

## Patient declaration and consent.

I consent to having the following measured as part of the MedicX Pharmacy healthy heart service:

- blood pressure
- waist circumference
- height and weight
- blood cholesterol
- blood glucose

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 / email address 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 and that I am over 16 years of age.

Print name:

Print address:

Telephone number:

Email address:

Dr's name and Surgery:

Signed:

Dated:

# Healthy heart services

## How healthy are you right now?

## Every six minutes...

...somebody in the UK dies from a heart attack.

There are easy, everyday changes that you can do to help keep your heart healthy and reduce your risk of developing cardiovascular disease. Your lifestyle has a strong impact on the health of your heart and the risk of developing one of the leading causes of death for both men and women in the UK - Cardiovascular disease.

## What is Cardiovascular disease?

Cardiovascular disease is much more than just what we know as a heart attack. It is a wider term for a state in which the heart doesn't work well enough to meet the needs of the body.

Angina is the most common form of heart disease and other conditions include heart failure and abnormal heart rhythms.

These conditions develop over a period of years and can't be cured. Looking after your heart every day is the most reliable way to ensure your heart stays healthy.

## How healthy are you right now?

We can measure your blood pressure, cholesterol and blood glucose 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, blood glucose levels, blood pressure and body mass index using the most up-to-date technology. This requires a small sample of blood to be taken and the results are quick and easy.

It should take approximately 20 minutes from when you sit down.

Our pharmacist can then provide you with specific guidance and advice helping to answer the next question you may 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 yourself 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 team.

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

