

Important health checks



It is really important to get your health checked often. This is to make sure you are fit and well.



There are lots of different checks you can get. They look at different parts of your health.



Annual health check

An **annual health check** is when you get checked every year by your local doctor or nurse.



Anyone who is over 14 and has a learning disability can have an annual health check.



This check measures lots of different things like your weight and blood pressure.

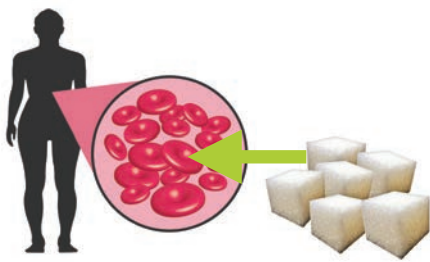


It helps to catch any health problems early. Then you can quickly get the help you need.



After the health check, the doctor should give you a **health action plan**.

This is a list of things you need to do around your health.



Annual diabetes check

Diabetes is an illness where your body cannot control the right amount of sugar in your blood.



Anyone with **diabetes** needs to have at least 1 check up every year.



Health staff will check the amount of sugar in your blood. They will talk to you about how you are managing your diabetes.



Diabetes can affect your eyes. This means it is important to have an eye test every year too.



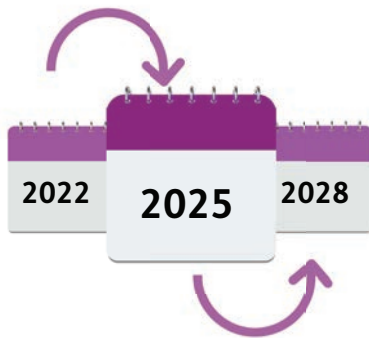
Cervical screening

Cervical screening is offered to women aged 25 to 64.

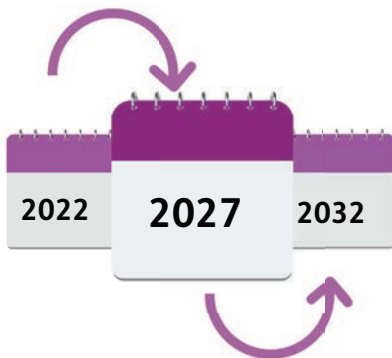


25-64

This check is when a nurse puts a tube into your vagina to collect some cells. The cells are then tested for cancer.



You should be checked every 3 years until you are 50.



And then every 5 years until you are 64.

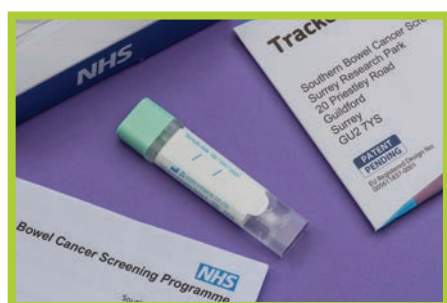


Breast screening

This check is offered to women from age 50 to 70.



In this check, you will have a **mammogram**. A **mammogram** is a type of scan that checks your breasts for cancer.



Bowel screening

This check is for everyone from the age of 60. You should be sent a testing kit to use at home.

You take a small piece of your poo and send it back in a sealed pot.



Your poo is then tested to make sure there are no signs of cancer.



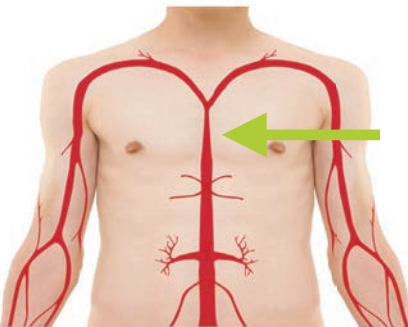
You can phone for a testing kit on:
0800 707 6060



65+

AAA screening

This is a special type of check for men over age 65.



It checks the main **artery** that runs from their heart to their stomach.

An **artery** is a tube blood passes through to get around the body.



This check is to make sure there is no swelling in the main artery.



Checking for dementia

Dementia is when parts of your brain start to die. This usually affects people as they get older.



People with a learning disability are more likely to get dementia, especially people with Down Syndrome.



The earlier people find out they have dementia the better.

This means people can get the right treatment and help as soon as possible.



General health check up

This is a general check up for people aged 40 to 74 years.



It is a way of checking you are healthy and spotting any health problems early.