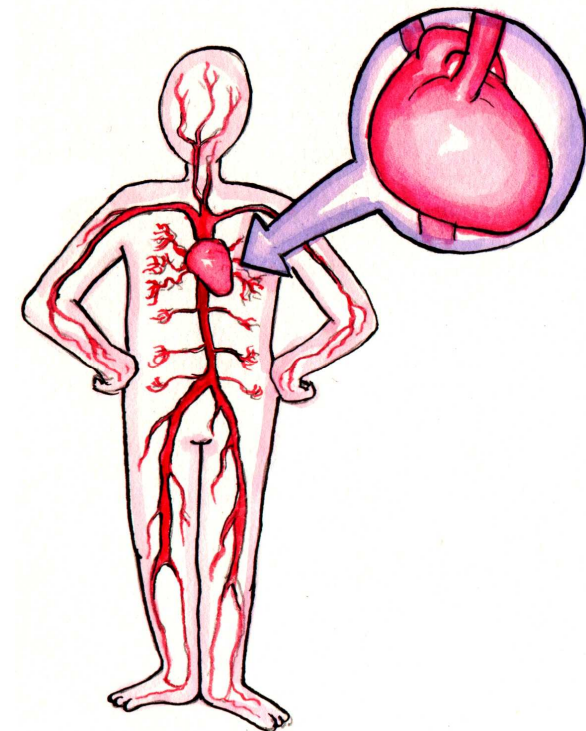
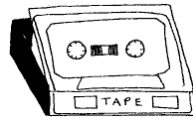
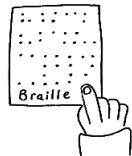




# Having a vascular risk check



This leaflet is available in other languages or formats



For more information see [www.cwp.nhs.uk](http://www.cwp.nhs.uk).

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The information in this leaflet was valid at the date of production **March 2009** and is due for review in **March 2011**.

Leaflet code: E-HVRC-09-280

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This leaflet tells you about having a  
vascular risk check

It is very important to look after your heart.  
Looking after your heart will keep your body healthy.



There are things that can damage your heart



Eating fatty food every day

Not getting enough exercise



Sitting and watching too much television



Drinking too much alcohol

Smoking



If you damage your heart you can become ill and you could get cardiovascular disease.

## Your action plan

Your health	What you need to do	Who will help you	Review 
			
			
			
			
			
			
Other things			

## What happens after the check?

The doctor or nurse will talk to you about the results of your tests.

They will write the results in the boxes below .



Your cardiovascular risk score is	
Your diabetes risk score is	
Your blood cholesterol level is	
Your BMI score is	

The doctor or nurse will explain the results to you and your carer.

They will talk to you about your health.

They will tell you the things you need to do to keep your heart healthy.



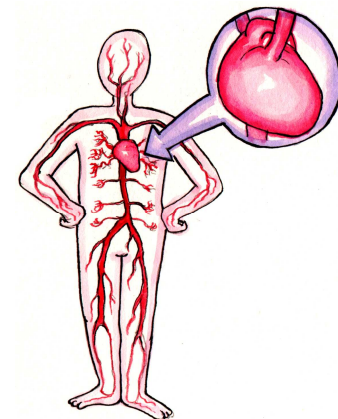
They will help you to write your own action plan.

## What is cardiovascular disease?

Cardiovascular disease is when fat builds up in your blood or your heart.

The fat stops your blood from moving around in your body and can give you

- a heart attack or stroke
- diabetes
- problems with your kidneys



## What is a vascular risk check?

A vascular risk check will tell you

- how much fat is in your blood
- if you are damaging your heart
- if you could get cardiovascular disease



There are things you can do to make your heart healthier.

**This is why it is really important to have the check.**

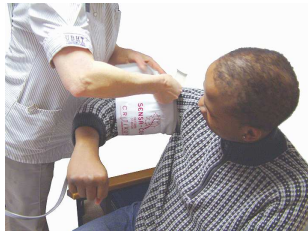
## Who should have the check?

If you are aged 40 or above you should have a vascular risk check every year.

## What happens when I come for the check?

The nurse or doctor at your GP surgery will do the vascular risk check.

**The doctor or nurse will do some tests.**



Take your blood pressure 3 times



Measure your height



Test your urine

Take a sample of your blood



Check your weight



Measure your waist



The nurse or doctor will also ask you some questions.



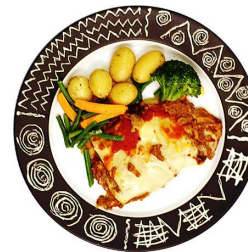
They will ask you questions about your health and your families health

They will talk to you about your medication



They will ask you if you smoke

They will ask you if you drink alcohol



They will ask you what food you eat

They will ask you what exercise you do

