

45 - 49 Year Old Health Check

What next....

Once the health assessment has been completed, the GP or Nurse will then provide information and advice on the strategies you can use to achieve lifestyle and behaviour changes. By checking your lifestyle for health risks, you receive personalised advice on how to reduce your risk of illness by making some healthy changes, providing you with practical advice to help you improve your health, and putting you in touch with expert advice, information and support.



New England Division of General Practice (NEDGP) is working towards:

- Maintaining and improving standards of General Practice;
- Bringing General Practitioners closer to the community;
- Identifying the health care needs of the community within its boundaries and facilitating programs and services to meet those needs;
- Providing educational and practical support for the optimal delivery of primary health care in the Division area;
- Facilitating links between General Practitioners and other health care professionals throughout the Division; and
- Promoting research programs which focus on issues relating to rural General Practice

213 Rusden St, Armidale, 2350 NSW
 Send to : PO Box 1321, Armidale NSW
 Contact : 02 6771 1146 Fax: 6771 1170
www.nedgp.org.au



45 - 49 Year Old Health Check



Patient Information





45 - 49 Year Old Health Check

Did you know.....

That your lifestyle or even family history can put you at risk of developing an ongoing health problem?

The Australian Institute of Health and Welfare estimates that 94% of males and 89% of females in the 45-54-age range have at least one risk factor for cardiovascular disease. Almost one in four Australians 25 years and over has either diabetes or impaired glucose metabolism, which increases the risk of heart disease and diabetes later in life.

A health check in your mid to late 40s can assist in making the necessary lifestyle changes to prevent or delay the onset of a chronic disease. After all, it is better to avoid disease than treat it.

The 45—49 year old Health Check will give us the opportunity to look at your lifestyle and medical/family history to find out if you are at risk.

The Health Check involves:

1. Updating your medical history and looking at your health issues
2. Doing tests (such as blood pressure), if required
3. Follow up if any problems are identified
4. Advice and information, for example on how to make lifestyle changes to improve your health

If you are currently within the age of 45 and 49 you may have a “risk factor”. This meaning anything that increases your chance of developing a disease, than you are entitled to a health check.

Risk factors include:

1. High blood pressure
2. Lack of physical activity
3. Extra weight
4. Unbalanced diet
5. High cholesterol
6. Family history of disease (eg cancer, glaucoma, heart disease, depression or diabetes)
7. Smoking
8. High stress levels
9. Sun exposure

When booking your appointment, please ensure to let reception staff know that it is for a 45—49 Year Old Health Check so they can allocate an appropriate time for the GP and/or Practice Nurse.

If you have any friends or family members that would be eligible to this Health Check, talk to them about it and encourage them to visit their usual GP.

