

South Tees Heart Health Check

Your Results

Name:

Pulse				/min
Regular <input type="checkbox"/>	Irregular <input type="checkbox"/>			
Blood Pressure				/
Height	m	ft	"	
Weight	kg	st	lbs	
BMI (Body Mass Index)				
Waist Measurement	cm	inches		
Total Cholesterol				
Good Cholesterol				HDL
Ratio				
Type 2 Diabetes Risk Score				
Diabetes: HbA1c				
Audit C Score	Alcohol risk assessment			
Your Risk Score				%

% Risk Score

Cardiovascular Disease Risk Score

Your healthcare professional will enter your results into a risk calculator, which will estimate your risk of having a cardiovascular event (a heart attack or stroke) within the next 10 years.



You will be given information on how to reduce your risk and improve your health — starting today.

Additional Tests

If your BMI and/or your blood pressure results are high, you may be advised to have tests to check to see if you are at a high risk of developing Type 2 Diabetes or Kidney Disease.




Risk Score Explained

Your risk score is given to you as a percentage. This means if you have a **10% risk** you have a **1 in 10** chance of having a heart attack or stroke within the next 10 years.



Blood Pressure and Pulse

Systolic blood pressure (the top number) is the pressure exerted when your heart pumps. Diastolic pressure (the bottom number) is the pressure exerted when your heart is at rest. High blood pressure (Hypertension) increases the risk of Cardiovascular Disease



Your Blood Pressure should be less than 140/90

High blood pressure can be treated or prevented



Lifestyle changes



Diet and exercise



Medicines on prescription

There can be lots of reasons why your pulse may be slower or faster.

Age, fitness, caffeine, stress, anxiety, medication or illness can all affect your pulse.

An irregular pulse or very fast or slow pulse can all be indicators of heart disease.



Average resting pulse 60-100 beats per minute

Body Mass Index (BMI)

Checking your BMI is useful to help you decide if you need to reduce your weight.



Normal

If your BMI is between 18.5 and 24.9, your result falls into the healthy BMI range



Overweight

If your BMI is between 25 and 29.9, your result falls into the overweight BMI range



Obese

If your BMI is greater than 30, your result falls into the obese BMI range



For men waist circumference should be less than 94cm

90cm for men of African Caribbean, South Asian, Chinese and Japanese origin.
Source www.bhf.org.uk



All women's waist circumference should be less than 80cm



Storing fat around your middle is strongly linked with Type 2 Diabetes and heart disease

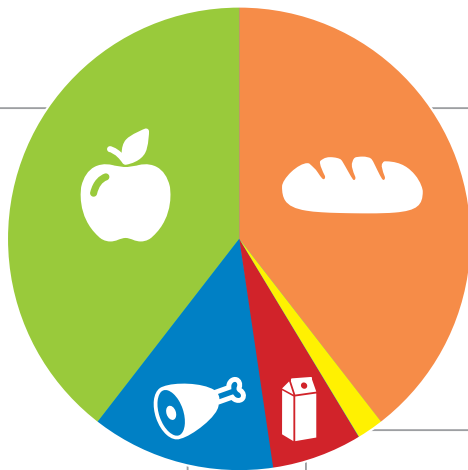


Don't miss meals, you may overeat later

Diet/Healthy Eating

A healthy diet is made up of foods from five different groups

Fruits and vegetables



Potatoes, pasta, bread, rice
Starchy foods

Proteins

Beans, pulses, fish, eggs and meat

Oils and spreads

Choose unsaturated

Dairy and alternatives

More:
Oily fish, fruit and veg

Less:
Salt, fat and sugar

Food label decoder	Fat	Saturates	Sugars	Salt
Low Healthier choice	3g or less	1.5g or less	5g or less	0.3g or less
Medium OK most of the time	3.1g to 17.5g	1.6g to 5g	1.6g to 5g	0.31g to 1.5g
High Just occasionally	More than 17.5g	More than 5g	More than 22.5g	More than 1.5g

Exercise

When it comes to getting active, every little helps

Aim for a minimum of 30 minutes of moderate activity 5 days per week



30 minutes continuous activity is best but can be worked towards. (3 lots of 10 minutes or 2 lots of 15 minutes)



Moderate describes an activity that makes you feel warmer and raises your heart rate slightly. You should still be able to talk.



