

The Scottish Government is working towards reducing avoidable deaths from Cardiovascular Disease (such as heart attacks or strokes) by 20% over the next 20 years.

We are therefore inviting patients who are between the ages of 35 and 60 to come into the practice for some tests to try to identify those who may be at higher risk of developing Cardiovascular Disease. This is because some risk factors, such as having a high blood pressure or raised cholesterol, may not cause any symptoms so you may not be aware that you have them. If we can help to lower some of your risk factors we can lower the risk of you developing a heart attack or a stroke long term.

There are two steps to the process: the first would be a 10 minute appointment to have your height, weight, waist measurement and smoking status recorded and a blood test to check your cholesterol level and in some cases your blood sugar level.

Around a week later you will have a 10 minute follow up appointment with either Kris Head our practice nurse or Dr Sally McNeill to go through all your results and to identify any areas in which we can help reduce your risk of developing cardiovascular disease. This appointment can be done either via a phone call or face to face if you prefer.

More information about Cardiovascular Disease in general is available at <https://www.nhsinform.scot/illnesses-and-conditions/cardiovascular-disease/>

More information about risk factors for Cardiovascular Disease is available at: [Risk factors for cardiovascular disease | NHS inform](#)

If you are between the ages of 35 and 60 and have not previously had these checks done and you would like to have them done, then please book an appointment for a 'cardiovascular check' by contacting our reception desk on 0131 650 2777.