

Is your Heart Healthy?

Are you at risk from cardiovascular disease?

Coronary heart disease is the leading cause of death in men over 45 and women over 65 across Europe, with the UK having one of the highest death tolls in the world. It is the single largest cause of death in the UK with figures revealing that one in three men and one in four women die from coronary heart disease.

In the UK it is estimated that there are around 330,000 heart attacks every year and around two million people suffer from angina. Around 10% of all hospital admissions for men aged 45 to 64 are for coronary heart disease and chest pain is the most common medical reason for a patient to attend their local accident and emergency unit.

The health services have been challenged to measure the cardiovascular risk of all people over 40 years old. This is a huge task which GPs will struggle to manage alone.

You can get your blood pressure, blood sugar and cholesterol tested in your local pharmacy allowing them to measure cardiovascular risk. Unfortunately pharmacies currently need to make a charge for this service. This may change in the future as more and more.

NHS services are moved from doctors to local pharmacies.

Your local pharmacy is now becoming a much more important part of the NHS, not just dispensing prescriptions but also providing other important healthcare services.

Why not visit your local pharmacy today and see what they can do to help you keep your heart and general health in good check!

For more information contact your local Global Hour Pharmacy on 01924 860361

You may well be at increased risk of CVD if you answer 'yes' to two or more of the following questions:

- Are you a man over 45 or a woman over 55?
- Did your father or brother have a heart attack before age 55 or your mother or sister have one before the age of 65?
- Do you smoke or do you live with people who smoke every day?
- Do you have a high cholesterol level or is your blood pressure higher than 140/90?
- Do you get less than 30 minutes of physical activity on most days?
- Are you more than 20 pounds overweight?
- Do you have a waist circumference of over 35 inches (Women) or 40 inches (Man)?
- Do you have diabetes?