**News from Clift Surgery**

The surgery is pleased to announce two new doctors, **Dr Laura Champion**, is specialising in diabetes with Dr Ward and **Dr Katherine White**, who is involved with training. Both doctors trained at Clift Surgery and are delighted to be back.

The surgery has also welcomed a new Health Care Assistant **Jo Walker**.

**Did you know that people aged 40 – 74 are entitled to a health check?**

The NHS Health Check is a free check-up of your overall health. It can tell you whether you're at higher risk of getting certain health problems, such as: [heart disease](https://www.nhs.uk/conditions/coronary-heart-disease/), [diabetes](https://www.nhs.uk/conditions/diabetes/), [kidney disease](https://www.nhs.uk/conditions/kidney-disease/), [stroke](https://www.nhs.uk/conditions/stroke/).

During the check-up you'll discuss how to reduce your risk of these conditions. If you’re aged over 65, you’ll also be told about [symptoms of dementia](https://www.nhs.uk/conditions/dementia/symptoms-and-diagnosis/symptoms/) to look out for.

**Who is the NHS Health Check for?**

The check is for people who are aged 40 to 74 who do not have some pre-existing conditions. See https://www.nhs.uk/tests-and-treatments/nhs-health-check.

**How do I get an NHS Health Check?**

If eligible, you should be invited to an NHS Health Check by your GP every 5 years. If you think you are eligible but have not been invited, contact your GP surgery.

**What happens at an NHS Health Check?**

Your NHS Health Check will usually be done by a nurse, but it could also be a doctor, pharmacist or healthcare assistant.

The check takes about 20 to 30 minutes and usually includes:

* measuring your height and weight, measuring your waist, a [blood pressure test](https://www.nhs.uk/conditions/blood-pressure-test/), a [cholesterol test](https://www.nhs.uk/conditions/high-cholesterol/getting-tested/), and possibly a blood sugar level test, which is usually a finger-prick blood test. You may be asked to have a blood test at or before the NHS Health Check

You’ll also be asked some questions about your health including:

* whether any of your close relatives have had any medical conditions, if you smoke, and how much, if you drink alcohol, and how much, how much physical activity you do. Your age, gender and ethnicity will also be recorded.

**Your NHS Health Check results**

You'll usually be told your NHS Health Check results during the appointment.

You'll be given your cardiovascular risk score of developing a heart or circulation problem, such as heart disease, stroke, type 2 diabetes or kidney disease, over the next 10 years.

Everybody's cardiovascular risk rises with age, so the next time you have an NHS Health Check your risk score may be higher, even if your test results are the same.

There are some things about your risk which you cannot change, such as your age, ethnicity and family history. But the most important factors in your risk score (such as smoking, your cholesterol level and blood pressure) can be changed.

You will receive advice on how to improve your scores if needed.

**This is an important check up, so please remind friends and relatives to take up this offer.**