

## Patient declaration and consent

I consent to having the following measured as part of the MedicX Pharmacy blood pressure measurement service:

- blood pressure
- waist circumference
- body fat percentage
- weight
- height

I consent to being asked questions to gather information about my personal details, medical and family history and my lifestyle.

I consent to the information gathered and generated by this service being assessed and stored in both hard copy and on computer for the purposes of this service.

I consent where necessary to MedicX Pharmacy contacting me on the telephone number I have provided for purposes associated with this service.

I declare that the information provided by me for the purposes of this service is accurate, true and complete and that there is no reason that I cannot participate in this service.

Print name:

Print address:

Dr's name and Surgery:

Signed:

Dated:

# Cholesterol services

## How healthy are you right now?

## Two thirds of the UK population...

...suffer from a cholesterol level that is above 5mmol/l. While we all like to think that we are taking care of ourselves the statistics can tell a different story. More than 6mmol/l is considered high but government guidelines suggest a target level below 5mmol/l. Men on average have a level of 5.5mmol/l and women 5.6mmol/l.

## What is cholesterol and what does it do?

Cholesterol is a lipid (fat). It is manufactured by the liver from the fatty foods we eat and it is vital for the normal functioning of the body. It is carried by molecules called lipoproteins in the blood to where it is needed.

There are three types of cholesterol in the blood. Keeping the total level under 5 and the right balance between the three types is the best way to maintain a healthy level. Our pharmacist can give you more information if you need it.

There is a great deal of evidence that high cholesterol levels can cause narrowing of the arteries (atherosclerosis), heart attacks and strokes. The risk of coronary heart disease also rises as the blood's cholesterol level increases. If other risk factors, such as high blood pressure and smoking, are present, the risk increases even more. So it is a serious issue for all.

## How healthy are you right now?

We can measure your cholesterol level accurately in our pharmacy during a short and painless consultation. While it may not appear so, it is a complex process with very advanced technology so we apply a small charge. Please ask our pharmacy team for information.

After giving your consent we will invite you to our private consultation room and a fully trained member of our pharmacy team will ask you questions about your medical and family history and about your lifestyle.

We will then measure your cholesterol levels using the most up-to-date technology. This requires a small sample of blood to be taken. Results are quick and accurate.

It should take approximately 15 minutes from when you sit down.

Our pharmacist can then provide you with specific guidance and advice helping you to answer the next question you might ask...

## How can you improve your health?

We can provide you with an easy-to-understand written record of your results that you can discuss with our pharmacist in confidence.

We can tell you where you can get the right kind of help to improve your health and if there is anything you can do to instantly start making a difference.

## One step at a time

It's never easy to make a change but your health is worth it. We will ensure that our advice is realistic and that you take small steps to becoming healthier as well as supporting you with any bigger steps you may need to take.

If you think that you need help answering these questions please ask a member of our pharmacy team.

You will need to complete and sign the form on the next page and then we can start to improve your health...

