

16. MY HEART

Blood pressure should be checked every year.



This checklist can be downloaded from www.sunderlandactionforhealth.co.uk.

It is free to use for personal use and with people you support.

High blood pressure can lead to heart problems and other health problems like strokes.

People with heart problems may have chest pains, feel faint or dizzy, have swollen ankles and poor circulation.



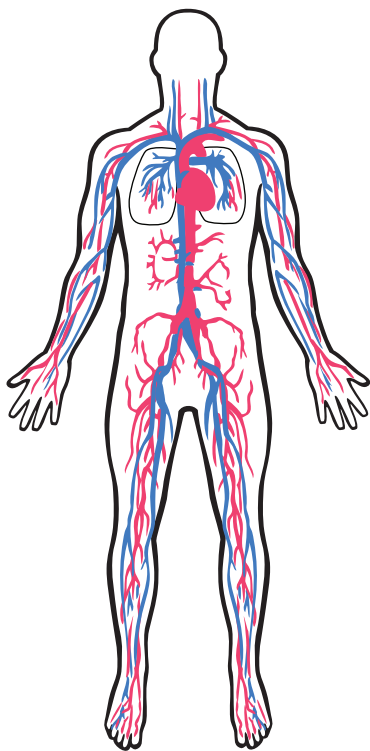
It's important to phone 999 for an ambulance if anyone is having bad chest pains.

1

Does anyone think you should talk to your doctor about your blood pressure or cholesterol?



Arteries are tubes that carry blood around your body.



Cholesterol



Cholesterol is a fat that is carried in your blood.

Too much cholesterol in your blood can cause your arteries to get blocked.

Your doctor will tell you how often you should have your cholesterol checked.



Your blood pressure should be checked every year.

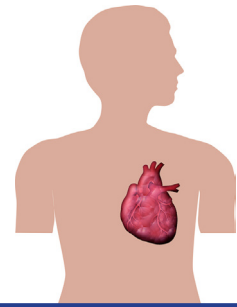
Blood pressure is the force your blood puts on the walls of your arteries. High blood pressure puts strain on your arteries and heart.

Tell your doctor if you have:

- signs of blueish colour on your lips, fingers or toes.
- signs of breathlessness or heart palpitations (fast heart rate).

2

Do you need more support to keep your heart healthy?



You may have high blood pressure or cholesterol.



You may need more support to have a healthy lifestyle.

See our 'Lifestyle' checklist for tips on healthy eating, smoking, alcohol and exercise.



You may need more support to get the care you need if you have a heart problem.

You may need support to get to appointments and follow the advice you are given.

Your family history

It is important to tell your doctor if members of your family have a history of heart problems like high blood pressure.



The British Heart Foundation

The British Heart Foundation website has advice on keeping your heart healthy and living with a heart condition.



www.bhf.org.uk

Easy Health

Easyhealth is run by an organisation called Generate Opportunities Ltd.

There are videos and Easy Read leaflets about Heart Disease designed by many different organisations.

Look in the 'Health videos' and 'Health Leaflets' section.



www.easyhealth.org.uk

USING THIS CHECKLIST

This checklist is a part of The Health Action Planning toolkit available from www.sunderlandactionforhealth.co.uk

The Health Action Planning toolkit is free to use.

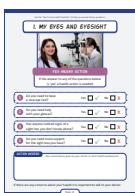


- There are 20 other checklists in the series covering a wide range of health issues.

There is a Health Action Plan template which has two sections.



- In the first section you can record important health information about yourself including your allergies, immunisations, family history, health conditions and medication you take.



- In the second section of the Health Action Plan template you can record your answers to the questions from each of the 21 checklists.



- There are also a series of Easy Read Health Action templates that you can use to record the progress you make on addressing a health action. You can record what the health action is, who will help and what steps need to be taken.


Sunderland
Clinical Commissioning Group

The Health Action Planning Toolkit was originally developed by The Clear Communication People Ltd in partnership with Surrey & Borders Partnership NHS Foundation Trust health professionals and other health professionals in Surrey.

This checklist has been adapted for the Sunderland Clinical Commissioning Group.

The Health Action Planning Toolkit is intended as a aid to support people with learning disabilities to access the support and advice of qualified health professionals. The Clear Communication People Ltd take no responsibility for medical diagnosis, advice and treatment given in conjunction with the use of this checklist.

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