







A workbook about what to expect at your Annual Health Check

Let's talk about Annual Health Checks



For more information or to obtain any of our other publications please visit www.dsscotland.org.uk

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What is an Annual Health Check?



Everyone over the age of 16 who has Down's syndrome or a learning disability who lives in Scotland can get a free Annual Health Check.



An Annual Health Check is when a doctor or nurse checks to see how healthy you are and can give ideas on how to keep you healthy. You do not need to be ill to get this check.



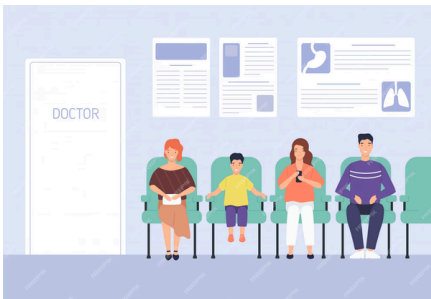
It is important to have your Annual Health Check so the doctor or nurse can help to keep you as fit and healthy as possible



You will have your Annual Health Check once a year.



Before you go for your Annual Health Check you will get a questionnaire to fill out to find out some things about your health. You then take this with you to your appointment.



You will have your Annual Health Check in a doctors surgery, a hospital or Community Health centre.



Your annual health check will be done by a doctor or a nurse or another health professional



You can take someone with you to your Annual Health Check that might be a family member, support worker or friend.

Having my Annual Health Check



You will be asked some questions.



You will be weighed.



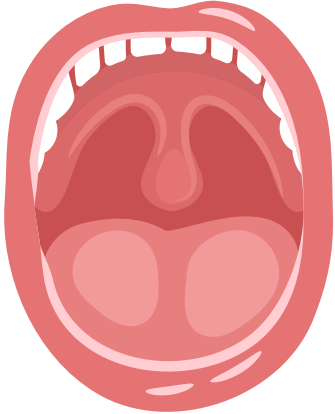
You will have your height measured.



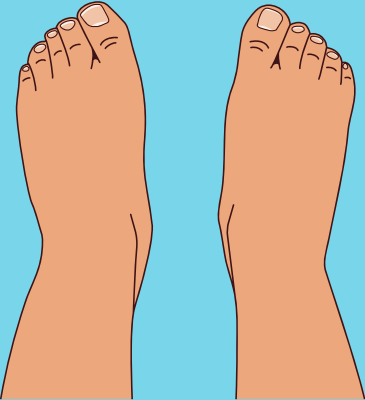
You will have your blood pressure taken.



You will have your ears checked.



You will have your mouth, teeth and gums checked.



You will have your feet checked.



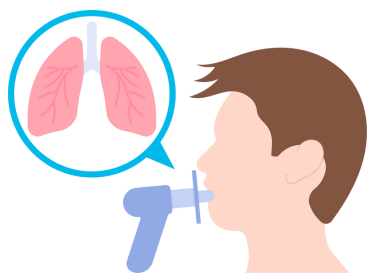
You will be asked if you smoke, drink alcohol or take any drugs.



You will have a chat about your sleep, eating and exercise.



You will have a chat about Vaccinations, like for the Flu and COVID-19.



You will have a test to see how much air is in your lungs, this is called a Peak Flow test.



The doctor or nurse will look at your skin to check it is healthy.

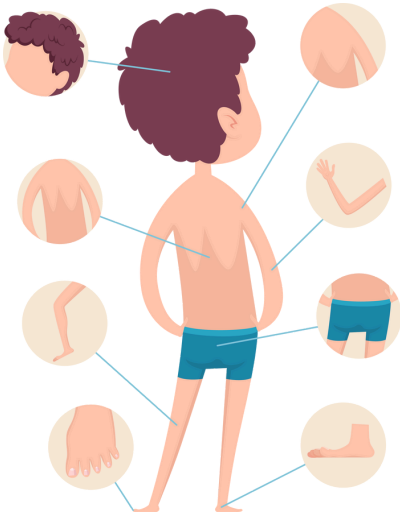


You will have a blood test either before your Annual Health Check or during it.



You may also have a chat about how you have been feeling and if you have been feeling more sad or worried than usual lately.

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You may also talk about regular screening tests you may need.

Screening tests are to make sure that all your body parts are healthy.



Everyone gets invited for screening tests that they will need.



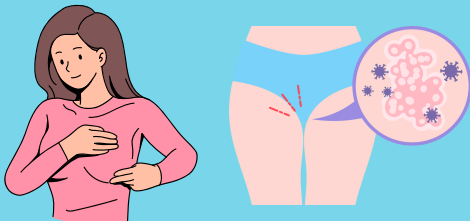
You do not have to have screening tests if you don't want to but it is recommended that you do as they help to check that your body stays healthy.



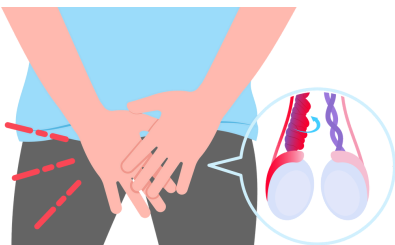
There are some tests that you might need throughout your life, like checking your thyroid.



If you are over 50 you will have bowel screening tests.



Women will need to have a breast examination and cervical smear test.



Men will need a tactical examination to check their testicles.



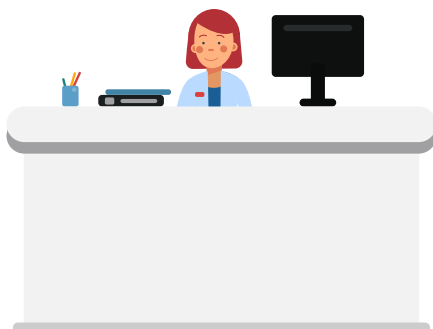
If you need to have any of these screening tests the doctor or nurse will explain them to you.



