

# Heart and diabetes check



**Heart disease is the biggest cause of death and disability in New Zealand.**

Having a heart and diabetes check will help you to find out your risk of having a heart attack or a stroke. Knowing your risk gives you the chance to take steps to protect your heart.

## When should I have a heart and diabetes check?

People without known risk factors



**MEN**  
from **45** years

**WOMEN**  
from **55** years

Māori, Pacific or South-Asian people



**MEN**  
from **30** years

**WOMEN**  
from **40** years

People with other known risk factors or at high risk of developing diabetes



**MEN**  
from **35** years

**WOMEN**  
from **45** years

People with diabetes



Yearly from time of diagnosis

People with severe mental illness



Yearly from the age of **25** years

To find out more about your risk, visit: [heartfoundation.org.nz](http://heartfoundation.org.nz)

## What happens in a heart and diabetes check?

During a heart and diabetes check, together with your doctor or nurse you will estimate your risk of having a heart attack or stroke in the next five years, and discuss options and choices to protect your heart.

Together with your doctor or nurse, you are likely to:

- discuss any family history of heart attack or stroke
- measure your blood pressure, height, weight and waist circumference
- discuss your cholesterol and blood sugar levels (for diabetes)
- talk about risk factors such as smoking, activity and diet.

Things you may like to think about

- What would your risk mean for you and your family? What would it mean in a few years time?
- What does my doctor or nurse recommend as the best way for me to lower my risk?
- What would I like to do to lower my risk?

### Choices you can make to lower your risk of heart attack and stroke