Try some different ways of getting active



Swimming



Cycling



Dancing



Gardening

Take a few lunchtime walks during the week

Try a fitness tracker or app to help increase your daily steps

Get off the bus a stop earlier and walk the rest of the way



Even housework is a great way to stay active

Smoking



Stopping smoking is the most important change a person can make to improve their health.

Any age - it's never too late

Tobacco smoke contains over 4,000 chemicals

Every time you smoke, these enter your lungs and go straight into your blood stream and body tissues increasing your risk of developing heart disease, stroke, cancer and lung conditions.



Just think of what you could spend the money on instead



Think about hobbies and keeping active

If you've struggled to quit take a moment to think about why.



Then make a plan to
SUCCEED

You are 4 times more likely to quit if you get help from your local Stop Smoking Service

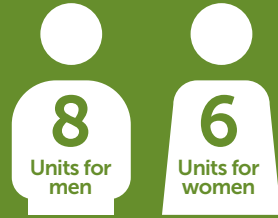


Alcohol

1 unit = half a normal strength beer or a very small glass of wine (100ml) or a 25ml shot of spirits (40% ABV)



Men and women are advised not to drink more than 14 units a week on a regular basis



Binge drinking is drinking 8 units or more in one session for men; 6 units or more in one session for women

Alcohol risk assessment/AUDIT-C

0-7
Low Risk

8-15
Increasing Risk

16-19
Higher Risk

20+
Possible Dependence

If you intend to drink alcohol, fill up on water throughout the day as well as before you go to sleep.

When you drink at home, you can underestimate the number of units poured. Keep count and stay in control.

Don't start drinking before you go out. Decide on your limit and plan how you are going to get home safely.

Have 2-3 Alcohol free days per week

Cholesterol

Cholesterol is a fat that is carried around our bodies in the blood. We need some cholesterol to keep healthy. However too much cholesterol can cause our arteries to become blocked.

Normal Artery



Normal blood flow

Diseased Artery



Reduced blood flow

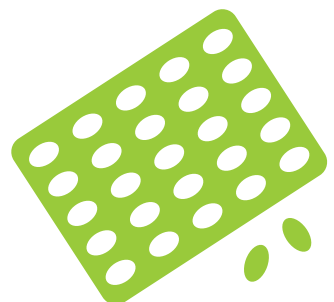
2 main types of cholesterol

HDL (Good cholesterol) + NON-HDL (Bad cholesterol)
= Total Cholesterol (TC)

Ratio	Total Cholesterol	Concern
Total cholesterol divided by HDL should be less than 6	Although there is no specific target for TC, ideally it should be 5 or less	A high TC requires further investigation. Greater than 7.5

Statins

If your cholesterol level is too high or the ratio is not ideal you will be given advice on how to improve it. If your cholesterol levels need treatment you may be prescribed a statin.



Dementia Awareness

Vascular dementia is the second most common form of dementia after Alzheimers Dementia. It is caused by problems in the blood supply to the brain.

Progress varies from person to person. Risk factors that increase the chance of developing vascular disease (eg. heart disease, stroke, diabetes and kidney disease) also increase the chance of developing dementia.

The earlier a diagnosis is made the better the chance of treatment to slow the progression of the disease.

Becoming forgetful does not necessarily mean that a person has dementia. Discuss concerns with a doctor or nurse.

Briefly forgetting someone's name, or occasional trouble with memory can be a normal part of ageing.

If you are worried about your memory, the first step is to visit your GP as soon as possible.



Further Advice

If you'd like to find out more about having a healthy heart, contact your GP and please visit:

www.alcoholchange.org.uk

www.weightwatchers.com/uk/healthieryou

www.heartuk.org.uk

www.bhf.org.uk

www.alzheimers.org.uk

www.nhs.uk/better-health

www.nhs.uk/healthier-families



Further Investigations

BP

ECG

eGFR

Statin information / Prescription

See GP

Further Investigations

Diet

Exercise

Smoking

Alcohol

Notes