

Questions answered:

What is my CVD risk score?

At the end of the screening you are given a % score. This tells you your probability of a CVD in the next 10 years. If your score is high then treatment will help reduce this.

What levels of alcohol are safe to drink?

The maximum weekly limit is males: 21 units and females 14 units.

I feel normal, so why do I need a CVD screening?

The check is to reduce any potential risks early that may eventually lead to CVD in the future.



If you have any further questions or would like more information please do not hesitate to contact your local GP practice.

Further Information::

Information about screening:

www.patient.co.uk/health/Cardiovascular-Health-Risk-Assessment.htm

Information about CVD:

www.nhs.uk/Conditions/cardiovascular-disease/Pages/Prevention-adults.aspx

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**Institute for Innovation
and Improvement**

CARDIOVASCULAR SCREENING

Do you have 20 minutes that could save your life?



What is CVD?

Cardiovascular Disease (CVD) is a term used to describe diseases affecting the heart or blood vessels. It is very common due to our diet and lifestyle. CVD is caused by atheroma (small fatty lumps) in blood vessels that cause them to narrow and reduce the blood supply to our heart and organs. This can increase the risk of a blood clot that can lead to various CVD: heart attack, stroke, angina, and vascular disease.

If you have hypertension or diabetes you will automatically be screened

Should I get screened?

Use this checklist to decide if you should have a screening for CVD:

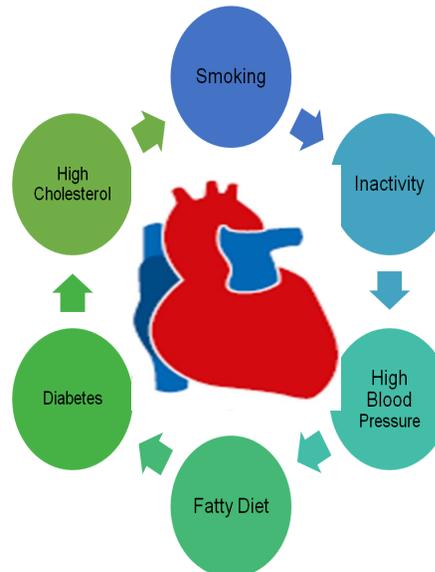
- Are you aged 40-75?
- Do you have a family history of heart disease or stroke?
- Do you or a family member have a high cholesterol levels?

If you answered **'yes'** to one or more of these questions, then it is important to contact your GP surgery to book a CVD screening.

What happens during the checkup?

- ⇒ The appointment is with a nurse and lasts about 20-30 minutes.
- ⇒ We will go through some questions with you about your family history, smoking, diet, alcohol intake, exercise and any medication you take.
- ⇒ You will have some blood test taken to look at your sugar and cholesterol levels and have a urine sample taken.
- ⇒ You will have your blood pressure taken and your height/weight to calculate your BMI (Body Mass Index).

Risk factors for CVD



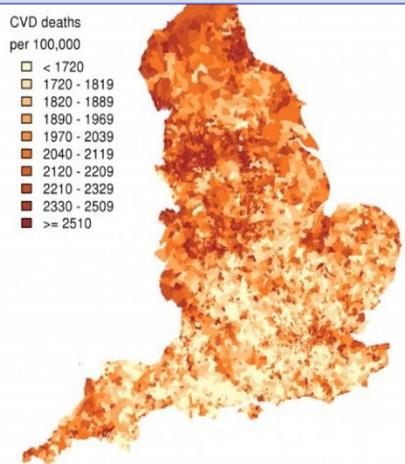
What can I do to reduce my risks of CVD?

- Quit smoking
- Exercise regularly for at least 30 minutes
- Eating a healthy diet
- Drink alcohol in moderate amounts

Ask your doctor for further advice or specialist services to help with any of the above.

CVD deaths per 100,000

- < 1720
- 1720 - 1819
- 1820 - 1889
- 1890 - 1969
- 1970 - 2039
- 2040 - 2119
- 2120 - 2209
- 2210 - 2329
- 2330 - 2509
- >= 2510



What happens at the end of the screening?

We will discuss the results and provide you with personalised advice and support on how to reduce your risk. This may include treatment to reduce your cholesterol and blood pressure. You may also be called back for more tests to see if these changes have worked.