

WHAT DO MY RESULTS MEAN?

Today you have had an employment health check which has included checking your blood pressure, cholesterol and glucose.

Either one or more of these results have been found to be raised today and the practitioner has advised you to make a follow up appointment with your health care provider to have this investigated further as today is to be used as a screening tool to prevent potential health issues.

This is a simple patient information leaflet with information taken from the NHS to explain what your readings mean and possible complications if left untreated.



LIFELONG HEALTH
FIGHTING FOR YOUR FUTURE

RAISED BP

High blood pressure, or hypertension, rarely has noticeable symptoms.

But if untreated, it increases your risk of serious problems such as heart attacks and strokes. If your blood pressure is too high, it puts extra strain on your blood vessels, heart and other organs, such as the brain, kidneys and eyes.

Persistent high blood pressure can increase your risk of a number of serious and potentially life-threatening conditions, such as: heart disease, heart attacks, strokes, heart failure, peripheral arterial disease, aortic aneurysms, kidney disease and vascular dementia,

If you have high blood pressure, reducing it even a small amount can help lower your risk of these conditions.

RAISED CHOLESTEROL

Cholesterol is a fatty substance known as a lipid and is vital for the normal functioning of the body. It's mainly made by the liver, but can also be found in some foods. Having an excessively high level of lipids in your blood can have an effect on your health.

High cholesterol itself doesn't usually cause any symptoms, but it increases your risk of serious health conditions.

Evidence strongly indicates that high cholesterol can increase the risk of: narrowing of the arteries (atherosclerosis), heart attack, stroke, transient ischaemic attack (TIA) – often known as a “mini stroke” and peripheral arterial disease (PAD).

This is because cholesterol can build up in the artery wall, restricting the blood flow to your heart, brain and the rest of your body. It also increases the risk of a blood clot developing somewhere in your body. Your risk of developing coronary heart disease also rises as your blood's cholesterol level increases.

This can cause pain in your chest or arm during stress or physical activity (angina).

RAISED GLUCOSE (SUGAR)

High blood glucose may be the signal of a developing medical condition or may simply be a short-term response to recent eating or stress.

Diabetes, including gestational diabetes associated with pregnancy, is a prevalent cause of high blood glucose test results. High blood glucose levels can also indicate thyroid disease or pancreatic inflammation. Certain medications can cause your blood glucose levels to spike as well.

Symptoms of high blood sugar in people with diabetes tend to develop slowly over a few days or weeks. In some cases, there may be no symptoms until the blood sugar level is very high.

Symptoms of high sugar include: increased thirst and a dry mouth, needing to pee frequently, tiredness, blurred vision, unintentional weight loss, recurrent infections, such as thrush, bladder infections (cystitis) and skin infections, tummy pain and feeling or being sick.

If any of your results today have been elevated, please make an appointment with your health practitioner at your GP surgery to discuss and investigate further.