

**NHS
HEALTH
CHECK**

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia



Live in Lambeth?
Aged 40-74?

Come and have your
Free NHS Health check
at a local venue near you.

This check can help you
reduce these risks and make
sure that you stay healthy.

Even though you might be
feeling great, if you're over
forty you may be at risk
of heart disease, stroke,
kidney disease, diabetes
or dementia.

Contact telephone number
020 3049 5237/5239

**Windrush Square
(opposite Lambeth Town Hall)
on
9th, 10th and 11th December
from 10am till 5pm**

*You will not be offered a Health Check if you have been diagnosed
with one or more of the above conditions listed, or are on
statins / blood pressure medication.

On the day of your NHS Health Check

The NHS Health Check shouldn't last more than half an hour. During the NHS Health Check you'll:

- Be asked questions and have health tests that will give a picture of your health.
- Discuss the results, including personalised advice and lifestyle support.
- If you're aged between 65 and 74, you will also be told the signs and symptoms of dementia, and you'll be made aware of memory services nearby.

What happens at the Health Check?



The nurse will check to see how likely you are to get heart disease, type 2 diabetes, kidney disease or stroke.



The check will take about 20 to 30 minutes. The doctor or nurse will:



- Ask you some simple questions about things like your family history and any medicines you take already



- Measure your height and weight



- Make a note of your age, sex and ethnicity



- Take your blood pressure

- Do a simple blood test to check your cholesterol



- The nurse will tell you your results and give you advice if necessary.