There are also easy read booklets explaining the tests, we can send you these if you would like.



Once your Annual Health check is done you will have a chat about what happens next.



The doctor may want you to have more tests or to see you again if your health check shows that you need some help with keeping healthy.

Questions to ask at your Annual Health Check

Before your Annual Health Check you may find it helpful to write down some questions that you want to ask or things that you want to talk about.



Things that might help you at your Annual Health Check

Use this page to write down any things that might help you when you are at your Annual Health Check for example bringing a water bottle in case you get thirsty, a book to read or some headphones to listen to music



whilst you are waiting. You might also want to think about who you want to have with you are the appointment and things they could do that would help you.

After your Annual Health Check



The doctor or nurse will chat to you about your Annual Health Check and Health Check Action Plan with you.



They may have suggestions of things you can do to be healthier.



Or make changes to any medication you are on.



You can write all of these things down on your Health Check Action Plan on the next page of this book.



Your Health Check Action Plan

Name:
Doctor/Nurse/Health Practitioner:
Date:
Any medication changes:

My health need	What needs to be done?	Who will help?	When will this need to be reviewed?

My health need	What needs to be done?	Who will help?	When will this need to be reviewed?

PLAN

- _____
- _____
- _____
- _____

Some useful information about healthy eating and exercise

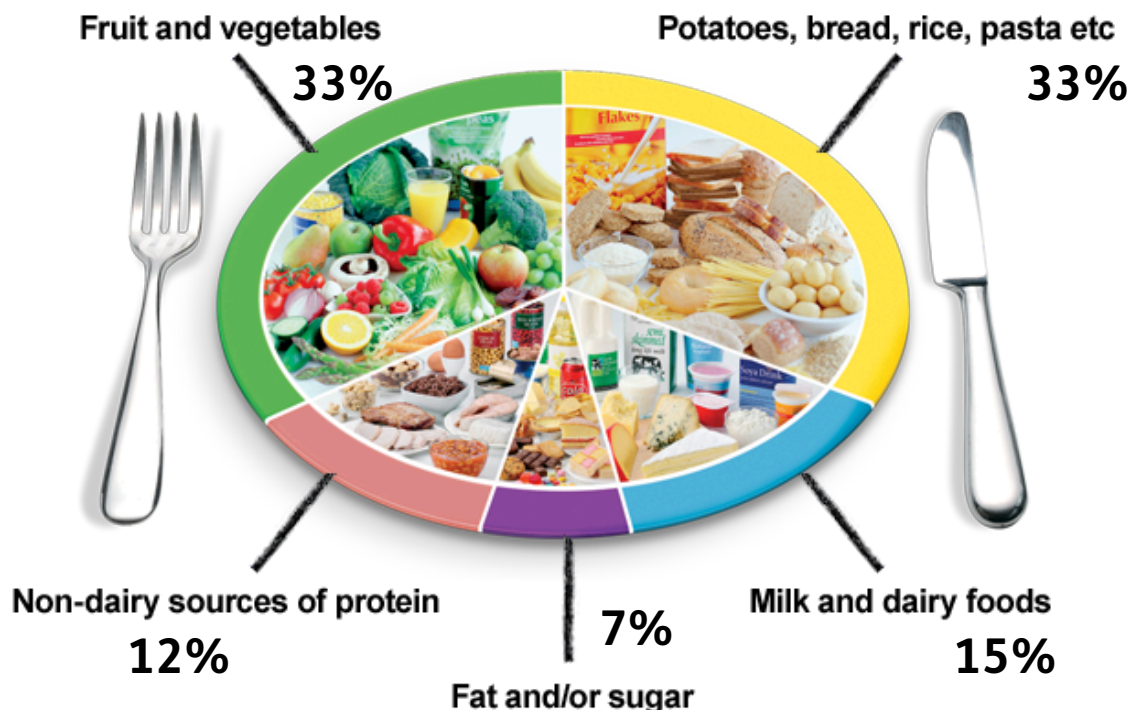
Metabolism

Metabolism means how fast or slowly your body uses up the calories from the food you have eaten. Most people with Down's syndrome have a slow metabolism and put on extra weight more easily. People with a slow metabolism need to eat a little less. They also need to eat healthy food.

Calories

To stay at the right weight for you it is important to eat and use up a similar number of calories every day. A calorie is the energy made by your body from the food you eat. You need the right amount of food to make your body work and to have the energy to do things you enjoy.

Eating a balanced healthy diet can help keep you well. This is the Eatwell plate, it is a visual guide of what percentage of food you should eat each day from each food group.



Diet and exercise top tips

If you have not exercised for a long time talk to your doctor or nurse before you start.



- Start by doing 5 minutes and slowly build up to 30 minutes or more.
- You should exercise every day. Walking is a good way to do more exercise. Try walking to the shops instead of going in the car or bus.
- You need to walk faster than you normally do so that you get warm and have to breathe a bit faster.
- Exercise makes you sweat and you will feel out of breath. This may feel uncomfortable for a while. If you are in pain you should stop and tell someone.
- Most people find it easier to exercise with a friend or a family member.
- There are also exercise DVDs or videos online that you can use at home.



Remember

Lots of activities can help you to keep fit.

This book is designed to help an individual with Down's syndrome understand what happens at an Annual Health Check.



Down's Syndrome Scotland provides support to individuals with Down's syndrome and their families, carers and professionals who work with them.

If you would like to access further information or support please call us on 0300 030 2121.

For further information visit: www.dsscotland.org.uk



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