

Health Checks for Better Health

Every five years, healthy adults are invited to a free health check. Are you between 40 and 74 years old with no pre-existing conditions? If so, then you should get an invitation from the health authority for your health check.

Health checks establish the state of your overall health. It can tell whether you are at high risk for certain conditions such as heart disease, diabetes, kidney disease and stroke. For those over 65, dementia symptoms will be discussed.

The health check helps you to understand the risk factors of certain conditions and gives you advice on prevention. Your individual cardiovascular risk will also be calculated and explained. The health check plays an important role in identifying problems before they do damage.

It only takes 20-30 minutes of your time. You will be asked questions about your lifestyle and family history by a health professional. Height, weight and blood pressure will also be assessed. A simple blood test will be taken that can show whether you are at risk for heart disease, stroke, kidney disease and diabetes.

You will also receive an individual assessment that tells you how to improve your diet, exercise, lose weight or stop smoking. It will also discuss whether it is necessary to take medicine to lower your blood pressure or maintain a healthy cholesterol level.

Health checks are available at various centres throughout the country. You can have one at your local GP surgery, pharmacy or even leisure centre. Health checks are also available in your communities at mobile health units or your workplace.

Over 7 million people are affected by conditions that are screened at health checks. Health checks are responsible for preventing 2,500 heart attacks in the first 5 years of operation. This is because individuals received proper assistance and treatment following their health check.

The latest research indicates that:

- for every 30 to 40 people having a health check, 1 person is diagnosed with high blood pressure
- for every 80 to 200 people having a health check, 1 person is diagnosed with type 2 diabetes
- for every 6 to 10 people having a health check, 1 person is identified as being at high risk of cardiovascular disease



6**Reading for general information**

You are going to read a text about health checks. Look at the questions, scan the text on the next page, and choose the correct answer.

1. The purpose of this page is to ...
 - a. tell the general public about free health checks.
 - b. tell health professionals about the risk factors of patients.
 - c. tell doctors what to check in patients.
 - d. tell people how to stay healthy.
2. Health checks ...
 - a. tell you when to go to the hospital.
 - b. tell you what to do in an emergency.
 - c. tell you how healthy you are.
 - d. tell you about your family history.
3. Health checks are done by ...
 - a. health professionals.
 - b. surgical specialists.
 - c. internists.
 - d. medical students.
4. Health checks are available at ...
 - a. GP surgeries, pharmacies, workplaces, mobile health units.
 - b. GP surgeries, grocers, pharmacies, workplaces.
 - c. workplaces, pharmacies, leisure centres, butchers.
 - d. GP surgeries, schools, workplaces, mobile health units.

7**Reading comprehension**

Read the text again and answer the following questions.

1. How often are health checks?
2. How long do the health checks take?
3. Why is a blood sample taken?
4. What questions will you be asked at the health check?
5. What is assessed at the health check?
6. How many people have conditions that are examined at the health check?
7. According to research, for every 80-200 health checks, one person is diagnosed with what?

6. Reading for general information

5-7mins.

1. a.
2. c.
3. a.
4. a.

7. Reading comprehension

8-10mins.

1. every 5 years
 2. about 20-30 minutes
 3. to see if you are at risk of heart disease, diabetes, kidney disease, stroke
 4. lifestyle and family history
 5. blood pressure, weight and height
 6. over 7 million
 7. diabetes
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