

Heart Disease: Annual Review



Why should I attend?

It is an assessment of the following risk factors:

- Weight
- Cholesterol
- Blood pressure
- Smoking status
- Diet
- Exercise
- Medication review

Annual reviews take place once a year with your GP or practice Nurse

Identify a support network

Finding someone to talk with is essential.

1 in 8

Men die from coronary heart disease in the UK

1 in 14

Women die from a coronary heart disease in the UK



Sudden chest pain or discomfort call 999

Visit: <https://www.bhf.org.uk/>
for more information

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