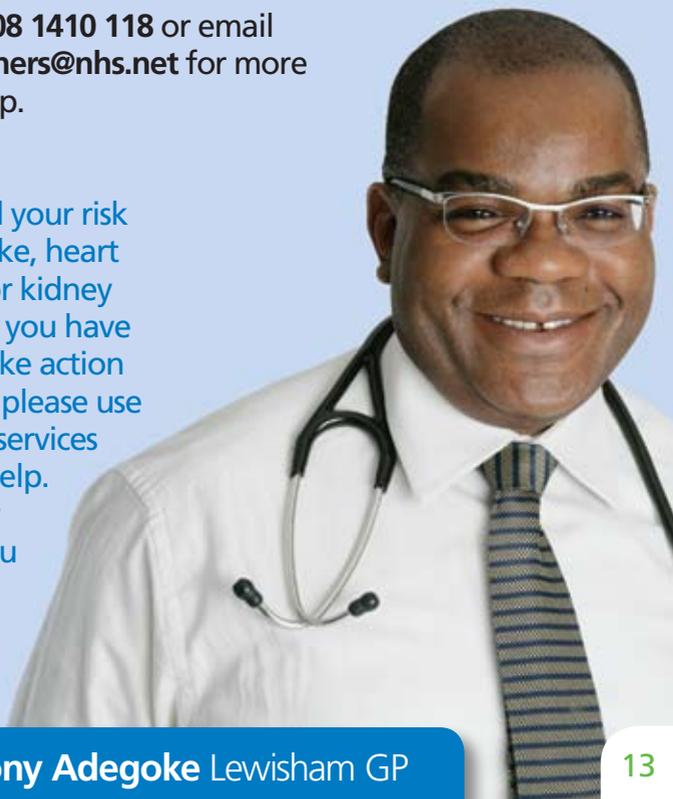
The Lewisham Health Trainers service helps people to make healthier lifestyle choices. Any Lewisham resident aged over 18 can use the scheme unless you have a severe long term clinical condition and/or a BMI of over 35.

Health Trainers can provide one to one support, provide tailored advice and different techniques to encourage people to make changes that will have a positive impact on their health and well being.

Health Trainers can also direct people to the most appropriate local service to help them.

Call freephone **0808 1410 118** or email **lew-pct.healthtrainers@nhs.net** for more information or help.

“You have now had your risk of developing stroke, heart disease, diabetes or kidney disease assessed. If you have been advised to take action to lower your risk, please use the range of local services that are there to help. The Health Trainer service can help you to do this.”



Dr Tony Adegoke Lewisham GP

Your goals

Set yourself some goals to work towards. Start off with one or two changes that you could make to improve your health. Remember small changes can make a big difference.

What would I like to achieve?

What small thing can I commit to changing?

How can I measure it?

How will I know if I'm successful?

What might get in the way?

How will I stop that happening?

Who can help me?

Summary of your results

Your name

Date of Health Check

Health Check undertaken by

Location

Blood pressure test



Body mass index (BMI) test

Your result



Cholesterol test

Your result

Total

TC/HDL

Physical activity

Your result



Cardiovascular disease risk score

Your result





To find out how to have a healthier and more active lifestyle, call the **Lewisham Health Trainers** on freephone **0808 1410 118**.

For further information and advice on the **NHS Health Check** call the helpline on **0845 850 9850**, text phone **0845 606 4647** or visit www.nhs.uk/nhshealthcheck or www.lewishampct.nhs.uk

If you would like this leaflet in another language, Braille, an easy-to-read format, or on CD or audio-tape, please telephone 020 7206 3200 or email lew-pct.communication-engagement@nhs.net

本文件可以翻译为另一语文版本，或制作成另一格式，如有此需要，或需要传译员的协助，请与我们联系。

Haddii aad ku rabtid dokumentigaan luqado kale ama daabacaad kale, ama haddii aad u baahan tahay turjibaan, fadlan nala soo xiriir.

Bu belgenin Türkçe'sini edinmek ya da Türkçe bilen birisinin size yardımcı olmasını istiyorsanız, bize başvurabilirsiniz.

Nếu quý vị muốn có tài liệu này ấn hành bằng ngôn ngữ hoặc khuôn khổ khác, hoặc nếu quý vị cần một thông dịch viên giúp đỡ, xin liên lạc với chúng tôi.