

# HEALTH CHECK- CARDIOVASCULAR DISEASE RISK (CVD) CLINIC

- ✚ Since the beginning of November Littlewick Medical centre has been pleased to offer this new clinic which is initially for those thought to be most at risk of heart disease or stroke and eventually hopefully will be offered to all those between the ages of 40-74 .These checks will be once every 5 years and will give the person their own individual risk of getting heart disease or stroke over the following 10 years.
- ✚ People are called by invitation only using a Derbyshire County PCT computer program. Before the clinic you will be asked to go to Ilkeston hospital for cholesterol, glucose and liver blood tests.
- ✚ At the health check you will be offered a check of your body mass index (BMI), your blood pressure , your smoking and alcohol status and diet and exercise questions will be asked. On the basis of this information your personalised 10 year heart and stroke risk will be calculated using the QRISK score (see <http://www.qrisk.org/>).
- ✚ When discussing your lifestyle simple and helpful advice can be given and onward referral to our stopping smoking or weight management clinic can be made .Also referral can be made to the Derbyshire waistwise clinic as needed (see <http://www.waistwisederbyshire.co.uk/> ).
- ✚ People with alcohol issues will be referred to the GP for support and advice who can refer them on if that person needs more help. The clinic is offered on 4 days a week with our health care assistants sue and lisa.