

Stroke

Dementia

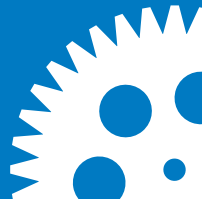
Heart disease

Diabetes

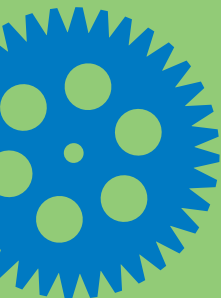
Kidney disease

Free NHS Health Check for carers

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



Working together to improve your health



We know that people who care for a friend or relative with an illness or disability can sometimes neglect their own health. Having a free NHS Health Check will leave you better prepared for the future and able to take steps to maintain or improve your health.

Why do I need an NHS Health Check?

Everyone is at risk of developing heart disease, stroke, diabetes, kidney disease and dementia. We know that your risk of developing these conditions 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.

- 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 physically inactive 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 having your NHS Health Check now. We can then work with you to lower your chances of developing these health problems in the future.

What happens at the check?

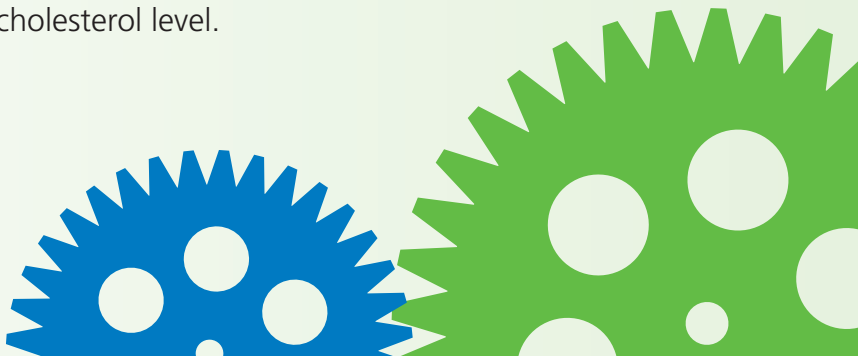
This check is to assess your risk of developing heart disease, type 2 diabetes, kidney disease, and stroke.

- The check will take about 20–30 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 take your blood pressure.
- We'll do a simple blood test to check your cholesterol level.

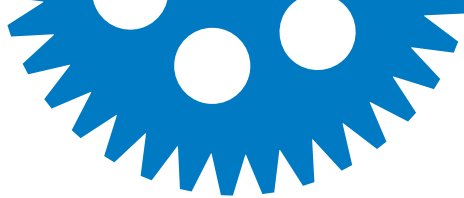
What happens after the check?

We will discuss how you can 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.



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.

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 eat healthily, reach your healthy weight, be more active, cut down your drinking, or stop smoking.

If you would like more copies of this leaflet or you need it in an alternative format, contact the Communications Officer for Adults and Communities at Barnet Council on **020 8359 7150** or email **adultsocialcare@barnet.gov.uk**

Download a copy at **www.barnet.gov.uk/carers**

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?

In Barnet, this check is being offered specifically to people who provide regular care to a friend or relative with an illness or disability. All carers between the ages of 40 and 74 who have not been diagnosed with the conditions mentioned will be invited for a check once every five years.

You can contact your GP directly if you would like to arrange a health check. Your GP can also refer you to the Carers Nurse to discuss your particular health issues, or can give you a Health Break Prescription. This is to provide you with a break from caring, if you are not currently getting any breaks and your caring role is affecting your health and wellbeing.