**Looking after your future health**

**Full name: DOB: NHS No:**

Knowing your results and risk factors will help you to understand if you are at risk of heart attacks, diabetes, strokes, kidney disease and dementia. Please bring this leaflet to your appointment.

At your appointment we will talk about:

* what is important to you
* any questions you might have
* things you can do to live well and stay well

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| **What are the most important things to you at the moment?** |
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| **These are some things that people sometimes want to talk about.**  |
| Giving up smoking | Alcohol |
| Weight | How do I lower my risk? |
| Healthier eating | Feeling isolated |
| Physical activity | Mood |

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| **What else would you like to discuss?** |
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| **YOUR HEART AND STROKE RISK SCORE** |

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| This is your risk of developing heart disease over the next 10 years. The score uses your personal information, your age and the results in this letter. It is better if the score is less than 10%. You can lower your risk by being more active, stopping smoking, losing weight, eating healthily and reducing the amount of alcohol you drink.  | **Low risk** | **More risk** | **Higher risk** |
| Less than 10% | 10 to 20% | 20% and above |
| **CURRENT** | **PREVIOUS** |
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| **IMPROVING YOUR FUTURE HEALTH** |

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| **BODY MASS INDEX (BMI)** |
| Your BMI tells you if you are a healthy or unhealthy weight for your height.  | **Low risk** | **More risk** | **Higher risk** |
| 20 to 25 | 25 to 30 | Above 30 |
| **CURRENT** | **PREVIOUS** |
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| **SMOKING**  |
| Stopping smoking is one of the best things you can do to stay healthy. | **Low risk** | **More risk** | **Higher risk** |
| Non smoker | Ex or passive | Tobacco user |
| **Current smoking status** |  |

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| **BLOOD PRESSURE** |
| Keeping your blood pressure below 140/90 reduces your risk of health problems. | **Low risk** | **More risk** | **Higher risk** |
| Less than 140/90 | 140/90 to 160/100 | 160/100 or above |
| **CURRENT** | **PREVIOUS** |
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| **CHOLESTEROL AND BLOOD FATS** |
| **Type of cholesterol** | **Current** | **Previous** | **Low Risk** | **Increasing risk** |
| **Non-HDL** |  |  | 4 or less  | Above 4  |
| **Total Cholesterol** |  |  | 5 or less | Above 5 |
| Lowering your cholesterol can reduce your risk of heart attacks and strokes. Your non-HDL cholesterol should be less than 4mmol/L. Your total cholesterol should be less than 5mmol/L. |

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| **CHECKING IF YOU ARE AT RISK OF DEVELOPING DIABETES: HbA1c** |
| A blood test called HbA1c can detect diabetes. A level above 42 means you are at risk of developing diabetes and over 48 that you may have diabetes. | **Low risk** | **More risk** | **Higher risk** |
| Less than 42 | 42 - 48 | Above 48 |
| **CURRENT** | **PREVIOUS** |
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