

## Health Screening

Age: 60+

Our practice follows evidence based medicine in that prevention and screening for specific health concerns can pick up disease early and reduce disease impact.

For this reason, we invite you to help us ensure your health risks are monitored as recognised by currently guidelines.

To do this we invite you to complete the following table. Following your input reminders will be set in our system as in the column frequency recommended to ensure your health is monitored.

If you do not fill in the table, these issues will be brought up opportunistically with your Doctor.

Please complete table by ticking if you are happy to participate and putting the date of the last check you can recall being done.

	Happy to participate	Last check	Freq recommended	Doctor freq recommended instead	Admin only Inputted
<b>Weight (BMI &amp; waist)</b>			Two yearly		
<b>Smoking</b>			Opportunistically		
<b>Nutrition</b>			Two yearly		
<b>Alcohol</b>			Two-four years		
<b>Physical activity</b>			Two yearly		

### Prevention of vascular disease

<b>Absolute cardiovascular disease risk assessment</b>			Two yearly		
<b>Blood pressure</b>			Two yearly		
<b>Cholesterol and other lipids</b>			Five yearly		
<b>Type 2 diabetes</b>			Three yearly		

### Cancer

<b>Colorectal cancer</b>			Two yearly (stop at 75)		
<b>Breast cancer</b>			Two yearly (stop at 75)		
<b>Skin cancer</b>			Opportunistically		
<b>Cervical cancer (dec 2017)</b>			Two yearly (stop at 70)		

**Psychosocial**

<b>Depression</b>			Opportunistically		
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**Immunisation**

<b>Influenza vaccine</b>			Annual aged 65+		
<b>Pneumococcal</b>			Once		
<b>Herpes Zoster</b>			Once aged 60+		

**Other**

<b>Physical activity</b>			Two yearly		
<b>Falls risk</b>			Annual 65+		
<b>Vision and hearing</b>			Annual 65+		
<b>Oral health</b>			Annual		
<b>Glaucoma</b>			As per eye assessment		
<b>Osteoporosis in post menopausal women</b>			Annual		
<b>Osteoporosis in men</b>			Annual		
<b>Medication review</b>			Annual		
<b>Reminder for planned health check</b>			Age 45-65		