

preceding 12 months (not including a GP Management Plan)

RISK ASSESSMENT:

- Blood pressure
- Smoking status
- Cholesterol
- Diabetes status
- Chronic kidney disease
- Family history
- Alcohol intake
- Cardiovascular Disease risk

RISK FACTORS:

- High blood pressure
- High cholesterol
- Unhealthy weight
- Alcohol consumption
- Smoking
- Lack of physical activity
- Poor diet
- Age
- Gender
- Ethnicity
- Family history

WHAT IS A HEART HEALTH CHECK?

It is an assessment to calculate a patient's risk of having a heart attack or stroke in the next five years. Many people are unaware of the risk factors they may have including high blood pressure and high cholesterol as these conditions can remain silent. The outcome of the heart health check is to provide you with the information and resources to lower your risk.

STATISTICS¹

- 1 Australian has a heart attack or stroke every 4 minutes
- 3/4 of Australians are at risk of developing Cardiovascular Disease (CVD)
- Twice as many men than women suffer heart attacks and Aboriginal and Torres Strait Islanders are at higher risk of developing cardiovascular disease
- 1/5 Australians between 45-47 have a high chance of a heart attack or stroke in the next 5 years
- Cardiovascular disease is responsible for 1 in 4 deaths, one every 12 minutes

WHAT DOES IT INVOLVE?

An initial appointment with the doctor to get the forms for blood tests and ECG.

You will need to have these tests a few working days before your follow up appointments

A nurse appointment (30minutes)

- Medical and family history
- Observations, cholesterol and sugar levels
- Discuss lifestyle – diet and exercise
- Calculate Heart Health Risk

Appointment with your GP (15minutes)

- Review and completion of the Heart Health Check
- Develop management plan
- Referrals if needed

¹ National Heart Foundation 2021, viewed 11 April 2022, <[www.https://www.heartfoundation.org.au/](https://www.heartfoundation.org.au/)>

