



HEALTH AT DULWICH

Health Check For People Aged 45 - 49

Patient Information

Telephone: (08) 7221 2588

12 Stuart Road, Dulwich

www.healthatdulwich.com.au



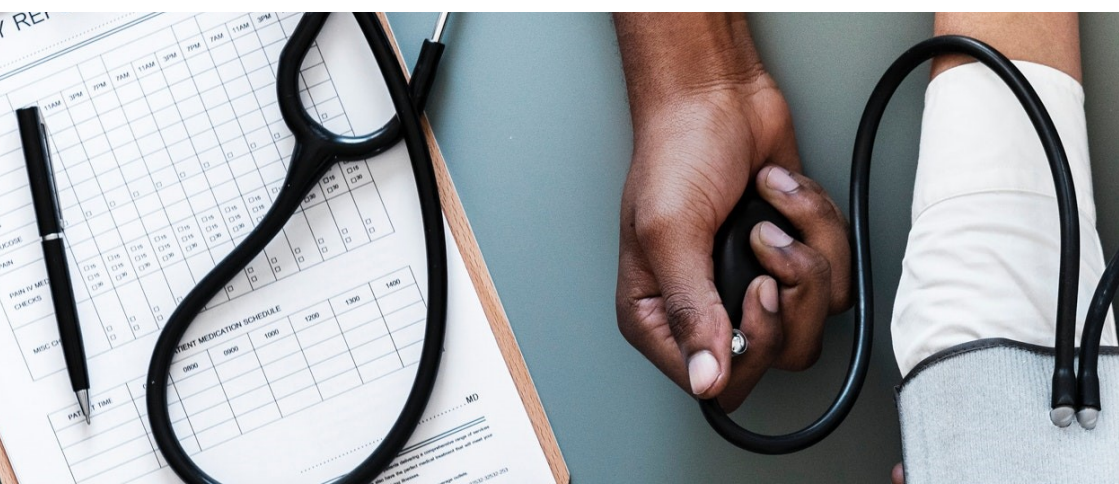
The Aim

The 45 - 49 health check is to help find, prevent or lessen the effect of chronic disease. The health check provides an opportunity to look at and review your lifestyle, medical and family history to find out if you are “at risk” of developing a chronic disease, and then identify actions that you and your doctor can take to reduce those risks.

Are you eligible?

You are eligible for this health check if you are aged between 45 - 49 years and you have a risk factor for developing a chronic disease.

- Risk factors include:
- High blood pressure
- Lack of physical activity
- Overweight
- Poor diet
- Smoker
- High cholesterol
- Impaired glucose metabolism
- Family history eg. Cancer, heart disease, diabetes and arthritis
- Alcohol misuse.



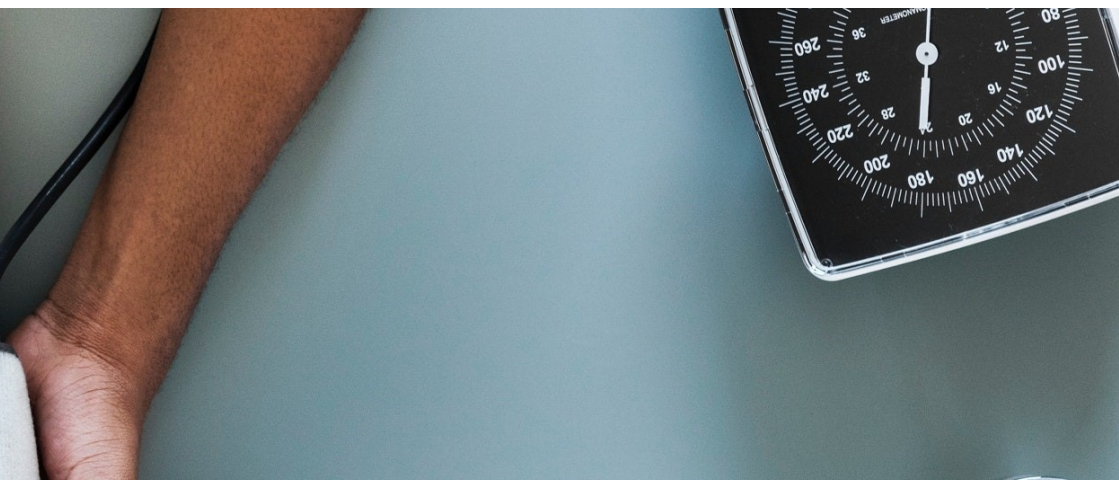
What does the Health Check involve?

The health check includes:

- Patient information collection including taking your medical history and undertaking any relevant investigations and examinations.
- An overall assessment of your health, including your readiness to make lifestyle changes.
- Referrals to other health providers if required.
- Your doctor will provide you with advice and information including strategies to achieve lifestyle and behavioural changes.
- Being able to understand what the health check involves and give verbal or written consent for the health check to be undertaken.

A health check at this stage of your life is encouraged to assist you to make necessary lifestyle changes to prevent or delay the onset of chronic disease.

Encourage your family members and friends to visit their doctor for a health check.



Where can I get more information?

You can find out more about the 45 - 49 year old health check by making an appointment with your regular doctor. You can also visit the link:

https://www1.health.gov.au/internet/main/publishing.nsf/Content/mbsprimary_care_mbsitem701_703_705_707

Who else can be involved in the Health Check?

The practice nurse assist the doctor in performing the health check. This may include:

- Information collection such measuring height, weight, blood pressure and lifestyle risk factors.
- Providing you with information about recommendations your doctor has suggested (community resources and support services in your local area and referral options).

Monday – 9:00am to 6:00pm

Tuesday & Wednesday – 9:00am to 5:00pm

Thursday – 9:00am to 7:30pm

Friday – 9:00am to 5:00pm

Saturday – 9:00am to 12:00pm

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