Heart check



Heart disease is the biggest cause of death and disability in New Zealand.

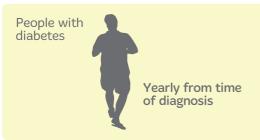
Knowing your risk gives you the chance to take steps to protect your heart.

When should I see my doctor?











What happens in a heart check?

During a heart check, together with your doctor or nurse you will estimate your risk of having a heart attack in the next five years, and discuss options and choices to protect your heart.

Together with your doctor or nurse, you are likely to:

- discuss any family history of heart attack or stroke
- measure your blood pressure, height, weight and waist circumference
- discuss blood test results
- · talk about risk factors such as smoking, activity and diet.

Things you may like to think about

- What would your risk mean for you and your family? What would it mean in a few years time?
- What does my doctor or nurse recommend as the best way for me to lower my risk?
- What would I like to do to lower my risk?

Choices you can make to lower your risk of heart attack and stroke

