



## Heart Health Assessment

– yearly 40+, 30+First Nations, no previously diagnosed heart conditions

**A Heart Health Check** is a way for us to see how healthy your heart is and find out your risk of developing heart disease in the future. It's not about diagnosing a problem right now, it's about **preventing** problems before they happen.

**One week prior** to booked appointment, you will need a fasting blood test checking cholesterol and sugar levels.

During the check, we'll:

1. **Talk about health and lifestyle:**

- We'll ask about things like age, family history, diet, physical activity, smoking, and alcohol use.
- We'll also talk about any medical conditions patients have, such as diabetes or high blood pressure.

2. **Check your numbers:**

- We'll measure blood pressure, cholesterol, and blood sugar (if needed).
- We'll record weight and waist size, since these can affect heart health.
- ECG to check the rhythm of your heart. It is helpful to have a baseline now so we can compare future results if needed.

3. **Work out your risk:**

- Using all this information, we can estimate the risk of having a heart attack or stroke in the next 5 years.
- This helps us decide if you would benefit from changes like improving diet or exercise, or from medication to lower your risk.

4. **Make a plan together:**

- We'll go through simple, practical steps to keep hearts healthy (eating well, moving more, quitting smoking, or managing stress.)
- If needed, we'll arrange follow-ups or treatments to help you stay on track.

It's a quick, **preventive** check-up that helps you understand your heart health and what you can do to stay well, both now and in the future.